



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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Services in The Alde Sandlings Benefice – Sunday 18th October 2026

Aldeburgh	8am 11am	Holy Communion CW2 Holy Communion	Prebendary Derek Johnson Revd Sarah du Boulay
Aldringham	11am	Family Service	Revd Mary Brown & Elders
Friston	9.30am	Service of the Word	Led by Elder Marie Szpak & Fran Smith, Safeguarding Officer
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

A message from Fran Smith – Love Protects

I am writing to you all to tell you about Safeguarding Sunday in our Benefice. Safeguarding Sunday is a national movement that invites churches across the UK to stand together and show that the safety and wellbeing of children, young people and adults is not an optional extra to faith, but central to our life and witnesses as followers of Christ.

As Christians, we're called to love others as God loves us. Not because we're naturally brilliant at it, but because He loved us first and He shows us how to do it. And if God's love protects, then ours must too.

As Benefice Safeguarding Officer, I will shortly be visiting all the wonderful churches in the benefice and using part of the Sunday services to talk about enhancing all the positive things that already happen in our churches at the moment, and creating a culture of safety. This does not mean that we are doing anything wrong in our church communities. It is about raising awareness of Safeguarding and what it means for every single one of us. **EVERYONE** – clergy; choir; bellringers; welcomers; PCC members; flower arrangers; members of the congregation.

I am looking forward to joining you on the following dates - Friston, 18th October; Aldringham & Knodishall, 25th October, Aldeburgh, 1st November.

With love and prayers – Fran Smith, Benefice Safeguarding Officer

Readings for Sunday 18th October 2026

Collect

Almighty God,
you called Luke the physician,
whose praise is in the gospel,
to be an evangelist and physician of the soul:
by the grace of the Spirit
and through the wholesome medicine of the gospel,
give your Church the same love and power to heal;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Exodus 33:12-end

12 Moses said to the Lord, 'See, you have said to me, "Bring up this people"; but you have not let me know whom you will send with me. Yet you have said, "I know you by name, and you have also found favour in my sight." ¹³Now if I have found favour in your sight, show me your ways, so that I may know you and find favour in your sight. Consider too that this nation is your people.' ¹⁴He said, 'My presence will go with you, and I will give you rest.' ¹⁵And he said to him, 'If your presence will not go, do not carry us up from here. ¹⁶For how shall it be known that I have found favour in your sight, I and your people, unless you go with us? In this way, we shall be distinct, I and your people, from every people on the face of the earth.'

17 The Lord said to Moses, 'I will do the very thing that you have asked; for you have found favour in my sight, and I know you by name.' ¹⁸Moses said, 'Show me your glory, I pray.' ¹⁹And he said, 'I will make all my goodness pass before you, and will proclaim before you the name, "The Lord"; and I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy. ²⁰But', he said, 'you cannot see my face; for no one shall see me and live.' ²¹And the Lord continued, 'See, there is a place by me where you shall stand on the rock; ²²and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by; ²³then I will take away my hand, and you shall see my back; but my face shall not be seen.'

1 Thessalonians 1:1-10

1 Paul, Silvanus, and Timothy,

To the church of the Thessalonians in God the Father and the Lord Jesus Christ:

Grace to you and peace.

2 We always give thanks to God for all of you and mention you in our prayers, constantly ³remembering before our God and Father your work of faith and labour of love and steadfastness of hope in our Lord Jesus Christ.

⁴For we know, brothers and sisters beloved by God, that he has chosen you, ⁵because our message of the gospel came to you not in word only, but also in power and in the Holy Spirit and with full conviction; just as you know what kind of people we proved to be among you for your sake. ⁶And you became imitators of us and of the Lord, for in spite of persecution you received the word with joy inspired by the Holy Spirit, ⁷so that you became an example to all the believers in Macedonia and in Achaia. ⁸For the word of the Lord has sounded forth from you not only in Macedonia and Achaia, but in every place where your faith in God has become known, so that we have no need to speak about it. ⁹For the people of those regions report about us what kind of welcome we had among you, and how you turned to God from idols, to serve a living and true God, ¹⁰and to wait for his Son from heaven, whom he raised from the dead—Jesus, who rescues us from the wrath that is coming.

Matthew 22:15-22

15 Then the Pharisees went and plotted to entrap Jesus in what he said.

¹⁶So they sent their disciples to him, along with the Herodians, saying, 'Teacher, we know that you are sincere, and teach the way of God in accordance with truth, and show deference to no one; for you do not regard people with partiality. ¹⁷Tell us, then, what you think. Is it lawful to pay taxes to the emperor, or not?' ¹⁸But Jesus, aware of their malice, said, 'Why are you putting me to the test, you hypocrites? ¹⁹Show me the coin used for the tax.' And they brought him a denarius. ²⁰Then he said to them, 'Whose head is this, and whose title?' ²¹They answered, 'The emperor's.' Then he said to them, 'Give therefore to the emperor the things that are the emperor's, and to God the things that are God's.'

²²When they heard this, they were amazed; and they left him and went away.

Readings for Friston Church

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.”

✠ 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 11th October 2026

I am not very good at memorising things. Tell me a story and I'll remember it forever but ask me to tell you my times tables and though I can do the maths as I go and work them out, I don't begin to have them memorised. Some people memorise enormous parts of scripture, in some cases whole gospels, or one person I know - the whole of the Pentateuch in Hebrew! That is not me.

There are three particular passages of scripture that I do know by heart, Psalm 23, Hebrews 12:1-2, and verses 4-7 of today's New Testament reading. I know each of these passages not because I have set out to learn them - but because each has sustained me and my faith through a particularly challenging season of life.

In one of those seasons, I came back to Philippians 4:4-7 again and again, partly because I had been gifted a CD with memory verse songs on it, and this was one of them. I played it every time I was in the car, until I passed it on to a friend who needed it more. Ask me nicely and I might sing it to you...!

We are going to focus on these four verses of our reading today.

Paul tells the people of Philippi to rejoice in the Lord ***always*** - it is so important to him that he says it twice - *'again I will say, Rejoice!'* Alongside the command to not worry, this could sound like toxic positivity, or gaslighting, but only if we forget the worrying situations that Paul himself experienced. Of all people who had the right, humanly speaking, to worry, I'd say Paul would be up there. Imprisoned time and again, shipwrecked at least three times, beaten, attacked in the street, dragged before the authorities to give account of himself, and under all of that, separated from the people he grew up amongst because of his faith in Jesus Christ.

For me, knowing that these words come from someone who had faced so many real challenges makes them much easier to hear.

The other side of the coin of rejoicing is the instruction not to worry. *'Do not worry, about anything'* seems like a hard command in the present day. We each have so many things about which we could worry - ill health, the illness of a loved one, news of the death of a friend, the news in general. There are wars, unusual weather patterns, the energy projects, roadworks,

the price of oil - the list could go on and on. When Paul tells us not to worry, he is not telling us to pretend, to put on a brave face - he really thinks it is possible in the face of all these things to not worry.

When Paul explains how these things are possible, he first links rejoicing to gentleness; the Greek word translated here as gentleness can also connote graciousness, or readiness to forgive. When we are gracious and ready to forgive, it is easier for us to rejoice. I certainly know that when I'm feeling hurt or resentful or overlooked I find it hard to rejoice. I think we can take two things from this

- that if we are gracious towards others it will be easier for us to see the good and rejoice
- and more importantly, that when we are people who '*rejoice in the Lord*' we will find it easier to be gentle to those around us.

Which brings us to the next important thing to note - Paul is not telling us to rejoice indiscriminately - he is telling us to rejoice *in the Lord!* '*Let your gentleness be evident to all. The Lord is near.*' We've talked in our sermons over the past few weeks about how security in God's love for us and his goodness towards us can lead us into relational and material generosity, and here we see that that same trust in the Lord - believing and remembering that the Lord is always near - can lead us into rejoicing and away from worry. Rejoicing and freedom from worry is not linked to our circumstances - if it was, we would never achieve it - it is based in the knowledge of the nearness of our Lord who loves us beyond measure.

And so, we come to Paul's description of what we do instead of worrying.

'Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.'

Instead of worrying, we are to pray and make supplications to God, giving thanks to him as we do so. As one commentator says: 'the impossible command to not worry is only made possible by the possibility and reality of prayer.'

And this is not only prayer about the big things - this is prayer and supplication and thanksgiving *in everything*. God loves us beyond measure, and he is greater than we could every imagine. God is big enough to care about every single detail of our lives, and he hears us all, all the time.

So yes, we pray into the things we hear about in the news, we pray for miraculous healing for our friends, we pray for safety for our loved ones - and we pray for the small things - praying and giving thanks *in everything*.

Which brings us to Paul's last point in this section - the consequences of doing these things. When we rejoice in the Lord always, when we are gentle, when we remember that the Lord is near, when we choose prayer and thanksgiving instead of worry - something amazing happens...

'the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.'

By choosing rejoicing, prayer, and thanksgiving over worry, we are choosing the gift of God's peace beyond understanding.

Why is it beyond understanding? Because it doesn't make human sense that Paul, who suffered so many things, was not worried but had peace. It doesn't make sense that Corrie Ten Boon suffering in a Nazi concentration camp, could rejoice about fleas keeping the guards away. It doesn't make sense that countless Christians through the ages have remained peaceful and joyful in the face of horrific suffering.

Yet each each of these things is true, made possible by God's peace which actively works to protect our hearts and our minds.

Paul ends this section with the words *'in Christ Jesus'*. All of these things: rejoicing, gentleness, the Lord's nearness, not worrying, praying and petitioning, thanksgiving, and peace that passes understanding - are made possible in and through the Lord Jesus Christ. In Jesus' death and resurrection, he went ahead of us into every worrying situation, every problem, every cause of concern, and he dealt with it. He freed us from death, our greatest worry, and set us free to live life now in all of its fullness. Jesus Christ is the source of our peace, the giver of peace, and the one to whom we can turn for peace, no matter the situation in which we find ourselves.

£££ 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

🕯 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

† 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.



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

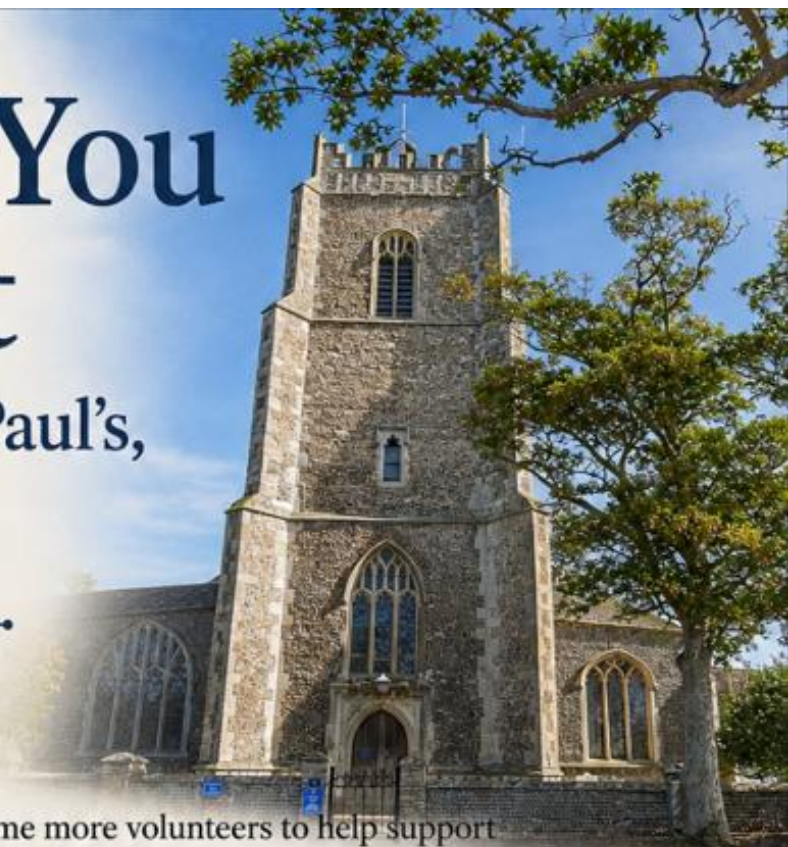


Tickets £15/£13 BOX OFFICE:01394 279613

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

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