



## 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 17<sup>th</sup> September Fifteenth Sunday after Trinity

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Morning Prayer
Aldringham	11.00am	Battle of Britain Service
Friston	10.00am	Harvest Festival Service
Knodishall	9.30am	Morning Prayer

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

Dear Friends,

I am, as always, thinking about how we show and project Christian Love out into our communities. About how we interact with other people, reflecting and refracting Jesus' love into the world. And about how in our own actions, we are called to always choose to do the most loving thing. Because that is the right thing to do.

Sometimes of course, this is more easy than others. Some people of course, are easier to love than others. But we are called to not be picky, but to love equally and without prejudice. It is a good thing to have in our mind as we reflect (maybe using the Daily Examen as Mary suggested last week). Think about whether we have always loved as we should, and be honest about any excuses we want to make.

After all, it is our joy and privilege to be modelling the kind of love which Jesus has shown to us. As the Beatles sang 'All You Need is Love' (and if God is love... I leave the reader to extrapolate!).

With prayers,

Sarah

### **Collect**

God, who in generous mercy sent the Holy Spirit upon your Church in the burning fire of your love: grant that your people may be fervent in the fellowship of the gospel that, always abiding in you, they may be found steadfast in faith and active in service; 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 14.19-end**

The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night. Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, 'Let us flee from the Israelites, for the Lord is fighting for them against Egypt.' Then the Lord said to Moses, 'Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.' So Moses stretched out his hand over the sea, and at dawn the sea returned

to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left. Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

## **Second Reading**

### **Romans 14.1-12**

Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgement on those who eat; for God has welcomed them. Who are you to pass judgement on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand. Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. Those who observe the day, observe it in honour of the Lord. Also those who eat, eat in honour of the Lord, since they give thanks to God; while those who abstain, abstain in honour of the Lord and give thanks to God. We do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, so that he might be Lord of both the dead and the living. Why do you pass judgement on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgement seat of God. For it is written, 'As I live, says the Lord, every knee shall bow to me, and every tongue shall give praise to God.' So then, each of us will be accountable to God.

## **Gospel Reading**

### **Matthew 18.21-35**

Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times. 'For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to

him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. So the slave fell on his knees before him, saying, "Have patience with me, and I will pay you everything." And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, "Pay what you owe." Then his fellow-slave fell down and pleaded with him, "Have patience with me, and I will pay you." But he refused; then he went and threw him into prison until he should pay the debt. When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, "You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow-slave, as I had mercy on you?" And in anger his lord handed him over to be tortured until he should pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.'

### **Sermon by Revd Nichola Winter, Fourteenth Sunday after Trinity, 10<sup>th</sup> September at Aldeburgh**

God is a God of second chances. Since early biblical times, God has allowed humans the opportunity to turn, to rethink, to start again. God is more ready to hear than we to pray. If only we can take time out from our busy lives and reassess just where we really are; what action we need to take - and lay all that before God, awaiting his response; his direction; his grace.

As the new academic year begins in schools and colleges we might all be thinking about 'new beginnings'. The onset of autumn seems to do that. The best executors of education policy are those who focus on giving children building blocks - the basic skills that will enable enquiring minds to develop powers of reasoning, analysis and imagination - to equip the young people so that they can realise fully their potential.

God wants no less for each one of us. Sin is divisive. It cuts us off from our fellow human beings and it cuts us off from God. God wants to enter into a full and meaningful relationship with us so that we can grow in his love and grace. He wants us to get on with our fellow human beings, too. That's not always easy, and as we view the turmoil of world events we might feel despair at what goes on. But we are called to live in peace.

We need also to be awake and watchful; it is so easy to grow complacent, to bumble along from day to day. But salvation is near - the night is far gone and day is near. It's always later than we might think. A friend, re-diagnosed with a vicious form of cancer told me last week that she has declined any more treatment, having been told it would add little to her span of life. She's young - and yet she sees her life coming to an end sooner than one might think fair. Still, she sees her salvation coming from God. Whether or not each one of us is threatened with a terminal illness, involved in a fatal car accident or victim of a natural disaster, we all move towards the end at the same rate - one day at a time. It's later than we think. The widow of a former bishop wrote once about an earthquake in New Zealand - but her words might equally apply to those affected by many crises: 'The earthquake (or hurricane) was perhaps the ultimate determining moment in my life. It made me ask much more fundamental questions of God than I had ever asked before: Why am I still here? What is my life about?'

The Hebrews didn't have time to ponder this question. They were to eat the passover lamb hurriedly, loins girded, sandals on feet, staff in hand. They were to mark the doorposts with the lambs blood and the Lord would pass over them, saving them from destruction. No time to hang about if they wanted to be saved.

Today we don't have to go through such rushed preparations. We remember the final sacrifice that Jesus made for us when we approach the altar. The grace of God is given freely to us; a consequence of the faith of the Hebrews and, years later, fulfilled in the sacrifice of Jesus. Where two or three are gathered together, Jesus is in their midst.

The early Celts took a view on this... they viewed each day as an opportunity in which to lay their praise and worship on the altar of life - to offer it all up to God because, ultimately, that was the most important thing in life; that recognition that God is the supreme mover - creator, redeemer and sustainer in whom we live and move and have our being.

The reading from Exodus brings us the story of the first passover for the Israelites; the roots for our eucharist celebration today:

"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."

Our sharing of holy communion is a perpetual ordinance; a sign of alignment with God, thanksgiving for the salvation we receive through the shedding of the blood of his Son and an indication of our readiness to walk in the light of eternity - that turning from works of darkness to the armour of light, as advocated by Paul in his letter to the Romans.

As we contemplate new autumn beginnings we can be mindful that each of us moves towards the same end; we pray that we may reach that end whole and complete, as the person God longs for us to be. We need his healing, mercy and grace and we seek all of those by immersing ourselves in his word, accepting the strength he offers and obeying his command to love with all our heart. As we pray at Morning Prayer, 'the night is passed and the day lies open before us...' - we pray that we be made whole by the love of God and enabled to bring that healing to those we call neighbour, friend, brother. As Julian of Norwich said, 'Love was his meaning...' and 'He who made man for love, will by that same love restore him to his former blessedness - and yet more.'

Love was indeed his meaning. May the meaning and love of God fill each one of us, this day and every day.

### **Post Communion**

Keep, O Lord, your Church, with your perpetual mercy;  
and, because without you our human frailty cannot but fall,  
keep us ever by your help from all things hurtful,  
and lead us to all things profitable to our salvation;  
through Jesus Christ our Lord.

**Next Sunday, 24<sup>th</sup> September  
Sixteenth Sunday after Trinity**

## † **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](mailto: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](mailto:admin@aldeburghparishchurch.org.uk)

## † **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**

## **Harvest at The Alde Sandlings Benefice**

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

**Friston – 17<sup>th</sup> September at 10am**

**Knodishall – 24<sup>th</sup> September at 9.30am**

**Aldeburgh – 1<sup>st</sup> October at 10.30am**

**Aldringham – 15<sup>th</sup> 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.

## **† 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**

## **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**

## **Coffee Morning in aid of Macmillan Cancer Support**

at Aldeburgh Church Hall - Friday 29<sup>th</sup> September from 10am to 12noon

Donated items (homemade cakes, biscuits etc) and good quality preloved gifts to the Hall between 9am and 9:30am on the day or call 07771593218 for collection before.

The perfect chance to catch up over a cuppa and a slice of something delicious for a great cause. **YOU ARE ALL MOST WELCOME**

Read more about this great fundraising campaign

<https://coffee.macmillan.org.uk>



## **RIDE AND STRIDE 2023**

Another amazing contribution from the Alde Sandlings Benefice. Here are a few summaries of the day. **WELL DONE EVERYONE!!**  
We will let you know the final figures as the sponsor money arrives.

### **FRISTON RAISED £1,400 FOR SUFFOLK HISTORIC CHURCHES TRUST, RIDE AND STRIDE 9<sup>TH</sup> SEPTEMBER 2023**

Thank you all for your generous support of our three teams of participants.



Mary and Ian Shipman and Julia Wheeler cycling churches of Martlesham and Woodbridge

Mike Jones driving his vintage Riley accompanied by Marie Szpak (Navigator) and Mike Lewis (Chaperone). They travelled the Pedal and Drive Route from Hevingham Hall to Lavenham visiting six churches along the way. Geyla Duval new to the village discovering local churches on her electric bike.

The sun shone and although it was possibly the hottest day of the year, all were able to enjoy the Suffolk countryside in all its glory and medieval churches.

And we welcomed 35 delightful visitors to Friston Church who admired our beautiful interior and tranquillity.

Thank you to Ian for knocking on doors! Remember that half the monies raised come back to Friston Church and the remainder towards supporting the 500 heritage churches in Suffolk.

**THANK YOU FRISTON!**

Simon Ive  
Secretary and Treasurer, Friston St Mary's Church

## **ST ANDREW'S, ALDRINGHAM**

On Saturday I set out with three other cyclists to follow a route between Beccles and Bungay - and back again. Mark and Alan took their bikes in a van, and Catherine and I put our bikes in my car and we met at Beccles.

It was of course an exceptionally hot day, but we found while cycling that keeping moving meant that we didn't suffer particularly - and of course each church we visited was a haven of coolth.

The plan was to visit a number of village churches along a southern route from Beccles towards Bungay, have a coffee/lunch break in Bungay and then go north from Earsham to Ditchingham, Broome and Ellingham to return to Beccles. There were some lovely quiet country lanes and we were able (mostly) to keep off the main roads so it was a most enjoyable day in the countryside along the Norfolk/Suffolk border. We signed in at nine different churches some of which were quite hard to find (no different to Knodishall and Aldringham then!). I do recommend Barsham church if anybody is up that way.

**And thanks of course to our sponsors.**

David Copp – Church Warden, St Andrew's Church

## **ST PETER & ST PAUL'S, ALDEBURGH**

Once again, planning to take part this year, and sponsors generously encouraging me, I asked my friend, Nicky Gray to join me for the morning - wherever it took us! She had not done the event before.

What was expecting to be a very hot day, we set off with plenty of refreshments and snacks and the car windows well open. Snape church was our first stop, Nicky coming along to sign in, chatting with others and then back into the car, around the Alde Rivers Benefice, which included going through the ford at Benhall, and on to other churches, ending up at our own Aldringham church. It was time now to take Nicky home after 2 1/2 hrs out on the road.

I went home, to catch up on the Rugby, have a siesta, then out again to visit a further 12 churches, making a total of 20 listed, and Leiston Priory not listed, overall total 2. One of the churches had a delicious box of flapjacks for people to take a piece to continue the journey. Much appreciated.



I thoroughly enjoyed the day, admiring the stained glass windows with the sun shining through at Darsham, and a welcome pot of tea. The St George and the Dragon window and seeing the beautiful Norman arches in the vestry in one church.

I even was lucky enough to buy some plums, chard and a huge cucumber from a roadside stall near Westleton, and I picked 1lb. of blackberries. ...they are plentiful this year.

I rang Nicky on returning home, she very much enjoyed the outing. Since then, someone else has asked if I will take her next year... I'll need a year to recover!

Mary Sidwell

**WELL DONE MARY & ALL THE ALDEBURGH TEAM!**

**† 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](mailto:pilgrimstogether473@gmail.com) to receive a copy, be added to our mailing list or for the Zoom link.

**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.

## **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](mailto: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