



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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Services in The Alde Sandlings Benefice – Sunday 4th October 2026

Aldeburgh	8am 11am	Holy Communion CW2 Family Service of the Word, Harvest Festival & Baptism	Prebendary Derek Johnson Revd Sarah du Boulay and Elders
Aldringham	11am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	BCP Morning Prayer	Revd Mary Brown

A message from Revd Mary Brown

Dear Friends,

'You, O LORD, are a shield around me, my glory and the lifter of my head'
Psalm 3.3. In Matthew chapter 7 and Luke chapter 6, Jesus tells a story that is familiar to many of us from Sunday School - the parable of the wise and foolish builders, one who built his house on the rock and the other on the sand, and the consequences of this for their houses when the storms came. As I wrote two weeks ago, we are weathering the storms of change in many different ways at the moment - both in our own lives and across the Benefice. In this parable Jesus tells us that when our lives are built on the foundation of God who is our strong rock, we can stand firm, even in the face of a raging storm. The Psalms use the image of God as the rock on which we stand, or the rock in which we hide again and again - for example Psalm 18 verse 2. A friend shared these words from Dietrich Bonhoeffer with me this week: 'In Jesus God has said Yes and Amen to it all, and that Yes and Amen is the firm ground on which we stand.'

My prayer for us all (myself included), is that as we face the storms of change, we would know ourselves shielded and defended by God; we would know ourselves hidden in our God the Rock; we would know ourselves standing firm on the Rock who is our foundation; we would know Jesus, who said Yes and Amen to the cross on our behalf, as the firm ground on which we stand.

With my love and prayers,
Mary

Readings for Sunday 4th October 2026

Collect

Almighty and everlasting God,
increase in us your gift of faith
that, forsaking what lies behind
and reaching out to that which is before,
we may run the way of your commandments
and win the crown of everlasting joy;
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 20:1-4, 7-9, 12-20

20 Then God spoke all these words:

2 I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; ³you shall have no other gods before me.

4 You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth.

7 You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

8 Remember the sabbath day, and keep it holy. ⁹For six days you shall labour and do all your work.

12 Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

13 You shall not murder.

14 You shall not commit adultery.

15 You shall not steal.

16 You shall not bear false witness against your neighbour.

17 You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

18 When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance, ¹⁹and said to Moses, 'You speak to us, and we will listen; but do not let God speak to us, or we will die.' ²⁰Moses said to the people, 'Do not be afraid; for God has come only to test you and to put the fear of him upon you so that you do not sin.'

Philippians 3:4b-14

⁴If anyone else has reason to be confident in the flesh, I have more: ⁵circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; ⁶as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

7 Yet whatever gains I had, these I have come to regard as loss because of Christ. ⁸More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ ⁹and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. ¹⁰I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, ¹¹if somehow I may attain the resurrection from the dead. 12 Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. ¹³Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

Matthew 21:33-end

33 'Listen to another parable. There was a landowner who planted a vineyard, put a fence around it, dug a wine press in it, and built a watch-tower. Then he leased it to tenants and went to another country. ³⁴When the harvest time had come, he sent his slaves to the tenants to collect his produce. ³⁵But the tenants seized his slaves and beat one, killed another, and stoned another. ³⁶Again he sent other slaves, more than the first; and they treated them in the same way. ³⁷Finally he sent his son to them, saying, "They will respect my son." ³⁸But when the tenants saw the son, they said to themselves, "This is the heir; come, let us kill him and get his inheritance." ³⁹So they seized him, threw him out of the vineyard, and killed him. ⁴⁰Now when the owner of the vineyard comes, what will he do to those tenants?' ⁴¹They said to him, 'He will put those wretches to a miserable death, and lease the vineyard to other tenants who will give him the produce at the harvest time.'

42 Jesus said to them, 'Have you never read in the scriptures:

"The stone that the builders rejected

has become the cornerstone;

this was the Lord's doing,

and it is amazing in our eyes"?

⁴³Therefore I tell you, the kingdom of God will be taken away from you and given to a people that produces the fruits of the kingdom. ⁴⁴The one who falls on this stone will be broken to pieces; and it will crush anyone on whom it falls.'

45 When the chief priests and the Pharisees heard his parables, they realized that he was speaking about them. ⁴⁶They wanted to arrest him, but they feared the crowds, because they regarded him as a prophet.

Readings for the Harvest Festival Service Sunday 4th October, Aldeburgh 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/UCLeck8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

Sermon by Revd Mary Brown
Sunday 27th September - Harvest Festival
Aldringham Parish Church

Now I'm going to retell a story that I told in my sermon at Aldeburgh a couple of weeks ago - that wouldn't be a problem, except for the fact that that sermon was published in the newsletter... My hope is that at least some of you here didn't read it and will be hearing it for the first time! And that those of you who did read it, don't mind!

(If you're reading this in the newsletter, bear with me, the rest of the sermon is different I promise - although we are focused on the same theme - generosity.)

I spent most of my holiday at the beginning of September in a house on the side of a mountain above a glacial lake. The next door neighbours have a beautiful vegetable garden and orchard, including an espaliered nectarine tree.

Esther who lives next door came round on the first day with a nectarine from this tree for us to share - and it was - without doubt - the best nectarine I had had in my life.

Esther told us that due to the drought and heat the tree had not been able to produce the number of fruit that it normally would. Each nectarine was especially precious in a scarce year. In light of this I was even more struck by her generosity in having shared one of her nectarines with us.

And yet, day after day Esther left another nectarine on our doorstep whilst we were out, or came round with one in the evening.

I found Esther's generosity with her harvest to be remarkable. Rather than hoard her delicious bounty, preserving it, storing it, or gorging on it, she kept on giving it away.

Esther was modelling exactly what Paul is talking about in verse 8 of our New Testament reading today '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.' Esther knew God's generosity,

she knew the abundance of God's provision, and therefore she was happy to share abundantly - she was what Paul calls 'a cheerful giver'.

As for me, I came away from that experience convicted and asking the Lord to help me be as freely generous as I saw Esther being.

Over the past few weeks our readings, and the season of harvest, have led us to focusing on generosity. We've looked at generosity in terms of forgiveness and grace within relationships. And we've looked at God's generosity and how it leads us to thanksgiving. And the thread that has run through these weeks has been the idea that our generosity is made possible by our safety and security within God's great generosity. Just what Paul is talking about in today's reading.

But before we come to that, let's look at our other two readings.

We've been in Exodus for a while now, seeing God's ongoing and unfailing goodness and provision towards his people, even when all they do is moan and complain. But today brings us to Deuteronomy, and Moses calling his people to look back on all of that time spent in the wilderness as they prepare to enter the promised land. Moses reminds them of where they have come from, and what hardships they have suffered, and enjoins them not to forget God and their reliance on him once they are in a land 'without scarcity'.

He tells them: 'remember the Lord your God, for it is he who gives you power to get wealth.'

Moses knows how easy it will be to forget that every good thing comes from God.

Then in our Gospel reading we see Jesus' generosity displayed in his healing of the ten lepers. He does not hesitate to heal them, to set them free from this life long condemnation of living outside of the community because of their skin condition. In his kindness, compassion and generosity, Jesus gives these ten men something they could never earn or achieve for themselves. And yet, just like the Israelites in our first reading, only one of the ten men remembers where this gift has come from, and returns to give thanks.

And so we come back to our New Testament reading and Paul's encouragement to the Corinthians to be people of generosity.

Generosity, Paul tells us, is a response to the generosity of God towards us. Learning to be generous is not about beating ourselves up, or forcing ourselves to do something we would rather not do. If we force ourselves into an action we will do what Paul tells is not to do - we will give reluctantly and under compulsion.

Rather, Paul tells us that God loves a cheerful giver. What does it take to be cheerful in our giving? I think that like Esther displayed on that Swiss mountainside, cheerful giving comes from trusting that God provides for us in all that we need. Paul says this in verse 10: 'He 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.' When we know - as we have just sung - that everything we have comes from God and not from our own efforts, then our tight grip on wealth and material possessions will begin to loosen.

Generosity is also, Paul tells us, a means of giving thanks to God. 'You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us; for the rendering of this ministry not only supplies the needs of the saints but also overflows with many thanksgivings to God.'

And finally, Paul tells us that our generosity is a witness to Jesus Christ and all that he has done for us. The non- harvest services have a reading this morning from Philippians 2, that talks about Jesus Christ emptying himself out for us and calls for the church to share in Christ' self-emptying love towards one another. When we are generous with our time, with our compassion, with our love, and with our material possessions, we are witnessing to God's goodness to us in Christ Jesus. I said at the beginning that I believe that generosity comes from knowing we are safe and secure in God. And ultimately our safety and security in God comes from knowing what Christ Jesus did for us, in taking on humanity, dying on the cross, and being raised from the dead. In these things Christ emptied himself out and made a way for us to be reconciled to God. And it is his great goodness towards us that enables us to be generous in turn.

Generosity will look different for each one of us; we each have different resources from which we can give. Some of us have time and energy, some of us have skills and abilities, some of us have money, some of us have nectarines! Whatever we have to give, however we choose to give, the way to be a 'cheerful giver' is to take every decision about giving to God, to ask him to lead us into generosity, and to give what he prompts us to give. I have found again and again, that when I ask God how much I should give, he tells me a number. When I ask God which task is mine to do, he makes it clear. In generosity as in everything else, we can trust and obey the Holy Spirit who lives in us.

£££ 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

St Mary's Church Friston

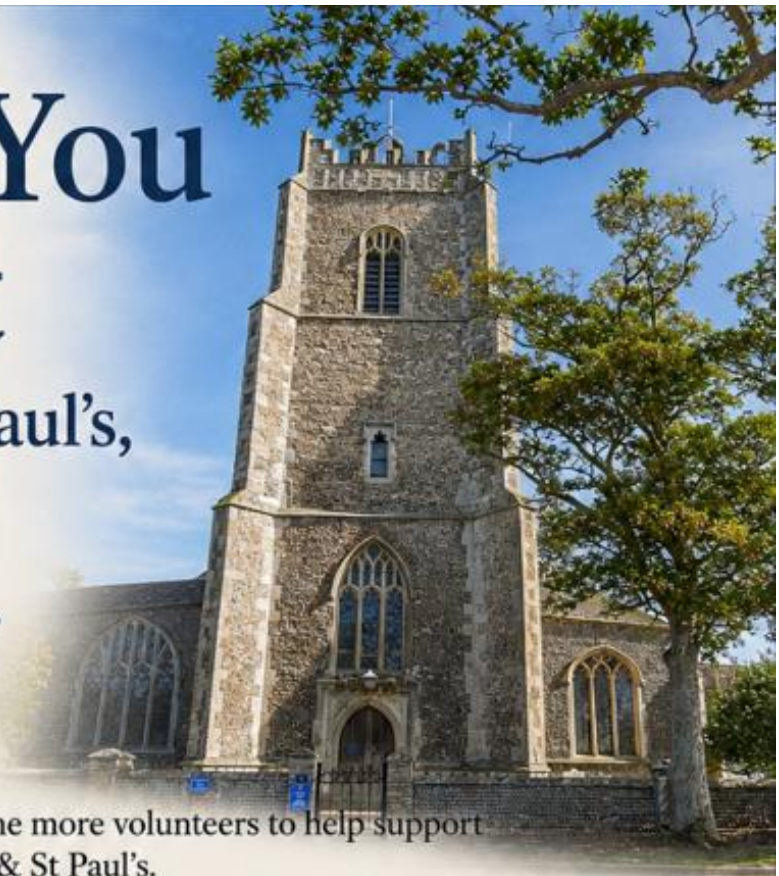
**Come to a
COFFEE
MORNING**

**Wednesday 14th October
10 – 12**

Village Hall Friston

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

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