



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
Email: njwinter@whd.co.uk

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The Revd Johanna Mabey
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Sunday 2nd November All Saints' Day

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Revd Celia Cook
	11.00am	Family Service	Revd Sarah & the Elders
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Revd Mary Brown

A Message from our Rector, Revd Sarah du Boulay

Dear friends,

I was very taken by Mary's expression 'mulch our souls' in last week's introduction. So, as I often do, I googled the term to more fully understand what was meant. RHS says that mulching is 'generally used to save water, suppress weeds and improve the soil around the plants but it also gives your garden a neat, tidy appearance.' It's an interesting take on what Advent might mean to us and how we approach it this year.

Part of our 'mulching' activities as a benefice include our afternoon of questionnaire feedback and planning ahead on 8th November. Part will be in our Recommissioning of Lay Elders, to be held in Aldeburgh Church on 7th December. Part is our Part will be our individual endeavours. Part will be

continuing to worship, pray and 'do life' together. Part is about planning ahead and looking to the future, but part of course, is about fully absorbing and using what has gone before, and celebrating this. This weekend we celebrate All Souls Day and All Saints Day. How blessed we are to be surrounded by that 'Great Cloud of Witnesses' – both those who have gone before and those who surround us now. And how fortunate we are to be part of this wonderful Benefice, as we seek to bring about God's Kingdom here on earth.

With my prayers as always

Sarah

Collect

Almighty God, you have knit together your elect
in one communion and fellowship in the mystical body of your Son Christ
our Lord: grant us grace so to follow your blessed saints
in all virtuous and godly living that we may come to those inexpressible
joys that you have prepared for those who truly love you;
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

Daniel 7.1-3, 15-18

In the first year of King Belshazzar of Babylon, Daniel had a dream and visions of his head as he lay in bed. Then he wrote down the dream:
I, Daniel, saw in my vision by night the four winds of heaven stirring up the great sea, and four great beasts came up out of the sea, different from one another. As for me, Daniel, my spirit was troubled within me, and the visions of my head terrified me. I approached one of the attendants to ask him the truth concerning all this. So he said that he would disclose to me the interpretation of the matter: 'As for these four great beasts, four kings shall arise out of the earth. But the holy ones of the Most High shall receive the kingdom and possess the kingdom for ever-for ever and ever.'

Second Reading

Ephesians 1.11-end

In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory. I have heard of your faith in the Lord Jesus and your love towards all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

Gospel Reading

Luke 6.20-31

Then he looked up at his disciples and said: 'Blessed are you who are poor, for yours is the kingdom of God. 'Blessed are you who are hungry now, for you will be filled. 'Blessed are you who weep now, for you will laugh. 'Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets. 'But woe to you who are rich, for you have received your consolation. 'Woe to you who are full now, for you will be hungry. 'Woe to you who are laughing now, for you will mourn and weep. 'Woe to you when all speak well of you, for that is what their ancestors did to the false prophets. 'But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

**Sermon by Revd Sarah du Boulay,
26th October – Last Sunday after Trinity/Bible Sunday**

You may (or not) remember that in my first ever sermon here, I clearly said that I was setting out my manifesto – letting you know exactly what my own ministry is all about and what I feel I am called to.

It's an old trick for anybody beginning a new job, and Jesus was no exception. This is exactly what we have just heard about in our Gospel reading today. It's the first thing Jesus did after his 40 days of trial and temptation in the desert, and he is now launching his public ministry. This passage of scripture is Jesus' manifesto. His core beliefs, aims and policies. And because it is Jesus, this then becomes about the core values of God himself – what it means to be living in God's Kingdom. What it means to be church. What it means to be a disciple of Jesus.

Jesus picks out a very well-known piece of scripture from Isaiah and reads it. People listening would have then expected to hear him begin to discuss the passage – to offer his thoughts on it, but instead, he gave back the scroll to the attendant, sat down, and said 'today this scripture has been fulfilled in your hearing'.

How extraordinary! He was saying that the Kingdom of God was there. God's liberation was happening. The Messiah was among them.

Despite this, the country was in turmoil. The Romans were still in occupation; disruption and abuse and poverty and injustice and hatred and suffering and oppression. And yet. God was among them. God's chosen one, his anointed, was there. The freedom promised by God was with them – they were living in God's kingdom. The here and the now.

When I was preparing for this sermon, this passage really hit home. We too are living in a country of turmoil. From the problems with our government, and governance, to poverty, increase in living costs, hate crimes, anxiety, injustice, suffering and oppression. The circumstances and the context has changed, but many situations are the same. And yet. Jesus came to proclaim God's freedom. To proclaim God's kingdom. To set us free.

Today, this scripture has been fulfilled.

Today.

And we are living in the afterward of the resurrection. We are living after the events of Jesus' life have come to pass. We are living after our redemption and salvation. We are living in the Kingdom of God.

So what does this mean for us? God has set us free, and we know that Jesus is coming again, when the day of judgement will be before us, and, having come once as the suffering servant, Christ will be the conquering King, arriving with the armies of heaven by his side.

This brings an urgency to our lives – to our mission. We don't know when he will be coming back, but we know he is.

Today, this scripture has been fulfilled.

We are free. You are free. We are free from sin so that we can live out Christ's manifesto. To live in God's kingdom. To live for God's kingdom. To live out God's kingdom. What does this look like in Alde Sandlings?

Hopefully you have seen by now that we are having a Benefice afternoon on 8th November. This is in part feedback from the questionnaires that were completed over the summer. But mostly, it will be a positive, forward-looking, forward-thinking, prayerful, discerning afternoon or discussion and planning. Please, do come if you can. This is a really important, exciting time for our benefice and we will move forward together.

Before I finish, I want to tell you that I am thrilled to be preaching on this passage today. Over the past few weeks, I have been thinking and praying a lot about a particular passage from the Bible. I'm absolutely sure it is a word from God about who we are and where we are going, and I have been talking about it non-stop. It just so happens to be the same passage that Jesus quoted in our Bible story today. From Isaiah 61:

The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the broken hearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
² to proclaim the year of the Lord's favour
and the day of vengeance of our God,
to comfort all who mourn,
³ and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy

instead of mourning,
and a garment of praise
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendour.

We too are called to be oaks of righteousness. To proclaim good news to the poor. To proclaim freedom for the captives and to proclaim the year of the Lord's favour. This is not just Jesus' manifesto – it also needs to be ours. In this passage, Jesus has shown us exactly how we are to love God and love our neighbours. And just like Israel 2,000 years ago, the world we live in today needs to hear his message. Needs Jesus. Needs us as his hands and his feet here on earth. Let the Revival start here!

Post Communion

God, the source of all holiness and giver of all good things:
may we who have shared at this table
as strangers and pilgrims here on earth
be welcomed with all your saints
to the heavenly feast on the day of your kingdom;
through Jesus Christ our Lord.

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.

Aldringham – St Andrew, Patronal Service
Thursday 13th November at 6pm.
All welcome



Come and join The Alde Sandlings Benefice Choir

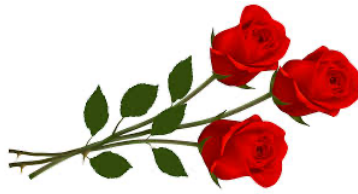
This year, we are having a Benefice Choir to join the Crib Service on the afternoon of Christmas Eve, 24th December. Thank you to those who have already said they would like to join and sing for this service.

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 – 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 starts at 10am in church
- Aldeburgh – Contemporary Worship Deanery Service - November 9th at 6.00pm
- Aldringham – Patronal Service, Thursday, November 13th at 6pm
- Aldeburgh – Nota Bene Chamber Choir Concert – Sunday 16th November at 3pm
- 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

† Pilgrims Together †

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10)

Saturday 15th November Encounter, Pilgrims' Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

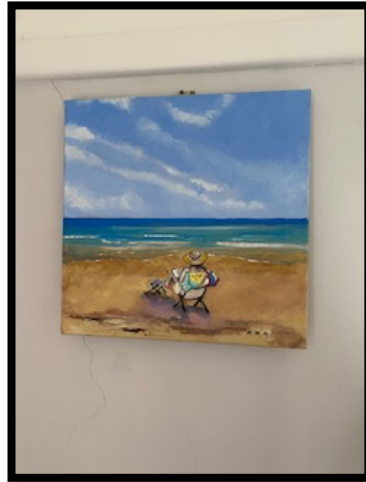
Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts.

All are welcome to any of the Pilgrims events.

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).

Deanery Contemporary Worship & Prayer

Sunday 9th November at 6pm at Aldeburgh Parish Church

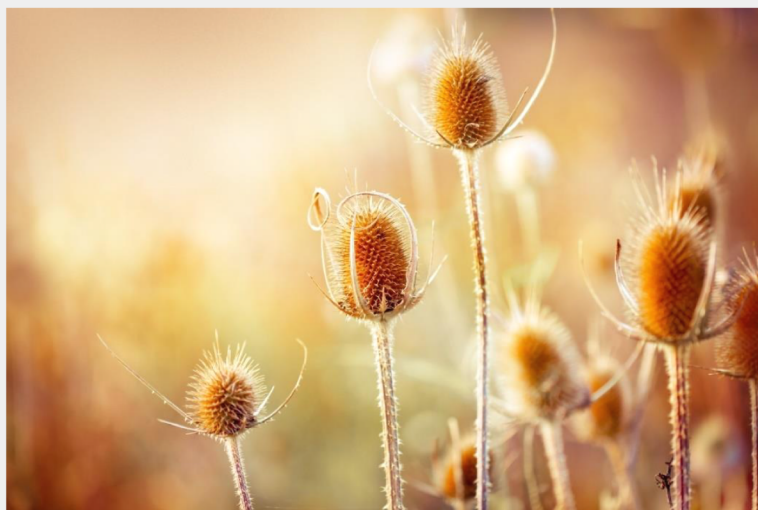
An opportunity for an informal time of worship and prayer. We will have a band of guitars, drums etc to sing along to modern music. Songs by Matt Redman, Tim Hughes, Rend Collective, Phil Wickham, Hillsong & more.

All welcome to come and join us for this uplifting joyful service.

Next Week
Sunday 9th November
Remembrance Sunday

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

