



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 26th October Last Sunday after Trinity/ Bible Sunday

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Family Service	Led by the Elders
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Joining Friston	

**DON'T FORGET TO PUT
THE CLOCKS BACK**

A message from, Revd Mary Brown

Dear Friends,

Autumn has really arrived, I've been collecting chestnuts in the Rectory garden, my lawn is covered in crunchy orange leaves, and I'm starting to plan which fireworks displays I will go to! A friend recently sent me an essay written by Quaker theologian Parker J. Palmer about the Christian life and the seasons. You can find it

here: <https://backend.fetzer.org/sites/default/files/resources/attachment/2012-07-12/seasonsbook.pdf>

In the essay Palmer talks about how in Autumn we are inclined to look at the surface and see things ending and being stripped back, but that we often forget what is going on below the surface. Those of us who are gardeners and veg growers know that in the Autumn things are already being prepared for the spring, whether through planting spring bulbs, or through the seeds of things like spinach, lettuce, dill and fennel, that have fallen to the ground and will sprout without us having to do anything to them when the spring comes around. Palmer writes about our human inclination to escape the darkness into artificial light, and escape decay and decline, but how even in our spiritual lives these rhythms are necessary. Things need to be stripped back and to die away in order to make room for new life.

'Autumn constantly reminds me that my daily dyings are necessary precursors to new life. If I try to "make" a life that defies the diminishments of autumn, the life I end up with will be artificial, at best, and utterly colorless as well. But when I yield to the endless interplay of living and dying, dying and living, the life I am given will be real and colorful, fruitful and whole.'

This Autumn may we be open to the work of the Holy Spirit, stripping things back, clearing old growth, mulching our souls, ready for the abundance of Spring.

With love and prayers,

Mary

Collect

Blessed Lord, who caused all holy Scriptures to be written for our learning: help us so to hear them, to read, mark, learn and inwardly digest them that, through patience, and the comfort of your holy word, we may embrace and for ever hold fast the hope of everlasting life, which you have given us in our Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

Isaiah 45.22-end

Turn to me and be saved, all the ends of the earth! For I am God, and there is no other. By myself I have sworn, from my mouth has gone forth in righteousness a word that shall not return: 'To me every knee shall bow, every tongue shall swear.' Only in the Lord, it shall be said of me, are righteousness and strength; all who were incensed against him shall come to him and be ashamed. In the Lord all the offspring of Israel shall triumph and glory.

Second Reading

Romans 15.1-6

We who are strong ought to put up with the failings of the weak, and not to please ourselves. Each of us must please our neighbour for the good purpose of building up the neighbour. For Christ did not please himself; but, as it is written, 'The insults of those who insult you have fallen on me.' For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

Gospel Reading

Luke 4.16-24

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour.' And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.' All spoke well of him and were amazed at the gracious words that came from his mouth. They said, 'Is not this Joseph's son?' He said to them, 'Doubtless you will quote to me this proverb, "Doctor, cure yourself!" And you will say, "Do here also in your home town the things that we have heard you did at Capernaum." ' And he said, 'Truly I tell you, no prophet is accepted in the prophet's home town.

Sermon by The Very Revd Christopher Lewis, 19th October – Eighteenth Sunday after Trinity

Today's Gospel has its parable from Jesus. He tells the story about this judge who doesn't properly respond to the one who keeps on bothering him... except that he eventually gives in, to get her out of the way. Then Jesus is saying that God the Father is not like that, for God grants justice to those who respond to him. Jesus is speaking about God's love – his kindness – that's a better word – God's kindness to those with faith in God the Father. God is the righteous judge who listens patiently to the faithful. God is kind, but then a somewhat mournful verse which poses a question: And yet, will the Son of God find faith on earth?

Kindness. I think for once it may be good for us to have a look at this question and wonder how we are getting on – what the Church and its faith are like. Possibly best discussed over coffee in the hall, rather than listening to a sermon. I must warn you that I will be delving into my own experience. Also, I am going to praise women and rejoice at the new female Archbishop of Canterbury.

Here we go...my own ministry. Life began with year studying theology in the USA, having just get engaged to a young British Roman Catholic woman – fifty something years ago. In the USA, I was asked whether I was prepared to use a couple of summer months running services and teaching in a small riverside village in Alaska. Very odd, but we (self and fiancée) thought that might get married first and then do this together....so we asked the Alaska bishop to marry us, postponing our London reception/party. It was wonderful and we have loved Alaska and that little village ever since.

What made the church tick there? A wonderful gathering of people, friendly...and pleased to see us, as we joined in preparing salmon for eating (women) and some firefighting (very common in Alaskan summer - men)... all that and chatting with children and running church services. Yet it was with my wife that the children chatted to, and it was her who was taken up the mountain to pray at the graves on their ancestors. Wonderful ministry of a woman. And amazing how she got to know all the women as she helped to prepare the salmon.

Next experience: after being a curate, I taught in a British theology-training college: all male, of course, in those days. For those bright young students, it meant 3 years hard labour and many of them went on to all kinds of fascinating jobs – our previous bishop here was one of them: Martin Seeley.

The early 90's...and then in 1994 things changed as it was decided that women should be ordained in the Church of England – on the whole a popular decision. I happened to be Dean of St Albans cathedral at the time and had to prepare for the strange event of 62 women all being ordained on one day, training having been going on for some time. Women then in lots of church jobs.

A little later than that, I had the opportunity to have a couple of months to work with the church in the south-east of Tanzania. I lodged at a nunnery which had some support from St Albans, and I was also invited to preach at churches and then did some teaching at the theological college at Rondo. It was there that I was asked why on earth the Church of England was ordaining women. I said that there had been discussion and decision.... and asked Why Not? I then said that I'd heard of their female nurses becoming very popular in all the villages. Ah, they said, that is because new bikes had enabled the nurses to travel easily, bringing health. I asked about the wonderful nuns. No comment. Nothing much had sunk in and nor had the big part played by women in the church in general.

So...the trainee clergy were against. However, it was true that women played a big part in the church's life; strange example being that when I had preached in a large church, the congregation had a very big female contingent. Indeed, it was not just sitting there, but also participating, for I had only to quote from Jesus or comment on his teaching, for there to be loud enthusiastic response of ululation/hooting (we don't do THAT in England!). They were definitely there and participating. No surprise that things have now changed and women not only make up many of the church's members, but some are ordained.

And here we are with a woman Archbishop of Canterbury (Sarah Mullally) who is, on the whole, being welcomed. You will know that she has done other jobs very well and was a chief nurse and known for her kindness, before ordination. And now women are all over the place. I mentioned that I had been Dean of St Albans – a wonderful experience – and guess what! ...my successor there is a woman. I later went on to be Dean of Oxford, looking after a cathedral and a college all rolled into one....and my successor there is a woman. Things are changing.

I guess that in these roles as in many others, the two sexes of female and male with a mix of skills and character are usefully distributed. Of course, it can be pointed out that the first preachers for Jesus were men in a men's world, but there were also women who showed the kindness, the love which Jesus brought.

Roman Catholicism has kept away from women priests and from married ones, yet they do reflect a lot on their church structures and things may change. In this Anglican parish, there have been men and there are a few ancient masculine characters who help out, but the two regulars at the moment are women and there is now a woman bishop of Bury St Edmunds and then, of course, an Archbishop.

One could talk about all this until the cows come home, but actually the task is to get on with Christian lives, individually and collectively – to worship, pray and learn, acting kindly and lovingly through Jesus Christ our Lord. That is a task for all. Amen.

Post Communion

God of all grace, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom: renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread; who is alive and reigns, now and 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

† 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.

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>

The Alde Sandlings, Dates for your Diary

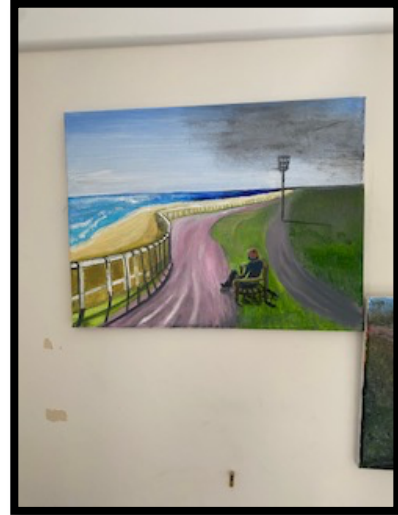
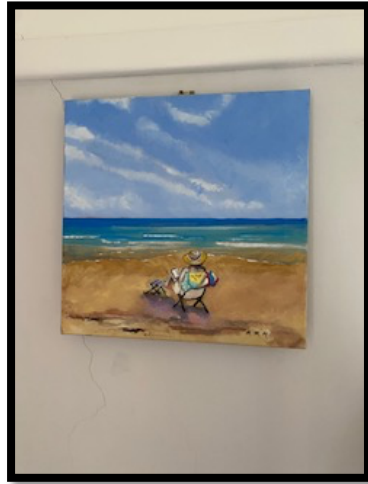
- Morning Prayer throughout The Alde Sandlings Benefice Weekly at 9am - Aldeburgh – Every Monday – Wednesday and Friday.
Aldringham – Every Thursday – Friston – Every Monday
Knodishall – Every Tuesday.
- Aldeburgh – Nadia Lasserson Concert – Monday 27th October at 12noon
- Aldeburgh – Benefice All Souls 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
- Aldeburgh – Benefice Christingle Service, December 6th at 4pm
- Aldringham – Christingle Service, Tuesday 9th December at 6pm
- CHRISTMAS DATES TO FOLLOW

Next Week
Sunday 2nd November
All Saints' Day

Mary Morgan's Paintings

Mary was a good friend and choir member of Aldringham Church, and she sadly died in August this year. Mary was a talented artist, and her family have very kindly donated a large number of her paintings to St. Andrew's, to be auctioned to raise money for the church. Do come and see the paintings and enjoy a glass of wine and nibbles and some music

Sunday November 16th at 5pm at Aldringham Church



The paintings will be displayed in the church from Sunday afternoon (November 16th) and on Monday morning and there will be a silent auction running from 5pm on Sunday to 12 noon on Monday 17th so come and bid for your favourite (or favourites).

† Pilgrims Together †

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

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.

Saturday 15th November Encounter, Pilgrims' Faith

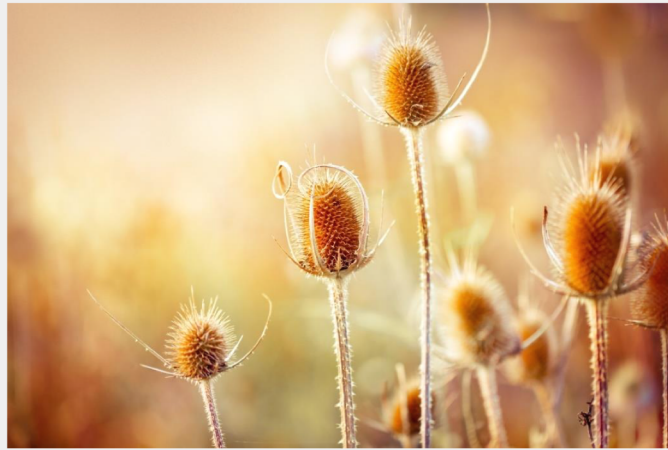
Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

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

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.