



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
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Sunday 12th October Seventeenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

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|------------|---------|--------------------|----------------------|
| Aldeburgh | 11.00am | Holy Communion | Revd Mary Brown |
| Aldringham | 11.00am | Holy Communion | Revd Sarah du Boulay |
| Friston | 9.30am | Joining Knodishall | |
| Knodishall | 9.30am | Holy Communion | Revd Sarah du Boulay |

A message Revd Mary Brown

Dear Friends,

As I walked through Thorpeness this morning, and then along the river in Aldeburgh this afternoon, I was struck again by what a privilege it is to live and work in such a beautiful place.

A passage from Philippians has been on my mind of late: 'Rejoice in the Lord always. I will say it again: rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.' (Phil 4:4-7)
Paul tells us to be on the lookout for those things that we can give thanks for and rejoice over. It might seem strange to have 'let your gentleness be

evident to all' right in the middle of this passage. But as I practice doing what these verses say, I do find that the more I rejoice and give thanks, the more I am able to be kind and gentle. And it is the fact that the Lord is near that makes thankfulness possible.

Let's remember today that the Lord is near, and as we bring him our needs, our petitions, and the hard things in our lives, let's ask him to show us what we have to be grateful for, and to rejoice in. Right now I am rejoicing in the beautiful place we live in, and the warm cat curled up asleep on my lap.

With love and prayers,

Mary

Collect

Almighty God, you have made us for yourself,
and our hearts are restless till they find their rest in you:
pour your love into our hearts and draw us to yourself,
and so bring us at last to your heavenly city
where we shall see you face to face;
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

Jeremiah 29.1, 4-7

These are the words of the letter that the prophet Jeremiah sent from Jerusalem to the remaining elders among the exiles, and to the priests, the prophets, and all the people, whom Nebuchadnezzar had taken into exile from Jerusalem to Babylon. Thus says the Lord of hosts, the God of Israel, to all the exiles whom I have sent into exile from Jerusalem to Babylon: Build houses and live in them; plant gardens and eat what they produce. Take wives and have sons and daughters; take wives for your sons, and give your daughters in marriage, that they may bear sons and daughters; multiply there, and do not decrease. But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare.

Second Reading

2 Timothy 2.8-15

Remember Jesus Christ, raised from the dead, a descendant of David—that is my gospel, for which I suffer hardship, even to the point of being chained like a criminal. But the word of God is not chained. Therefore I endure everything for the sake of the elect, so that they may also obtain the salvation that is in Christ Jesus, with eternal glory. The saying is sure: If we have died with him, we will also live with him; if we endure, we will also reign with him; if we deny him, he will also deny us; if we are faithless, he remains faithful for he cannot deny himself. Remind them of this, and warn them before God that they are to avoid wrangling over words, which does no good but only ruins those who are listening. Do your best to present yourself to God as one approved by him, a worker who has no need to be ashamed, rightly explaining the word of truth.

Gospel Reading

Luke 17.11-19

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, 'Jesus, Master, have mercy on us!' When he saw them, he said to them, 'Go and show yourselves to the priests.' And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. Then Jesus asked, 'Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?' Then he said to him, 'Get up and go on your way; your faith has made you well.'

Servers and Sacristans URGENTLY needed at Aldeburgh Parish Church

**We really need volunteers to assist with the
Holy Communion services at Aldeburgh. Can you help?
Full training will be given, and you can do as many or as
few Sunday services as you can manage.**

Please speak to a member of clergy or email
admin@aldeburghparishchurch.org.uk

**Sermon by Revd Nichola Winter,
5th October – Sixteenth Sunday after Trinity**

The book of Lamentations probably written in Jerusalem during the period following the destruction of the temple in 587BCE. It comprises a series of complaints about the disaster. It asks that perennial question - why? The perennial question about suffering. Lamentations opens with a dirge over the ruined city. The Hebrew word for city is feminine, hence the use of female personification and this series of images of the abandoned princess.

Abandonment is something we all might feel at times. Relentless positivity is hard to sustain. There are times when we need encouragement and a boost. Paul's letter to Timothy is encouraging; it is written to stir up those who might feel downhearted; perhaps their faith has taken a knock; they are beset by doubt. Paul writes:

'I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you. For this reason I remind you to rekindle the gift of God that is within you through the laying on of hands; for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.'

Truly, God does not give us a spirit of cowardice - but of power and love and self-discipline. We probably all find our faith - or the living out of it - hard at times. Jesus' disciples were no different. It is, perhaps, understandable that they ask for their faith to be upgraded. Jesus has been demanding a lot of them - love enemies, bless those who curse you. His response is blunt. Faithfulness is not about size or quantity; nor is it a reward for hard work. The good news is that faith is a gift from God - not something we earn. If you have enough faith to be faithful then that is enough, and if it is mustard seed sized, then that too is enough. Jesus often used trees as teaching aids in the stories and parables he told. And trees are very much in our thoughts these days as we see many of our beautiful local trees cut down to facilitate the development of energy infrastructure. It's hard, watching these essential parts of creation cut down and destroyed - after all, trees make up the rain-forests of the world - and these have been called the lungs of the earth – they enable a correct balance of oxygen and carbon dioxide that enables life on earth to continue. Trees are as vital today as they were in the time of Jesus when they provided shade, fruit and timber. Some organisations, however, seem to have forgotten that...

We hear in this gospel passage of the mulberry tree and the faith required to move it into the sea. Having been steward of an ancient mulberry tree some years ago, I witnessed the 1987 gales and the devastating effect they had on our venerable specimen. The tree was already split in two down the main trunk and held together with thick iron bands; after further storm damage and the loss of several hefty branches we feared for its survival. But after consulting a tree surgeon and with some judicious pruning the tree survived, and, indeed flourished. It continues to fruit to this day. It serves as an indication of just how much faith would be needed to uproot it and transplant it. And Jesus says that in order to do so, we need only have faith the size of a mustard seed. Have you considered a mustard seed recently? They really are rather tiny. But quite pungent... This parable serves as another reminder of the way in which God takes the little that we can offer and does amazing things with it. (And there are many ways in which we can help ourselves to increase our faith - think Alpha, bible study courses, home groups, the Filling Station, Pilgrims Together - all available in our benefice and deanery.) They can all help us on our journey of faith.

Paul, who wrote the letter we heard as the first reading this morning, was keen on journeys. And he was keen on writing letters – even when he was a prisoner and might perhaps have been feeling a bit sorry for himself. Not a bit of it. He was convinced that part of his work for Jesus was to encourage those who were new to the faith. His first thoughts are for the followers of Christ – he wants to help build their faith as much as he can. Look at how he opens the letter... ‘for the sake of the promise of life’, ‘my beloved child’, ‘grace, mercy and peace be with you.’ And he goes on to tell Timothy that he mustn’t worry about the fact that he, Paul, is a prisoner – he mustn’t be ashamed because there are far more important things at stake. ‘Rely on the power of God’ he says. He writes of ‘Jesus Christ, who abolished death and brought life and immortality to light through the gospel’. And he urges Timothy to bring others to faith because he knows how important it is that this good news about Jesus is spread far and wide. ‘Guard the good treasure entrusted to you, with the help of the Holy Spirit living in us.’ Timothy must use all his talents and gifts to live out the good news in his life but he must also pray hard and trust the Holy Spirit to work through him.

So it is with us. Guard that good treasure entrusted to you. Guard that seed of faith - even if, at times, it seems small and insignificant. It is a gift. Like Timothy, pray hard – and trust the Holy Spirit to work wonders through your faith.

Post Communion

Lord, we pray that your grace may always precede and follow us,
and make us continually to be given to all good works;
through Jesus Christ our Lord.

The Friends of St Andrew's Church Aldringham Coffee Morning – Saturday 11th October 10.30am- 12.30pm

You are all invited to come along to Aldringham's friends' autumn coffee morning. Plenty for everyone to browse.

Hats, cakes, books, new and nearly new rail, Bric-a-Brac, Jewellery, Tombola and refreshments will be served.

In aid of the fabric fund at St Andrew's Church.

Come and join The Alde Sandlings Benefice Choir

This year, we are having a Benefice Choir to join the Crib Service on the afternoon of Christmas Eve, 24th December. Thank you to those who have already said they would like to join and sing for this service.

We would also very much like to reach out and invite **YOU**, even if you aren't already part of the choir at the church you worship in.

During the service, we will sing two solo carols and accompany the congregation throughout the service. The dress code is Christmas jumpers, or clothing with that Christmassy sparkle. We will have four, one-hour rehearsals at Aldeburgh church on two Thursdays, in

November and December at 5.00-6.00pm.

Please email admin@aldeburghparishchurch.org.uk if you are interested (and if you have not already indicated to someone at your church that you would like to). Very best wishes, Gill Thomas.

The Alde Sandlings, Dates for your Diary

- Morning Prayer throughout The Alde Sandlings Benefice Weekly at 9am - Aldeburgh – Every Monday – Wednesday and Friday. Aldringham – Every Thursday – Friston – Every Monday Knodishall – Every Tuesday.
- Aldeburgh – Messy Church – October 25th 10-12 noon
- Aldeburgh – Nadia Lasserson Concert – Monday 27th October at 12noon
- Aldeburgh – Benefice All Souls Service, November 1st at 6pm
- All Benefice – Remembrance Day Services, November 9th at 10.50am
- Aldeburgh – Contemporary Worship Deanery Service - November 9th at 6.00pm
- Aldeburgh – Nota Bene Chamber Choir Concert, Sunday November 16th at 3pm.
- Aldringham – Patronal Service, Thursday, November 20th at 6pm
- Aldringham – Advent Carol Service, November 30th at 6pm



ALDEBURGH PARISH CHURCH

ST PETER & ST PAUL'S



Invites you to **HARVEST**



**COME AND CELEBRATE HARVEST AND THE
AUTUMN SEASON. THERE WILL ALSO BE LOTS
OF HARVEST CRAFT MAKING & SOME VERY
SPECIAL GUESTS WILL ALSO BE JOINING US
FOR ALL AGES**

**at the CHURCH HALL
SATURDAY 25th OCTOBER
10am till 12 Noon**



ALL WELCOME



**NO CHARGE. JUST PLEASE LET US KNOW YOU
ARE COMING, SO WE HAVE ENOUGH MATERIALS.**

Please email

admin@aldeburghparishchurch.org.uk



Harvest at the Alde Sandlings

Aldeburgh celebrated their Harvest Festival Family service last Sunday. The teams from all of our churches work so hard to decorate the churches, as you can see with these beautiful displays.

Thank you so much to all

THE ALDE SANDLINGS BENEFICE



† 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>

Always wanted to sing?

Why not join Friston Community Choir!

Held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. For more info email

Briony Sones: fristonvillage@gmail.com **ALL WELCOME**

£££ 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, 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-church-within-the-alde-sandlings-benefice/>

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness 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 and we will do our utmost to arrange a visit.

Ideas for Aldeburgh Church's Card Corner

🎄🎄 Calling our talented children to design a Christmas Card for Aldeburgh Church to sell this Christmas. It can be of baby Jesus, the Nativity or of Aldeburgh Church, or Christmas at Aldeburgh. So spread the word and ask your neighbours, grandchildren and friends to get creating.

Please send a photo of your entry to
admin@aldeburghparishchurch.org.uk

Christmas Card Designs to be sent by the 31st October.
The judges will choose the best and a prize will be given to the winner along with a copy of the card.



The Alde Sandlings Benefice All Souls Remembering Our Loved Ones Service



**Aldeburgh Parish Church
Saturday November 1st 6.00pm**

*Please do join us for this service to remember the loved.
An opportunity to call to mind those who we love but see no more.
Say a gentle prayer and light a candle.
Everyone will be most welcome.*



Please do join us for refreshments after the service

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>

† Pilgrims Together †

Pilgrims Online Wednesdays Returns

Wednesday Gathering to Worship, Reflect and Pray Returns

6.30pm (open from 6.10)

Saturday 18th October Encounter, Pilgrims' Faith 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.

Saturday 1st November Community Breakfast 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot. Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

All are welcome to any of the Pilgrims events.

Lunchtime Classical Concert Series Aldeburgh Parish Church

**Monday 27th October
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into Autumn 2025, with the return of:

Helen Stanley (Violin)
Nadia Lasserson (Piano)

A Celebration Concert to include works by Bach, Mozart and Beethoven

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