



## 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 24<sup>th</sup> September Sixteenth Sunday after Trinity

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion
	6.00pm	Evening Prayer
Aldringham	11.00am	Morning Prayer
Knodishall	9.30am	Harvest Festival Service

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

Dear Friends,

I am currently on a week long training course – the Suffolk Ministry Development Program – with about 20 other members of clergy from around the diocese. We have met to share knowledge, expertise, and vision. We have got to know each other both professionally and personally, and to support and pray for one another in our lives and work.

It has been a revelation! We are all very different people, from different backgrounds, different ages, different family situations, different churchmanship, different theology, different contexts, and we haven't always agreed on everything.

But what has struck me more than anything else, is that which we share, rather than that which separates us. We all love God, and have held him at the centre of everything that has happened this week. This has enabled us to pray, to disagree well, to learn, and to grow, in the love of Christ.

What a privilege it has been, and I can't wait to share with you all what I have learned.

With prayers,

Sarah

### **Collect**

O Lord, we beseech you mercifully to hear the prayers of your people who call upon you; and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfil them; 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 16.2-15**

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.' So Moses and Aaron said to all the Israelites, 'In the evening you shall know that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, because he has heard your complaining against the Lord. For what are we, that you complain against us?' And Moses said, 'When the Lord gives you meat to eat in the evening and your fill of bread in the morning, because the Lord has heard the complaining that you utter against him—what are we? Your complaining is not against us but against the Lord.' Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining." 'And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud.

The Lord spoke to Moses and said, ‘I have heard the complaining of the Israelites; say to them, “At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.”’ In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, ‘What is it?’ For they did not know what it was. Moses said to them, ‘It is the bread that the Lord has given you to eat.’

## **Second Reading**

### **Philippians 1.21-end**

For to me, living is Christ and dying is gain. If I am to live in the flesh, that means fruitful labour for me; and I do not know which I prefer. I am hard pressed between the two: my desire is to depart and be with Christ, for that is far better; but to remain in the flesh is more necessary for you. Since I am convinced of this, I know that I will remain and continue with all of you for your progress and joy in faith, so that I may share abundantly in your boasting in Christ Jesus when I come to you again. Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel, and are in no way intimidated by your opponents. For them this is evidence of their destruction, but of your salvation. And this is God’s doing. For he has graciously granted you the privilege not only of believing in Christ, but of suffering for him as well— since you are having the same struggle that you saw I had and now hear that I still have.

## **Gospel Reading**

### **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. After agreeing with the labourers for the usual daily wage, he sent them into his vineyard. When he went out about nine o’clock, he saw others standing idle in the market-place; and he said to them, “You also go into the vineyard, and I will pay you whatever is right.” So they went. When he went out again about noon and about three o’clock, he did the same. 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?” They said to him, “Because no one has hired us.” He said to them, “You also go into the vineyard.” 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.” When those hired about five o’clock came, each of them received the usual daily wage. Now when the first came, they thought they would receive more; but each of them also received the usual daily wage. And when they received it, they grumbled against the landowner, 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.” 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? Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?” So the last will be first, and the first will be last.’

**Sermon by Canon John Giles,  
Fifteenth Sunday after Trinity,  
10<sup>th</sup> September at Aldeburgh**

Normally in our worship, we would study the readings as set and read, but today I want to think about our worship as such.

Three weeks ago, Marcus Walker, the Rector of Great St Bartholomew’s church in London got very worked up about churches altering the times of their services so that everyone could watch the Lionesses in their World Cup Final. He linked this to the Church of England closing our churches for two years during Covid. Some churches did brilliantly improvising worship on Zoom, while a lot of people simply gave up, or as the vicar said, worshipped God on their sofas, and have never left them since. So He charged the church with going soft on worship itself, the very *raison d’etre* of the church.

Then last week came a different approach from one Chris Wadibia, a serious and responsible student researching religion and church life. He stated roundly in a special article in the Times — that the whole traditional Anglican style of worship was dying and “moribund” and would have to go. As an example of the fuddy-duddy irrelevance of what he called cultural Anglicanism, he quoted George Orwell’s disparaging words about old maids riding their bicycles to church on misty mornings.

Well, my dear mother, indeed, used to bike regularly to the 8am HC in the daughter church of Lymington Hampshire. And what’s wrong with that? The Vicar at that time was one C. Howard Bostock, a lofty, and

somewhat remote man who rode around the town on a high old Raleigh bicycle. At first people felt he was somewhat out of touch, but gradually he gained the respect and love of the town. He gave the town a Christian presence and touched it with Christian Grace. One of his children who all had quite a reputation in the town for sundry minor misdemeanours was none other than Elizabeth Tipping, wife, now widow alas, of the late dear and beloved Canon John Tipping. May he rest in peace. Amen. Just think of what those two have put back into English society in the course of their long and faithful lives and ministries. Yet this is all part of the so-called “moribund” Anglicanism that our young rather flash student of religion is happy to devalue or “cancel”.

But now I want to change tack. What this young critic is saying positively is something we should take note of and even do our best to welcome. He was really speaking up for a new global protestant, and indeed catholic, evangelical Christianity. He speaks for a new generation of Christians, Anglican and many others, African, Chinese, South American, who are discovering a faith, joy and enthusiasm in their Christian lives and worship, with new words, new ways of praying, new forms of fellowship and service that most of us may never have experienced or thought of. This is the lively, charismatic Christianity that is more and more being found in Community Churches in our big towns. When I wanted to support a local food bank last year I was directed to a non-denominational and clearly very lively “Community Church” in Lowestoft - not the fine old C of E parish church where I had done my curacy years ago. So, well done the non-establishment Community Church!

We need to take note of all this - keep our hearts open to changes in worship and other ways that may well be introduced to our own worship here in years ahead. We mustn't be uncritical of what is going on, for such a movement has its own dangers and can damage people. It can set up the wrong sort of leaders and so on. But nonetheless we should be open to change. But we don't need to throw out the old if it still works, rather look for gradual adaptation.

So I want to get back to the worship that we know – its place, its worth and its value – the worship that we have grown up with in our Church of England. This worship is still the infra-structure of the church's life – the roads, railways, bridges, etc which serve the wider life of the Church. Worship starts when we begin to get glimpses of something much bigger and better than ourselves.

The Breton fisherman prays: Have mercy on me, O God. The sea is so great, and my boat is so small.

The pharisee and the tax-gatherer both go into the Temple to pray. The publican says "I thank thee O God that I am not like other men, or even as this tax-collector " while the tax-collector merely says: "Have mercy on me O God, sinner that I am." That's where it starts, and then continues with Jesus.

A lovely prayer says: O Holy Spirit, giver of light and life, Impart to us thoughts higher than our own thoughts, and prayers better than our own prayers, and powers beyond our own powers, that we may spend and be spent in the ways of love and goodness after the perfect image of our Lord and Saviour Jesus Christ.

This humble trust in the justice, goodness and love of God is the Faith behind all our worship. Maybe we could also call it Realism, for we are seeing our place in the universe in a truer perspective and real perspective and travelling out of ourselves towards a higher loyalty.

So, we use in worship words that we don't find on the telly or the media. Yet the words speak of something REAL. We find a language and words to speak of Thankfulness & Praise.

We find ourselves glad to sing 'Praise my soul the King of Heaven'. People are still glad to say together the old General Thanksgiving in the BCP, as we will do ourselves in a moment's time.

We find a language of Confession, to recall the things we wish we hadn't done, or the things we ought to have done but have failed to do. We become more open to correction from a forgiveness rooted in the cross of Christ. We sing 'Dear Lord & Father of mankind, forgive our foolish ways'.

In our worship we find room to remember the needs of others in Prayer, Intercession, with an implied call to action to build a better world. Just yesterday a nurse from Ipswich Hospital rang to check whether I would be there tomorrow. When I said I was a bit better and was preaching today, she said "Say a little prayer for us" and repeated it a moment later saying they were all under pressure in the ward. Our prayers take us out of ourselves and back into the world and the wider family of Christ which is all mankind. So, in our services we sing 'For the healing of the nations' as we pray for peace, or 'Eternal Father strong to save' as we remember those still today "in peril on the sea".

We find words to help in our search for Wisdom and Understanding; for Light to make more clear the way ahead, for Salt to sharpen up how we see things and perhaps clear the decks for action.

Finally, worship gives us the opportunity to rededicate ourselves to Christ's service, and to play some small part in making this a better world, what we call building the kingdom.

This morning let us then give thanks for the gift of worship in our churches which feeds our faith and keeps it alive, keeping our understanding of the things that matter most fresh. In spite of what the doubters say there's a lot of life still there, and there will be even better things to come.

### **Post Communion**

Almighty God,  
you have taught us through your Son  
that love is the fulfilling of the law:  
grant that we may love you with our whole heart  
and our neighbours as ourselves;  
through Jesus Christ our Lord.

**Next Sunday, 1<sup>st</sup> October  
Seventeenth Sunday after Trinity**

### **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.

## **† 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)

## **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](mailto: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.

## **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

## 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>