



## 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

Rector: The Revd Sarah du Boulay

Email: [revd.sarah@btinternet.com](mailto:revd.sarah@btinternet.com)

Tel: 01728 582213

The Revd Nichola Winter

Email: [njwinter@whd.co.uk](mailto:njwinter@whd.co.uk)

Curate: The Revd Mary Brown

Email: [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk)

Tel: 01728 467454

The Revd Johanna Mabey

Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

## Sunday 8<sup>th</sup> September Fifteenth Sunday after Trinity

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Bishop Sandy Millar
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	10.00am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Holy Communion	Revd Mary Brown

### A Message from, Rev'd Mary Brown

Dear Friends,

It is lovely to be back with you after my holiday. I look forward to catching up with you over the next few weeks and hearing about how you have spent your summers.

When we finished our Lent Groups, and our Confirmation Classes, there were various requests for these to continue. I can now announce that we will be starting two Benefice-wide monthly Bible Studies. One group will have its first session on Sunday 6<sup>th</sup> October, and will run every first Sunday of the month from 3-4.30pm. The second group will have its first session on Tuesday 8<sup>th</sup> October from 7-8.30pm, and will run monthly. Currently I plan to host both at The Rectory in Friston. Please let me know if you would like to attend. If you would like to attend but the venue stops that from being possible, please get in touch and I will make other arrangements.

I can also now announce the date for our 'Prayer Warriors' group. We will meet monthly on the last Tuesday of the month from 6-7pm in Aldeburgh Church, beginning on 24th September. Again, please let me know if you plan to join us in person. If instead you would like to receive an update so that you can join us in prayer from home, please let me know and I will add you to the list.

I'm really looking forward to meeting with you regularly to read the Bible together and/or to pray together.

With love and prayers,

Mary

### **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**

#### **Proverbs 22.1-2, 8-9, 22-23**

A good name is to be chosen rather than great riches, and favour is better than silver or gold. The rich and the poor have this in common: the Lord is the maker of them all. Whoever sows injustice will reap calamity, and the rod of anger will fail. Those who are generous are blessed, for they share their bread with the poor. Do not rob the poor because they are poor, or crush the afflicted at the gate; for the Lord pleads their cause and despoils of life those who despoil them.

## **Second Reading**

### **James 2.1-10 11-13 14-17**

My brothers and sisters, do you with your acts of favouritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, 'Have a seat here, please', while to the one who is poor you say, 'Stand there', or, 'Sit at my feet', have you not made distinctions among yourselves, and become judges with evil thoughts? Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? But you have dishonoured the poor. Is it not the rich who oppress you? Is it not they who drag you into court? Is it not they who blaspheme the excellent name that was invoked over you? You do well if you really fulfil the royal law according to the scripture, 'You shall love your neighbour as yourself.' But if you show partiality, you commit sin and are convicted by the law as transgressors. For whoever keeps the whole law but fails in one point has become accountable for all of it. What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, 'Go in peace; keep warm and eat your fill', and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

## **Gospel Reading**

### **Mark 7.24-end**

From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' Then he said to her, 'For saying that, you may go-the demon has left your daughter.' So she went home, found the child lying on the bed, and the demon gone. Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to

heaven, he sighed and said to him, 'Ephphatha', that is, 'Be opened.' And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, 'He has done everything well; he even makes the deaf to hear and the mute to speak.'

### **Sermon from Revd Nichola Winter, on Sunday 1<sup>st</sup> September at Friston**

John Greenleaf Whittier (1807-92) - would probably have been horrified at the thought of his words being sung in church. The words of our first hymn (Dear Lord and Father of Mankind) this morning are part of a long poem he wrote comparing the 'heartiness and excitement of much Christian worship to the stimulation found by followers of certain Eastern religions through the use of hallucinogenic drugs.'

Whittier was an early anti-slavery campaigner and despite his dislike of singing in worship (he was a Quaker and much preferred silence) more than 50 of his poems have been turned into hymns. 'The brewing of Soma' was written in 1872 and speaks of an intoxicating drink probably made from the fungus *Amanita muscaria* and used in Vedic rituals in India. (see Dorothy L Sayers: *The Documents in the Case* for a good crime novel based on this...) Scraps of the fungus would be steeped in milk and, when digested, produce a strongly hallucinogenic effect and induce a state of religious frenzy.

It was these religious frenzies that Whittier condemned as 'our foolish ways' that need God's forgiveness. His poem expresses the Quaker belief that God is to be found in silence and stillness rather than noisy frenzy; the inward peace of the worshipper brings one closer to God than indulging in noisy sound, outward stimulation and sensual excitement.

And that brings us rather neatly to the reading from *The Song of Solomon*... Probably one of the most sensual parts of the bible this writing celebrates the sheer joy of sensual and erotic love. Does it have place in a book that can be seen as giving a strict code of living? Well, as one former bishop once said, 'if there's no fun in heaven, I'm not going...' This passage is often read at weddings - even though the subject matter was originally intended to celebrate love between young unmarried female and male lovers - but it celebrates the beauty of God's gift of human love. Various studies have attempted to interpret the poem in the light of feminist

theology and other cultural perspectives but if we accept it as a hymn of praise to human - and divine - love we're not going far wrong. There is a beautiful setting of some of the words by Walton... which create an opportunity for singing praises to the many gifts of God - as indeed we do here, Sunday by Sunday, when we come to church, amongst other things, to sing God's praise.

Both the passages from James and the Gospel remind us that we need to guard our tongues and watch what we say and sing. Just lately we have probably been shocked at the slogans coming from the mouths of various protesters and rioters as they execute their right to demonstrate their displeasure at certain aspects of life. But we would all do well to think hard before we blurt out our immediate responses to things we disagree with. We need to consider and to reflect. It's not easy. I know that I can be guilty of coming out with an initial response to a news item or comment that isn't particularly charitable. We live in a chattering age and these things happen so quickly and easily. But Jesus reminds us that it doesn't matter how much we stick to dietary codes and ablutionary rules - it isn't what goes into the body that defiles but what comes out in terms of words, worship and actions.

'This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines. You abandon the commandment of God and hold to human tradition,' says Jesus. James enlarges on this theme as we hear today:

'If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.'

Keeping ourselves unstained by the world is a hard task, beset as we are by the temptations and superficial follies of 21st century life. 'Forgive our foolish ways', we sing. The brewing of Soma may well bring about frenzy and fervour but we live in a society where the comfortable and the uncomfortable almost go hand in hand. That still small voice of calm continues to whisper amidst all the shouting, all the violence, all the chaos. On a trip to the Holy Land in the '90s Nick & I sang 'Dear Lord and Father' with fellow pilgrims on a boat on the Sea of Galilee. The water was calm then, but above our heads there was the continual buzz of helicopters - a reminder that the time then was not one of peace but of tension in the Middle East - as it still is today.

We need to keep our ears open for the words that calm and still us, that lead us to reflect and cause us to take a moment aside in our busy lives. When we're tempted to give vent to our frustration and anger, let us pause, to ensure that what comes out of our mouths is gentle, charitable and constructive. We'd do well to heed the advice of Mrs Dashwood in Jane Austen's *Sense & Sensibility* when she says to her youngest daughter, Margaret:

'Hush, Margaret, if you can't think of anything appropriate to say you will please restrict your remarks to the weather.'

We might paraphrase that for ourselves - when we can't think of anything appropriate to say let us at least remember God, our maker, redeemer and sustainer. Instead of words out loud we might simply offer words in the silence of our hearts - words of praise and thankfulness for what is good in the world. Perhaps the words from the 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;

May what comes out of our mouths always do just that. Amen.

### **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.

### **St Andrew's Church, Aldringham in September**

St Andrew's welcome you all to join them for two special services this September. The first on the 15<sup>th</sup> September at 11am is to mark The Battle of Britain. The Leiston Squadron Air Training Corps will be joining in the service. The second is on the 22<sup>nd</sup> September where Chris and Anji Dawkins (The Diocese Kagera Link Coordinators) will be giving a talk and providing service material relating to Kagera.

All welcome to all services

## **The Alde Sandlings Benefice Friday Markets Update**

The sun shone upon *most* of the August Friday Markets this year. It was a joyous time for everyone to have a cuppa and a chat with old friends and new, from across the benefice. All left over items not sold were collected by The Cats Protection Charity, who were delighted.

The final total this year was an impressive £3,718.27, which will go to church funds within the benefice.

**A HUGE thank you** to all of the Friday Market team, who organise, collect, set up, man the stalls and then pack away.

## **The Alde Sandlings, Dates for your Diary**

- Alpha 11 week Course starting 11<sup>th</sup> September – 6pm-8pm in the Church Hall. Every Wednesday thereafter.
- The 2024 Suffolk Historic Churches Ride and Stride Saturday 14<sup>th</sup> September 9am-5pm
- Aldringham Parish Church Battle of Britain Service – 15<sup>th</sup> September at 11am
- Aldeburgh Churches Service – at the Baptist Church Sunday 15<sup>th</sup> at 6pm. ALL WELCOME
- Aldringham Parish Church – Service and talk for Kagera – 22<sup>nd</sup> September at 11am.
- Prayer Warriors' Group – Last Tuesdays of the month, starting 24<sup>th</sup> September 6-7pm in Aldeburgh Church – All welcome
- Knodishall will be hosting the next Benefice Service at 9.30am on the 29<sup>th</sup> September. ALL WELCOME.
- The Alde Sandlings Thanks God for the Harvest.

The services start with.

- Friston Harvest Festival Service at 10am – 15<sup>th</sup> September
- Knodishall Harvest Service at 9.30am – 22<sup>nd</sup> September
- Aldeburgh Harvest Family Service at 10.30am – 6<sup>th</sup> October
- Aldringham Harvest Festival Service 11am – 13<sup>th</sup> October
- Benefice Bible Studies Group 1 – Sunday 6<sup>th</sup> October 3-4.30pm, then every first Sunday of the month at The Rectory, Friston
- Benefice Bible Studies Group 2 – Tuesday 8<sup>th</sup> October 7-8.30pm, then will run monthly at The Rectory Friston

## **Harvest Festival Services at The Alde Sandlings**

Friston Harvest Festival Service at 10am – 15<sup>th</sup> September

Knodishall Harvest Service at 9.30am – 22<sup>nd</sup> September

Aldeburgh Harvest Family Service at 10.30am – 6<sup>th</sup> October

Aldringham Harvest Festival Service 11am – 13<sup>th</sup> October

**If you would like to donate any dry produce (tins, pasta, packets of dry foods) for the Harvest Festivals (no unopened packages) please do take them to the church you worship in. There will be a box at the back of the church at Aldeburgh for you to place your items in.**

## **† 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

\*\* Weather permitting, we are prayer walking around Friston and Knodishall. Please speak to Revd Sarah and Revd Mary for more info.

## **† 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>



## † Home Visits †

Not everyone can get to church as they were once able to, due to an illness or reduced mobility. We fully understand that this can be incredibly isolating for some. If you, or you know of someone that would like a home visit from one of our Elders, please do let us know. Or if you would like home communion, please do let a member of clergy know. Please contact them directly or email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and we will do our utmost to arrange a visit.

## 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>

## £££ Ways to donate to our churches within the £££ Alde Sandlings Benefice

Your donations REALLY mean so much to us. If you would like to donate this Christmas, please click on the link below. 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/>

## The 2024 Suffolk Historic Churches Ride and Stride Saturday 14<sup>th</sup> September 9am-5pm

The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all around the country are out making money for their local county Churches Trust.

The Alde Sandlings communities always contribute hugely.

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](mailto:admin@aldeburghparishchurch.org.uk) and Claire will pass on your details to the SHCT organiser at each church. Or see the SHCT organiser at the church you worship in. Good Luck Everyone!



## **New Aldeburgh Churches Together Services**

We start a new schedule of Aldeburgh Churches services, the first one is being hosted by the Baptist Church at 6pm on Sunday, the 15th September. This a service for all three churches in Aldeburgh to come together in worship. Everyone warmly invited.

### **Prayer Groups**

There will be two **benefice monthly Bible Studies Group**. One group will have its first session on Sunday 6th October, and will run every first Sunday of the month from 3-4.30pm. The second group will have its first session on Tuesday 8th October from 7-8.30pm which will run monthly.

This will be hosted by Revd Mary at the Friston Rectory.

### **Prayer Warriors Group.**

We will meet monthly on the last Tuesday of the month from 6-7pm in Aldeburgh Church, beginning on 24th September.

You are all most welcome. If you would like to join either, please contact Revd Mary to be added to the list.

### **† Pilgrims Together on Wednesdays on Zoom †**

RE-STARTS 18<sup>TH</sup> SEPTEMBER

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.

### **Pilgrims @ The Parrot Pub**

**Saturday 21st 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.

**Saturday 5th October Community Breakfast and Local Ramble starting 9.30 @ The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7 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.

## WHERE ARE YOU WITH GOD?

- I DON'T THINK I BELIEVE?
- I AM ANXIOUS TO WALK INTO A CHURCH SERVICE, BUT I DO WANT TO!
- I HAVE LOTS OF QUESTIONS ABOUT MY FEELINGS TOWARDS MY FAITH!
- I REALLY WANT TO EXPLORE MY FAITH FURTHER, EVEN THOUGH I AM A REGULAR WORSHIPPER!

## SOUNDS LIKE ALPHA IS JUST FOR YOU



**ALDEBURGH PARISH CHURCH**  
is running a 11 week Alpha course  
starting weekly from  
**11<sup>TH</sup> SEPTEMBER AT ALDEBURGH**  
**CHURCH HALL FROM 6.00pm to 8.00pm**  
Continuing every Wednesday thereafter.

## SO, WHAT WILL I LEARN AT ALPHA?

- Talk with others about their faith journey
- Find out that just as many people have the same questions as you do! They really do.
- Time for reflection & prayer – Time to think!
- An opportunity to make new lifetime friends in the church communities.
- Develop and continue your connection with God.

**YOU ARE MOST WELCOME TO JOIN.**  
**ALL FREE! NO PRESSURE TO STAY.**  
**LIGHT SUPPER INCLUDED! COME AND SAY HELLO.**

**IF YOU WOULD LIKE TO JOIN THE ALPHA GROUP –  
PLEASE SIGN UP IN THE CHURCH YOU WORSHIP IN, OR  
email: [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)  
Next Sunday – September 15<sup>th</sup>  
Sixteenth 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 5<sup>th</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)**