



## **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 26th November Sunday next before Advent/ Christ the King**

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

Aldeburgh	10.30am	Holy Communion
	6.00pm	Evening Prayer
Aldringham	11.00am	Holy Communion
Friston	10.00am	Service of the Word
Knodishall	9.30am	Holy Communion

Dear Friends,

As you read this, I will be half way up a mountain in the Lake District, taking my retreat/ holiday time before Advent starts. It's a great way for me to take stock of the previous year, look forward to the next, and to ground myself in God and my own relationship with Him. I wonder what does that for you? Do you have a regular practice of 'retreat', or spending time with God, outside of what sustains you on a daily basis? I'd be really interested to hear.

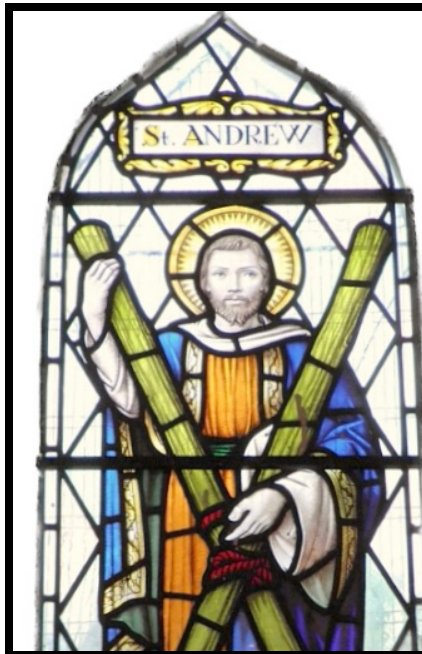
In other news, the Wednesday morning Holy Communion at Aldeburgh is returning to its original time of 10am every week. I'm grateful to the regular communicants who have been so gracious in accepting these changes. If you

haven't ever been, I'd encourage you to come if you can – it's a very quiet, reflective, spiritual service, and is an encouraging way to 'top up' between Sunday services. I love it!

Looking forward to seeing you all on my return.

With prayers,

Sarah



**St Andrew's Aldringham  
Patronal Festival Service  
Thursday 30<sup>th</sup> November at 6pm  
Followed by a Fish and Chip Supper**

St Andrew's invites you for this special service.  
If you wish to take part in the fish and chip  
supper, please add your name to the list in  
church, or contact  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

**Collect**

Eternal Father,  
whose Son Jesus Christ ascended to the throne of heaven  
that he might rule over all things as Lord and King:  
keep the Church in the unity of the Spirit  
and in the bond of peace,  
and bring the whole created order to worship at his feet;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Ezekiel 34.11-16, 20-24**

For thus says the Lord God: I myself will search for my sheep, and will seek them out. As shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my sheep. I will rescue them from all the places to which they have been scattered on a day of clouds and thick darkness. I will bring them out from the peoples and gather them from the countries, and will bring them into their own land; and I will feed them on the mountains of Israel, by the watercourses, and in all the inhabited parts of the land. I will feed them with good pasture, and the mountain heights of Israel shall be their pasture; there they shall lie down in good grazing land, and they shall feed on rich pasture on the mountains of Israel. I myself will be the shepherd of my sheep, and I will make them lie down, says the Lord God. I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, but the fat and the strong I will destroy. I will feed them with justice.

Therefore, thus says the Lord God to them: I myself will judge between the fat sheep and the lean sheep. Because you pushed with flank and shoulder, and butted at all the weak animals with your horns until you scattered them far and wide, I will save my flock, and they shall no longer be ravaged; and I will judge between sheep and sheep. I will set up over them one shepherd, my servant David, and he shall feed them: he shall feed them and be their shepherd. And I, the Lord, will be their God, and my servant David shall be prince among them; I, the Lord, have spoken.

## **Second Reading**

### **Ephesians 1.15-end**

I have heard of your faith in the Lord Jesus and your love towards all the saints, and for this reason. I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

## **Gospel Reading**

### **Matthew 25.31-end**

‘When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” Then he will say to those at his left hand, “You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.” Then they also will answer, “Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?” Then he will answer them, “Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.” And these will go away into eternal punishment, but the righteous into eternal life.’

## **Sermon by Revd Celia Cook - Second Sunday before Advent, 19<sup>th</sup> November at Aldeburgh**

I have always found it a shocking statistic that we have enough food in the world to feed everyone 3 times over and yet every day, according to the United Nations, 25,000 people including more than 10,000 children die from hunger and related causes.

Somehow, we are not managing or sharing our world's resources wisely. And it comes at a cost. For many it simply isn't enough of a priority. Either through inaction or self-interest, there is insufficient investment in the things, which would re-right the dishonest scales and enable everyone in God's loving creation to flourish and live lives to the full. Those in authority of course bear the bigger burden, as they have the power to promote change locally, nationally and globally. The priorities, which they set out, determine a nation's expenditure of time, effort and money. The power, which they wield, controls the lives of people within their communities whether for good or ill.

The Pharisees as the religious and political leaders within their communities held huge control, not only over the religious practices but the legal and moral codes and therefore how people lived their lives. They had the power to promote change. God had entrusted them with his message of love and reconciliation to the world. But they had chosen to ignore this and had used his commandments for their own ends: with legal requirements, which were impossible to keep, misinterpreting His word to justify excluding and distancing the poor and the marginalised – the very people to whom God wanted them to reach out. They were too busy feathering their own nests to invest in God's message of equality.

And so in response, as always, Jesus told them a story. A master goes away and leaves his slaves in charge of his property. He gives them differing amounts of money according to their ability. When he returns, the 2 slaves with the largest amounts have doubled his investment. The 3<sup>rd</sup> slave hides his money and therefore only has the same amount to show his master. The master congratulates the first two slaves. The third slave is thrown out.

On the surface these parables in Matthew's gospels appear quite harsh and unforgiving. I have always had a little sympathy for the slave who is given the least amount of money. I wonder whether he was disappointed that his master felt he was only capable of handling such a small amount. Perhaps he was overwhelmed with the task. After all, it's so much easier to make money when you have a lot to begin with. The other slaves had a head start with twice or even five times as much money to play with. All this slave's success was hanging on the one small investment. You can't blame him in a way for becoming frozen with fear.

But Jesus' message to the Pharisees is clear. God had left them in charge of his people, as shepherds of the flock. The positions, which they held were a gift and a privilege. And they had a responsibility to use these gifts according to God's will, not their own. It was not up to them to decide whether or how to respond. They had all the guidance they needed in the scriptures and through God's Spirit. There was no excuse either for inaction or self-interest.

The slaves were entrusted with an amount according to their ability. There was no reason to be frozen with fear. The master knew what they were capable of and didn't expect miracles. So he is quite satisfied when the first two slaves simply double their money. He doesn't expect them all to make ten talents. Two would have been enough for the slave who was given just one amount to begin with.

Everyone is called to account for the stewardship of what they are given – money, possessions, time, skills.

I think sometimes we are overwhelmed with the task of serving God and our neighbour. I certainly feel that in my work for the NHS. As the only mental health chaplain ministering in the inpatient units across Suffolk, I often feel pulled in many directions and question whether I have enough resources in every sense to fulfil my role. There is a danger of inaction or over-action; neither of which is healthy. So my daily prayer is always to do what I can each day with what I have available:

What I can, with what I have.

God has made us and given us all different gifts and abilities. He knows what we're capable of and will not ask us to produce 10 times what we

have been given in the first place. So we need to be careful not to take on more than we are able or called to do; at work at home or even at church, however much we might feel it is expected of us. After all, we may get in the way of someone eager to use their gifts too, who doesn't, because they think they're not needed.

We also need to guard against inaction: another simple phrase, which I find helpful - 'never withhold a kindness if it's in our charge'.

We mustn't be put off by other's abilities and what they seem able to achieve. We may well be the little boy whose meagre loaves and fishes become a feast for thousands, but the chances are, our small efforts will result in small yet equally valuable rewards within our community.

What gifts has God given you?

Have you hidden them in the ground, thinking they wouldn't be worth anything to anyone else?

Or have you run yourself into the ground or become distracted by a task that isn't yours to fulfil?

Let's do what we can with what we have this week – no more and no less. Let's serve willingly and sensibly, in confidence that God will bless the work of our hands and the prayers on our hearts. Amen.

### **Post Communion**

Stir up, O Lord,  
the wills of your faithful people;  
that they, plenteously bringing forth the fruit of good works,  
may by you be plenteously rewarded;  
through Jesus Christ our Lord.

**Next Sunday, 3<sup>rd</sup> December  
Advent Sunday**

### **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**

## † 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/UCLeck8GovYoaYzlgyOEIKZg>

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/>

## † 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**

## † 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 – Aldeburgh & Friston

Tuesday - Knodishall

Wednesday – Aldeburgh

Thursday – Aldringham

Friday - Aldeburgh



## † 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)

## **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.

## † 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 2nd December Community Breakfast starting 9.30 @ The Parrot, then supporting the Village Christmas Fete @ Dolphin from 12 noon**

As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot. Come for breakfast and a catch-up with folk. (You don't need to book in advance, you can decide on the morning.) Please do invite friends along. A group from Pilgrims will then be supporting the village Christmas fete at the Dolphin from noon.

## **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>

## **ALDE SANDLINGS BENEFICE CHRISTINGLE CELEBRATION at ALDEBURGH CHURCH**



Come share  
the light this  
**Christingle**

**The  
Children's  
Society**

**TUESDAY 5<sup>TH</sup> DECEMBER AT 6.30PM**

**A SERVICE FOR ALL OF THE FAMILY**

Please do check our website for news and updates [www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk)

**ALDEBURGH PARISH CHURCH**  
**ST PETER & ST PAUL'S**

Invites you to **CHRISTMAS**



**COME AND LISTEN TO THE CHRISTMAS STORY**  
**THERE WILL ALSO BE LOTS OF CHRISTMAS**  
**CRAFT MAKING & MUCH MORE FUN**  
**FOR ALL AGES**

**at the CHURCH HALL**  
**SATURDAY 16<sup>th</sup> DECEMBER**  
**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)**

**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)