



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 10th September Fourteenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion
Aldringham	11.00am	Service of the Word
Friston	10.00am	Service of the Word
Knodishall	9.30am	Holy Communion

A Message from our Curate, Revd Mary Brown

Dear Friends,

The beginning of a new school year this week is an opportunity for all of us, whether or not our lives are marked by the school calendar, to take stock - to look back on what the year has held so far, and forward to what is coming.

This type of review of the year can be a fruitful spiritual discipline, an extended version of the Ignatian practice of the daily examen. These practices encourage us to change our focus from the daily cares of life to the bigger picture of God's hand at work in and around us.

Why not spend some time this week in this practice? As we look back over the year so far, we can ask God to show us where he has been at work in our lives, and as we look forward to the days ahead we can ask God to show us where he is drawing our attention and focus, and what it is that he wants us to invest our time and energies in.

With prayers,

Mary

Collect

Almighty God,
whose only Son has opened for us
a new and living way into your presence:
give us pure hearts and steadfast wills
to worship you in spirit and in truth;
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 12.1-14

The Lord said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbour in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. They shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. Do not eat any of it raw or boiled in water, but roasted over the fire, with its head, legs, and inner organs. You shall let none of it remain until the morning; anything that remains until the morning you shall burn. This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover

of the Lord. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgements: I am the Lord. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt. This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord; throughout your generations you shall observe it as a perpetual ordinance.

Second Reading

Romans 13.8-end

Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. The commandments, 'You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet'; and any other commandment, are summed up in this word, 'Love your neighbour as yourself.' Love does no wrong to a neighbour; therefore, love is the fulfilling of the law. Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Gospel Reading

Matthew 18.15-20

'If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax-collector. Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them.'

**Sermon by The Very Revd Christopher Lewis,
Thirteenth Sunday after Trinity,
3rd September at Aldringham**

St Paul's letter to the Romans – today's Epistle – is a hard read. Or rather it is quite easy to read, but once you start meditating on the passage as a guide to life, it is far from simple. We say that Christians should follow Jesus: that is the briefest way of saying what a Christian is and does. Well, this passage from the bible tries to describe that following... at some length.

At a gathering full of Christians recently, I talked briefly to a person who had been involved in politics. In fact my wife introduced a Ukrainian to the person concerned along with information about the Ukrainian, namely that she had a family back at home, that she is working hard locally in a much-needed job for which she arrived highly trained, and that she's sending money back to that war-torn country. The sole response was only one question: 'Is she going to stay?' Is that how we react to refugees? End of conversation...fetch a sandwich; talk to someone else.

In my bible, the chapter in the letter to the Romans has the title 'the new life in Christ' and then the section is called 'marks of the True Christian'. And it is very specific. In relation to the story which I have just told, it has a passage concerning love and what love really means: rejoice in hope, be patient in suffering, persevere in prayer... and then 'extend hospitality to strangers'. That means, among others, refugees and all those in need.

Not of course, just Ukrainians. When I was a proper vicar in a market town in Lincolnshire, we had quite a stream of people who wandered the streets and who knocked at the door looking for food and also for a few words of company: people sometimes called 'gentlemen of the road'. It was great for our children to meet so many interesting people out of the blue.

What is love? Well, it is all sorts of things and everyone knows about 'love stories' of the inter-personal kind, which can be easily told and they sell well; that's great! But love does need unpacking as something which is of crucial importance to the person who has made a decision to follow Jesus Christ. And so St Paul has a go, in some detail and with specifics. There seem to be two key messages in his letter.

The first is 'rejoice with those who rejoice' and then there is 'weep with those who weep'. Rejoicing with those who rejoice is fine at times but not always easy: those wonderful moments of humour and festival when all is right with the world and we may even get an insight into what heaven is like. How crucial it is to do some rejoicing, especially for those

who feel that the world is on nothing other than a slippery slope: things getting worse before they get worse still. Rejoicing: not by patronising people, but the innocent sharing of people's joy however that is expressed.

'Weep with those who weep'. In a way, that may sound surprising. Should we not be more detached and helpful, more pastoral? Should you say: 'Well, look at all those people who are worse off than you'? Or: 'Every cloud has a silver lining; you'll be OK.' But no. The guidance is not to say 'Oh dear, there there, poor you'. In fact it is not really to say anything; it is to be there. And that follows the way of Jesus. People want Jesus to have said more things and to have spoken out more precisely: telling them how to live better. I have a cartoon which I cherish: it is of Jesus ascending into heaven, with his disciples down below and saying 'Don't go Jesus; we need more specifics on how to run the Church'. Jesus did bring his teaching, but also his presence, as a participant. He brings life in his own person.

I once visited a mortuary with the parents of a mother who had died together with her children. I said a prayer, but only being there and weeping really made any sense.

It is too easy to talk of Christianity being about love. St Paul writes of the love of Christians in practice. What does that mean? He mentions many ways in which love is practised: do not seek revenge, be patient, be constant in prayer, remembering God's presence. I was passing Aldeburgh church recently and quite near the entrance was one of those endless diversion signs which you see everywhere... pointing in random, often meaningless, directions. I was darkly tempted to change the sign so that it pointed neither to left nor to right but upwards to heaven: diversion to enable us to find what is most important: up to Jesus ... follow him.

St Paul is right in, as it were, changing the direction signs so that they point upwards and therefore in an unlikely direction. Bless those who persecute you; associate with the lowly; live peaceably with all; if your enemies are hungry, feed them. Do not be overcome by evil, but overcome evil with good. Do not claim to be wiser than you are... maybe that is aimed at preachers who make out that they have a special insight.

There is, of course, no way of summing up all the teaching and example of Jesus. We have to read and pray...reflect on life while experiencing it. Look at Jesus' response to St Peter when Peter rebuked him. Jesus had told his followers that he would suffer at the hand of the powers of the land and be killed. That was the consequence of Jesus' love, of standing up for the truth.... with the apostles now informed for the first time about what was to come.

If one were to summarize that teaching from Paul's letter to the Romans, I reckon that 'overcome evil with good' is at the core, along with 'rejoice with those who rejoice, weep with those who weep'. Christian love follows Jesus and takes us out of ourselves. That is how love becomes genuine.

Post Communion

Lord God, the source of truth and love,
keep us faithful to the apostles' teaching and fellowship,
united in prayer and the breaking of bread,
and one in joy and simplicity of heart,
in Jesus Christ our Lord.

**Next Sunday, 17th September
Fifteenth 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**

A Message from Bishop Martin on the eve of Accession Day



The past year has been significant in the life and history of the nation. This Friday marks the first anniversary of the death of Her Late Majesty Queen Elizabeth II, and the Accession of King Charles III. I warmly encourage everyone to join me in praying for our King and Queen, for the whole Royal Family, and our nation, as we reflect at this time. Looking back, we continue to give thanks for the life and faith of

Queen Elizabeth. Looking ahead to the future, we pray for the King that God will comfort and strengthen him, and us, in the service of the common good.

God Save the King.
With every blessing,

Prayer for HM The King

Almighty God, the fountain of all goodness,
bless our Sovereign Lord KING CHARLES,
and all them that are in authority under him;
that they may order all things in wisdom and equity,
righteousness and peace,
to the honour of thy name,
and the good of thy Church and people;
through Jesus Christ our Lord.
Amen.

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 TODAY!!

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.



Job Vacancy Centre Manager at The Fairfield Centre, Aldeburgh

The Fairfield Centre in Aldeburgh has been the community hub for many years, supplying a venue for many local groups and associations.

An exciting position has become available for the post as centre manager.

This role would give great job satisfaction for the right candidate.

Do you have good organisation skills and self-motivation to take on this role?

And of course a good sense of humour!

Come and join the team to keep the continued work already being done and develop future potential within this vital part of the Aldeburgh Community.

The job entails:

- The day to day running of the centre, including upkeep and management of service provision.
- Managing bookings and liaising with clients on a daily basis.
- Working alongside the Centre Committee and Aldeburgh Church Parochial Council in the running of the centre.
- Establishing good relationships within the town and the local community.
- Advertising the centre and its activities.

The post is initially for 10 hours a week at a rate £12 per hour. This is to be reviewed after 6 months. We would ideally like somebody ready to start work as soon as possible.

For more information, please see www.aldeburghparishchurch.org.uk or email admin@aldeburghparishchurch.org.uk .

To apply, please send a CV and covering letter to admin@aldeburghparishchurch.org.uk .

Deadline for applications: 22nd September 2023

Interviews: 28th September 2023

We look forward to hearing from you!