



## 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 8<sup>th</sup> October** **Eighteenth Sunday after** **Trinity**

### **Services in The Alde Sandlings Benefice this Sunday**

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

### **Collect**

Almighty and everlasting God, increase in us your gift of faith that, forsaking what lies behind and reaching out to that which is before, we may run the way of your commandments and win the crown of everlasting joy; 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 20.1-4, 7-9, 12-20**

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour. When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance, and said to Moses, 'You speak to us, and we will listen; but do not let God speak to us, or we will die.' Moses said to the people, 'Do not be afraid; for God has come only to test you and to put the fear of him upon you so that you do not sin.'

## **Second Reading**

### **Philippians 3.4b-14**

Even though I, too, have reason for confidence in the flesh. If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead. Not that I have already obtained this or have already reached the

goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

## **Gospel Reading**

### **Matthew 21.33-end**

‘Listen to another parable. There was a landowner who planted a vineyard, put a fence around it, dug a wine press in it, and built a watch-tower. Then he leased it to tenants and went to another country. When the harvest time had come, he sent his slaves to the tenants to collect his produce. But the tenants seized his slaves and beat one, killed another, and stoned another. Again he sent other slaves, more than the first; and they treated them in the same way. Finally he sent his son to them, saying, “They will respect my son.” But when the tenants saw the son, they said to themselves, “This is the heir; come, let us kill him and get his inheritance.” So they seized him, threw him out of the vineyard, and killed him. Now when the owner of the vineyard comes, what will he do to those tenants?’ They said to him, ‘He will put those wretches to a miserable death, and lease the vineyard to other tenants who will give him the produce at the harvest time.’ Jesus said to them, ‘Have you never read in the scriptures: “The stone that the builders rejected has become the cornerstone; this was the Lord’s doing, and it is amazing in our eyes”?’ Therefore I tell you, the kingdom of God will be taken away from you and given to a people that produces the fruits of the kingdom. The one who falls on this stone will be broken to pieces; and it will crush anyone on whom it falls.’

When the chief priests and the Pharisees heard his parables, they realized that he was speaking about them. They wanted to arrest him, but they feared the crowds, because they regarded him as a prophet.

**Sermon by Revd Sarah du Boulay**  
**Seventeenth Sunday after Trinity, 1<sup>st</sup> October at Friston**

I'd like to talk to you today about kenosis. Does that word mean anything to anybody? So, we're going to get theological, concentrate! The word kenosis comes from a Greek word, meaning 'to empty out'. As a noun, one might use one of the following three definitions:

- 1) Emptying, depletion, emptiness of life
- 2) Depletion, low diet, as opposed to fullness
- 3) Waning (of the moon)

Kenosis is often used to describe what we have just heard in our reading from Philippians – Jesus emptied himself, taking the form of a slave, being born in human likeness... However, you may have noticed that I referred to kenosis as a noun – a name. This is a matter of translation. The actual word used in the New Testament is Kenoo – which has the same meaning, but is a verb – a doing word. It is often described as self emptying, divine love. An action – something which Jesus actively did, not something which was done to him.

I'm not going to go any further into kenosis, or kenoo – there are whole streams of theology, people have spent their whole lives trying to figure it out, and there is a whole minefield of heresy to deal with, but I will say just this – an argument about kenosis is the reason that Father Christmas punched a bishop! (if you don't know the story, ask me after the service).

What I think is interesting and important to us today, is how the concept of kenoo is applicable to us, and to our lives. In layman's terms, it can be described as the self emptying of one's own will to become entirely receptive to God's perfect will.

The self emptying of one's own will to become entirely receptive to God's perfect will. Now, I don't think this means we are all to become puppets, not able to act on our own, but only along some weird divine predestined pathway for our lives, in which we have no autonomy at all. I think it means something much, much more exciting.

When I was a teenager, a series of bracelets was produced which had WWJD printed on them – they were all the rage at every Christian gathering worth going to, I tell you! WWJD stood for What Would Jesus

Do? And they were supposed to help teenagers make good decisions. Whether or not that worked, I'll leave to you to imagine!

A few years later, someone realised that giving people an entirely open-ended question to justify whatever mistakes they might be about to make wasn't necessarily a good idea, so they produced an answering bracelet. This one had FROG printed on it. FROG. FROG was supposed to answer the question what would Jesus do? Any ideas?

FROG stands for Fully Rely On God. What Would Jesus Do? He'd Fully Rely On God.

To fully rely on God, we have to make space for him in our lives. We have to empty ourselves of everything which gets in the way of our receptiveness to God. Everything that gets in the way of our reliance on God. Everything which gets in the way of becoming more fully who we were created to be.

And that, I think, is the most exciting thing. Each and every one of us was created perfectly by God. Our job is to become that perfect creation as fully as possible. And we can't do this in our own strength – we can only do it by making way in our lives for God – our creator and our redeemer.

### **Post Communion**

We praise and thank you, O Christ, for this sacred feast:  
for here we receive you, here the memory of your passion is renewed,  
here our minds are filled with grace, and here a pledge of future glory is given, when we shall feast at that table where you reign  
with all your saints for ever.

### **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 at Aldeburgh Parish Church – 1<sup>st</sup> October

The Aldeburgh Family Service Team put their creative heads together to plan this year's Harvest Festival Service. Rev'd Mary led the service with the team, and theme was '**Trust in God** and He will provide'

Here is what they planned and organised.

So what craft do we provide this month for our happy band of brothers in The Children's Corner, we thought?

Living in a farming county, surrounded by sweeping fields growing acres of assorted crops, ever changing with the seasons and right on our doorstep there could only be one choice..... Jan Chard's idea was of that workhorse which transports our rich harvest - the ubiquitous tractor! Starting in our 'Arts Workshop' (on one of our kitchen tables) the basic components for this vehicle began amidst much laughter and coffee in equal quantities! The boys could then help to put all the building block's together during the service in between settling to listen to Rev'd Mary's talk, reading prayers and Bible passages. We **trusted in God** for ideas and craft materials. We **trusted in God** for the tractor to stay in one piece for the 'Show and Tell' and He delivered!! **Trusting in God** is like reaching your hand out in the dark and feeling it held.

Start **trusting in God** today - you'll be amazed at what He'll provide, and what you'll achieve.





### † 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 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](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

**Next Sunday, 15<sup>th</sup> October  
Nineteenth Sunday after Trinity**

**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 21<sup>st</sup> 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](mailto:admin@aldeburghparishchurch.org.uk)**

# Lunchtime Classical Concert Series

## Aldeburgh Parish Church

**Monday 23<sup>rd</sup> October 2023  
at 12 noon**

### **Nadia's 80<sup>th</sup> Birthday Celebration Concert with Friends**

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

Helen Stanley (Violin)

Belinda Shave (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**

#### **Safeguarding at The Alde Sandlings Benefice**

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer:

Mrs Fran Smith – [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)