



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

Curate: The Revd Mary Brown
Email: revd@mary-brown.co.uk
Tel: 01728 467454

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Services in The Alde Sandlings Benefice – Sunday 27th September 2026

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

A message from Revd Sarah du Boulay

Dear friends,

It's nearly Christmas! Can you believe it? We've completed our church rotas, hymns and carols are chosen (mostly), other events and celebrations are planned, and we have all our liturgy and planning done. Christmas chocolates and sweets are already in the shops and we're good to go! 2027 here we come!

Exhausting, isn't it?

Whilst the above is undoubtedly true, we also still have 3 months – that's a quarter of the year – left to live. To enjoy. To thrive. To pray. To dedicate to the Glory of God.

In a world that moves faster than ever. In a world where society pressures us constantly. In a world where we all get stressed and feel like we're missing out or dropping balls, let's take a big, deep breath, and stop. Let's corporately decide to live in the here and now. To find joy in the every day. To look for the good in people around us. To not wish away a moment of our lives. To LIVE.

With prayers as always

Sarah

Readings for Sunday 27th September 2026

Collect

Almighty God,
you have made us for yourself,
and our hearts are restless till they find their rest in you:
pour your love into our hearts and draw us to yourself,
and so bring us at last to your heavenly city
where we shall see you face to face;
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 17:1-7

17 From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. ²The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' ³But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' ⁴So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' ⁵The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. ⁶I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. ⁷He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

Philippians 2:1-13

2 If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, ²make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. ³Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. ⁴Let each of you look not to your own interests, but to the interests of others. ⁵Let the same mind be in you that was in Christ Jesus,

⁶ who, though he was in the form of God,
did not regard equality with God
as something to be exploited,
⁷ but emptied himself,
taking the form of a slave,
being born in human likeness.
And being found in human form,
⁸ he humbled himself
and became obedient to the point of death—
even death on a cross.
⁹ Therefore God also highly exalted him
and gave him the name
that is above every name,
¹⁰ so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,
¹¹ and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.
¹² Therefore, my beloved, just as you have always obeyed me, not only in
my presence, but much more now in my absence, work out your own
salvation with fear and trembling; ¹³for it is God who is at work in you,
enabling you both to will and to work for his good pleasure.

Matthew 21:23-32

²³ When he entered the temple, the chief priests and the elders of the
people came to him as he was teaching, and said, ‘By what authority are
you doing these things, and who gave you this authority?’ ²⁴Jesus said to
them, ‘I will also ask you one question; if you tell me the answer, then I will
also tell you by what authority I do these things. ²⁵Did the baptism of John
come from heaven, or was it of human origin?’ And they argued with one
another, ‘If we say, “From heaven”, he will say to us, “Why then did you not
believe him?” ²⁶But if we say, “Of human origin”, we are afraid of the crowd;
for all regard John as a prophet.’ ²⁷So they answered Jesus, ‘We do not
know.’ And he said to them, ‘Neither will I tell you by what authority I am
doing these things.
²⁸ ‘What do you think? A man had two sons; he went to the first and said,
“Son, go and work in the vineyard today.” ²⁹He answered, “I will not”; but
later he changed his mind and went. ³⁰The father went to the second and

said the same; and he answered, "I go, sir"; but he did not go. ³¹Which of the two did the will of his father?' They said, 'The first.' Jesus said to them, 'Truly I tell you, the tax-collectors and the prostitutes are going into the kingdom of God ahead of you. ³²For John came to you in the way of righteousness, and you did not believe him, but the tax-collectors and the prostitutes believed him; and even after you saw it, you did not change your minds and believe him.

Readings for the Harvest Festival Service
Sunday 27th September, Aldringham Parish Church

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 Sarah du Boulay

Sunday 20th September, Aldeburgh Parish Church

Trinity 16

Archbishop Oscar Romero was the prelate of the Catholic Church in El Salvador from 1977 to 1980. He was born in 1917 in El Salvador and lived his whole life in this area. Although his father wanted him to become a carpenter, Romero was determined to enter the priesthood and started a minor seminary in San Miguel at the age of 13. Although he got the qualifications he needed, he had to wait a year to be ordained because he was too young! He was eventually ordained in Rome in 1942.

As a parish priest, he started several Alcoholics Anonymous groups, helped in the construction of San Miguel's cathedral, and supported devotion to Our Lady of Peace – a specific Roman Catholic devotion to Mary, mother of Jesus. In 1977, a priest named Rutilio Grande who had been creating self-resilience groups among the poor, was assassinated. He was also a personal friend of Romero's, and at the time, Romero said: "When I looked at Rutilio lying there dead I thought, 'If they have killed him for doing what he did, then I too have to walk the same path.'"

As a result of this, Romero started to become very politically active, speaking out against poverty, social justice, assassinations and torture. He criticised the United States for giving support to a new government in El Salvador (who later were proved to have violated many human rights and caused great violence), writing an open letter to the then president Jimmy Carter, warning that increased U.S. military aid would "undoubtedly

sharpen the injustice and the political repression inflicted on the organized people, whose struggle has often been for their most basic human rights." In 1979, Romero met with Pope John Paul II, and unsuccessfully attempted to obtain a Vatican condemnation of the Salvadorian military regime for committing human rights violations and its support of death squads. He was particularly frustrated with having to work with clergy who cooperated with the government.

At this time, many clergy who continued to work with the poor were actively persecuted, and in February 1980, Romero gave a speech containing the following:

"In less than three years, more than fifty priests have been attacked, threatened, calumniated. Six are already martyrs – they were murdered. Some have been tortured and others expelled [from the country]. Nuns have also been persecuted. The archdiocesan radio station and educational institutions that are Catholic or of a Christian inspiration have been attacked, threatened, intimidated, even bombed. Several parish communities have been raided. If all this has happened to persons who are the most evident representatives of the Church, you can guess what has happened to ordinary Christians, to the campesinos, catechists, lay ministers, and to the ecclesial base communities. There have been threats, arrests, tortures, murders, numbering in the hundreds and thousands.... But it is important to note why [the Church] has been persecuted. Not any and every priest has been persecuted, not any and every institution has been attacked. That part of the church has been attacked and persecuted that put itself on the side of the people and went to the people's defence. Here again we find the same key to understanding the persecution of the church: the poor."

In March 1980, Romero celebrated mass at a small chapel in a local, church-run hospital which specialised in oncology and care for the terminally ill. He finished his sermon with the words "Those who surrender to the service of the poor through love of Christ, will live like the grain of wheat that dies... The harvest comes because of the grain that dies.". He stepped away from the lectern and took a few steps to stand at the centre of the altar. As he did so, a car pulled up outside the chapel and an assassin fired several shots, hitting Romero in the heart. He died shortly afterwards in hospital.

In 1997 he was canonised by the Catholic Church and remains a huge inspiration worldwide for Christians of all denominations.

I wanted to tell his story today to inspire us all, here in Aldeburgh. The importance of engaging with politics (capital P). The need to challenge social injustice. The call to be part of our community. The need to think outside of

the individual and to not be insular in the living out of our faith, but to look up and out to the world in which we live. To be entirely focussed on God and scripture and the work of the church, as exemplified by Jesus, and not distracted by societal dogmatics.

Our Gospel reading today teaches us of God's Grace. It is a passage which can be really hard to hear because it is quite simply not fair. Our human understanding of fairness is deeply challenged, and so it should be. But we are challenged to rise above this and understand that God's Grace transcends human understanding and definitions. God's Grace cannot be earned. God's Grace encourages us to celebrate God's goodness to others instead of 'keeping score' and comparing our lives to theirs. God's Grace teaches us that everybody is equal. Our value comes from God's loving choice, not from our status or how long we have served him. God's Grace means God gives us the option of love and eternal life even when we do not deserve them.

Romero's death was not fair. His ministry took place in a time and context which was not fair. The response he received from higher powers to much of his outspokenness was not fair. But still he continued. Still he fought. Still he kept the message of the Gospel as the heartbeat of his life. His purported last words, spoken as he was dying in hospital, were: " May God have mercy on the assassin."

What a man of courage and of grace. May he rest in peace and rise in glory. 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>

† 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.

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

🕯 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.

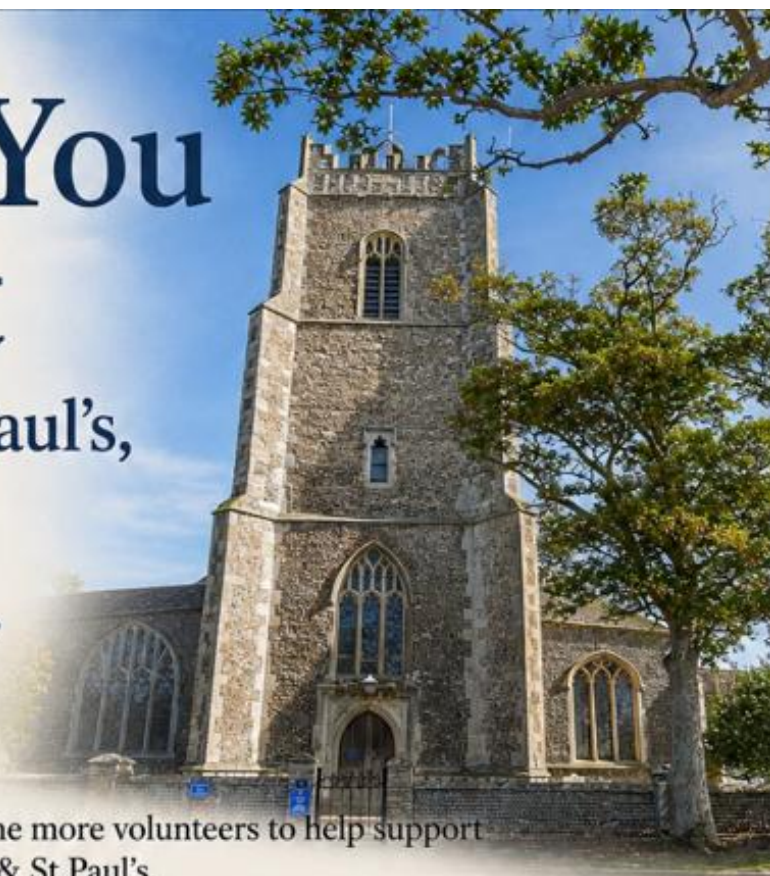
This is an opportunity to call to mind those whom we love but see no more — to remember them, say a gentle prayer, and light a candle in their memory.

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

Everyone is most welcome

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





ALDEBURGH PARISH CHURCH

ST PETER & ST PAUL'S



Invites you to **HARVEST**



**COME AND CELEBRATE HARVEST AND THE
AUTUMN SEASON. THERE WILL ALSO BE
LOTS OF HARVEST CRAFT MAKING
FOR ALL AGES**

**at the CHURCH HALL
SATURDAY 3rd OCTOBER
10am - 12 Noon**



**ALL WELCOME
PLEASE BRING A TIN OF FOOD TO ADD
TO THE HARVEST GIFTS**



**NO CHARGE. JUST PLEASE LET US KNOW YOU ARE
COMING, SO WE HAVE ENOUGH MATERIALS.**

Please email aldesandlingsbenefice@outlook.com



What's On Across The Alde Sandlings Benefice

Weekly Worship

Morning Prayer at 9am

Monday

- Aldeburgh

Tuesday

- Knodishall

Wednesday

- Aldeburgh

Thursday

- Aldringham

Friday

- Aldeburgh

Holy Communion Service every Wednesday at 10am
Aldeburgh Parish Church

Dates for Your Diary

Sunday 27th September at 11am

Harvest Festival Service

Aldringham Parish Church

Saturday 3rd October, 10am – 12pm

Harvest Messy Church

Church Hall, Aldeburgh

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