



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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Tel: 01728 582213

The Revd Nichola Winter
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The Revd Johanna Mabey
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Services in The Alde Sandlings Benefice – Sunday 30th August

Aldeburgh	11am	Holy Communion	Revd Mary Brown
Aldringham	11am	Holy Communion	Revd Sarah du Boulay
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

A message from Revd Sarah du Boulay

Dear friends,

Today I'd like to pay tribute because on Tuesday this week one of my own 'heroes of faith' died at the age of 80.

Dolly Parton was a world famous musician, philanthropist, icon, who I never met, never even saw perform live, but who touched mine, and many other people's lives more than I'm sure she could ever imagine.

She said she was raised on 'Jesus and country music' and was often vocal about her own faith – both in speaking the message of the Gospel (did you see her set at Glastonbury in 2014 where in between songs she preached to a crowd of over 180,000 people?), to writing and performing what was essentially worship music (her last of 11 Grammys was won in 2019 for a song called 'There Was Jesus'), and through the way she lived her life. I have met children in Knodishall who own books given by Dolly Parton as part of her Imagination Library. Added to all of this the fact that in this litigious society of social media and gossip, I have never seen a bad word written or spoken about her. She was nobody's fool and would not be treated disrespectfully or rudely, but always responded with great charm and grace.

She became famous for many sayings, among which were ‘the greatest storm causes the tree roots to go even deeper’, ‘if you see somebody without a smile – give ‘em yours’, and of course ‘people call me a dumb blonde – but I ain’t dumb, and I’m not a blonde!’.

Dolly Parton had faults; of course she did. But her legacy is overwhelmingly positive and full of love and kindness and generosity, as well as her musical talent which was nothing short of genius. It strikes me that in a world where we are often searching for inspiration and people to look up to, we could all do with being a ‘bit more Dolly’.

May she rest in peace, safe in the arms of Jesus.

With prayers as always

Sarah

Readings for Sunday 30th August 2026

Collect

Almighty God,
who called your Church to bear witness
that you were in Christ reconciling the world to yourself:
help us to proclaim the good news of your love,
that all who hear it may be drawn to you;
through him who was lifted up on the cross,
and reigns with you in the unity of the Holy Spirit,
one God, now and for ever.

Exodus 3:1-15

3 Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. ²There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. ³Then Moses said, ‘I must turn aside and look at this great sight, and see why the bush is not burned up.’ ⁴When the Lord saw that he had turned aside to see, God called to him out of the bush, ‘Moses,

Moses!’ And he said, ‘Here I am.’ ⁵Then he said, ‘Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.’ ⁶He said further, ‘I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.’ And Moses hid his face, for he was afraid to look at God.

⁷ Then the Lord said, ‘I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, ⁸and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. ⁹The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. ¹⁰So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.’ ¹¹But Moses said to God, ‘Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?’ ¹²He said, ‘I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.’

¹³ But Moses said to God, ‘If I come to the Israelites and say to them, “The God of your ancestors has sent me to you”, and they ask me, “What is his name?” what shall I say to them?’ ¹⁴God said to Moses, ‘I am who I am.’ He said further, ‘Thus you shall say to the Israelites, “I am has sent me to you.” ’ ¹⁵God also said to Moses, ‘Thus you shall say to the Israelites, “The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you”:

This is my name for ever,
and this my title for all generations.

Romans 12:9-end

⁹ Let love be genuine; hate what is evil, hold fast to what is good; ¹⁰love one another with mutual affection; outdo one another in showing honour. ¹¹Do not lag in zeal, be ardent in spirit, serve the Lord. ¹²Rejoice in hope, be patient in suffering, persevere in prayer. ¹³Contribute to the needs of the saints; extend hospitality to strangers.

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵Rejoice with those who rejoice, weep with those who weep. ¹⁶Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. ¹⁷Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸If it is possible, so far as it

depends on you, live peaceably with all. ¹⁹Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' ²⁰No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' ²¹Do not be overcome by evil, but overcome evil with good.

Matthew 16:21-end

21 From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. ²²And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' ²³But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.'

24 Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. ²⁵For those who want to save their life will lose it, and those who lose their life for my sake will find it. ²⁶For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

27 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. ²⁸Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

✠ 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>

Sermon by Revd Mandy Tucker
Sunday 23rd August, Aldeburgh Parish Church

I wonder what comes to mind when you hear the word gift.

Maybe you picture something wrapped up with a ribbon. For a birthday or Christmas.

Or perhaps you think of someone who seems naturally talented at something. Like a musician who has a talent, a gift for playing their instrument. Or someone with a gift for public speaking.

Have you thought about where those gifts come from?

And I wonder if you ever think of yourself. I wonder if you ever pause long enough to consider that God may have placed something within you – something good, something needed – even if you're not sure what you believe yet.

Because today's readings gently remind us that God gives gifts to people. Gifts that are different, unexpected, sometimes quiet, sometimes visible. And all of them matter.

In our Gospel reading this morning, Jesus asks His disciples, "Who do you say I am?"

It's one of those questions that hangs in the air. I wonder what you or I might have done or said in that moment?

And then Peter steps forward. Now we can usually rely on Peter to step forward, to speak even before he thinks sometimes, and that's what happens in our reading.

Peter doesn't hesitate. He doesn't overthink it. He simply speaks the truth he sees. He says:

"You are the Messiah, the Son of the living God."

It's a moment of clarity and of boldness or courage.

But it isn't a moment of superiority. Peter isn't "better" than the others because he does this. He is simply using the particular gifts God has given him; a gift of insight, a gift of boldness, a gift of stepping forward when others stay quiet.

And Jesus honours that gift and replies to him
“You are Peter, and on this rock I will build my church.”

Now it might sound like he means Peter is the whole foundation. But actually, it is more that Peter’s gift becomes *part* of the foundation that God is building. God’s church needs more than just Peter.

Our other New Testament reading today is from Paul’s letter to the Romans, and in this passage Paul reminds us of the image of the church as a body. Paul uses this idea elsewhere in his first letter to the Corinthians where Paul gives us a picture we can all understand: the human body is one body with many parts.

Each part is different. Each part is essential. A hand isn’t a foot. A voice isn’t an ear. We need all the different parts to make up the whole body. Every part matters.

Paul says the Church is just like that. He writes “as in one body, we have many members”. We echo that idea in our communion service, when we say after the breaking of the bread ‘though we are many, we are one body’

We are one body, but we are not identical, and we are not meant to be. If we were all the same, we actually wouldn’t work very well as a church, as a group of God’s people.

How does this link to the idea of gifts. Well, the bible tells us that God gives different gifts to each of us, deliberately, lovingly, purposefully. Paul describes this in his letter to the Romans which we heard earlier.

Gifts are given differently to each of us. We are unique and the gifts we have, and how we use the, are unique to us.

Some gifts are visible; some are quiet. Some are practical; some are prayerful.

But each and all of these gifts are needed to build the body of the church. They are all needed for us to work together as part of God’s team here on Earth.

Let’s think about teams for a moment. How many people here are or have been part of a team, could be a sports team or a team at work, or any other group of people working towards the same goal.

I imagine most of you will have seen football either on the TV or perhaps at a match. If you have children or grandchildren you might have watched them at a training session or a match. If you've ever watched young children play football, you'll know what happens.

They all chase the ball. Everyone wants to be the striker. Everyone wants to be the one who scores a goal.

But a successful football team doesn't work like that.

You need defenders. You need midfielders who set things up. You need someone who spots the pass that leads to the goal. You need the goalkeeper, often unnoticed until the moment they're needed most.

A team only works when everyone plays their part.

Or think about a workplace team.

If you only have people with big ideas, nothing ever gets finished.

If you only have people who finish tasks, nothing new ever begins.

You need the dreamers and the planners. You need the starters and the finishers. And, crucially you need the people who keep everyone going when the enthusiasm dips.

A team only works when everyone brings their gift.

Or what about today's church service? Well it is exactly the same.

A service doesn't happen with just Rev Sarah and me.

It's the people who opened the building.

The people who welcomed you at the door.

The people who arranged the flowers, set up the sound, play the organ, sing in the choir, do the readings, and also those who prayed during the week, and those who will quietly tidy up afterwards. Those who will provide refreshments. I've no doubt missed some people out, but a service doesn't happen without a whole team of people using their gifts.

Many gifts. One body. One team.

In his letter to the Romans Paul lists gifts that don't always happen at the front of church:

- Serving
- Encouraging

- Giving
- Leading
- Showing mercy
- Teaching

These gifts don't always get noticed and they are not always dramatic, But they are the heartbeat of the Church. What might these look like in practice?

A quiet prayer for someone who is struggling.

A warm welcome at the door.

A casserole delivered to a family in crisis.

A steady presence Sunday after Sunday.

A gentle word of encouragement at just the right moment.

These gifts hold the Church together, they are the foundation of the church, just as much as Peter with his bold declaration of who Jesus is.

And this is where the Good News fits so naturally.

The Church is not the building, lovely as it is.

The Church is the people. God's people. People who God loves and people for who Jesus died on the cross. People in whom the Holy Spirit places gifts. Who are those people, well that is us, you and me.

God's compassion for people, for us, is the reason Jesus came, the reason Jesus died and the reason Jesus rose again.

And because God loves people, He gives gifts to people.

Not to make us impressive or create a hierarchy.

But so that together we can show His compassion to the world.

The Church is a team built on grace, on forgiveness and on the love of Christ.

And every gift whether visible or quiet is part of that Good News.

You may be wondering, ok but what does that mean for me today?

Well Paul's message is for all of us, regardless of where we are in our faith journey.

To those who have followed Jesus for many years.

To those who are still exploring.
To those who aren't sure what they believe.
To those who feel they have nothing to offer.

Paul's message is for you. And the message is that you have a gift, maybe more than one, given to you by God.
Not because you're perfect, none of us are perfect.
Not because you're confident or often stand at the front of church. Believe me that it is as nerve wracking standing at the front as you probably think it is!

But you, each one of you, has a gift because God has placed something within you; something that can strengthen this community, something that can bless others, something that can build up the body of Christ.

And if you're not sure what you believe yet, that's alright.
You can still ask the question:
"What good thing has God placed within me that I can offer?" Because sometimes the gift comes first, and faith grows around it.

I like to end my talks with a bit of a challenge for the week.
So here's this week's challenge:

Ask God to show you your gift and ask God to show you how to use it.
Now that can be just a simple prayer, you don't need fancy words. Just pray "Father show me my gift and how I can use it".
And wait for an answer...

Now I'm not saying that you will get some flashing neon sign that says, this is your gift, but you may find the answer in a quiet way, just a nudge or someone thanking you for something, or even directly telling you they think you have a gift. It may take time, but pray and wait.

Or if you see someone using their gift, tell them.

You might already be using your gift without realising. You might think it's too small to matter. You might think it's not "spiritual" enough. You might think it's not as impressive as someone else's. But remember God doesn't measure gifts the way we do.

You have a gift and God invites you to use it.

Because the Church is not built on one superstar disciple who was bold enough to answer Jesus and say 'You are the messiah'.
The church is built on many gifts working together, each one important, each one valued, each one part of the body of Christ.

May we discover our gifts. May we offer them freely.
And may Christ build His Church through all of us.

Amen.

£££ 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/>

† Pilgrims Together †

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

<https://us02web.zoom.us/j/376110700?pwd=Q0Q3TUNya08zVGNoUkl2aUc5a0hVZz09>

All are welcome to any of the Pilgrim's events

Food Banks at the East of England Co-op

Foodbanks provide a valuable service to those in need in our communities.

The Aldeburgh & Leiston Co-op supermarkets 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 2026 Suffolk Historic Churches Ride and Stride



Saturday 12th September 9am-5pm



The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all around the country are out making money for their local county Churches Trust. The

Alde Sandlings communities always contribute hugely.

If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please contact you SHCT organiser:

Aldeburgh – Fran Smith – aldesandlingsbenefice@outlook.com

Aldringham – aldesandlingsbenefice@outlook.com

Friston – Chris Ive – pennyive@icloud.com

Tel: 01728 688106.

Knodishall – John & Ros Macallister -
johnmca338@gmail.com



Good Luck Everyone!

† 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 aldesandlingsbenefice@outlook.com and we will do our utmost to arrange a visit.

✨ Additional Service — A Special Invitation ✨

BENEFICE TAIZÉ SERVICE

We are delighted to announce an additional Benefice service taking place at 6pm on Sunday 30th August at Knodishall Church.

We will be very pleased to welcome members of the Benefice Choir, together with friends from across the Benefice, for a peaceful and reflective Taizé service.

🌿 OUTDOORS, WEATHER PERMITTING

Following the success of one of our recent Sunday morning services held outside, we are planning to hold this service outdoors.

Please bring your own chair and, an additional one if you're able.

☂ If the weather is not in our favour, the service will take place inside the church.

We do hope you will be able to join us for this special service and share in an evening of prayer, music and quiet reflection together.

Everyone is warmly welcome. 🌿

GLOBAL

Week of Prayer

• A WEEK OF PRAYER, UNITY & HOPE •



MONDAY
7TH

St Margaret's,
Leiston



TUESDAY
8TH

St Andrew's,
Farnham



WEDNESDAY
9TH

St John's,
Saxmundham



THURSDAY
10TH

St Peter and
St Paul,
Aldeburgh



FRIDAY
11TH

St John's,
Saxmundham



SATURDAY
12TH

St Peter's,
Yoxford



SUNDAY
13TH

St Mary's,
Friston

*Join us as we come
together across our
Deanery to pray
for our world,
our communities
and one another.*

All services
start at
6.30pm



JOIN US ON ZOOM

[https://us05web.zoom.us/j/87648615574?](https://us05web.zoom.us/j/87648615574?pwd=3HAOTn0DMe0DhkpVoDqGARJ6k4uRa6.1)
pwd=3HAOTn0DMe0DhkpVoDqGARJ6k4uRa6.1



*Everybody
welcome!*

Let us pray together. Let hope grow.

Could You Help at

St Peter & St Paul's,
Aldeburgh?



Our church is looking to welcome more volunteers to help support the life and ministry of St Peter & St Paul's.

There are opportunities to serve in a variety of ways, including as a sacristan, server, welcomer, flower arranger, cleaner, choir member, or in other practical roles around the church. Some roles require a little training, but support will always be provided.

Whether you can help regularly or occasionally, your time and gifts would be greatly appreciated. Serving is a wonderful way to support our church family and play a part in the life of our church.



Sacristan



Server



Welcomer



Flower
Arranger



Cleaner



Choir
Member



Other
Practical
Roles



If you'd like to find out more—with no obligation—please contact Jodie, Benefice Administrator, who will be happy to put you in touch with the relevant team.

✉ aldesandlingsbenefice@outlook.com



"Each of you should use whatever gift you have received to serve others."

— 1 PETER 4:10



The Church of St Peter and
St Paul, ALDEBURGH

50th

ANNIVERSARY

OF THE FRIDAY MARKETS!

FRIDAY MARKETS

in August 2026

7th, 14th, 21st and 28th August

10–12pm

in the CHURCH HALL - IP15 5EA

Plants - Flowers - Fruit & Vegetables

Jams & Chutneys - Cakes & Savouries

Bric-a-Brac

Toys & Games - Household Items

Jewellery - Paintings

Scarves & Fancy Goods - Tombola

Tea, Coffee & Refreshments Served

FRESH
LOCAL
LOVELY!
♡

♡ **ALL MOST WELCOME** ♡

↗ *Cash only please!* ↖

 All Souls Service

Remembering Our Loved Ones

**Aldeburgh Parish Church
Saturday 31 October · 6.00 pm**

The Revd Sarah du Boulay warmly invites you, your friends and family to join us for a special All Souls Service.

This is an opportunity to call to mind those whom we love but see no more — to remember them, say a gentle prayer, and light a candle in their memory.

Please do join us after the service for refreshments and reflection.

Everyone is most welcome

What's On Across The Alde Sandlings Benefice

Weekly Worship

Morning Prayer at 9am

Monday

- Aldeburgh
- Friston

Tuesday

- Knodishall

Wednesday

- Aldeburgh

Thursday

- Aldringham

Friday

- Aldeburgh

**Holy Communion Service every Wednesday at 10am
Aldeburgh Parish Church**



**Our Evensong season has now come to a close.
Thank you to all who have supported and attended these beautiful
services at Aldeburgh Parish Church. We look forward to seeing you
again next summer.**

Dates for Your Diary

28th August

Friday Market 10am – 12pm

Aldeburgh Parish Church

 Celebrating our 50th Anniversary!

Friday 28 August - 7pm & 9pm

A Coldplay Candlelight Experience

Aldeburgh Parish Church

[Book your tickets online.](#)

Sunday 30th August at 6pm

Taizé Worship Service

Knodishall Parish Church

Global Week of Prayer

7th – 13th September – all services at 6.30pm

See poster above for full details

Saturday 12th September, 9am – 5pm

2026 Suffolk Historic Churches Ride and Stride

Alde Sandlings Benefice

Sunday 13th September at 9.30am

Harvest Festival Service

Friston Parish Church

Sunday 20th September at 9.30am

Harvest Festival Service

Knodishall Parish Church

Sunday 27th September at 11am

Harvest Festival Service

Aldringham Parish Church

Saturday 3rd October, 10am – 12pm

Harvest Messy Church

Aldeburgh Parish Church

Sunday 4th October at 11am

Harvest Festival Service

Aldeburgh Parish Church

Monday 26th October at 12pm

Nadia Lasserson fundraising concert in aid of Save the Children

Aldeburgh Parish Church

Saturday 31st October at 6pm

Benefice All Souls Service

Aldeburgh Parish Church

Sunday 8th November

Remembrance Sunday Services

10am Aldeburgh Parish Church

10.50am At War Memorial

10.50am Aldringham, Knodishall & Friston Parish Churches

Sunday 22nd November at 11am

Patronal Festival Service

Aldringham Parish Church

Sunday 29th November at 6pm

Advent Carol Service

Aldringham Parish Church

Sunday 29th November at 9.30am

Benefice Holy Communion Service

Friston Parish Church

Saturday 5th December at 4pm

Christingle Service

Aldeburgh Parish Church

Sunday 6th December at 3pm

Benjamin Britten Thanksgiving Service with Britten Pears Arts

Aldeburgh Parish Church

Saturday 12th December, 10am – 12pm

Christmas Messy Church

Aldeburgh Parish Church

Sunday 13th December at 6pm

Advent Carol Service

Friston Parish Church

Sunday 20th December

Carol Services

11am Aldringham Parish Church

3pm Knodishall Parish Church

6pm Aldeburgh Parish Church

Christmas Eve at 3.30pm

Crib Service

Aldeburgh Parish Church

Christmas Eve at 11.30pm

Midnight Mass

Aldeburgh Parish Church

Christmas Day Services

9.30am – Knodishall and Friston

11am – Aldeburgh & Aldringham

Sunday 27th December at 11am

Benefice Service

Aldeburgh Parish Church

Safeguarding at The Alde Sandlings Benefice

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer: Mrs Fran Smith-
safeguarding.aldesandlings@outlook.com

You have been sent this newsletter as you requested to be included in the weekly distribution. If you ever wish to stop receiving the newsletter, please do email aldesandlingsbenefice@outlook.com