



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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The Revd Nichola Winter
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Curate: The Revd Mary Brown
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The Revd Johanna Mabey
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Sunday 19th October Eighteenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Revd Sarah du Boulay
	11.00am	Holy Communion	Very Revd Christopher Lewis
Aldringham	11.00am	Service of the Word	Led by the Elders
Friston	9.30am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

A message from our Rector, Revd Sarah du Boulay

Dear friends,

On November 8th, we will hold a Benefice get together to talk about some of our findings from the questionnaires which were filled in over the summer. These results are a chance to 'take the temperature' of where we are as a benefice at the moment. What is more important is what we do with the results, so a large portion of this gathering will be looking forward and thinking and praying about the future. I'm imagining it will take around 2 hours, and we will have tea, coffee and some time of worship together. My plan is that it will be a fun and encouraging afternoon – all are welcome and I would love to see as many people there as possible. The details are:

Date and Time: Saturday 8th November at 3pm

Venue: Aldeburgh Church Hall

Bring: Yourself, your prayers and your thinking caps!

This is a really exciting time in the life of our benefice and I'm looking forward to sharing it with you all.

With my prayers as always

Sarah

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

Jeremiah 31.27-34

The days are surely coming, says the Lord, when I will sow the house of Israel and the house of Judah with the seed of humans and the seed of animals. And just as I have watched over them to pluck up and break down, to overthrow, destroy, and bring evil, so I will watch over them to build and to plant, says the Lord. In those days they shall no longer say: 'The parents have eaten sour grapes, and the children's teeth are set on edge.' But all shall die for their own sins; the teeth of everyone who eats sour grapes shall be set on edge. The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt-a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, 'Know the Lord', for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

Second Reading

2 Timothy 3.14-4.5

But as for you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work. In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

Gospel Reading

Luke 18.1-8

Then Jesus told them a parable about their need to pray always and not to lose heart. He said, 'In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, "Grant me justice against my opponent." For a while he refused; but later he said to himself, "Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming." And the Lord said, 'Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?'

**Sermon by Revd Mary Brown,
12th October – Seventeenth Sunday after Trinity**

There's a word in Portuguese that is challenging to translate into other languages. The word is saudade and it describes a feeling of missing something or someone, of longing or yearning. Native Portuguese speakers who learn English say that no word available in English adequately captures the feeling conveyed by concept of saudades. My Brazilian friends used to tell me it was like homesickness but stronger.

Portuguese speakers sometimes use this phrase in prayer and worship, speaking of saudade for God and his presence. One Brazilian worship song uses this phrase to translate Psalm 84:2 'My soul longs, indeed it faints, for the courts of the Lord'.

In his essay *The Weight of Glory* C.S. Lewis talks about a desire for a far off land which we have never visited and never known. He illustrates this in *The Last Battle* the last in the Narnia books. At the end of the book the characters are moving from Narnia into the New Creation and one of them says: 'I have come home at last! This is my real country! I belong here. This is the land I have been looking for all my life, though I never knew it till now.'

This longing for something we have never experienced but know that we are missing is part and parcel of the Christian life. And it is one of the ideas that we can trace throughout the Bible through the theme of exile. In the Bible exile is experienced both as reality, in the history of the Israelite people, and as metaphor. Theologian Tim Mackie describes this metaphorical exile as: a 'feeling of alienation and longing for something more, no matter where you live'. Which sounds a lot like the concept of saudade which we have just encountered.

Today's Old Testament reading comes from the book of Jeremiah. It matters that before we generalise this message and apply it to our own lives, we understand the original context. Jeremiah was a prophet, who prophesied to Israel at the time of their exile into Babylon. The book of Jeremiah is a book full of warnings and judgement, with a seam of hope that runs throughout. Jeremiah is speaking to a people who have disobeyed the Lord, have worshipped other gods and turned their backs on God's goodness, and are about to suffer the consequences. They have been warned by the prophets, but the political and religious leaders have chosen to ignore this warning. As a result the people are taken into exile in Babylon. Jeremiah tells them clearly that this exile will last for 70 years, and that after that time they will be able to return to Jerusalem.

Our reading today is part of a letter that Jeremiah wrote to the Israelites as they began this exile. What he writes them is surprising. Through Jeremiah, God tells his people to settle in, to live full and flourishing lives in the land of their exile. They are to marry, to build houses, and to plant gardens and enjoy the produce. They are to seek the welfare of the city in which they find themselves, praying for it and the people in it.

In its immediate context this is because 'in its welfare you will find your welfare' what is good for the city they live in will be good for the Israelites who live there. We can see in this the ethic that Jesus later makes explicit in his instruction to love our enemies. The Israelites are told to seek the welfare of those who have brutally dragged them from their homeland and driven them into exile in a foreign land. This is a radical and countercultural way to live.

The Israelites were asked to live in this radical way in the face of their previous disobedience to God. Paul, writing to Timothy, is also experiencing a sort of exile, but this time not because of his disobedience, but because of the ways in which the society and political structures around him were contrary to God. He tells Timothy that he has suffered hardship to the point of being chained up like a criminal because of the gospel of Jesus Christ. Paul has preached Christ crucified and resurrected, and as a result has found himself in chains.

For both Paul and for the Israelites there is hope in the midst of exile. For the Israelites the hope came in the instruction that if they worked for the good of the city to which they were exiled, this would also be for their good, and ultimately their hope was found in God's promise of restoration - their knowledge that God is faithful to his word.

Likewise Paul found his hope in God's faithfulness. He lays out choices before Timothy and the churches he was discipling: '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' And then he ends with this: 'if we are faithless, he remains faithful for he cannot deny himself.'

God's faithfulness is ultimately displayed in the death and resurrection of the Lord Jesus Christ. In Christ we are no longer sent into exile as a consequence of our rebellion against God. Instead we are hidden in Christ who was exiled on our behalf, exiled from life into death. And then rose again, not just to come home, but to bring us home into that full redemption that is found within God's faithfulness. The metaphorical exile of all those who are in Christ is the exile of the people of God who find

themselves living ongoingly in a broken world whilst they wait for Jesus' return and the New Creation.

In this exile is felt the saudades of longing for our true home that we haven't known yet. That home where we will join in all the time with the elders before the throne crying 'Holy, Holy, Holy, Lord God Almighty', as we will practice later in our liturgy.

I wonder if we see ourselves as exiles? Where do we think our homeland is? If we are in Christ we are told that our first and foremost loyalty is not to the nation state in which we live, our first and foremost loyalty is to our true homeland, the Kingdom of God. In this exile we are told to seek the welfare of the place in which we live, but that does not mean to put it first.

Recently the news has been full of rallies against immigration. Towns and cities across this nation are filling with English and British flags, flags which are being raised across as a statement of rejection of those who are perceived as different. In the USA the current conversation is about 'Christian nationalism'. This is an ideology where the nation state is equated to God's kingdom, and the desires of those in power are equated to the desires of Christ. But when our nation becomes more important to us than God, this is idolatry. When our political views stop us from caring for the vulnerable, this is idolatry. Again and again the prophets in the Old Testament cry out to God's people against their disregard for the needy. As American commentator Shannan Martin wrote this week: 'if it is not good news for the poor, it is not the gospel'.

As Christians, our loyalty is first and foremost to Jesus. And what he asks us to do is to seek the welfare of the place in which we live, and that means the welfare of all those who live in that place with us.

How do we seek the welfare of the place in which we live? First we see that we should pray for the place, and this is expanded by Jesus who tells us to pray for our political leaders. So let's start there - being faithful in prayer for those we agree with and those we disagree with. Let's pray for them to have wisdom in their execution of power, and for them to know Jesus.

Secondly, we are to seek the good of those who are exiled alongside us. There is a thread that runs throughout the Old Testament, where God declares that he loves the fatherless, the widow and the stranger in the land - and he asks his people to do the same. He tells us that he wants this faithfulness from us more than he wants our worship, our songs, our

prayers. Are we willing to practice faithfulness to God through radical and counter cultural care for the orphan, the widow and the stranger in the land?

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.

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

Aldeburgh Harvest Donations

Leiston Primary School would like to thank everyone that donated food items for Harvest this year. They are much appreciated and have been added to their food bank hub for families in the surrounding areas.

† 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.



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



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 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>

**Next Week
Sunday 26th October
Last Sunday after Trinity**

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
- Aldeburgh Church Hall – Benefice Review and Discussion - Saturday 8th November at 3pm
- 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 16th November at 3pm
- Aldringham – Patronal Service, Thursday, November 20th at 6pm
- Aldringham – Advent Carol Service, November 30th at 6pm

† Pilgrims Together †

Pilgrims Online Wednesdays Returns

Wednesday Gathering to Worship, Reflect and Pray Returns
6.30pm (open from 6.10)

Saturday 1st November Community Breakfast

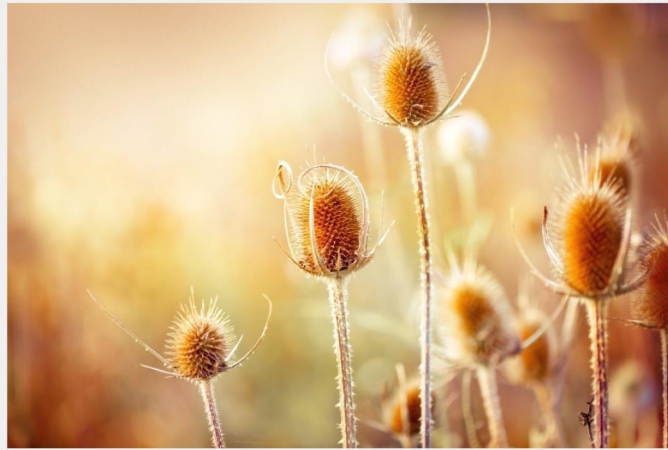
9.30 @ The Parrot

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.

A muse of one's own

A concert of sacred and secular choral music by women composers



Nota Bene Chamber Choir

Bringing high quality a cappella choral singing to the heart of Suffolk villages

Conductor – Janette Ruocco

3pm

Sunday November 16th 2025

St Peter & St Paul, Aldeburgh IP15 5DU

Mass in A minor – Imogen Holst

Two love songs - Kristina Arakeylan

I Syng of a Mayden - Zoe Dixon

Rebecca Clarke, Louise Farrenc, Joanna Forbes L'Estrange,
Miina Härma, Janette Ruocco, Anna Thorvaldsdottir

Free admission with a retiring collection



**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

**Deanery Contemporary Worship & Prayer
Sunday 9th November at 6pm at Aldeburgh Parish Church**

An opportunity for an informal time of worship and prayer. We will have a band of guitars, drums etc to sing along to modern music. Songs by Matt Redman, Tim Hughes, Rend Collective, Phil Wickham, Hillsong & more. All welcome to come and join us for this uplifting joyful service.