



## 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 6<sup>th</sup> October** **Nineteenth Sunday after Trinity**

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

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Family Harvest Festival Service	Led by The Elders
Aldringham	11.00am	Holy Communion	Very Revd Christopher Lewis
Friston	10.00am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Morning Prayer	Led by Elder Tim Haxell

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

Dear Friends,

We had a wonderful Benefice service last Sunday. It is always a joy to see people from across our Benefice gathered together in one place to worship. Thank you to all those who came, and to Knodishall church for hosting us. I look forward to seeing us all gathered together again for our next Benefice service in a few months.

This week we had the fourth session of Alpha. Each Wednesday evening, we are gathering in Aldeburgh Church Hall to eat a meal together, watch

one of the Alpha videos, and then discuss what we have heard. If you are interested in attending in the future, please have a chat with Sarah or myself, we are planning on running more of these courses in the future. Also, if you might be able to cater a light supper for the participants on one of the upcoming weeks, please get in touch.

On Sunday afternoon we will be meeting for the first of our Benefice Bible Study groups, at 3pm at the Rectory in Friston. If you are planning on coming, or have any questions about it before you decide, please do get in touch with me.

With love and prayers,

Mary

### **Collect**

O God, for as much as without you we are not able to please you; mercifully grant that your Holy Spirit may in all things direct and rule our hearts; 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**

#### **Job 1.1; 2.1-10**

There was once a man in the land of Uz whose name was Job. That man was blameless and upright, one who feared God and turned away from evil. One day the heavenly beings came to present themselves before the Lord, and Satan also came among them to present himself before the Lord. The Lord said to Satan, 'Where have you come from?' Satan answered the Lord, 'From going to and fro on the earth, and from walking up and down on it.' The Lord said to Satan, 'Have you considered my servant Job? There is no one like him on the earth, a blameless and upright man who fears God and turns away from evil. He still persists in his integrity, although you incited me against him, to destroy him for no reason.' Then Satan answered the Lord, 'Skin for skin! All that people have they will give to save their lives. But stretch out your hand now and touch his bone and his flesh, and he will curse you to your face.' The Lord said to Satan, 'Very well, he is in your power; only spare his life.' So Satan went out from the presence of the Lord, and inflicted loathsome sores on Job from the sole of his foot to the crown of his head. Job took a potsherd with which to scrape himself, and sat among the ashes. Then his wife said to him, 'Do you still persist in your integrity? Curse God, and

die.’ But he said to her, ‘You speak as any foolish woman would speak. Shall we receive the good at the hand of God, and not receive the bad?’ In all this Job did not sin with his lips.

## **Second Reading**

### **Hebrews 1.1-4; 2.5-12**

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God’s glory and the exact imprint of God’s very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs. Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere, ‘What are human beings that you are mindful of them, or mortals, that you care for them? You have made them for a little while lower than the angels; you have crowned them with glory and honour, subjecting all things under their feet.’ Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, ‘I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.’

## **Gospel Reading**

### **Mark 10.2-16**

Some Pharisees came, and to test him they asked, ‘Is it lawful for a man to divorce his wife?’ He answered them, ‘What did Moses command you?’ They said, ‘Moses allowed a man to write a certificate of dismissal and to divorce her.’ But Jesus said to them, ‘Because of your hardness of heart he wrote this commandment for you. But from the beginning of creation, “God made them male and female.” “For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.” So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.’ Then in the house the disciples

asked him again about this matter. He said to them, 'Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery.' People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, 'Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.' And he took them up in his arms, laid his hands on them, and blessed them.

### **Service of Thanksgiving for Canon Arthur Phelps**

A Service of Thanksgiving for Arthur's life will be held at 12.30 on Friday 1<sup>st</sup> November 2024 at Aldeburgh Parish Church. Refreshments will be available after the Service at The Brudenell Hotel, The Parade, Aldeburgh, Suffolk, IP15 5BU

All are welcome to attend the Service of Thanksgiving and to join the family afterwards at The Brudenell Hotel. Arthur's family would be grateful if people could advise before Sunday 20<sup>th</sup> October if they are able to attend for the refreshments at the Brudenell after the service. This will allow them time to give the hotel an indication of the number of people to expect so they can cater accordingly.

Could you please let Claire know at [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) if you would like to attend. Or please add your name to the list in the West porch at Aldeburgh (email preferred)

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

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.

**Sermon from Revd Nichola Winter,  
on Sunday 29<sup>th</sup> September at The Benefice Service  
at Knodishall**

Words from the Commendation, read at every Christian funeral: 'In communion with all the blessed saints, and aided by the angels and archangels and all the armies of the heavenly host, may thy portion this day be in peace, and thy dwelling in the heavenly Jerusalem.'

Perhaps we might find comfort in the knowledge that that final milestone on our journey through life is marked by the aid and support of angels as they accompany us at our end. Week by week, in our eucharistic celebration we proclaim that we are joining the angels' song of praise. The collect today tells how angels and mortals are constituted 'in a wonderful order.' But just who are we joining when we lift up our song of praise? What is this about a 'wonderful order'?

It was Thomas Heywood, who, in his 'Heirarchy of the Blessed Angels'. written in 1635, said, 'Angels were the first creatures God made, created as pure light, ordained with the light to serve God, who is the Lord of Light. They have charge to conduct us, wisdom to instruct us and grace to preserve us. They are the saint's tutors, Heaven's heralds, and the Bodies' and Souls' guardians...'

What is the message we so often hear from angels?

(At this point, I invited responses from the congregation. With unnerving timing somebody's mobile phone burst in with an instruction from the sat-nav and an electronic voice proclaimed 'Proceed to the route.' Not the answer I was anticipating but a perfectly valid response!)

The reply I *had* expected was, 'Do not be afraid...' Angels work continually to keep the channels of communication, illumination and healing open between man and God so that humans can enter into a full relationship with God. So when we raise our voices in holy praise we are joining a goodly company indeed!

In the bible we so often hear how angels were often involved in announcing and raising up deliverers for the people of God as and when they became entrapped in various forms of bondage, slavery and sin. The reading from Genesis provides a wonderful picture - Jacob, exhausted by flight, lies down in the wilderness and dreams of angels, coming and going between earth and heaven. God stands there and tells him, 'Know that I am with you and will keep you wherever you go... I will not leave you until

I have done what I have promised... Think of the angels involved when our Saviour himself came to earth. It was the Archangel Gabriel who prepared Jesus' parents for his birth; it was angels who announced the birth of our Saviour to working folk in the fields, and it was an angel who warned Joseph to flee the wrath of Herod and make himself scarce in Egypt for a time. Later, an angel strengthens Jesus in his agony in the Garden of Gethsemane; and then, angels were present when the stone was rolled away from the tomb, and again when Jesus returned to his heavenly Father. Throughout biblical history angels provide guidance, help and encouragement to God's people. In Matthew's gospel we hear how Jesus says that children's angels 'always see the face of my Father in heaven' - it was this that gave rise to the Christian concept of guardian angels.

When the end of the world comes it is angels who will assist with judgement and the administration of justice. The reading from Revelation presents this dramatic picture of Michael and his angels fighting and overcoming evil in the end times. As Jesus tells Nathanael, his followers will see the amazing spectacle of angels ascending and descending on the Son of God; it will be the angels who will 'gather his elect from the four winds, from one end of the heavens to the other' (Mt 24:31.) Angels will then assist with the final judgement under the guidance of the Archangel Michael, whose name means 'like unto God'. Michael is understood to be the Captain-General of the heavenly hosts. It is Michael who will sound the trumpet at the resurrection; receive the immortal spirits when they are released from death and weigh them in the balance. Michael heads the hosts in that cosmic battle in which we're all engaged to a greater or lesser degree. Twenty two years ago, at my Michaelmas ordination, I knelt at the feet of the Bishop in our cathedral at Bury St Edmunds. Above and around me was a complex structure of builders' scaffolding as the new tower was in the process of being built - nothing particularly angelic about it but a timely reminder that we are all 'works in progress' as we journey through life. An important part of our prayer life needs to be putting ourselves into the hands of God and the angels in the continual struggle against evil and all that pulls us out of true relationship with God.

Today we celebrate Michael and all angels. Michaelmas is one of the quarter days marking a turn towards the darker half of the year. None of us knows what the coming months hold in store but God has promised that He is with us to the end of the age. The message of the angels is, 'Do not be afraid.' May our hearts be filled not with fear but with joy.

Words by Christina Rossetti:

I go from earth to heaven, a dim uncertain road,  
A houseless pilgrim through the world unto a sure abode:  
While evermore an Angel goes with me day and night,  
A ministering spirit from the land of light,  
My holy fellow-servant sent to guide my steps aright.

### **Post Communion**

Holy and blessed God, you have fed us with the body and blood of your Son and filled us with your Holy Spirit:  
may we honour you, not only with our lips  
but in lives dedicated to the service of Jesus Christ our Lord.

### **Prayer Among the Ruins**

An event joining us together for a time of prayer, thinking and thanking God for the past, listening and reflecting on what is happening now and praying for revival. Meeting at Greyfriars Friary, Monastery Hill, Dunwich, IP17 3DR. From 9.30am to 11.00am on Saturday 19th October. Bring something to sit on. Coffee, tea, croissants provided. Parking and Toilets. Everyone welcome - spread the word!

### **† 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>

## **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.
- Prayer Warriors' Group – Last Tuesdays of the month, starting 24<sup>th</sup> September 6-7pm in Aldeburgh Church – All welcome
- The Alde Sandlings Thanks God for the Harvest.
  - 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
- Pro Corda Student Lily Fisher Concert – Aldringham Saturday 26<sup>th</sup> October at 3.30pm. Refreshments from 3pm.
- Friends of St Andrews, Aldringham Church, Coffee Morning – Saturday 2<sup>nd</sup> November 10-12 noon
- All Souls/Remembering the Loved Services – Aldeburgh and Aldringham at 6pm on Saturday 2<sup>nd</sup> November
- Lunchtime Classical Concert in Aid of Aldeburgh United Charities, with Nadia Lasserson – Aldeburgh Church, 4<sup>th</sup> November at 12 noon.
- Remembrance Sunday Services throughout the Benefice, November 10<sup>th</sup>.

## **† 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.



## † 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/>

## 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 †

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 19th October Encounter Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30**

Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts. All are welcome.

#### **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.**

**LUNCHTIME CLASSICAL  
CONCERTS SERIES at  
Aldeburgh Parish Church**

**Monday 4<sup>th</sup> November 2024  
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of **ALDEBURGH UNITED CHARITIES** continue into November 2024, with the return of:

**Helen Stanley (Violin)  
Nadia Lasserson (Piano)**

**In a programme of Bach, Beethoven and Dvorak.**

**Looking forward to welcoming you all.  
Admission is free - with a retiring collection for  
Aldeburgh United Charities**

**ALL VERY WELCOME**



**Sunday 13<sup>th</sup> October  
Twentieth Sunday after Trinity**