



## **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 7<sup>th</sup> December Second Sunday of Advent**

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

Aldeburgh	8.00am	Holy Communion	Revd Celia Cook
	11.00am	Family HC Service	Revd Sarah & Elders
	3.00pm	Recommissioning of our Elders Service	Archdeacon Rich Henderson
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Led by Elder Ros Macallister

Dear friends,

I have been thinking a lot recently about how we respond – to God and to each other. And at this time of year, my attention has naturally been brought to the Magnificat – Mary's Song of Praise, given after she has been told she will carry the Christ-Child. I have been praying through it considering my own response (which can change on a daily basis!).

I wonder if you will join me in praying the Magnificat every day for the next week, and seeing what effect it has on our lives?

“My soul magnifies the Lord,  
and my spirit rejoices in God my Savior,  
for he has looked with favour on the lowly state of his servant.  
Surely from now on all generations will call me blessed,  
for the Mighty One has done great things for me,  
and holy is his name;

indeed, his mercy is for those who fear him  
from generation to generation.  
He has shown strength with his arm;  
he has scattered the proud in the imagination of their hearts.  
He has brought down the powerful from their thrones  
and lifted up the lowly;  
he has filled the hungry with good things  
and sent the rich away empty.  
He has come to the aid of his child Israel,  
in remembrance of his mercy,  
according to the promise he made to our ancestors,  
to Abraham and to his descendants forever.”

Luke 1:46-55

With my prayers as always

Sarah

**ALDE SANDLINGS BENEFICE  
CHRISTINGLE CELEBRATION at ALDEBURGH CHURCH**



Come share  
the light this  
**Christingle**

**The  
Children's  
Society**

**SATURDAY 6<sup>TH</sup> DECEMBER AT 4.00pm**  
**A SERVICE FOR ALL OF THE FAMILY**

Please do check our website for news and updates [www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk)

## **Collect**

O Lord, raise up, we pray, your power and come among us,  
and with great might succour us; that whereas, through our  
sins and wickedness we are grievously hindered in running the  
race that is set before us, your bountiful grace and mercy  
may speedily help and deliver us; through Jesus Christ your  
Son our Lord, to whom with you and the Holy Spirit,  
be honour and glory, now and for ever.

## **First Reading**

### **Isaiah 11.1-10**

A shoot shall come out from the stock of Jesse, and a branch shall grow out of his roots. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. His delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide by what his ears hear; but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked.

Righteousness shall be the belt around his waist, and faithfulness the belt around his loins. The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea. On that day the root of Jesse shall stand as a signal to the peoples; the nations shall inquire of him, and his dwelling shall be glorious.

## **Second Reading**

### **Romans 15.4-13**

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. Welcome one another, therefore, just as Christ has welcomed you, for the glory of God. For I tell you that Christ has become a servant of the circumcised on behalf of the truth of God in order that he might confirm the promises given to the patriarchs, and in order that the Gentiles might glorify God for his mercy. As it is written, 'Therefore I will confess you among the Gentiles, and sing praises to your name'; and again he says, 'Rejoice, O Gentiles, with his people'; and again, 'Praise the Lord, all you Gentiles, and let all the peoples praise him'; and again Isaiah says, 'The root of Jesse shall come, the one who rises to rule the Gentiles; in him the Gentiles shall hope.' May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

## **Gospel Reading**

### **Matthew 3.1-12**

In those days John the Baptist appeared in the wilderness of Judea, proclaiming, 'Repent, for the kingdom of heaven has come near.' This is the one of whom the prophet Isaiah spoke when he said, 'The voice of one crying out in the wilderness: "Prepare the way of the Lord, make his paths straight."' Now John wore clothing of camel's hair with a leather belt around his waist, and his food was locusts and wild honey. Then the people of Jerusalem and all Judea were going out to him, and all the region along the Jordan, and they were baptized by him in the river Jordan, confessing their sins. But when he saw many Pharisees and Sadducees coming for baptism, he said to them, 'You brood of vipers! Who warned you to flee from the wrath to come? Bear fruit worthy of repentance. Do not presume to say to yourselves, "We have Abraham as our ancestor"; for I tell you, God is able from these stones to raise up children to Abraham. Even now the axe is lying at the root of the trees; every tree therefore that does not bear good fruit is cut down and thrown into the fire. 'I baptize you with water for repentance, but one who is more powerful than I is coming after me; I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire. His winnowing-fork is in his hand, and he will clear his threshing-floor and will gather his wheat into the granary; but the chaff he will burn with unquenchable fire.'

### **† 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/UCLecK8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

**Sermon by Revd Sarah du Boulay**  
**30<sup>th</sup> November – First Sunday of Advent**

Who can remember what or who we think about especially on the first Sunday of Advent? What that first candle on our advent wreath represents? It's everybody's favourites - the Patriarchs!

Now as a card-carrying feminist – in that I believe in equality for all – and as a woman working for an institution which historically hasn't been great in terms of patriarchy and male dominance and white male privilege – patriarchy can become a bit of a 'dirty' word. In society today the word often stands for oppression and inequality and devaluation and even violence.

However, here we use it in a Biblical sense – and not in the way that some Evangelical Protestants use it which is with the man as head of the household, and gendered jobs and a gender based hierarchical structure. No, not in that way. We are using it in the true etymological way – that the patriarch is the father of a family.

Now, in Old Testament times, this also carried a certain societal cache, and did indeed mean that the man was the head of the household, but specifically, we are using it to determine a lineage. 'Patria' is Greek for 'father' and 'Arkhe' means 'rule'. So the Biblical Patriarchs are those people who represent the 'rule of the father'. Traditionally this term refers only to Abraham, Isaac and Jacob.

It is important that we know this, and that we see the whole story. That we begin Advent, not only by looking towards the comings of Jesus – both first and second comings, but that we understand the whole meaning and the history behind them.

One of the reasons that we remember the patriarchs on the first Sunday of Advent is because it is so important that we recognise that we are all part of the same family of worship. The same lineage. The same family of God. Abraham, Isaac and Jacob, the patriarchs of the Bible, were near the beginning of that lineage. The name 'Abraham' means literally 'great father'. This was ironic because he was, of course, childless for the majority of his lifetime. God made a covenant with Abraham – that if Abraham gave his life to God, then God would honour him by making him the father of the nations. It was because of his trust in God that Abraham became the leader first of a great family, and then the ancestor of all the Jewish tribes. And

God comes to us with that same invitation – if you give me your life, I will give you my life – eternal life. Salvation. Life in all its fullness. This line of course then passes through King David and Jesus – the prophecy given in our Old Testament reading today. We may (or may not) be blood descendants of Abraham, but we are part of the same family of faith.

And it all ties in together; the stories of the Old Testament are the stories of personal faith being deeply connected with collective faith. The faith of Abraham, David, Isaac, Jacob, the individuals deeply connected with the collective faith of the Jewish nation, and now, some 4,000 years later, connected to us. Right here, in this church on the coast of Suffolk. The story of the patriarchs shows us that it is better to journey together in faith, than to wander alone. We are part of the family of God. We are better together. We journey, together. We worship, together. We pray, together. We love, together.

As a team, a group, as a lineage, we are stronger than individually. God has given us all we need, we are pilgrims together on this journey. You will have noticed that so many of St Paul's epistles speak eloquently (and at great length) about praying for other Christians. About supporting others on their faith journey. About longing to meet with one another and to share the good news of the Gospel, so that everybody will come to know Jesus.

You may know that today is my first day back at work after a week's break. And I have to admit to feeling a little overwhelmed by some of the emails I have come back to. Unfortunately, practicalities and expectations often threaten to overwhelm us a Church. Finance. Personnel. Egos. Buildings. Paperwork. Relationships. Red Tape – the list goes on. But sitting in my office, writing this sermon last night, I was reminded that at the heart of the stresses and strains and things which threaten our very selves, is actually the fundamental thing. The simple truth that there is a God who created and redeemed us and who loves us more than we could ever imagine.

That this God, has offered us the opportunity to participate in the joy and wonder and love and fullness of life itself. And that this offer is not as an individual, but as part of an enormous group. A group who willingly and joyfully reach out their arms from across the centuries and across the nations and welcomes us in. A group of which we are now absolutely a part, and a group from which we too reach out to those on the periphery. Those who need to hear that they are loved. Those who need to hear that there is joy and love and hope in the world. Those who need to know Jesus. Who need God in their lives.

And so we take our place in this lineage – our place following the Biblical patriarchs in blood and faith and in the story of the world, and we look towards the coming of Christ. And we are ready. Waiting, poised, with bated breath, for the next step of God's story. But we don't wait silently. We wait expectantly and thoughtfully and with hope, and we share this message with all those around us – now it is our turn to extend the invitation.

### **Post Communion**

Father in heaven, who sent your Son to redeem the world and will send him again to be our judge: give us grace so to imitate him in the humility and purity of his first coming that, when he comes again, we may be ready to greet him with joyful love and firm faith; through Jesus Christ our Lord.

### **Re Commissioning of our Lay Elders Service - Sunday 7<sup>th</sup> December at 3pm at Aldeburgh**

Do come along and support our Elders for this service, as they continue to support the Alde Sandlings Benefice. **All very welcome**

### **Safeguarding Sunday Talk – 16<sup>th</sup> November by Elder Marie Szpak**

We have many named days in our calendar some are named after Saints e.g. St. Valentines Day, St Swithin's Day, St George's Day, others are awareness days which highlight an event for example, World Diabetes Day, International Women's Day, Mothers' Day, or with a bit of influence from the USA even a food or drink: World Nutella Day (5<sup>th</sup> Feb), Sausage Roll Day (5<sup>th</sup> June) or two of my favourites: Global Drink Wine Day (18<sup>th</sup> Feb) and Beaujolais Nouveau – the third Thursday in November.

So briefly, what is Safeguarding Sunday?

It is a day on which all Churches are encouraged to not just reflect but also consider how and why they should act on improving safeguarding practices. To build on the ways churches are supporting those who have been hurt, and highlight all the (good) work being done behind the scenes to protect vulnerable people.

Churches can play an important role in their communities, offering support to many vulnerable groups. Current legislation expects them to have proper safeguards in place, which is especially vital given their

open and inclusive nature. Churches should be safe spaces for all, reflecting the values they teach and promote.

However, the Independent Inquiry into Child Sexual Abuse (IICSA) has highlighted appalling historic abuse within many institutions, including the church. Ongoing reports of safeguarding failures have led to a serious decline in public confidence. Some people now see churches as unsafe places where abusers can hide, and this issue spans denominations.

With around 50,000 churches in the UK and nearly half the population identifying as Christian, the reach of the church in family and community life is significant. When safeguarding fails, the consequences are devastating and long-lasting.

In recent years, many churches have made real progress, working to improve safeguarding and foster safer cultures. Unfortunately, much of this work has gone unnoticed, so the idea of naming a Safeguarding Sunday is to raise awareness of the importance of safeguarding and celebrate the positive steps that have been and continue to be taken.

On Safeguarding Sunday we think about how our safeguarding actions can truly demonstrate our care for vulnerable people and victims of abuse.

In our Alde-Sandling Benefice we have a designated Safeguarding Officer and in each of the village churches we have nominated Parish Safeguarding Officers. Across the Benefice we have Safeguarding policies and procedures in place which are regularly reviewed in accordance with Diocesan guidelines. Disclosure and Barring Service (DBS) regulations are complied with and all clergy, Elders and those with key roles undergo the relevant training as required by the Diocesan Safeguarding Team. At all meetings eg clergy, Elders and PCC safeguarding is an agenda item.

This year Safeguarding Sunday was commemorated at St Mary's Church, Friston on 16<sup>th</sup> November but churches can choose to remember the day, if they choose, on a day which suits them.

**Next Week**  
**Sunday 14<sup>th</sup> December**  
**Third Sunday of Advent**

### **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](mailto: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-churches-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](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>

## **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 – Benefice Christingle Service, December 6<sup>th</sup> at 4pm
- Aldeburgh – Re Commissioning our Elders Service, December 7<sup>th</sup> at 3pm.
- CHRISTMAS DATES LISTED IN THIS NEWSLETTER

## **† Pilgrims Together †**

### **Pilgrims Online Wednesdays**

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

### **Saturday 20th December 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.

### **Pilgrims @Thorpeness - Sunday 21st December 4pm**

Pilgrims will be leading Community Carols round the Christmas Tree in front of the boathouse.

**All are welcome to any of the Pilgrims events.**

**ALDEBURGH PARISH CHURCH  
ST PETER & ST PAUL'S**

Invites you to **CHRISTMAS**



**COME AND LISTEN TO THE CHRISTMAS STORY  
THERE WILL ALSO BE LOTS OF CHRISTMAS  
CRAFT MAKING & MUCH MORE FUN  
FOR ALL AGES**

**at the CHURCH HALL  
SATURDAY 13<sup>th</sup> DECEMBER  
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)



## CHRISTMAS DATES AT THE CHURCHES OF THE ALDE SANDLINGS BENEFICE

### ALDEBURGH PARISH CHURCH

Saturday 6 <sup>th</sup> December	4.00pm	Benefice Christingle Service
Saturday 13 <sup>th</sup> December	10.00am	Christmas Messy Church
Sunday 21 <sup>st</sup> December	6.00pm	Christmas Carol Service
Christmas Eve	10.00am	Holy Communion
	3.30pm	Crib Service
	11.30pm	First Communion of Christmas
Christmas Day	11.00am	Christmas Holy Communion Service

### ALDRINGHAM PARISH CHURCH

Sunday 30 <sup>th</sup> November	6.00pm	Advent Carol Service by Candlelight
Wednesday 10 <sup>th</sup>	6.00pm	Carols on the Green
Sunday 21 <sup>st</sup> December	11.00am	Christmas Carol Service
Christmas Day	11.00am	Christmas Morning Family Service

### FRISTON PARISH CHURCH

Sunday 14 <sup>th</sup> December	6.00pm	Christmas Carol Service
Christmas Day	9.30am	Christmas Holy Communion Service

### KNODISHALL PARISH CHURCH

Sunday 21 <sup>st</sup> December	3.00pm	Village Carol Service at Knodishall Village Hall
Christmas Day	9.30am	Christmas Day Service

**WE WISH YOU ALL A VERY HAPPY AND BLESSED CHRISTMAS**

**Please visit Alde Sandlings Website -**

**[www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk) for all other service times**



### Christmas Cards at Aldeburgh Church

**Our selection of Christmas cards are now on sale in the card corner. These include some wonderful Christmassy designs by the children of Aldeburgh Primary School**