



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
Tel: 01728 582213

The Revd Nichola Winter
Email: njwinter@whd.co.uk

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Services in The Alde Sandlings Benefice – Sunday 13th September 2026

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

A message from Revd Sarah du Boulay

Dear friends,

I'm writing this on 9th September and today is National Emergency Services Day – the day where all over the UK we are invited to show our support and appreciation for all emergency services who look after us and serve us at often the worst times in our lives.

Also known as '999 Day', its purpose is to:

- Promote our 999 heroes who serve/ have served.
- Promote career and volunteer opportunities across the emergency services
- Promote using the emergency services responsibly
- Educate the public on essential life-saving skills
- Promote emergency services charities and the work they do
- Promote campaigns being run by frontline emergency services

I'm sure we have all had experience of our wonderful emergency services and all have reason to be grateful to them. There is a special prayer written for this day which is as follows:

LORD GOD we thank you for the selfless men and women of the emergency services. We thank you for all the resources you provide for their task and especially for the animals trained to work alongside them. We rejoice in all who work for peace and the saving of lives in danger.

We pray for those who serve in the emergency services, that you protect those whose service is our protection. May they ever receive your strength in the performance of their duty. We hold up to you those who have served in past years. We recall those who have paid the ultimate price in their task of preserving life and of upholding law and order. May all who serve or have served within the emergency service be embraced within your love both now and forever.

Grant that our nation may ever continue to show its gratitude towards those who serve within its emergency services and not take for granted the precious work undertaken.

We ask you, Lord, graciously to hear us.

Amen.

With prayers as always

Sarah

Readings for Sunday 13th September 2026

Collect

God, who in generous mercy sent the Holy Spirit
upon your Church in the burning fire of your love:
grant that your people may be fervent
in the fellowship of the gospel
that, always abiding in you,
they may be found steadfast in faith and active in service;
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.

Exodus 14:19-end

19 The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. ²⁰It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night.

21 Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. ²²The Israelites went into the sea on dry ground,

the waters forming a wall for them on their right and on their left. ²³The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. ²⁴At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. ²⁵He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, 'Let us flee from the Israelites, for the Lord is fighting for them against Egypt.'

26 Then the Lord said to Moses, 'Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.' ²⁷So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. ²⁸The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. ²⁹But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

30 Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. ³¹Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

Romans 14:1-12

14 Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. ²Some believe in eating anything, while the weak eat only vegetables. ³Those who eat must not despise those who abstain, and those who abstain must not pass judgement on those who eat; for God has welcomed them. ⁴Who are you to pass judgement on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

5 Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. ⁶Those who observe the day, observe it in honour of the Lord. Also those who eat, eat in honour of the Lord, since they give thanks to God; while those who abstain, abstain in honour of the Lord and give thanks to God.

7 We do not live to ourselves, and we do not die to ourselves. ⁸If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. ⁹For to this end Christ died and lived again, so that he might be Lord of both the dead and the living.

10 Why do you pass judgement on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgement seat of God.¹¹For it is written,
'As I live, says the Lord, every knee shall bow to me,
and every tongue shall give praise to God.'
¹²So then, each of us will be accountable to God.

Matthew 18:21-35

21 Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' ²²Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.

23 'For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. ²⁴When he began the reckoning, one who owed him ten thousand talents was brought to him; ²⁵and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. ²⁶So the slave fell on his knees before him, saying, "Have patience with me, and I will pay you everything." ²⁷And out of pity for him, the lord of that slave released him and forgave him the debt. ²⁸But that same slave, as he went out, came upon one of his fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, "Pay what you owe." ²⁹Then his fellow-slave fell down and pleaded with him, "Have patience with me, and I will pay you." ³⁰But he refused; then he went and threw him into prison until he should pay the debt. ³¹When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. ³²Then his lord summoned him and said to him, "You wicked slave! I forgave you all that debt because you pleaded with me. ³³Should you not have had mercy on your fellow-slave, as I had mercy on you?" ³⁴And in anger his lord handed him over to be tortured until he should pay his entire debt. ³⁵So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.

Readings for the Harvest Festival Service at Friston Church on Sunday 13th September

Deuteronomy 8:7-18

7 For the Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills,

8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey,

9 a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper.

10 You shall eat your fill and bless the Lord your God for the good land that he has given you.

11 Take care that you do not forget the Lord your God, by failing to keep his commandments, his ordinances, and his statutes, which I am commanding you today.

12 When you have eaten your fill and have built fine houses and live in them,

13 and when your herds and flocks have multiplied, and your silver and gold is multiplied, and all that you have is multiplied,

14 then do not exalt yourself, forgetting the Lord your God, who brought you out of the land of Egypt, out of the house of slavery,

15 who led you through the great and terrible wilderness, an arid wasteland with poisonous snakes and scorpions. He made water flow for you from flint rock,

16 and fed you in the wilderness with manna that your ancestors did not know, to humble you and to test you, and in the end to do you good.

17 Do not say to yourself, "My power and the might of my own hand have gotten me this wealth."

18 But remember the Lord your God, for it is he who gives you power to get wealth, so that he may confirm his covenant that he swore to your ancestors, as he is doing today.

2 Corinthians 9:6 – end

6 The point is this: the one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully. ⁷Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. ⁸And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you

may share abundantly in every good work. ⁹As it is written,
'He scatters abroad, he gives to the poor;
his righteousness* endures for ever.'

¹⁰He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness.* ¹¹You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us; ¹²for the rendering of this ministry not only supplies the needs of the saints but also overflows with many thanksgivings to God. ¹³Through the testing of this ministry you glorify God by your obedience to the confession of the gospel of Christ and by the generosity of your sharing with them and with all others, ¹⁴while they long for you and pray for you because of the surpassing grace of God that he has given you. ¹⁵Thanks be to God for his indescribable gift!

Luke 17:11 – 19

¹¹On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. ¹²As he entered a village, ten lepers approached him. Keeping their distance, ¹³they called out, saying, "Jesus, Master, have mercy on us!" ¹⁴When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean. ¹⁵Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. ¹⁶He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. ¹⁷Then Jesus asked, "Were not ten made clean? But the other nine, where are they? ¹⁸Was none of them found to return and give praise to God except this foreigner?" ¹⁹Then he said to him, "Get up and go on your way; your faith has made you well."

† 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 Martin Percival
Sunday 6th September at Aldringham Parish Church

ORDINARY TIME 23A

Homily

The Epistle of St Paul to the church at Rome is not the easiest of reads. It has, nevertheless, profoundly influenced some of the most notable members of the Christian Church - St Augustine, Martin Luther, John Wesley, and the great 20th Century Swiss theologian Karl Barth. What St Paul does is that he spends the first eleven chapters of his Epistle reminding his readers about the central beliefs of the Christian Faith. He then spends the rest of his letter explaining about Christian behaviour. The sequence is 'This is what we as Christians believe' and therefore, when we put that belief into practice, 'This is how we should behave.' We must try to live lives that are transformed.

In today's second reading he speaks about the primacy of love in the Christian life. Supreme among all the divine precepts is the law of love.

He begins his advice by getting right down to the nitty-gritty. Readers should 'owe nothing to anyone.' In what ways St Paul intended those receiving this advice to apply it is not spelt out. It can plausibly be taken as a warning against racking up unnecessary financial debts. Christians, and anyone else for that matter, are unwise to borrow and spend beyond their means as this is a poor stewardship of the resources that God has entrusted to each. However, he does make one exception to this rule. Perhaps this is the more important emphasis. We have a debt 'to love one another.' This is a debt which remains outstanding and is never paid in full. Everyone we encounter, inside or outside the family of faith, is entitled to our charity. And, of course, for St Paul love has everything to do with practical service and bearing one another's burdens; it has nothing to do with soppy sentimentalism. Think of that great passage from his first Epistle to the Church at Corinth where he speaks about love.

Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

We do well to ponder on just how practical that advice is.

(Incidentally, it can be a very beneficial thing to do on our spiritual journey, to read that passage from 1Corinthians 13, and replace the word 'love' with your own name. It will certainly give you something to think and pray about.)

He then goes on to say that 'the one who loves another has fulfilled the law.' This is actually a most remarkable statement. The word 'fulfil' means 'to satisfy what is required' or 'to accomplish in full.' Now to appreciate the significance of this statement, remember that the Jewish Law presented 613 commandments touching on all aspects of Israel's life, worship and social organization. Underlying all of these commandments there was a single purpose. All 613 of them were designed to teach God's people to love. Consequently, St Paul can say that love for another meets and exceeds the requirements of all 613 of them.

All of the commandments are summed up in that one quotation from the book of Leviticus in the Old Testament. 'You shall love your neighbour as yourself.'

As if to drive home the point, he adds another element to the definition of love, which St Paul says, 'does no evil to the neighbour,' Christian charity disallows all sinful actions in the realm of personal relationships, actions that would do physical, spiritual, emotional, or financial harm to another. In its fullest and purest expression, love is always sincere, and always looks for opportunities to 'conquer evil with good'. When disciples learn to love others selflessly and sacrificially, they achieve the overarching aim of all God's commandments. So it is that 'love is the fulfilment of the law'.

Well, there is the theology. The question now is how we put it into practice. Let me put it like this. Art comes in many different forms. Visit a museum or art gallery and you may see sculpture, pottery, calligraphy, and of course, paintings. Though each of these can be beautiful and valuable in its own way, Holy Scripture commends another form of art, one that is more important and more enduring. It is a living art. If I can quote one particular Christian writer who said, 'No work of art is more important than the Christian's own life, and every Christian is called upon to be an artist in this sense ... The Christian's life is to be a thing of truth, a thing of beauty, and a thing of love, in the midst of a lost and despairing world.' No work of art is

more beautiful, more precious, than a life lived for God in imitation of his Son.

As I said a few moments ago, we need to understand that Christian love is not just a feeling or an emotion but something that works itself out in action. Love is not less than what we feel, but it is certainly more. Our Lord not only felt love for us but ultimately he acted in love for us. His feelings would not have done us much good! The ultimate measure of love is not what you feel for others but what you do for them.

Why does this need to be said? Precisely because people are hard to love. Loving others is the kind of challenge that tests the best of us. It is a challenge because of sin. We are sinful and they are sinful, and there is always trouble when sin meets sin. Yet the hard-to-love is how we demonstrate our obedience to God. It is how we demonstrate Christ-like humility. Ultimately it is how we give evidence of our salvation. The love we extend to others is the very same love God has extended to us through Christ.

This is our calling. The place where we must start is in our local church. This is where we are challenged to serve as models of what it means to love well, to love creatively and to love thoroughly. That is why we read those words of our Lord in this Gospel reading. They were instructions about how to resolve disputes within the local community. A process of reconciliation in order to heal divisions. Our Lord calls his hearers to seek honesty and sincerity in all relationships, to put aside self-interest, anger and wounded pride in order to take those first difficult steps in healing the rifts that destroy the Spirit of Love.

Loving people is hard because people are sometimes, many times, difficult to love. They may be hard to love because they are so different – older, younger, in a different stage of life, educated in a different way, having different opinions and views. They may be hard to love because you are shy and they are bold. But the challenge remains.

Each of us has a comfort zone. Each of us has a group of people who make us comfortable and other groups that make us uncomfortable. Within the church, our love needs to extend beyond any comfort zone. The Church is to be a community of people who love one another despite differences, who love one another through differences. It is the place where God

showcases what he is doing in the world by calling all kinds of people to himself and binding them together in a spiritual family. Every Church needs Christians who are marked by love, Christians who are transformed and who display that transformation by outward actions. The world needs churches which are peopled by those who are so transformed and who display that transformation by outward actions of love.

£££ 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.

LOST NECKLACE

A necklace has been lost featuring a light blue enamel sculpture of a dove, in the form of a cross. It is suspected to have fallen off during a visit to Aldringham Church.

If anyone finds it, please contact Bob Browne so that it can be returned to its rightful owner.

Tel: 07771 630940

Email: rbrowne46@sky.com

FRISTON COMMUNITY CHOIR

Choir Leader: Adrian Nicholson

A choir for all ages and abilities
Popular songs to lift the soul
No previous experience required

*Friston Village Hall, Church Path, IP17 1PU
Wednesdays 6 to 7.30pm*

Just turn up on the evening - no booking needed - £5 per session

Wednesday 9th and 23rd September then fortnightly

For more info contact: adrianich@yahoo.com

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

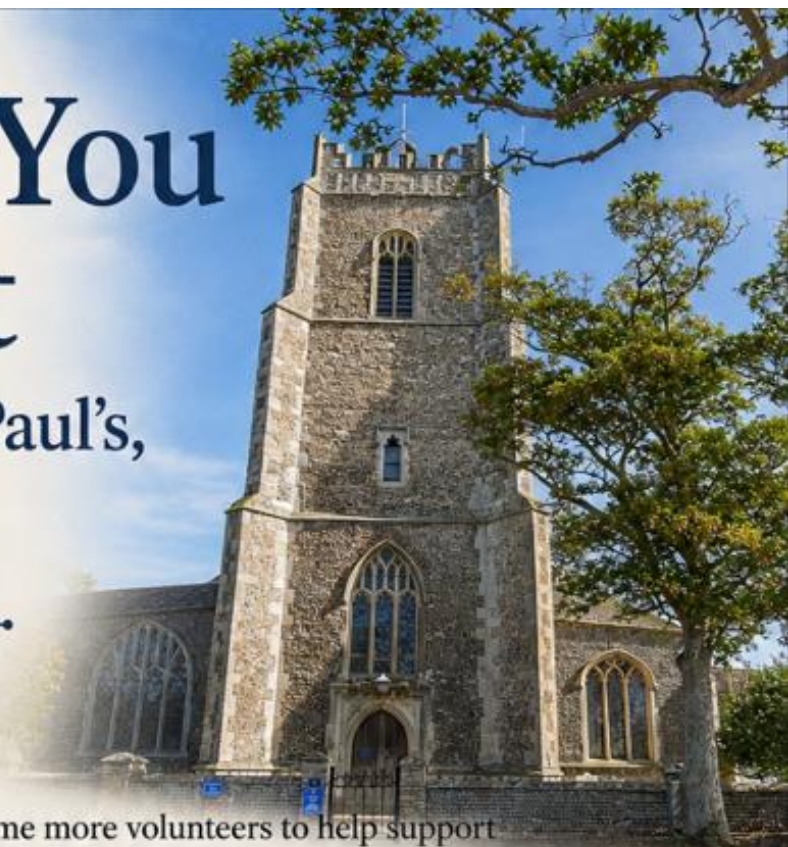


*Everybody
welcome!* 

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



 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**

Dates for Your Diary

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 13th September (Time TBC)

Battle of Britain Service

Aldringham 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 Village Hall. The British Legion Band are providing music for the carols. Mulled wine and seasonal nibbles will be served afterwards.

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