



## 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 30<sup>th</sup> November First Sunday of Advent**

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

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

Dear Friends,

Over the last two weeks I have redone my Leadership Safeguarding Training, which comes up for renewal every three years. As part of the training, we talked about the theological grounding for our safeguarding practices.

A few Sundays ago, the Old Testament reading was from Isaiah 1, where God tells his people that he does not want their worship unless they learn to act with justice towards the most vulnerable in society. This is a message from God to his people which runs throughout the Old Testament, in the law books, the history books and repeatedly in the prophets. This message continues into the New Testament with Jesus' ethic of radical hospitality.

Upholding good safeguarding practices in our churches is part of how we fulfil God's mandate to look after the most vulnerable in society. It is part of living as citizens of God's upside down kingdom, where the last will be first, the weak will be strong and the poor will be rich. By being churches where people know they are safe, we are showing each other the love of God. Thank you to all those who are part of upholding good safeguarding practices across our benefice. If you are interested in knowing more about safeguarding, please get in touch, the Church of England 'Basic' and 'Foundation' level safeguarding training runs online and is open to anyone.

With love and prayers,

Mary

## **Collect**

Almighty God,  
give us grace to cast away the works of darkness  
and to put on the armour of light,  
now in the time of this mortal life,  
in which your Son Jesus Christ came to us in great humility;  
that on the last day, when he shall come again in his glorious majesty to  
judge the living and the dead, we may rise to the life immortal;  
through him who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Isaiah 2.1-5**

The word that Isaiah son of Amoz saw concerning Judah and Jerusalem. In days to come the mountain of the Lord 's house shall be established as the highest of the mountains, and shall be raised above the hills; all the nations shall stream to it. Many peoples shall come and say, 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.' For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between the nations, and shall arbitrate for many peoples; they shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war any more. O house of Jacob, come, let us walk in the light of the Lord!

## **Second Reading**

### **Romans 13.11-end**

Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

## **Gospel Reading**

### **Matthew 24.36-44**

'But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man.

Then two will be in the field; one will be taken and one will be left.

Two women will be grinding meal together; one will be taken and one will be left. Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.

## **† 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/UCLeCK8GovYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

**Sermon by Revd Nichola Winter**  
**23<sup>rd</sup> November – Sunday next before Advent/**  
**Christ the King**

Today we celebrate Christ the King. It is the end of the Church's year; the conclusion of a cycle; the end of a journey. Next Sunday sees the beginning of Advent, a new journey, a new year.

But let's not get ahead of ourselves. If we think back over the year and over our worship, Sunday by Sunday – and in our daily cycle of readings and prayers, we see how the story unfolds. Expectation of a coming king, the birth of that king. His life, his death and resurrection. And during the Sundays after Trinity, his teachings and ministry. What does it all lead to? This final Sunday of the Church's year reflects the final image we have of Christ - Christ as King... in all his glory.

I want to ask two questions. What picture do we have of Christ as King, and what does that picture mean for us?

Some years ago I attended a workshop on alternative forms of worship. It concluded with a period of meditation in which music was played and images were shown on a large screen. Now this was taking place shortly after the July 2005 terrorist bombings in London. One of the images was a clip of film taken during the time of silence which marked the terrorist atrocities, when much of London ground to a halt in remembrance. The film showed crowds of people outside Kings Cross station, standing in silence and respect. At this place of carnage and destruction the name of the station seemed so poignant and yet so powerful. Kings Cross. The king we worship today had to endure his own share of cruelty and violence; he had to carry his own cross and finally die an ignominious death for all to see. That London station, that facilitates the movement of so many people as they go about their daily lives, seems to stand as a beacon, a reminder that the words 'king' and 'cross' go together. In the midst of all his glory, Christ our King is with us in the trials and troubles of this world. As Advent approaches our thoughts will turn to that evocative name 'Emmanuel' – Christ with us. And that is one of the basic tenets of our Christian belief – that Christ is with us, in the midst of our communities at all times. He shares our human suffering just as he wants us one day to share in his kingly glory. Kings Cross station, with all its busy comings and goings, will always be for me – and for many of us - a reminder of the anger and violence of which humans are capable – but it will also serve as a pointer to the fact that Christ the King, too, is on the receiving end of anger and violence - and yet he has overcome it....

However, the readings that are set for today, are not, perhaps, what we might expect. No images of the glory, magnificence and victory that might be consistent with a kingly celebration. What do we have instead?

The prophet Jeremiah gives us the image of the good and the bad shepherds. Flocks of sheep were crucial for the life and economy of the people; tending the sheep was a highly responsible task; carelessness could cause great harm. Keeping the flock together, healthy and content was hard work and required dedication. Careless and destructive shepherds would cause enormous damage; Jeremiah uses this image to denounce those who shepherded the people of Israel.

Then, in contrast, we hear how God himself will now shepherd the people, gathering up those who have been lost and bringing them into a flock where justice and righteousness will prevail. A new shepherd will be found; one who can be trusted to carry out his responsibilities and bring fulfilment. The biblical tradition that sees God as shepherd now portrays God as reversing all the evil done by the bad human shepherds. God is not going to sit around in kingly majesty and wait for others to do his bidding - it is now God who will search for the lost, rescue them and bring them out. God will feed them, bind up the injured and strengthen the weak. And this image of God coming into the world and getting on with the job comes to life in Jesus – Christ the King who comes to the world as a servant and teacher – as a sufferer and victim, but ultimately as the King.

Paul, writing his letter to the Colossians gives us this hope for our journey - a hope confirmed by Jesus on the cross:

‘He (God) has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son’.

What greater promise could we possibly desire? That reconciliation between God and humankind is there if we choose to accept it. At times we may feel that we stumble along in our faith, our prayer life is perhaps a little dry, the bible readings a little inaccessible, but as followers of Christ we’re in it for the long run, and if we stick at it, we’ll not fail.

The gospel reading takes us back to the heart of our faith and emphasises the point I made earlier; that image of King’s Cross; Christ with us in the midst of all our trials, dangers and difficulties. That image of the dying Jesus, promising the penitent thief that he (the thief) will be with him (Jesus) in glory, is one so powerful, so unexpected and almost outrageous. What other king could possibly make such an extraordinary

statement in such unpromising circumstances? A dying, crucified teacher, despised and mocked - and yet promising complete forgiveness and a place in paradise to the wretched thief. "Truly I tell you, today you will be with me in Paradise."

Our splendid east window gives us a vision of our Saviour enthroned, at last, in heaven. Crowned and resplendent. Below is the image of Christ on the cross as he dies a grim death. Critics of Christianity often fasten on that image; the cross. Why do we focus on that, and not on the positive aspects of our faith? Well, without the cross we couldn't have the faith we do have. As Christians we cannot bypass the cross. It was only when Christ underwent the final humiliation of death by crucifixion that his destiny as King was sealed. The biblical notion of atonement, the tradition that sin could only be made good by sacrifice, was fulfilled when Jesus died on the cross. His was the ultimate sacrifice and no more would be needed to fulfil the customs of the day. By dying as he did, he put an end to the biblical need for sacrifice; now mankind would be free to focus on justice and liberation - if we should so choose. Of course, history has proved that humankind still finds it incredibly difficult to live the life that God wills for us. But, as followers of Jesus we stick at it, holding on to the promise that God gives us. In a few moments the words of the eucharistic prayer for today will remind us that Jesus 'offers himself once for all upon the altar of the cross and, in so doing, redeems the human race by this perfect sacrifice of peace. May we always worship with love and trust; may we always honour him as true king.

## **Post Communion**

O Lord our God,  
make us watchful and keep us faithful  
as we await the coming of your Son our Lord;  
that, when he shall appear,  
he may not find us sleeping in sin  
but active in his service  
and joyful in his praise;  
through Jesus Christ our Lord.

**Next Week**  
**Sunday 7<sup>th</sup> December**  
**Second 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-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](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.
- Aldringham – Advent Carol Service, November 30<sup>th</sup> at 6pm
- 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 6th December 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. Please do invite friends along.

Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

### **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.**

### **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**



## 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 30th 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**



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)

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)