



## **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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## **Sunday 5<sup>th</sup> October Sixteenth Sunday after Trinity**

### **Services in The Alde Sandlings Benefice this Sunday**

Aldeburgh	8.00am	Holy Communion	Revd Mary Brown
	11.00am	Harvest Festival	Revd Sarah du Boulay
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Morning Prayer	Revd Sarah du Boulay

### **A message from our Rector, Revd Sarah du Boulay**

Dear friends,

Last Sunday I had the privilege of attending a concert by Rend Collective at the Ipswich Corn Exchange. For the uninitiated, Rend Collective are a Northern Irish band who travel the world leading people in worship. Their style is folky-rock and their energy and joy found in God is a wonderful thing to join alongside in worship. They are men of joy and encourage those around them to find joy in God. The venue was sold out, which means that roughly 1,600 people were worshipping, praying, singing, dancing and praising God together for a couple of hours. What a wonderful congregation of which to be a part!

One of their songs which particularly touched me on Sunday speaks about the need to praise God being a priority in our lives – amongst the good, the bad and the indifferent – we were created to worship and our call should always be Hallelujah! I wonder how often we forget this, and how much we too can gain as individuals and as Church, by saying continually saying ‘Hallelujah Anyway!’.

With my prayers as always

Sarah

## **Collect**

O Lord, we beseech you mercifully to hear  
the prayers of your people who call upon you;  
and grant that they may both perceive and know what things they  
ought to do, and also may have grace and power faithfully to fulfil them;  
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.

## **First Reading**

### **Lamentations 1.1-6**

How lonely sits the city that once was full of people! How like a widow she has become, she that was great among the nations! She that was a princess among the provinces has become a vassal. She weeps bitterly in the night, with tears on her cheeks; among all her lovers she has no one to comfort her; all her friends have dealt treacherously with her, they have become her enemies. Judah has gone into exile with suffering and hard servitude; she lives now among the nations, and finds no resting-place; her pursuers have all overtaken her in the midst of her distress. The roads to Zion mourn, for no one comes to the festivals; all her gates are desolate, her priests groan; her young girls grieve, and her lot is bitter. Her foes have become the masters, her enemies prosper, because the Lord has made her suffer for the multitude of her transgressions; her children have gone away, captives before the foe. From daughter Zion has departed all her majesty. Her princes have become like stags that find no pasture; they fled without strength before the pursuer.

## **Second Reading**

### **2 Timothy 1.1-14**

Paul, an apostle of Christ Jesus by the will of God, for the sake of the promise of life that is in Christ Jesus, To Timothy, my beloved child: Grace, mercy, and peace from God the Father and Christ Jesus our Lord. I am grateful to God-whom I worship with a clear conscience, as my ancestors did-when I remember you constantly in my prayers night and day. Recalling your tears, I long to see you so that I may be filled with joy. I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you. For this reason I remind you to rekindle the gift of God that is within you through the laying on of my hands; for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline. Do not be ashamed, then, of the testimony about our Lord or of me his prisoner, but join with me in suffering for the gospel, relying on the power of God, who saved us and called us with a holy calling, not according to our works but according to his own purpose and grace. This grace was given to us in Christ Jesus before the ages began, but it has now been revealed through the appearing of our Saviour Christ Jesus, who abolished death and brought life and immortality to light through the gospel. For this gospel I was appointed a herald and an apostle and a teacher, and for this reason I suffer as I do. But I am not ashamed, for I know the one in whom I have put my trust, and I am sure that he is able to guard until that day what I have entrusted to him. Hold to the standard of sound teaching that you have heard from me, in the faith and love that are in Christ Jesus. Guard the good treasure entrusted to you, with the help of the Holy Spirit living in us.

## **Gospel Reading**

### **Luke 17.5-10**

The apostles said to the Lord, 'Increase our faith!' The Lord replied, 'If you had faith the size of a mustard seed, you could say to this mulberry tree, "Be uprooted and planted in the sea", and it would obey you. 'Who among you would say to your slave who has just come in from ploughing or tending sheep in the field, "Come here at once and take your place at the table"? Would you not rather say to him, "Prepare supper for me, put on your apron and serve me while I eat and drink; later you may eat and drink"? Do you thank the slave for doing what was commanded? So you also, when you have done all that you were ordered to do, say, "We are worthless slaves; we have done only what we ought to have done!"

**Sermon by Revd Nichola Winter,  
28<sup>th</sup> September – Fifteenth Sunday after Trinity**

We hear this morning how Jeremiah commits to purchasing a field during a siege - truly a prophetic act at such a chaotic time. He demonstrates faith that even when bad things are going on all around us we need to trust and have faith. In this passage we're given a very detailed description of the minutiae regarding the deal - the weighing out of the money, the signing of the deeds, the witnesses - it put me in mind of the numerous details clergy have to elicit from couples wanting to get married... But land purchases and marriages are supremely important life events and - to use that well known phrase - the devil is in the detail. Or, it is if we don't get it exactly right... God then tells Jeremiah to put the deeds 'in an earthenware jar, in order that they may last for a long time.' I am reminded of documents that Nick & I saw in a museum in the Holy Land - documents that had been preserved from biblical times describing the ordinary purchase of every day pieces of land. We could only wonder that we were viewing such ancient documents that marked major events in the lives of everyday folk. But these written words were meant to endure - as indeed is the case with the books of the bible that come down through the ages to instruct us today.

The first letter of Timothy is a case in point. From it we get that phrase that is so often misquoted as 'money is the root of all evil.' It should, of course, be 'the love of money is a root of all kinds of evil...' Money in itself is not evil - coins and currency are neutral - but it is how money is gained and the purposes for which it is used that can cause harm. Was this what had happened to the rich man in the gospel, we may ask? The story Jesus tells paints a vivid picture of the difference between the two men; we know little of the back story of these characters but the point is the sharp contrast in their status in life. It leads us to ask how can we guard against falling to the same fate as the rich man? Timothy gives us guide lines. He writes,

'as for you, man of God, shun all this' (the love of money'); 'pursue righteousness, godliness, faith, love, endurance, gentleness. Fight the good fight of the faith; take hold of the eternal life, to which you were called and for which you made the good confession in the presence of many witnesses.'

As professed Christians we need, perhaps, to remind ourselves of the vows that were taken on our behalf when we were baptised into the faith and then reiterated by us at confirmation. It never hurts to remind ourselves of the commitment we made. Timothy again:

‘As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment. They are to do good, to be rich in good works, generous, and ready to share, thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.’

Jesus is concerned to make us think carefully about how we use the wealth, gifts, money and privileges we have. Again and again he warns of the peril of focussing on the love of money and riches. Think of when he warns against storing up riches on earth, where rust corrupts and thieves steal; think of the man who builds bigger and bigger barns because he expects a bumper crop and wants somewhere safe to store it; and then think of Zaccheus, the tax collector, who had made a fortune from his occupation but when challenged by Jesus he had a lightbulb moment. He committed to giving half his goods to the poor and returning four times the amount of money to any who claimed to have been defrauded by him.

The rich man in today’s story begs Jesus to send a warning to his brothers so that they don’t fall into the same peril he has. Here is a major point - Jesus reminds the rich man that the family has Moses and the prophets for guidance; the warnings are already there. But this isn’t enough for the rich man. He wants a grand, dramatic gesture; a world-shattering sign. And, tellingly, Jesus hints at his death and resurrection here by saying that people won’t be convinced ‘even if someone rises from the dead...’ How prophetic is that?

As hospital chaplain I often spend time with those who are drawing to the end of their life - rarely are they concerned with their material state in life; in who is going to benefit from their death. More often it is a case of recognising what has served as a blessing in their life. I usually come away feeling humbled at how I have been in the presence of someone who is at peace, anticipating (usually tranquilly) the next part of their journey. It can be so hard to get our priorities right in the materialistic world in which we live. A prayer from the Church of Scotland’s Book of Common Order conveys a balanced note as to how we can approach a good way of living:

Lord Jesus Christ, we acknowledge your rule over every realm of life:  
Subdue the world by the might of your love.  
Son of Mary: consecrate our homes.  
Son of David: cleanse our politics.  
Son of God: grant us eternal life.  
Jesus the carpenter: hallow our daily work.  
Jesus the Saviour: save us from ourselves.  
Jesus the Life-giver: renew your Church.  
Jesus the Crucified: reveal your love and power to all who suffer.  
Jesus the King: raise us to live and reign with you for ever.  
Jesus the Word of God: perfect your creation and bring the world to  
the knowledge of your love.

### **Post Communion**

Almighty God,  
you have taught us through your Son  
that love is the fulfilling of the law:  
grant that we may love you with our whole heart  
and our neighbours as ourselves;  
through Jesus Christ our Lord.

**Next Week**  
**Sunday 12<sup>th</sup> October**  
**Seventeenth Sunday after Trinity**

**The Friends of St Andrew's Church Aldringham**  
**Coffee Morning – Saturday 11<sup>th</sup> October**  
**10.30am-12.30pm**

You are all invited to come along to Aldringham's friends' autumn coffee morning. Plenty for everyone to browse.  
Hats, cakes, books, new and nearly new rail, Bric-a-Brac, Jewellery,  
Tombola and refreshments will be served.

In aid of the fabric fund at St Andrew's Church.

## Harvest at the Alde Sandlings

Aldringham celebrated their Harvest Festival service last Sunday. The teams from all of our churches work so hard to decorate the churches, as you can see with these beautiful displays.

**Thank you so much to all.**



**THE ALDE SANDLINGS  
BENEFICE**







## **Job Vacancy Interim Centre Manager at The Fairfield Centre, Aldeburgh**

The Fairfield Centre in Aldeburgh has been the community hub for many years, supplying a venue for many local groups and associations.

An exciting position has become available for the post as centre manager.

This role would give great job satisfaction for the right candidate.

Do you have good organisation skills and self-motivation to take on this role?

And of course a good sense of humour!

Come and join the team to keep the continued work already being done and develop future potential within this vital part of the Aldeburgh Community.

The job entails:

- The day to day running of the centre, including upkeep and management of service provision.
- Managing bookings and liaising with clients on a daily basis.
- Working alongside the Centre Committee and Aldeburgh Church Parochial Council in the running of the centre.
- Establishing good relationships within the town and the local community.
- Advertising the centre and its activities.

The post is for 10 hours a week at a rate £12 per hour from 24<sup>th</sup> October to 31<sup>st</sup> December 2025, with potential to continue after this date.

For more information, please see [www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk) or email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk).

To apply, please send a CV and covering letter to [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk).

Deadline for applications: 10<sup>th</sup> October 2025  
Interviews: 13<sup>th</sup> October 2025

**We look forward to hearing from you!**

## **Servers and Sacristans URGENTLY needed at Aldeburgh Parish Church**

**We really need volunteers to assist with the Holy Communion services at Aldeburgh. Can you help? Full training will be given, and you can do as many or as few Sunday services as you can manage.**

Please speak to a member of clergy or email  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)



## † 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>

## Always wanted to sing?

### Why not join Friston Community Choir!

Held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. For more info email

Briony Sones: [fristonvillage@gmail.com](mailto:fristonvillage@gmail.com) **ALL WELCOME**

## £££ 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-church-within-the-alde-sandlings-benefice/>

## † 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

[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and we will do our utmost to arrange a visit.

## **Ideas for Aldeburgh Church's Card Corner**

Calling our talented children to design a Christmas Card for Aldeburgh Church to sell this Christmas. It can be of baby Jesus, the Nativity or of Aldeburgh Church, or Christmas at Aldeburgh.

So spread the word and ask your neighbours, grandchildren and friends to get creating.

Please send a photo of your entry to  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

Christmas Card Designs to be sent by the 31<sup>st</sup> October.  
The judges will choose the best and a prize will be given to the winner along with a copy of the card.



**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 & SOME VERY  
SPECIAL GUESTS WILL ALSO BE JOINING US  
FOR ALL AGES**

**at the CHURCH HALL  
SATURDAY 25<sup>th</sup> OCTOBER  
10am till 12 Noon**



**ALL WELCOME**



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

Please email

[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)





## **The Alde Sandlings Benefice All Souls Remembering Our Loved Ones Service**



**Aldeburgh Parish Church  
Saturday November 1<sup>st</sup> 6.00pm**

*Please do join us for this service to remember the loved.*

*An opportunity to call to mind those who we love but see no more.*

*Say a gentle prayer and light a candle.*

*Everyone will be most welcome.*



Please do join us for refreshments after the service

### **Food Banks at the East of England Co-op**

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

The Aldeburgh Co-op and Solar in Leiston 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>

## **The Alde Sandlings, Dates for your Diary**

- Morning Prayer throughout The Alde Sandlings Benefice Weekly at 9am - Aldeburgh – Every Monday – Wednesday and Friday. Aldringham – Every Thursday – Friston – Every Monday Knodishall – Every Tuesday.
  - Aldringham Friends' Coffee Morning – October 11<sup>th</sup> 10.30-12.30pm
  - Aldeburgh – Messy Church – October 25<sup>th</sup> 10-12 noon
  - Aldeburgh – Nadia Lasserson Concert – Monday 27<sup>th</sup> October at 12noon
  - Aldeburgh – Benefice All Souls Service, November 1<sup>st</sup> at 6pm
  - All Benefice – Remembrance Day Services, November 9<sup>th</sup> at 10.50am
  - Aldeburgh – Contemporary Worship Deanery Service - November 9<sup>th</sup> at 6.00pm
  - Aldringham – Patronal Service, Thursday, November 20<sup>th</sup> at 6pm
  - Aldringham – Advent Carol Service, November 30<sup>th</sup> at 6pm
- If you would like to donate any dry produce (tins, pasta, packets of dry foods) for the Harvest Festivals (no unopened packages) please do take them to the church you worship in. There will be a box at the back of the church at Aldeburgh for you to place your items in.**

## **† Pilgrims Together †**

### **Pilgrims Online Wednesdays Returns**

Wednesday Gathering to Worship, Reflect and Pray Returns  
6.30pm (open from 6.10) on Zoom, please contact Pilgrims Together  
[pilgrimstogether473@gmail.com](mailto:pilgrimstogether473@gmail.com) for the link

### **Saturday 18th October Encounter, Pilgrims' Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30**

Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts. All are welcome.

**All are welcome to any of the Pilgrims events.**

**Lunchtime Classical  
Concert Series  
Aldeburgh Parish Church**

**Monday 27<sup>th</sup> October  
at 12 noon**

The highly successful Lunchtime Classics Concert  
Series in aid of Save the Children continue into Autumn 2025,  
with the return of:

Helen Stanley (Violin)  
Nadia Lasserson (Piano)

A Celebration Concert to include works by Bach,  
Mozart and Beethoven

**Looking forward to welcoming you all.  
Admission is free- with a retiring collection for  
Save the Children**

**ALL VERY WELCOME**



**Save the Children**  
**100 YEARS**