



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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Tel: 01728 582213

The Revd Nichola Winter
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The Revd Johanna Mabey
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Services in The Alde Sandlings Benefice – Sunday 6th September 2026

Aldeburgh	8am 11am	Holy Communion CW2 Family Service of the Word	Prebendary Derek Johnson Led by The Elders
Aldringham	11am	Holy Communion	Revd Martin Percival
Friston		No Service	
Knodishall	9.30am	BCP Morning Prayer	Led by Elder Ros Macallister

A message from Revd Mary Brown

Dear Friends,

The summer is largely behind us, and Autumn is in the air. We are moving from our season of summer visitors and festivities into the beginning of a return to our regular rhythms of life. As we do so, we have a few things happening in the Benefice and Deanery with which we would love your involvement.

From Sunday 7th-Sunday 13th September we will be joining together as a Deanery to mark the World Week of Prayer. We will be meeting together each evening that week for a service of Compline at 6.30pm. This will be hosted in different churches across the deanery and also be running on Zoom. Please see the poster below for details. It would be wonderful to see as many of us as possible joining together in prayer.

On Thursday 17th September a Deanery Alpha course will be starting at St John's Saxmundham. If you have ever wondered 'What is Christianity really all about?' Alpha is a great way to explore this question and other big

questions. Please consider if you would like to attend this course or bring a friend or neighbour along.

Lastly, we are embarking on a community listening project to determine the shape of Aldeburgh Youth Club moving forward. If you have any links to children and teenagers in the Benefice, and thoughts about how we might best serve them, I would love to hear from you, please drop me an email or give me a ring.

With love and prayers,
Mary

Readings for Sunday 6th September 2026

Collect

Holy and eternal God,
you are the Maker of heaven and earth,
you are the Word through whom all things were made,
and you are the Spirit, the giver of life:
draw us into the mystery of your love,
that with all creation we may proclaim your praise,
through Jesus Christ our Lord.

Exodus 12:1-14

12 The Lord said to Moses and Aaron in the land of Egypt: ²This month shall mark for you the beginning of months; it shall be the first month of the year for you. ³Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. ⁴If a household is too small for a whole lamb, it shall join its closest neighbour in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. ⁵Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. ⁶You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. ⁷They shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. ⁸They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. ⁹Do not eat any of it raw or boiled in water, but roasted over the fire, with its head, legs, and inner organs. ¹⁰You shall let none of it remain until the

morning; anything that remains until the morning you shall burn. ¹¹This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the Lord. ¹²For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgments: I am the Lord. ¹³The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt. ¹⁴This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord; throughout your generations you shall observe it as a perpetual ordinance.

Romans 13:8-end

⁸Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. ⁹The commandments, "You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet"; and any other commandment, are summed up in this word, "Love your neighbour as yourself." ¹⁰Love does no wrong to a neighbour; therefore, love is the fulfilling of the law.

¹¹Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; ¹²the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; ¹³let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. ¹⁴Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Matthew 18:15-20

⁵"If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. ¹⁶But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. ¹⁷If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax collector. ¹⁸Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. ¹⁹Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. ²⁰For where two or three are gathered in my name, I am there among them."

✠ 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 30th August 2026

On Friday evening I got a text message from my brother in law saying that they wanted to make sure I knew they were safe. They were away for the weekend at the Big Church Festival. I hadn't seen then news at that point, but by now most of us will have seen the news that a large sign fell in the wind seriously injuring seven people, one of whom died.

Perhaps you haven't seen that news story, but you have seen the news of a glacier collapsing in Nepal causing major flooding and a high death toll.

We don't need to look far to see heartbreaking things, things that lead us to ask 'why'. Why now? Why there? Why them? And, if we're honest perhaps 'why didn't you do something God?'

Every one of us will have something, or some things, about which we ask these questions. Things about which we want to shout and scream at God, asking why he does not seem to have answered our desperate prayers...

The internet is replete with people offering trite or unkind comments on the death at Big Church Festival, and I absolutely do not want to jump on that bandwagon. However, the familiar story in our Old Testament reading points us towards some wonderful truths about God, that I believe can offer

some solace in the face of our desperate cries and seemingly unanswered prayers.

To really understand our Old Testament reading from Exodus we need a little context. The Israelites had first travelled to Egypt during a time of great famine; Jacob's 11 sons came looking for food and whilst they were there found their brother Joseph who they thought was dead. (We've been hearing his story in Genesis over the last few weeks.) Joseph was in a position of high power in the court of Pharaoh, but the generations moved on a new king arose in Egypt who hadn't known Joseph. He decided that the Israelites needed to be controlled, so he subjected them to slavery and harsh physical labour. He also gave an order to the Israelite midwives that all newborn sons were to be killed at birth. We heard this in our Old Testament reading last week. The midwives refused these orders and found ways to save the sons, one of whom became Moses.

At this point in the story of the family of Israel, it had been a very long time since anyone had heard from God directly, based on the Biblical account it had been around 400 years. The same amount of time, interestingly, between the end of the Old Testament and the beginning of the New. After 400 years of silence, this amazing and familiar story.

Moses, wandering in the wilderness of Sinai with his flocks sees an unbelievable sight. A bush that seems to be burning but is not consumed. So, he goes closer, saying to himself 'I've got to take a look at this'. As he draws closer, God begins to speak to him, calling out to him from amidst the fire that does not consume. God speaks to Moses from the fire, calls his name, draws him close, and then, in answer to Moses' question tell Moses his name. Let's see how this account speaks to the topic of unanswered prayer.

Firstly, we learn that God is a blazing fire, but he does not consume. Last term when I was teaching the children at the Primary School about Pentecost, one of them was very concerned about the tongues of fire resting on people's heads. He rightly pointed out that this was very dangerous, fire burns. It was quite hard to explain to him that this was a special kind of fire, burning fire that does not damage and does not consume.

Secondly, God knows us by name and calls us by name - 'Moses, Moses' God calls out of the burning bush. Again and again throughout the Bible we witness God calling people by their names, knowing not just their name but who they are as a person. And he knows every one of us this well. He calls each of us by name. He draws us close and invites us into his presence.

Then God explains why he is calling out to Moses from the burning bush. God has seen the misery of his people, he has heard his people cry. He is acting to save them. To bring them out of slavery into a good and broad land. And he will do this through Moses.

I'm skipping over some bits here as there is so much in this passage. But the last part of the story I want to focus on is Moses asking God his name, and the way that God answers. God builds an answer throughout the conversation, piece by piece. And his name is wholly orientated around who he is and what he has done.

When you hear that my name is Mary it actually tells you very little about me, it doesn't describe me.

In contrast, God is *described* by his name.

The first part of the answer comes when Moses asks how he will be able to do what God has called him to - the answer is 'I will be with you'. God is the God who is with his people.

Next God tells Moses that he is the God of his forefathers. God is the one who has been with his people, who has brought them safely thus far.

And then he says, 'I am who I am' or 'I will be who I will be'. God's name is his unchanging nature. In the hymn Great Is Thy Faithfulness we sing the words 'There is no shadow of turning with thee', which come from James 1.17. God is who he is - that is his name. He is who he has been in his dealings with Moses' ancestors, and he is who he will be as he goes with Moses to free his people from Pharaoh.

Our passage ends with God giving his full name: 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you' 'This is my name for ever, and this is my title for all generations.'

The word LORD here, written with capital letters, is standing in the place of four consonants in Hebrew: Y H W H. It is written as LORD in English, all in capitals, distinct from Lord written normally. This tradition has developed because in the Jewish tradition the four letters' constants are written with the vowels from Adonai (Lord) to ensure that no one accidentally takes the LORD's name in vain by saying it out loud.

If you look back at v14 you'll notice that 'I AM who I AM' is also written in all capitals. This is because Y H W H and 'I AM' are intricately related. God introduces himself to Moses as 'I AM who I AM' but tells Moses to introduce God as 'HE IS who HE IS'.

So, what does all this have to do with unanswered prayer, with traumatic and desperate situations?

This passage teaches us that:

- God hears the cry of his people
- God moves to act when he hears their cry
- God knows us by name and is with us
- God is who he is - he does not turn, he does not change, he is not whimsical. God is consistent, reliable, trustworthy, and safe. He is the flaming fire that does not consume.
- God's character is known to us by his actions

Jesus tells us in the Gospel of John that whoever has seen Jesus has seen the Father. Paul tells us in Colossians that Jesus is 'the image of the invisible God'. How do we know God's character? By his actions. And most of all by the action of coming to live amongst us. Of willingly dying on the cross on our behalf. And of rising again from the dead, defeating death once and for all. If nothing else, the truth of the death and resurrection of the Lord Jesus Christ tells us who God is. God is the one who hears, the one who answers, and the one who acts to save.

This is our comfort and our hope in the face of tragedies that we cannot understand. This is our firm foundation in the midst of a shaky world.

God still hears the cry of his people. God hears the cry of those in Nepal, the cry of those who lost their houses in the fires this summer, the cry of every bereaved person, of everyone wounded and abandoned and lost and forsaken. He hears their cry, and moreover he moves to take action, as he has always acted.

So, what do we do when we feel like our prayers are not being heard, are not being answered? I'd like to suggest that just as Moses was called to - we start by remember what God has done in the past, knowing that he does not change. Then that we take that disappointment and sadness and anger and desperation to God. We never need to hide our pain from God; the Bible shows us again and again that he invites us to speak to him even in the midst of the most challenging emotions. We do not need to have the right thoughts and words and feelings before we approach God, we come to him as we are.

£££ 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>



The 2026 Suffolk Historic Churches Ride and Stride



Saturday 12th September 9am-5pm



The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all around the country are out making money for their local county Churches Trust. The Alde Sandlings communities always contribute hugely.

If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please contact you SHCT organiser:

Aldeburgh – Fran Smith – aldesandlingsbenefice@outlook.com

Aldringham – aldesandlingsbenefice@outlook.com

Friston – Chris Ive – pennyive@icloud.com

Tel: 01728 688106.

Knodishall – John & Ros Macallister -

johnmca338@gmail.com



Good Luck Everyone!

† 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.

A VERY BIG THANK YOU!

August Friday Markets at Aldeburgh Parish Church

Our heartfelt thanks go to all our wonderful volunteers, and to everyone who supported, visited, donated to, or helped with the August Friday Markets at Aldeburgh Parish Church.

Your time, generosity and enthusiasm made the markets a great success, and we are delighted to announce that a total of:

£6,052.30

was raised for church funds.

We are extremely grateful to everyone who played a part. Thank you for helping to make the markets such a happy and successful part of the summer in Aldeburgh.



Our fantastic team of volunteers — thank you!

GLOBAL *Week of Prayer*

• A WEEK OF PRAYER, UNITY & HOPE •



MONDAY
7TH

St Margaret's,
Leiston



TUESDAY
8TH

St Andrew's,
Farnham



WEDNESDAY
9TH

St John's,
Saxmundham



THURSDAY
10TH

St Peter and
St Paul,
Aldeburgh



FRIDAY
11TH

St John's,
Saxmundham



SATURDAY
12TH

St Peter's,
Yoxford



SUNDAY
13TH

St Mary's,
Friston

*Join us as we come
together across our
Deanery to pray
for our world,
our communities
and one another.*

All services
start at
6.30pm



JOIN US ON ZOOM

[https://us05web.zoom.us/j/87648615574?](https://us05web.zoom.us/j/87648615574?pwd=3HAOTn0DMe0DhkpVoDqGARJ6k4uRa6.1)
[pwd=3HAOTn0DMe0DhkpVoDqGARJ6k4uRa6.1](https://us05web.zoom.us/j/87648615574?pwd=3HAOTn0DMe0DhkpVoDqGARJ6k4uRa6.1)

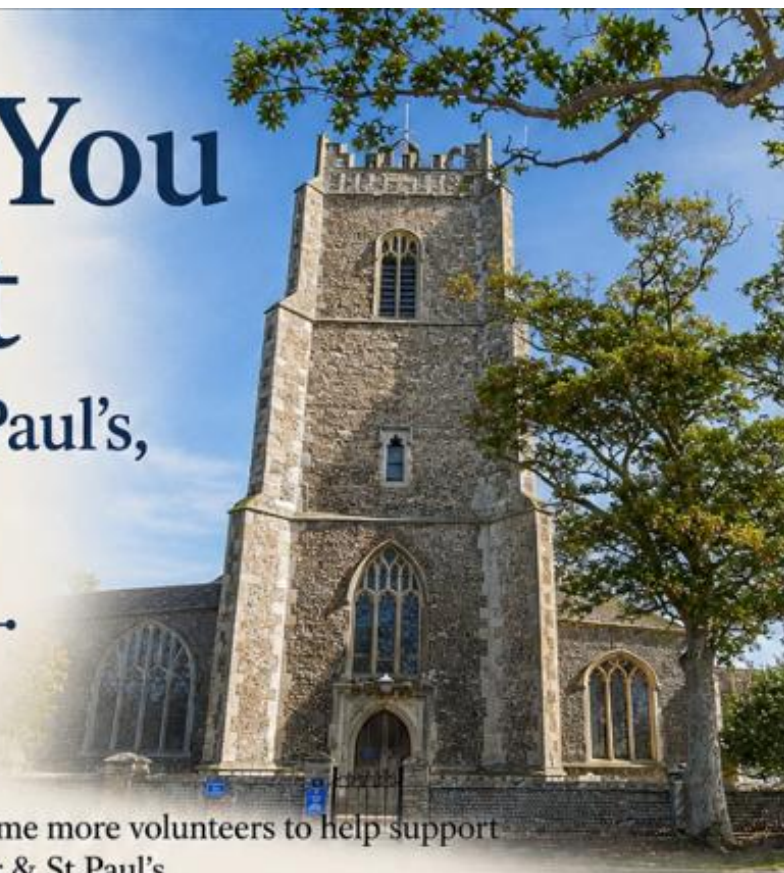


*Everybody
welcome!*

Let us pray together. Let hope grow.

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



🕯️ **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

**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

What's On Across The Alde Sandlings Benefice

Weekly Worship

Morning Prayer at 9am

Monday

- Aldeburgh
- Friston

Tuesday

- Knodishall

Wednesday

- Aldeburgh

Thursday

- Aldringham

Friday

- Aldeburgh

**Holy Communion Service every Wednesday at 10am
Aldeburgh Parish Church**

  EVENSONG  

Our Evensong season has now come to a close.

Thank you to all who have supported and attended these beautiful services at Aldeburgh Parish Church. We look forward to seeing you again next summer.

Dates for Your Diary

Global Week of Prayer

7th – 13th September – all services at 6.30pm

See poster above for full details

Saturday 12th September, 9am – 5pm

2026 Suffolk Historic Churches Ride and Stride

Alde Sandlings Benefice

Sunday 13th September at 9.30am

Harvest Festival Service

Friston Parish Church

Sunday 13th September (Time TBC)

Battle of Britain Service

Aldringham Parish Church

Sunday 20th September at 9.30am

Harvest Festival Service

Knodishall Parish Church

Sunday 27th September at 11am

Harvest Festival Service

Aldringham Parish Church

Saturday 3rd October, 10am – 12pm

Harvest Messy Church

Aldeburgh Parish Church

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 Parish Church

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