



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 11th October 2026

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,

I'm writing this on 7th October, on which date 76 years ago, Mother Theresa founded the Missionaries of Charity.

Nobody is perfect and no institution or organisation is perfect, but so much good has been and can be done by unperfect people and structures. I wonder how often we let self-doubt or apathy get in the way of responding to the need of others?

I wonder in what ways we as a benefice could respond more fully to the need around us – in our communities, in our country and in our world? I wonder whether we always notice that need, let alone respond to it?

Prayer is always the right way to start our response but should not be the end of it as well. I wonder what that means for our churches and how we live our lives, both individually and corporately?

With prayers as always

Sarah

Readings for Sunday 11th October 2026

Collect

O God, forasmuch as without you
we are not able to please you;
mercifully grant that your Holy Spirit
may in all things direct and rule our hearts;
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 32:1-14

32 When the people saw that Moses delayed to come down from the mountain, the people gathered around Aaron and said to him, 'Come, make gods for us, who shall go before us; as for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him.'

²Aaron said to them, 'Take off the gold rings that are on the ears of your wives, your sons, and your daughters, and bring them to me.' ³So all the people took off the gold rings from their ears, and brought them to Aaron.

⁴He took the gold from them, formed it in a mould, and cast an image of a calf; and they said, 'These are your gods, O Israel, who brought you up out of the land of Egypt!' ⁵When Aaron saw this, he built an altar before it; and Aaron made proclamation and said, 'Tomorrow shall be a festival to the Lord.' ⁶They rose early the next day, and offered burnt-offerings and brought sacrifices of well-being; and the people sat down to eat and drink, and rose up to revel.

7 The Lord said to Moses, 'Go down at once! Your people, whom you brought up out of the land of Egypt, have acted perversely; ⁸they have been quick to turn aside from the way that I commanded them; they have cast for themselves an image of a calf, and have worshipped it and sacrificed to it, and said, "These are your gods, O Israel, who brought you up out of the land of Egypt!"' ⁹The Lord said to Moses, 'I have seen this people, how stiff-necked they are. ¹⁰Now let me alone, so that my wrath may burn hot against them and I may consume them; and of you I will make a great nation.'

11 But Moses implored the Lord his God, and said, 'O Lord, why does your wrath burn hot against your people, whom you brought out of the land of Egypt with great power and with a mighty hand? ¹²Why should the Egyptians say, "It was with evil intent that he brought them out to kill them in the mountains, and to consume them from the face of the earth"? Turn

from your fierce wrath; change your mind and do not bring disaster on your people. ¹³Remember Abraham, Isaac, and Israel, your servants, how you swore to them by your own self, saying to them, “I will multiply your descendants like the stars of heaven, and all this land that I have promised I will give to your descendants, and they shall inherit it for ever.” ¹⁴And the Lord changed his mind about the disaster that he planned to bring on his people.

Philippians 4:1-9

⁴Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

² I urge Euodia and I urge Syntyche to be of the same mind in the Lord. ³Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Matthew 22:1-14

²² Once more Jesus spoke to the chief priests and Pharisees in parables, saying: ²“The kingdom of heaven may be compared to a king who gave a wedding banquet for his son. ³He sent his slaves to call those who had been invited to the wedding banquet, but they would not come. ⁴Again he sent other slaves, saying, “Tell those who have been invited: Look, I have prepared my dinner, my oxen and my fat calves have been slaughtered, and everything is ready; come to the wedding banquet.” ⁵But they made light of it and went away, one to his farm, another to his business, ⁶while the rest seized his slaves, maltreated them, and killed them. ⁷The king was enraged. He sent his troops, destroyed those murderers, and burned their city. ⁸Then he said to his slaves, “The wedding is ready, but those invited were not

worthy. ⁹Go therefore into the main streets, and invite everyone you find to the wedding banquet.” ¹⁰Those slaves went out into the streets and gathered all whom they found, both good and bad; so the wedding hall was filled with guests.

11 ‘But when the king came in to see the guests, he noticed a man there who was not wearing a wedding robe, ¹²and he said to him, “Friend, how did you get in here without a wedding robe?” And he was speechless. ¹³Then the king said to the attendants, “Bind him hand and foot, and throw him into the outer darkness, where there will be weeping and gnashing of teeth.” ¹⁴For many are called, but few are chosen.’

† 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 Sarah du Boulay

Sunday 4th October, Aldeburgh Parish Church

Harvest Festival and Baptism

Harvest and baptism both centre on the exact same movement we see in our gospel reading today: recognizing a miracle, turning around in gratitude, and being transformed forever.

Every year at Harvest Festival, we look at tables overflowing with food, flowers, and the fruits of the earth. We pause to look at what has grown and say a collective, "Thank you, Lord." It is easy to thank God when the abundance is stacked visibly right in front of us.

But our Gospel reading today challenges us to look deeper than a once-a-year festival. It asks us a searching question: What do we do after we receive the gift?

In Luke's gospel, ten men shout to Jesus from a distance, desperate for mercy. They are suffering, isolated from their communities, and cut off from life. Jesus doesn't perform a dramatic miracle on the spot; He simply tells them to go and show themselves to the priests and the Bible tells us that "as they went, they were cleansed."

All ten received the miracle. All ten experienced the "harvest" of God's healing power in their physical bodies. In life, we all enjoy this kind of "common harvest." Every human being benefits from the sun that rises, the rain that falls, the food that grows, and the breath in our lungs. God pours out his blessings generously on all of us, whether we acknowledge Him or not.

The tragedy of the story is that nine of the men kept running. They got what they wanted—their health, their freedom, their old lives back—and they completely forgot the Giver. They harvested the blessing but missed the Relationship.

But one man stopped. When he saw he was healed, he turned back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him.

This "turning back" is the exact heart of Baptism.

- The word we use in church for turning around is repentance (metanoia). It means a total change of mind and direction.
- In baptism, we or our parents turn away from a life centered on ourselves, and we turn toward Christ.
- We acknowledge that we cannot save or heal ourselves. We recognize that our very lives are a gift from Him.

The lone leper didn't just celebrate a temporary harvest of physical health; he entered into a lifelong covenant of gratitude at the feet of Jesus.

Jesus looks at the man and says something profound: "Rise and go; your faith has made you well." The Greek word used here for "made you well" is *sōzō*, which means saved, made whole, or delivered. All ten men were physically cleansed (*katharizō*). But only the grateful man was saved.

Through his act of returning and thanksgiving, he received a deeper spiritual harvest. This is what we celebrate in Baptism. Baptism is the outward sign of this inward wholeness. It

is where we are washed clean, not just from physical ailments, but from the brokenness of sin. We are brought out of isolation and gathered into the family of God—the ultimate harvest storehouse.

Today, as we look at the fruits of the harvest, and as we reflect on the waters of baptism, we are invited to be like the tenth man.

Don't just take the blessings of life and run away to enjoy them in isolation. Stop. Turn around. Throw yourself at the feet of the Master in praise.

Let your baptismal identity be defined by a permanent attitude of harvest thanksgiving. When we live our lives turning back to Jesus daily in gratitude, we discover that we aren't just physically alive—we are truly made whole. 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

St Mary's Church Friston

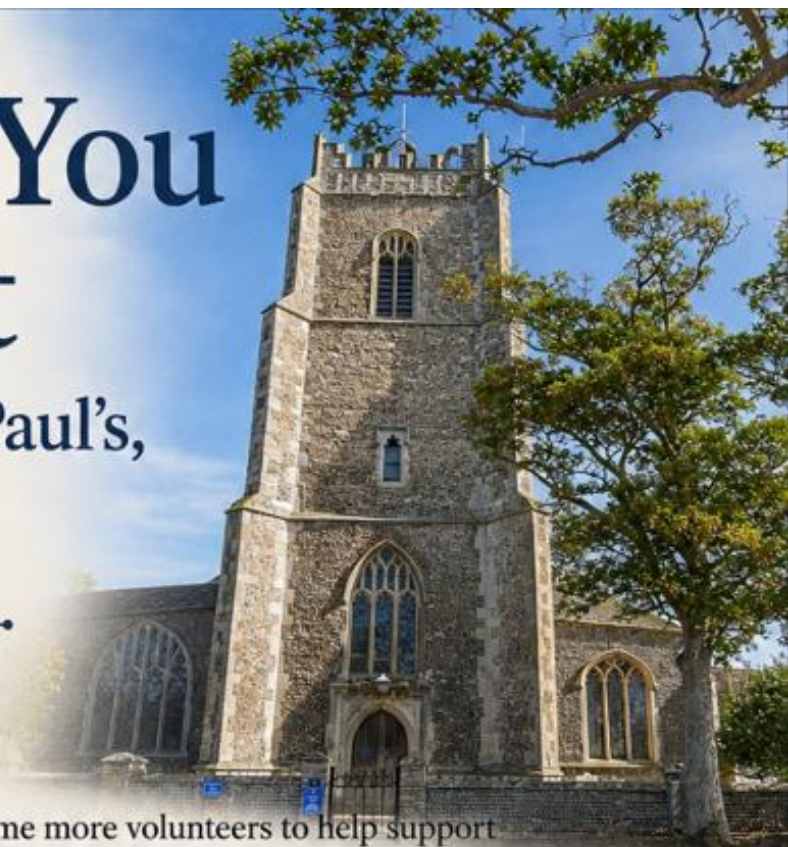
**Come to a
COFFEE
MORNING**

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





JOIN US FOR ...



Alde River

Pilgrimage

SATURDAY

24TH
OCT

MEETING AT ST JOHN THE
BAPTIST, SNAPE AT 1100 AND
WALKING AND REFLECTING AS WE
WALK TO ST BOTOLPH'S, IKEN

BRING A PACKED LUNCH
TEA AND CAKE PROVIDED AT IKEN

THE DAY CONCLUDES AROUND 3PM
WITH A SHORT COMMUNION SERVICE

JOIN US FOR AS MUCH OR AS LITTLE AS YOU WOULD LIKE.



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

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

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