



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

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Sunday 3rd September Thirteenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Service
Aldringham	11.00pm	Holy Communion
	5.30pm	Evensong
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

A Message from our Priest in Charge, Revd Sarah du Boulay

Dear Friends,

By the time you read this, I will be mid-way through my holiday. What a wonderful, but busy summer we have had in our benefice. We have worshipped, we have hosted, we have fundraised, we have had fun, joy, tears, ups and downs, and we are growing in confidence and spirituality together, as the family of God.

A huge thank you to everybody who has worked so hard to make this possible – as we give the Glory to God. On to the next adventures!

With prayers,

Sarah

Collect

Almighty God,
who called your Church to bear witness
that you were in Christ reconciling the world to yourself:
help us to proclaim the good news of your love,
that all who hear it may be drawn to you;
through him who was lifted up on the cross,
and reigns with you in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Exodus 3.1-15

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, 'I must turn aside and look at this great sight, and see why the bush is not burned up.' When the Lord saw that he had turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' Then he said, 'Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.'⁶ He said further, 'I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look at God. Then the Lord said, 'I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.' But Moses said to God, 'Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?' He said, 'I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.' But Moses said to God, 'If I come to the Israelites and say to them, "The God of your ancestors has sent me to you", and they ask me, "What is his name?" what shall I say to them?' God said to Moses, 'I am who I am.' He said further, 'Thus you shall say to the Israelites, "I amhas sent me to you."' God also said to Moses, 'Thus you shall say to the Israelites, "The Lord, the God of

your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you”: This is my name for ever, and this my title for all generations.

Second Reading

Romans 12.9-end

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, ‘Vengeance is mine, I will repay, says the Lord.’ No, ‘if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.’ Do not be overcome by evil, but overcome evil with good.

Gospel Reading

Matthew 16.21-end

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, ‘God forbid it, Lord! This must never happen to you.’ But he turned and said to Peter, ‘Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.’ Then Jesus told his disciples, ‘If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? ‘For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.’

**Sermon by The Revd Mary Brown,
Twelfth Sunday after Trinity, 27th August at Aldeburgh**

As I was preparing this sermon a hymn was running on repeat in my head:

God is working his purpose out, as year succeeds to year;
God is working his purpose out, and the time is drawing near;
nearer and nearer draws the time, and the time shall surely be:
when the earth shall be filled with the glory of God as the waters
cover the sea.

Why was this hymn in my head - because this is the thread that runs through and connects our three readings, the thread of God working out his purposes, loving his people, and building his church.

The three readings are also connected by the idea of commissioning - people being given particular roles or tasks, and being sent out with the authority to do those tasks.

We see in these readings that commissioning comes in many shapes and sizes:

The midwives in Exodus are given an horrific commission by the king, sent out to bring death where they should have been bringing life

Peter in our gospel reading is given an astounding commission by Jesus - told that he is the rock on which the Lord will build his church

And in Romans Paul tells us that every person in the church has a commission - a particular role to play within the body of Christ.

I wonder if you can take a moment to think of a time when you have been given a commission - given a particular task or role, and sent out to do it...maybe a job, a role within the community, or within your family. I'll give you a moment to think...

For me it's quite easy to think of an example - I was ordained just seven weeks ago yesterday - this was a clear commissioning from God and the bishop, to go out and do the particular role of deacon. And if I'm ever unsure of what that role is, what I am sent out to do, I can turn back to the ordinal and read a detailed description.

The midwives in our Exodus reading were also given a clear commission, but though it was clear, it was not good. Their commission was to kill all male babies born to the Hebrew people. Sometimes we are commissioned to do something we wonder if we should say no to, or something that we know is downright wrong, a commission from which we should walk away. And that's what these two courageous women, Shiphrah and Puah did - choosing fear of the Lord over obedience to the king. In so doing they risked their own lives, but saved the lives of God's people.

Moses' mother and sister also carried out specific roles, saving Moses through their combined actions.

As a result of the actions of these four women - of their obedience to God's ongoing commission to all his people to act righteously even in the face of fearful opposition - Moses would eventually be in a position to lead God's people out of slavery in Egypt and towards the promised land.

This section of Exodus shows us how God was at work in Moses' life from the very beginning, weaving together the strands, setting up the next stage in the story of his people.

God was working his purpose out through two courageous midwives who chose righteousness and fear of the Lord over obedience to the murderous intentions of the king.

Though their commission was clear - I wonder if Peter in our gospel reading had any real sense of what Jesus was calling him to do when he

told Peter that he was the rock on which he would build his church. Peter wasn't given a job description, there was no ordinal for him to read through...

In our passage Peter answers Jesus' question 'who do you say I am?' By declaring 'You are the Messiah, the Son of the Living God'. Peter has understood something fundamental about the identity of the teacher he has been following - and Jesus confirms this answer, telling Peter that it has come directly from God.

And yet - whilst Peter waits to fulfil the commission given to him by Jesus, he still makes mistakes. Immediately after our gospel reading Jesus is telling his disciples that he must go to Jerusalem, to suffer, to be killed, and to be raised again. And Peter - corrects him....

He tells Jesus, who he has just declared to be the Messiah, the Son of the Living God - that Jesus has misunderstood his own job description.

But Jesus knew exactly what his commission was - this point in the gospel of Matthew can be seen as a turning point as Jesus sets his face towards Jerusalem, towards his necessary death. Peter didn't understand that yet, and he thought he knew better than Jesus.

I share this with you to demonstrate that as we read on through Matthew's gospel, Peter seems like a shaky rock on which to build the church. But Jesus knew what he was doing in commissioning Peter, and he knew that Peter would faithfully carry out this commission. If you were to take the time this week to read Acts chapter 2 you would see that it is Peter who preaches at Pentecost, bringing thousands into the kingdom of God, building the church just as Jesus had said he would.

God was working his purpose out through Peter, who got it wrong so many times, and yet by grace was able to continue in faithful service to the Lord.

We don't have time today to really unpack our reading from Romans, but maybe you would spend some time this week reading that for yourselves as well? In it Paul is commissioning the church in Rome to present their bodies as a living sacrifice to God as an act of spiritual worship, to allow their minds to be transformed by the Holy Spirit so that they might know and do the will of God. Paul reminds them that they are each commissioned, with gifts and functions with which to serve the body of Christ, and that though their roles are different, they are one body in

Christ, individually members of one another. God was working his purpose out through the church in Rome.

And this is just as true of us, the church in Aldeburgh today. God is working his purpose out through you and through me, who are together the body of Christ. However ill equipped we might feel, however much we may be lacking in courage, however many mistakes we might make. As the hymn says - the earth will be filled with the glory of God - and God, in his wisdom, has chosen you and me for the work of spreading the good news of the gospel of the Lord Jesus Christ. Just as he chose Shiphrah and Puah to keep his people alive, just as he chose Peter be that rock on which the church was built, so he has chosen each of us.

As we go out today, let's be encouraged, to share the gospel with those we meet, to speak about Jesus to our friends and neighbours, carrying out the commission the Lord has given to each of us.

Post Communion

God our creator,
you feed your children with the true manna,
the living bread from heaven:
let this holy food sustain us through our earthly pilgrimage
until we come to that place where hunger and thirst are no more;
through Jesus Christ our Lord.

Next Sunday, 10th September Fourteenth 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

† BATTLE OF BRITAIN SERVICE at ALDRINGHAM †

17 September at 11am

We shall join representatives of RAFA and Leiston Squadron ATC to mark the anniversary of the Battle of Britain at our 11am service in the churchyard. **ALL WELCOME**

St Andrew's, Aldringham – Christening Open Day

Last Saturday the Aldringham team put on the most wonderful display for their open day, which included sixteen christening gowns that ranged in age from 1880 to 2022. Each gown had information regarding the little person that once wore it. The church flower team also didn't disappoint with their beautiful arrangements. Revd Mary Brown led a short service in the afternoon too. And of course, there was CAKE!!!

Over one hundred people visited during the day.

So well done Aldringham.

Here are just a few photos from the day.





Friday Markets – Money Raised Total Update

The Friday Markets 2023 have now been and gone for yet another year.

A great time had by all. The weather was kind on both dates, which gave a great opportunity for everyone to meet with friends and meet new ones!! People donated goods in great quantity, which we thank you all for. Our bakers were also very busy with two sold out weeks selling their delicious bakes. Thank you also to the green fingers among our donators with wonderful fresh produce and flowers.

The Friday Market Team raised an amazing total of £3086.10, and money is still coming in.

THANK YOU TO ALL THAT TOOK PART AND DONATED!!

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 †

Every third Sunday of the month at 6pm.

All 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 16th September 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

The 2023 Suffolk Historic Churches Ride and Stride Saturday 9th September 9am-5pm

The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all round the country are out making money for their local county Churches Trust. This year is the 50th anniversary. The Golden Anniversary challenge is to raise £250,000. If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please either: Email admin@aldeburghparishchurch.org.uk and Claire will pass on your details to the team organiser at each church.

Or see the organiser at the church you worship.