



Alde Sandlings Benefice

Aldeburgh, St Peter & St Paul's Parish Church,
Aldringham, St Andrew's Parish Church,
Friston, St Mary's Parish Church
Knodishall, St Lawrence's Parish Church

Priest in charge: The Revd Sarah du Boulay

Email: revd.sarah@btinternet.com

Tel: 01728 582213

The Revd Nichola Winter

Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown

Email: revd@mary-brown.co.uk

Tel: 01728 467454

The Revd Johanna Mabey

Email: rev.johannamabey@gmail.com

Sunday 1st October Seventeenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Harvest Festival Service
Aldringham	11.00am	Service of the Word
	5.30pm	Evening Prayer
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

Dear Friends,

Can you believe it is October tomorrow? Where has this year gone?

Christmas planning is nearly complete, and next Thursday (5th October) I have earmarked the day to begin planning for Easter 2024! In the meantime, both Aldringham and Friston PCCs are having respective 'Away Days', to talk in depth about our churches and to plan for the future.

It has struck me that whilst planning and organising are very important, especially as the world in which we live is so very busy, actually, the most important thing we can do is to stand back and allow space for God to speak

to us and through us. After all, He knows what is right and what is important (and not just within His church). So that will mostly be my plan for the week – stopping, breathing, praying, and listening. I'll let you know how I get on.

With prayers,

Sarah

Collect

Almighty God,
you have made us for yourself,
and our hearts are restless till they find their rest in you:
pour your love into our hearts and draw us to yourself,
and so bring us at last to your heavenly city
where we shall see you face to face;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Exodus 17.1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

Second Reading

Philippians 2.1-13

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

Gospel Reading

Matthew 21.23-32

When he entered the temple, the chief priests and the elders of the people came to him as he was teaching, and said, ‘By what authority are you doing these things, and who gave you this authority?’ Jesus said to them, ‘I will also ask you one question; if you tell me the answer, then I will also tell you by what authority I do these things. Did the baptism of John come from heaven, or was it of human origin?’ And they argued with one another, ‘If we say, “From heaven”, he will say to us, “Why then did you not believe him?” But if we say, “Of human origin”, we are afraid of the crowd; for all regard John as a prophet.’ So they answered Jesus, ‘We do not know.’ And he said to them, ‘Neither will I tell you by what authority I am doing these things. ‘What do you think? A man had two sons; he went to the first and said, “Son, go and work in the vineyard today.” He answered, “I will not”; but later he changed his mind and went. The father went to the second and said the same; and he answered, “I go, sir”; but he did not go.

Which of the two did the will of his father?’ They said, ‘The first.’ Jesus said to them, ‘Truly I tell you, the tax-collectors and the prostitutes are going into the kingdom of God ahead of you. For John came to you in the way of righteousness and you did not believe him, but the tax-collectors and the prostitutes believed him; and even after you saw it, you did not change your minds and believe him.

Summary of The Address by Revd Sarah du Boulay Sixteenth Sunday after Trinity, 24th September at Aldeburgh

“Dwelling in the Word is a wonderful and simple way of enabling people to hear from one another how the word of God is impacting them and generates faith conversations and reflection in a non-threatening atmosphere of mutual respect.”

Bishop Mike Harrison.

This week at Aldeburgh, we practiced the discipline of ‘Dwelling in the Word’, and I’d like to invite you to try it at home.

Using the passage below from the Gospel of Matthew, follow these simple steps:

- 1) Pray for God to speak to you through this activity.
- 2) Listen to the passage as it’s read aloud (or read through the passage yourself).
- 3) In quiet consider what struck you – words or phrases, and then pray about what the Holy Spirit might be saying to you, or what questions are raised for you.
- 4) You may want to take notes at this point, to help you focus and remember (and even to pray in the future).
- 5) Many people now find somebody else to share their thoughts with. Maybe a family member, or a friend; another church-goer, or even somebody who doesn’t have a faith.
- 6) Have a good discussion about what has arisen, and consider if the person brings any new insight to the text.

Matthew 20:1-16

‘For the kingdom of heaven is like a landowner who went out early in the morning to hire labourers for his vineyard.² After agreeing with the labourers for the usual daily wage, he sent them into his vineyard.³ When he went out about nine o’clock, he saw others standing idle in the market-place;⁴ and he said to them, “You also go into the vineyard, and I will pay you whatever is right.” So they went.⁵ When he went out again about noon and about three o’clock, he did the same.⁶ And about five o’clock he went out and found others standing around; and he said to them, “Why are you standing here idle all day?”⁷ They said to him, “Because no one has hired

us.” He said to them, “You also go into the vineyard.” ⁸ When evening came, the owner of the vineyard said to his manager, “Call the labourers and give them their pay, beginning with the last and then going to the first.” ⁹ When those hired about five o’clock came, each of them received the usual daily wage. ¹⁰ Now when the first came, they thought they would receive more; but each of them also received the usual daily wage. ¹¹ And when they received it, they grumbled against the landowner, ¹² saying, “These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.” ¹³ But he replied to one of them, “Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? ¹⁴ Take what belongs to you and go; I choose to give to this last the same as I give to you. ¹⁵ Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?” ¹⁶ So the last will be first, and the first will be last.’

I hope that you enjoy trying this discipline – whether it’s new to you, or something you do often. I will look forward to hearing how people get on with it!

Post Communion

Lord, we pray that your grace may always precede and follow us, and make us continually to be given to all good works; through Jesus Christ our Lord.

Next Sunday, 8th October Eighteenth Sunday after Trinity

Harvest at The Alde Sandlings Benefice

Do come and join us for our Harvest Festival Services this year

Friston – ~~17th September at 10am~~

Knodishall – ~~24th September at 9.30am~~

Aldeburgh – 1st October at 10.30am

Aldringham – 15th October at 11am

Let’s give thanks with a grateful heart!

YOU ARE ALL MOST WELCOME

Harvest Donations at Aldeburgh

This year we are asking for donations of dry produce, e.g, tins, pasta and rice and essential toiletries. No fresh produce or opened packages please. These will be donated to the local food banks and Leiston Primary School who are providing a community hub for much needed food supplies and second hand uniforms. Please donate what you can and leave at the back of the church and we will deliver to these much appreciated causes.

† Worship at The Alde Sandlings †

We are asking for volunteers to deliver prayers of intercession during the services at any of the churches you worship in. The prayers can be written by the person delivering them, they can be taken from a book, or they can be written by someone else, i.e. a member of the clergy. Training can be given. Any member of the congregations can take part in the service in this way. If you would like to deliver the prayers, please either speak to a member of clergy, church warden or email admin@aldeburghparishchurch.org.uk

Would you like to come forward for Confirmation?

Confirmation is a special church service in which a person confirms the promises that were made when they were baptised. If you were baptised at a christening when you were a child, your parents and godparents made these promises on your behalf. As a young person or adult, you may be ready to affirm these promises for yourself and commit your life to following Jesus Christ. At a confirmation service, you make these promises for yourself. Your friends and family as well as the local Christian community will be there to promise to support and pray for you. There will be some confirmation meetings giving you the opportunity to discuss your lifetime journey of faith coming up in the benefice. If you think this would be something that you wish to explore further, please speak to a member of clergy or contact admin@aldeburghparishchurch.org.uk

Weekly Benefice Newsletter

If you would like something added to the weekly newsletter that is relevant to the Benefice, please do let Claire know and we will do our best to include it the following week.

All requests by 4pm on Thursday please

† Fairfield Centre Prayers - Café Church †

Every third Sunday of the month at **4pm**.

Relaxed and informal with tea, toast, activities, chat and worship.

All ages very welcome

† Pilgrims Together on Wednesdays on Zoom †

The worship starts at 6.30pm (Zoom call opens from 6.10pm) and the call is then left open after the worship time for people to catch up. People are welcome to email pilgrimstogether473@gmail.com to receive a copy, be added to our mailing list or for the Zoom links.

Saturday 7th October Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot, before we head out to explore local paths.

Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. (You don't need to book in advance, you can decide on the morning.). To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am.

Please do invite friends along.

Saturday 21st October Community Good News Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

Food Banks at the East of England Co-op

Foodbanks provide a valuable service to those in need in our communities. The Aldeburgh Co-op and Solar in Leiston are doing a grand job in collecting food donations, which are collected regularly and distributed. So please look out for the various collection baskets.

<https://www.eastofengland.coop/community/foodpoverty/foodbank-support>

Aldeburgh Choir

Do you like to sing? Come and join our church choir.

Our services are every Sunday at 10.30am. We also hold special extra services at Christmas and other events in the church calendar. The choir plays an essential role to our worship. So, the more the merrier, even if you are just visiting us. Want to give it a go?

Contact: admin@aldeburghparishchurch.org.uk For more information.

† Church of England and Diocese Online Worship †

There are many online services you can view from the Church of England and our cathedral. Here are some links below.

Church of England website

<https://www.churchofengland.org/prayer-and-worship/church-online/weekly-online-services>

Church of England Facebook page

<https://www.facebook.com/thechurchofengland/>

Church of England YouTube channel

<https://www.youtube.com/channel/UCLeck8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

£££ Ways to donate to our churches within the £££ Alde Sandlings Benefice

Your donations REALLY mean so much to us at this challenging time. No matter how small your donation is, it helps us keep our doors open, support our ministry and mission, and to help preserve our church buildings. THANK YOU SO MUCH

Just click on the link to support any of our churches -

<https://www.aldeburghparishchurch.org.uk/ways-to-donate-to-the-churches-within-the-alde-sandlings-benefice/>

† Morning Prayer across the Benefice †

Revd Sarah is bringing the benefice together in prayer each morning from 9-9.30am. People are very welcome to join, no regular commitment required, just pop along when you wish.

Monday – Friston

Tuesday - Knodishall

Wednesday - Aldringham

Daily at Aldeburgh, Monday to Saturday

ALDEBURGH PARISH CHURCH

ST PETER & ST PAUL'S

Invites you to **HARVEST**



**COME AND LISTEN TO THE
'OPEN THE BOOK' STORY TELLING TEAM.
THERE WILL ALSO BE LOTS OF HARVEST
CRAFT MAKING & MUCH MORE FUN
FOR ALL AGES**

**at the CHURCH HALL
SATURDAY 21st OCTOBER
10am till 12 Noon**

ALL WELCOME

**NO CHARGE. JUST PLEASE LET US KNOW YOU
ARE COMING, SO WE HAVE ENOUGH MATERIALS.**

**Please email Fran Smith at
admin@aldeburghparishchurch.org.uk**

Lunchtime Classical Concert Series
Aldeburgh Parish Church

Monday 23rd October 2023
at 12 noon

Nadia's 80th Birthday Celebration
Concert with Friends

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue in 2023.

Helen Stanley (Violin)

Sue Smith (Cello)

Robin Soldan (Flute)

Nadia Lasserson, Philip Mountford and
Marion Arbuckle (Piano) & MORE.....

Programme includes Mozart Piano Concerto K449 in Eb, and
works by Schubert

Looking forward to welcoming you all.
Admission is free- with a retiring collection for
Save the Children

ALL VERY WELCOME



Save the Children

100 YEARS