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
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Tel: 01728 467454

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

Services in The Alde Sandlings Benefice – Sunday 22nd November 2026

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

A message from Revd Mary Brown

Dear Friends,

Most of you know by now that I brought home a puppy four weeks ago. She is called Agnes Grace and is both a delight and a lot of work!

This evening we went to our first puppy class, but there was a problem, Agnes had had a tiring day playing with a friend's two dogs and going for a (little) walk with them. She did her best, but pretty quickly could no longer focus enough to see me or hear me and certainly not to do what was being asked of her. All she could do was watch the other dogs in the class and think about what they were doing.

It made me reflect on how we can be with God. We know that God loves us, and yet, we are tired from the busyness of life, distracted by the cares of life, and quickly forget about God. God is right there, looking at us with love, speaking to us with care, and we can't see him and we can't hear him.

What Agnes needed was a good long sleep - and she is asleep right now, regaining energy, ready to engage with me again when she wakes up. What do we need to be able to engage with God again? Perhaps some silence and solitude - phone off, TV and radio off, waiting in the quiet to hear God's voice. Perhaps to take to God a list of all the things that are worrying us, naming them one by one before God, and then allowing space to hear his response. Perhaps to sit with a passage of scripture - dwelling on it and letting the truth of the words sink in. Or maybe to listen to a favourite hymn, reminding us of what it is to worship God.

With love and prayers,
Mary

Readings for Sunday 22nd November 2026

Collect
Eternal Father,
whose Son Jesus Christ ascended to the throne of heaven
that he might rule over all things as Lord and King:
keep the Church in the unity of the Spirit
and in the bond of peace,
and bring the whole created order to worship at his feet;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Ezekiel 34:11-16, 20-24
11 For thus says the Lord God: I myself will search for my sheep, and will
seek them out. 12As shepherds seek out their flocks when they are among
their scattered sheep, so I will seek out my sheep. I will rescue them from
all the places to which they have been scattered on a day of clouds and thick
darkness. 13I will bring them out from the peoples and gather them from the
countries, and will bring them into their own land; and I will feed them on
the mountains of Israel, by the watercourses, and in all the inhabited parts
of the land. 14I will feed them with good pasture, and the mountain heights
of Israel shall be their pasture; there they shall lie down in good grazing
land, and they shall feed on rich pasture on the mountains of Israel. 15I
myself will be the shepherd of my sheep, and I will make them lie down,

says the Lord God. [16]I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, but the fat and the strong I will destroy. I will feed them with justice.
20 Therefore, thus says the Lord God to them: I myself will judge between the fat sheep and the lean sheep. [21]Because you pushed with flank and shoulder, and butted at all the weak animals with your horns until you scattered them far and wide, [22]I will save my flock, and they shall no longer be ravaged; and I will judge between sheep and sheep.
23 I will set up over them one shepherd, my servant David, and he shall feed them: he shall feed them and be their shepherd. [24]And I, the Lord, will be their God, and my servant David shall be prince among them; I, the Lord, have spoken.

Ephesians 1:15-end

15 I have heard of your faith in the Lord Jesus and your love towards all the saints, and for this reason [16]I do not cease to give thanks for you as I remember you in my prayers. [17]I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, [18]so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, [19]and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. [20]God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, [21]far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. [22]And he has put all things under his feet and has made him the head over all things for the church, [23]which is his body, the fullness of him who fills all in all.

Matthew 25:31-end

31 ‘When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. [32]All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, [33]and he will put the sheep at his right hand and the goats at the left. [34]Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; [35]for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, [36]I was naked and you gave me clothing,

I was sick and you took care of me, I was in prison and you visited me.”
37Then the righteous will answer him, “Lord, when was it that we saw you
hungry and gave you food, or thirsty and gave you something to drink?
38And when was it that we saw you a stranger and welcomed you, or naked
and gave you clothing? 39And when was it that we saw you sick or in prison
and visited you?” 40And the king will answer them, “Truly I tell you, just as
you did it to one of the least of these who are members of my family, you
did it to me.” 41Then he will say to those at his left hand, “You that are
accursed, depart from me into the eternal fire prepared for the devil and
his angels; 42for I was hungry and you gave me no food, I was thirsty and
you gave me nothing to drink, 43I was a stranger and you did not welcome
me, naked and you did not give me clothing, sick and in prison and you did
not visit me.” 44Then they also will answer, “Lord, when was it that we saw
you hungry or thirsty or a stranger or naked or sick or in prison, and did not
take care of you?” 45Then he will answer them, “Truly I tell you, just as you
did not do it to one of the least of these, you did not do it to me.” 46And
these will go away into eternal punishment, but the righteous into eternal
life.’

Readings for Aldringham Parish Church - Patronal Festival
Isaiah 52:7-10

7 How beautiful on the mountains
are the feet of those who bring good news,
who proclaim peace,
who bring good tidings,
who proclaim salvation,
who say to Zion,
“Your God reigns!”
8 Listen! Your watchmen lift up their voices;
together they shout for joy.
When the Lord returns to Zion,
they will see it with their own eyes.
9 Burst into songs of joy together,
you ruins of Jerusalem,
for the Lord has comforted his people,
he has redeemed Jerusalem.
10 The Lord will lay bare his holy arm
in the sight of all the nations,
and all the ends of the earth will see
the salvation of our God.

Romans 10:12-18

12 For there is no difference between Jew and Gentile—the same Lord is
Lord of all and richly blesses all who call on him, 13 for, “Everyone who calls
on the name of the Lord will be saved.”[a]
14 How, then, can they call on the one they have not believed in? And how
can they believe in the one of whom they have not heard? And how can
they hear without someone preaching to them? 15 And how can anyone
preach unless they are sent? As it is written: “How beautiful are the feet of
those who bring good news!”[b]
16 But not all the Israelites accepted the good news. For Isaiah says, “Lord,
who has believed our message?”[c] 17 Consequently, faith comes from
hearing the message, and the message is heard through the word about
Christ. 18 But I ask: Did they not hear? Of course they did:
“Their voice has gone out into all the earth,
their words to the ends of the world.”[d]

Matthew 4:18-22

18 As Jesus was walking beside the Sea of Galilee, he saw two brothers,
Simon called Peter and his brother Andrew. They were casting a net into
the lake, for they were fishermen. 19 “Come, follow me,” Jesus said, “and I
will send you out to fish for people.” 20 At once they left their nets and
followed him.
21 Going on from there, he saw two other brothers, James son of Zebedee
and his brother John. They were in a boat with their father Zebedee,
preparing their nets. Jesus called them, 22 and immediately they left the
boat and their father and followed him.

✝ 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/UCLecK8GovYoaYzIgyOElKZg

St Edmundsbury Cathedral Facebook Page
https://www.facebook.com/stedscathedral

Sermon by Revd Celia Cook
Aldeburgh Parish Church
Sunday 15th November 2026

In Rowan Williams' book on the Rule of St Benedict, he suggests that if you want to understand any community - how it works, what motivates it - you need to find a word which sums up its culture.

As I try to make sense of all the turbulence and volatility within our local, national and global communities at this time, I have found this a helpful exercise.

The word which keeps coming back to me as I watch and listen is accountability. We as individuals, organisations and nations are all being called to give an account of our words and actions - as the eyes and ears of the rest of the world are on us. This can of course result in both a positive or negative outcome. Many people in positions of privilege and authority are rightly being called to account for their actions and words, which have led to the devastation of lives, whether individuals, families or communities. Meanwhile there are others who have innocently acted in good faith - often in public office whether civic, medical, educational, military or religious - and have wrongly been called to account - with devastating results on their own lives and livelihoods, and the lives of their families and friends. It sometimes feels like we are all in the dock and answerable to all. 24 hours a day with no respite.

The pressure is immense and has resulted in many shrinking away from public life and vocations, justifiably afraid of the potential consequences.

People are anxious about putting their heads above the parapet to offer their services & skills.

We see this at a local level with clubs, societies and churches which now struggle to get people to join committees and become volunteers or trustees. It just isn't worth the risk.

Today we have a gospel reading which you could call the parable of accountability. We find someone frozen with fear who shies away from using their talents; worried about the impending judgment and reprisal.

The wealthy landowner goes away and leaves his servants in charge of his property. He gives them differing amounts of money according to their ability. When he returns, the 2 servants with the largest amounts have doubled his investment. The 3rd servant having hidden his money, only has the same amount to show. He was terrified to touch it in case he got into trouble. The master congratulates the first two servants. The third servant

is thrown out. I have always had more sympathy for the servant who is given the least amount of
money. I wonder whether he was disappointed that his employer felt he was only capable of handling such a small amount.
Perhaps he was overwhelmed with the task. After all, it's so much easier to make money when you have a lot to begin with. The others had a head start with twice or even five times as much money to play with. All this man's success was hanging on the one small investment. You can't blame him in a way for becoming frozen with fear.
He just didn't have the confidence in his own ability or his place in the world to feel he could make a worthwhile difference. It wasn't worth the risk. It's easy to feel overwhelmed with what is required of us, too - particularly if we have any sense of duty and any degree of compassion and empathy for others. We have a finite amount of time, resources and skills with which we can serve our families, friends, colleagues and neighbours. We also have responsibilities as communities and countries to be good stewards of our collective resources so that all might flourish and have life in all its fullness.
We need to find a way to resist the same fears which paralysed the servant and rendered him a shadow of himself and of no use to others. Through prayer, faithful intention and mutual support, we can find a way to overcome doubting our own abilities to make a difference.
Firstly, we need to overcome any fear of God. As the psalmist says, 'God is full of compassion and mercy, slow to anger and of great kindness. God is a loving God. He has made us and given us different gifts and abilities. He knows what we're capable of and will not ask more of us than we can bear. My yoke is easy and my burden is light.
Secondly, we need to overcome our fear of others, particularly mistaken opinions of our words and actions. We are ultimately not accountable to anyone; only to God. We need to ignore the noise from any internal critic in our own minds and the external critics in our lives. We are generally always trying to do our best, so we need to listen to our cheerleaders.
We focus on serving in small ways, giving what we can with what we have, according to the seasons in our lives.
God has entrusted us with the talents, influence and opportunities he knows we are more than capable of putting to good use. It certainly is worth the risk. So, let's commit ourselves this week to do a few things and do them well in loving service in order that our own lives and the lives of others will be blessed and flourish.

Pilgrims Together

Pilgrims Online Sundays

Sunday Zoom Gathering Night Prayer 8.15pm (open from 7.45pm)

Zoom Link:

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

£££ 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/

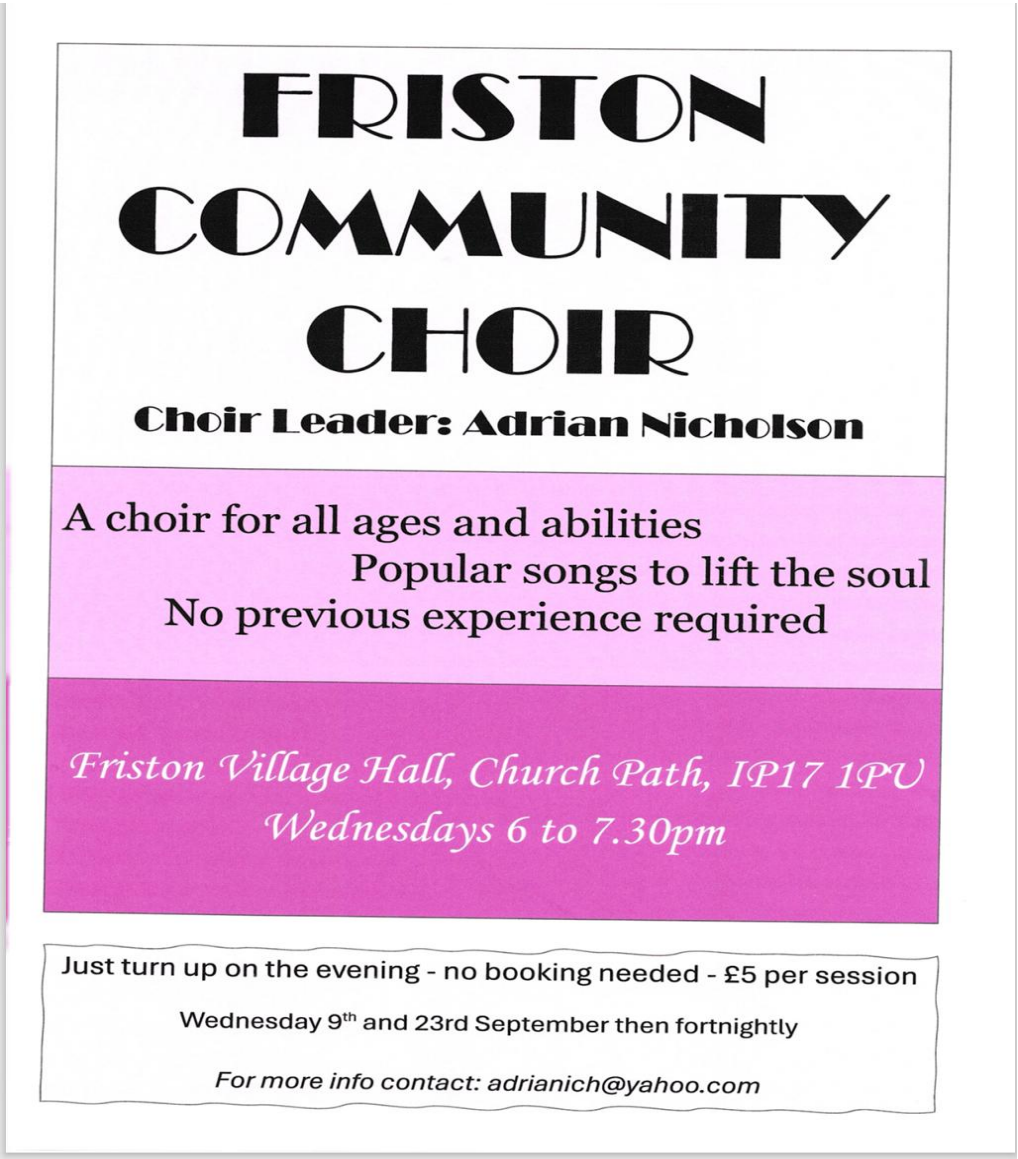
Food Banks at the East of England Co-op

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.



🎉 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.

EXCITING NEWS FOR ALDEBURGH!

BBC CHORAL EVENSONG – A SPECIAL OCCASION AT ST PETER AND ST PAUL'S CHURCH

We are delighted to announce that **BBC Radio 3 Choral Evensong is coming to St Peter and St Paul's Church, Aldeburgh!**

This is a wonderful and very special opportunity for our church and our local community to be part of a BBC Choral Evensong recording, bringing the beauty and tradition of this much-loved service to listeners across the country.

MONDAY 30th NOVEMBER
3.30pm – 4.30pm
St Peter and St Paul's Church, Aldeburgh

We would love to see the church filled to capacity for this exciting occasion, so please do come along, bring your friends and family, and help us give the BBC a really warm Aldeburgh welcome!

Please arrive by 3.10pm to allow time to be seated and ready before the recording begins promptly at 3.30pm.

EVERYONE IS VERY WELCOME – PLEASE DO JOIN US!

Let's make this a truly memorable occasion for our church and community.

Save the Children
100 YEARS

Lunchtime Classical Concert Series

Aldeburgh Parish Church

Monday 4th January 2027, 12 noon

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continues in 2027.
Admission is free, with a retiring collection in support of Save the Children.
All are very welcome

ST MARTIN'S VOICES

O RADIANT DAWN



A concert of words and music reflecting on the journey through Advent, including works by Benjamin Britten, Imogen Holst and James MacMillan.

ST MARTIN'S VOICES
DIRECTED BY **ANDREW EARIS**

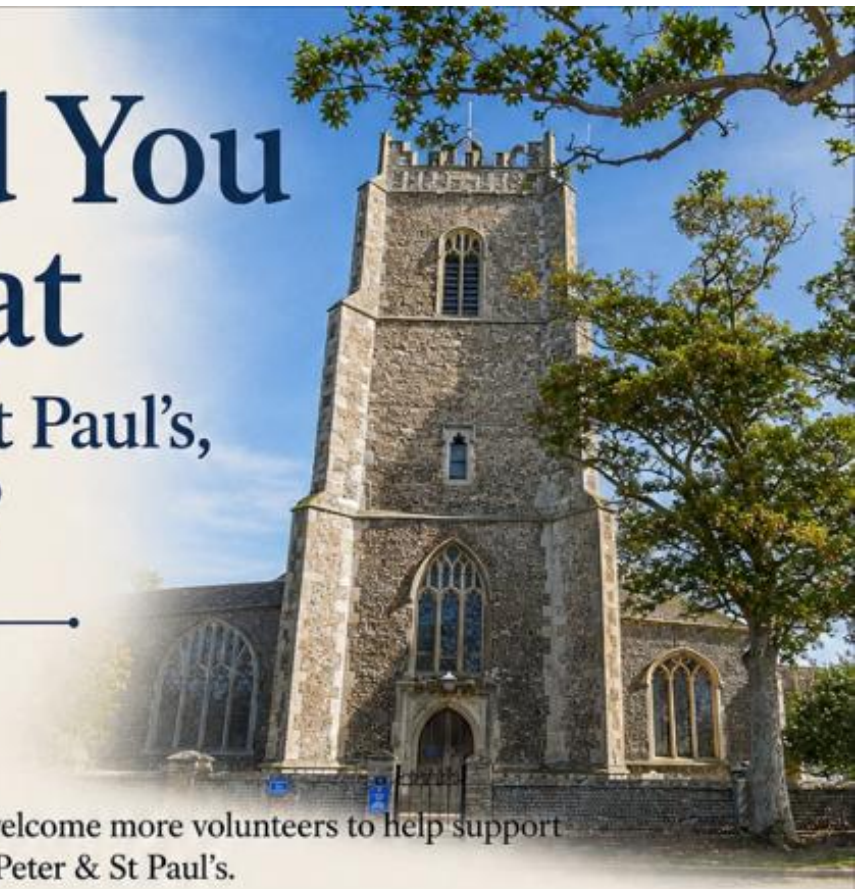
MONDAY 30TH NOVEMBER AT 7PM	ALDEBURGH PARISH CHURCH	TICKETS £15 (£12.50 CONCESSIONS)

Tickets via QR code from St Martin's Voices website
Aldeburgh Parish Church, Victoria Rd, Aldeburgh IP15 5DY

stmartinsvoices.com/aldeburgh

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

Joy at Christmas

Carols, Songs, Music and Poetry

To Celebrate Christmas

Presented by

Joy Marsh

and

Gill Thomas - Pianist

On Saturday 12th December 2026 3pm

at

St Andrews Church

Aldringham IP16 4QT



Donations to:

St Andrews Church

Brain Tumour Research

FOLLOWED BY

FESTIVE REFRESHMENTS

QUIZ NIGHT

in the Church Hall
(Aldeburgh Parish Church)

Friday 15th January

6.30pm arrivals for 7pm start

Tables of up to six people



Hot supper



Bring your own drinks/nibbles

£9.50 per ticket

Please call Alison on
07468 588411
to reserve tickets or a table.

★ There will be a raffle. ★

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 22nd November at 11am
Patronal Festival Service
Aldringham Parish Church

Sunday 29th November at 9.30am
Benefice Holy Communion Service
Friston Parish Church

Sunday 29th November at 6pm
Advent Carol Service
Aldringham Parish Church

Monday 30th November at 3.30pm
BBC Radio 3 Choral Evensong recording
Aldeburgh Parish Church

Monday 30th November at 7pm
O Radiant Dawn, St Martin's Voices Concert
Aldeburgh 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

Saturday 12th December at 3pm
Joy at Christmas concert presented by Joy Marsh and Gill Thomas
Aldringham Parish Church

Sunday 13th December at 6pm
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

Monday 4th January at 12pm
Concert in aid of Save the Children
Aldeburgh Parish Church

Friday 15th January at 7pm
Quiz Night
Aldeburgh Church Hall

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