



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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The Revd Nichola Winter
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The Revd Johanna Mabey
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Services in The Alde Sandlings Benefice – Sunday 25th October 2026

Aldeburgh	11am	Holy Communion	Revd Sarah du Boulay
Aldringham	11am	Holy Communion	Revd Mary Brown & Fran Smith, Safeguarding Officer
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay & Fran Smith, Safeguarding Officer

Services in The Alde Sandlings Benefice – Sunday 1st November 2026

Aldeburgh	8am 11am	Holy Communion CW2 Family Holy Communion	Prebendary Derek Johnson Revd Sarah du Boulay & Fran Smith, Safeguarding Officer
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 Sarah du Boulay

Dear friends,

You may remember my prayer when I started this job that God would double the number of baptisms in the benefice every year. You may also remember that he has more than honoured this. In Aldeburgh alone we have had 2 baptisms in October and have 2 more to look forward to before Christmas. We also have some booked across the benefice for 2027 already!

Just typing this makes me smile uncontrollably. What a wonderful service, witness and opportunity we have for these people and their families and how exciting it is to welcome new people into the family of God. It is real testament to the great relationships we have with our local schools and pre-schools.

With all this in mind, we will also be running a Confirmation Course next year, with the idea to accompany people to be Confirmed when Bishop Joanne visits our deanery in April. If you or anybody you know would like to explore this, please to tell Mary or I as soon as possible. And keep praying for growth in number of God's Church!

With prayers as always

Sarah

Readings for Sunday 25th October 2026

Collect

Blessed Lord,
who caused all holy Scriptures to be written for our learning:
help us so to hear them,
to read, mark, learn and inwardly digest them
that, through patience, and the comfort of your holy word,
we may embrace and for ever hold fast
the hope of everlasting life,
which you have given us in our Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Deuteronomy 34:1-12

34 Then Moses went up from the plains of Moab to Mount Nebo, to the top of Pisgah, which is opposite Jericho, and the Lord showed him the whole land: Gilead as far as Dan, ²all Naphtali, the land of Ephraim and Manasseh, all the land of Judah as far as the Western Sea, ³the Negeb, and the Plain—that is, the valley of Jericho, the city of palm trees—as far as Zoar. ⁴The Lord said to him, 'This is the land of which I swore to Abraham, to Isaac, and to Jacob, saying, "I will give it to your descendants"; I have let you see it with your eyes, but you shall not cross over there.' ⁵Then Moses, the servant of

the Lord, died there in the land of Moab, at the Lord's command. ⁶He was buried in a valley in the land of Moab, opposite Beth-peor, but no one knows his burial place to this day. ⁷Moses was one hundred and twenty years old when he died; his sight was unimpaired and his vigour had not abated. ⁸The Israelites wept for Moses in the plains of Moab for thirty days; then the period of mourning for Moses was ended.

⁹Joshua son of Nun was full of the spirit of wisdom, because Moses had laid his hands on him; and the Israelites obeyed him, doing as the Lord had commanded Moses.

¹⁰Never since has there arisen a prophet in Israel like Moses, whom the Lord knew face to face. ¹¹He was unequalled for all the signs and wonders that the Lord sent him to perform in the land of Egypt, against Pharaoh and all his servants and his entire land, ¹²and for all the mighty deeds and all the terrifying displays of power that Moses performed in the sight of all Israel.

1 Thessalonians 2: 1-8

²You yourselves know, brothers and sisters, that our coming to you was not in vain, ²but though we had already suffered and been shamefully maltreated at Philippi, as you know, we had courage in our God to declare to you the gospel of God in spite of great opposition. ³For our appeal does not spring from deceit or impure motives or trickery, ⁴but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. ⁵As you know and as God is our witness, we never came with words of flattery or with a pretext for greed; ⁶nor did we seek praise from mortals, whether from you or from others, ⁷though we might have made demands as apostles of Christ. But we were gentle among you, like a nurse tenderly caring for her own children. ⁸So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

Matthew 22:34 – end

³⁴When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, ³⁵and one of them, a lawyer, asked him a question to test him. ³⁶'Teacher, which commandment in the law is the greatest?' ³⁷He said to him, ' "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." ³⁸This is the greatest and first commandment. ³⁹And a second is like it: "You shall love your neighbour as

yourself.” ⁴⁰On these two commandments hang all the law and the prophets.’

41 Now while the Pharisees were gathered together, Jesus asked them this question: ⁴²‘What do you think of the Messiah? Whose son is he?’ They said to him, ‘The son of David.’ ⁴³He said to them, ‘How is it then that David by the Spirit calls him Lord, saying,

⁴⁴ “The Lord said to my Lord,

‘Sit at my right hand,

until I put your enemies under your feet’ ”?

⁴⁵If David thus calls him Lord, how can he be his son?’ ⁴⁶No one was able to give him an answer, nor from that day did anyone dare to ask him any more questions.

Readings for Aldringham and Knodishall

Psalm 82

¹ God has taken his place in the divine council;
in the midst of the gods he holds judgment:

² “How long will you judge unjustly
and show partiality to the wicked? *Selah*

³ Give justice to the weak and the orphan;
maintain the right of the lowly and the destitute.

⁴ Rescue the weak and the needy;
deliver them from the hand of the wicked.”

⁵ They have neither knowledge nor understanding;
they walk around in darkness;
all the foundations of the earth are shaken.

⁶ I say, “You are gods,
children of the Most High, all of you;

⁷ nevertheless, you shall die like mortals
and fall like any prince.”^[a]

⁸ Rise up, O God, judge the earth,
for all the nations belong to you!

1 Corinthians 13

13 If I speak in the tongues of humans and of angels but do not have love, I am a noisy gong or a clanging cymbal. ² And if I have prophetic powers and understand all mysteries and all knowledge and if I have all faith so as to remove mountains but do not have love, I am nothing. ³ If I give away all my

possessions and if I hand over my body so that I may boast^[a] but do not have love, I gain nothing.

⁴ Love is patient; love is kind; love is not envious or boastful or arrogant ⁵ or rude. It does not insist on its own way; it is not irritable; it keeps no record of wrongs; ⁶ it does not rejoice in wrongdoing but rejoices in the truth. ⁷ It bears all things, believes all things, hopes all things, endures all things.

⁸ Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. ⁹ For we know only in part, and we prophesy only in part, ¹⁰ but when the complete comes, the partial will come to an end. ¹¹ When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became an adult, I put an end to childish ways. ¹² For now we see only a reflection, as in a mirror, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. ¹³ And now faith, hope, and love remain, these three, and the greatest of these is love.

Luke 10:25-37

²⁵ An expert in the law stood up to test Jesus.^[a] “Teacher,” he said, “what must I do to inherit eternal life?” ²⁶ He said to him, “What is written in the law? What do you read there?” ²⁷ He answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and your neighbour as yourself.” ²⁸ And he said to him, “You have given the right answer; do this, and you will live.”

²⁹ But wanting to vindicate himself, he asked Jesus, “And who is my neighbour?” ³⁰ Jesus replied, “A man was going down from Jerusalem to Jericho and fell into the hands of robbers, who stripped him, beat him, and took off, leaving him half dead. ³¹ Now by chance a priest was going down that road, and when he saw him he passed by on the other side. ³² So likewise a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan while traveling came upon him, and when he saw him he was moved with compassion. ³⁴ He went to him and bandaged his wounds, treating them with oil and wine. Then he put him on his own animal, brought him to an inn, and took care of him. ³⁵ The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him, and when I come back I will repay you whatever more you spend.’ ³⁶ Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” ³⁷ He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

Readings for Sunday 1st November 2026

Collect

Almighty God,
you have knit together your elect
in one communion and fellowship
in the mystical body of your Son Christ our Lord:
grant us grace so to follow your blessed saints
in all virtuous and godly living
that we may come to those inexpressible joys
that you have prepared for those who truly love you;
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.

Revelation 7:9-end

9 I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. ¹⁰They cried out in a loud voice, saying, 'Salvation belongs to our God who is seated on the throne, and to the Lamb!'

¹¹And all the angels stood around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshipped God, ¹²singing, 'Amen! Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God for ever and ever! Amen.'

13 Then one of the elders addressed me, saying, 'Who are these, robed in white, and where have they come from?' ¹⁴I said to him, 'Sir, you are the one that knows.' Then he said to me, 'These are they who have come out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb.'

¹⁵ For this reason they are before the throne of God, and worship him day and night within his temple, and the one who is seated on the throne will shelter them.

¹⁶ They will hunger no more, and thirst no more; the sun will not strike them,

nor any scorching heat;
¹⁷ for the Lamb at the centre of the throne will be their shepherd,
and he will guide them to springs of the water of life,
and God will wipe away every tear from their eyes.'

1 John 3:1-3

3 See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. ²Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. ³And all who have this hope in him purify themselves, just as he is pure.

Matthew 5:1-12

5 When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ²Then he began to speak, and taught them, saying:

3 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴ Blessed are those who mourn,
for they will be comforted.

⁵ Blessed are the meek,
for they will inherit the earth.

⁶ Blessed are those who hunger and thirst for righteousness,
for they will be filled.

⁷ Blessed are the merciful,
for they will receive mercy.

⁸ Blessed are the pure in heart,
for they will see God.

⁹ Blessed are the peacemakers,
for they will be called children of God.

¹⁰ Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.

¹¹ Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹²Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.'

✠ 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

Trinity 20 and Baptism

Aldeburgh Church, Sunday 18th October 2026

Today is a day of immense joy. We are here to witness a miracle of grace in the life of Sadie. But today also asks all of us a fundamental question that spans across all of our scripture readings this morning: Whose mark do we carry?

In Matthew's Gospel, Jesus is handed a tiny Roman coin. He looks at it and asks a simple question: "Whose image and inscription is this?" The answer is Caesar's. The coin belongs to the emperor because it bears his likeness.

When we look at Sadie today, on the edge of the waters of baptism, we are asking a very similar question, but with an infinitely more beautiful answer. Whose image is stamped upon this child? Who claims them?

Our Old Testament reading from Exodus gives us the first part of the answer. Moses is leading God's people through a difficult, unpredictable wilderness. He is tired, and he is worried. He makes a desperate, bold plea to God: "If your presence will not go with me, do not carry us up from here." Moses knew that trying to navigate the wilderness of life without God is impossible. And God gives him a beautiful promise: "My presence will go with you, and I will give you rest... I know you by name."

Today, as we bring Sadie to the font, we are claiming that exact same promise. This little one is just beginning a journey through a world that can often feel like a wilderness—full of unknowns, challenges, and winding paths. But we do not send her out alone, nor do we rely merely on our own parenting skills or good intentions. In baptism, God makes a personal pledge to this baby: My presence goes with you. I know you by name. Before this child can speak, before they can prove themselves, before they can do anything to earn it, God steps forward and says, "You are mine, and I will be with you always."

This is what the Apostle Paul is celebrating in his letter to the Thessalonians. He talks about how the people turned away from helpless idols to serve a living and true God. In our world today, there are so many cultural "idols" that will try to claim this child as they grow up. The world will try to stamp them with its own labels. It will try to tell them that their worth comes from how much they achieve, what they look like, or how much they own.

But baptism gets there first. Baptism is a radical shield against the labels of the world. Before the world can tell this child who they are, God writes His name on their forehead.

Which brings us back to Jesus and the coin. When Jesus says, "Give therefore to the emperor the things that are the emperor's, and to God the things that are God's," he is setting up a brilliant contrast. If the coin bears Caesar's image, what bears God's image?

We do. Sadie does.

From the very beginning of creation, scripture tells us that human beings are made in the image and likeness of God. Sadie is a living, breathing image-bearer of the Creator. In the waters of baptism, God visibly marks this child with the sign of the cross, re-stamping her with the likeness of Christ.

So to the parents and godparents: your holy task from this day forward is simply to help Sadie read the watermark. When she fails, as she will, remind her that she are forgiven. When she feels unloved (probably at some point in her teenage years), remind her that she are cherished. When the world tries to tell her that she isn't enough, point her back to this font and tell her, "You bear the image of the King."

And to all of us gathered here: let Sadie's baptism be a reminder of your own. You, too, have been claimed. You, too, bear the image of God. Let us

live as people who belong not to the passing anxieties of this world, but to the living God whose presence never leaves us.

Amen.

£££ Ways to donate to our churches within the £££

Alde Sandlings Benefice

Your donations REALLY mean so much to us. If you would like to donate, please click on the link below.

No matter how small your donation is, it helps us keep our doors open, support our ministry and mission, and to help preserve our church buildings. THANK YOU SO MUCH

Just click on the link to support any of our churches -

<https://www.aldeburghparishchurch.org.uk/ways-to-donate-to-the-churches-within-the-alde-sandlings-benefice/>

† Pilgrims Together †

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

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

All are welcome to any of the Pilgrim's events

Food Banks at the East of England Co-op

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

The Aldeburgh & Leiston Co-op supermarkets are doing a grand job in collecting food donations, which are collected regularly and distributed.

So please look out for the various collection baskets.

<https://www.eastofengland.coop/community/foodpoverty/foodbank-support>

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

† 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.



Save the Children
100 YEARS

Lunchtime Classical Concert Series

Aldeburgh Parish Church

Monday 26 October 2026, 12 noon

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continues in 2026. The programme will include works by Bach, Beethoven and Berlioz.

Admission is free, with a retiring collection in support of Save the Children.

All are very welcome

🕯 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



Black & White Productions

THE TURNING TIDE **by Suzanne Hawkes**

**The story of George Crabbe, Peter Grimes
& Benjamin Britten**

**ST PETER & ST PAUL CHURCH HALL,
ALDEBURGH**

Saturday 7th November 7.30pm

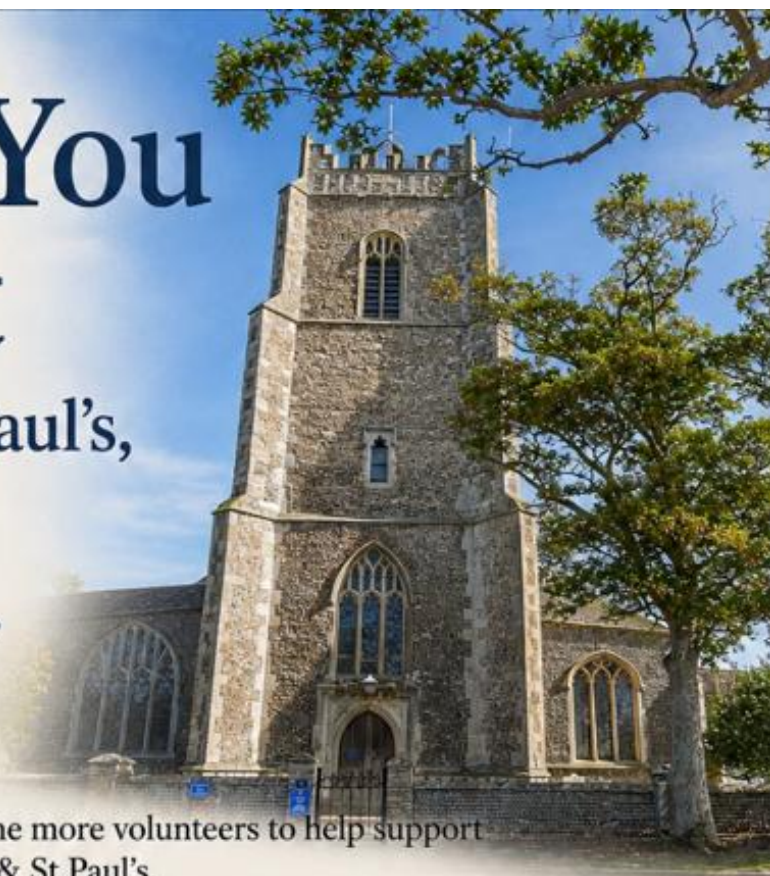


Tickets £15/£13 BOX OFFICE:01394 279613

www.ticketsource.co.uk/black-white-productions

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.



FUN QUIZ NIGHT!

Come along for a fun evening at Knodishall Village Hall!

 Friday 4th December

 7.00 pm start

 £8 per person

Gather your friends and put your thinking caps on for an enjoyable evening of quizzing and good company!

Teams of up to 6 people

Food provided

Please bring your own drinks

Hurry – the last few tables are remaining!

To book your table, please phone Pat on 01728 832653.

All proceeds in aid of Knodishall Church funds.

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

Friday 4th December at 7pm

Quiz night

Knodishall Village Hall

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