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
Email: revd@mary-brown.co.uk
Tel: 01728 467454

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

Services in The Alde Sandlings Benefice – Sunday 8th November 2026

Aldeburgh	10am 10.50am	Remembrance Service at church Remembrance Service at War Memorial	Revd Sarah du Boulay
Aldringham	10.50am	Remembrance Service	Revd Christopher Lewis
Friston	10.50am	Remembrance Service	Revd Nichola Winter
Knodishall	10.50am	Remembrance Service	Revd Mary Brown

A message from Revd Mary Brown

Dear Friends,

We marked All Souls and All Saints last weekend, Remembrance Sunday is in a few days; the season of festivals and special services is upon us!

As usual in Advent we will have our various carol services, outdoor carols, Christingles, Crib Service, Christmas Day services, and other special events. As we move towards that season, why not start praying about the which of your friends, neighbours and family members you could invite to come with you to a service? Who would you love to share the good news of our Lord Jesus Christ with this year?

With love and prayers,
Mary

Readings for Sunday 8th November 2026

Collect

Almighty Father,
whose will is to restore all things
in your beloved Son, the King of all:
govern the hearts and minds of those in authority,
and bring the families of the nations,
divided and torn apart by the ravages of sin,
to be subject to his just and gentle rule;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Psalm 70

1 O God, make speed to save me;
O Lord, make haste to help me.
2 Let those who seek my life
be put to shame and confusion;
let them be turned back and disgraced
who wish me evil.
3 Let those who mock and deride me
turn back because of their shame.
4 But let all who seek you rejoice and be glad in you;
let those who love your salvation say always, 'Great is the Lord!'
5 As for me, I am poor and needy;
come to me quickly, O God.
6 You are my help and my deliverer;
O Lord, do not delay.

1 Thessalonians 4:13-end

13 But we do not want you to be uninformed, brothers and sisters, about those who have died, so that you may not grieve as others do who have no hope. 14For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have died.15For this we declare to you by the word of the Lord, that we who are alive, who are left until the coming of the Lord, will by no means precede those who have died.16For the Lord himself, with a cry of command, with the archangel's call and with the sound of God's trumpet, will descend from heaven, and the

dead in Christ will rise first. [17]Then we who are alive, who are left, will be caught up in the clouds together with them to meet the Lord in the air; and so we will be with the Lord for ever. [18]Therefore encourage one another with these words.

Matthew 25:1-13

25 Jesus said to his disciples, 'The kingdom of heaven will be like this. Ten bridesmaids took their lamps and went to meet the bridegroom.[2]Five of them were foolish, and five were wise. [3]When the foolish took their lamps, they took no oil with them; [4]but the wise took flasks of oil with their lamps. [5]As the bridegroom was delayed, all of them became drowsy and slept. [6]But at midnight there was a shout, "Look! Here is the bridegroom! Come out to meet him." [7]Then all those bridesmaids got up and trimmed their lamps. [8]The foolish said to the wise, "Give us some of your oil, for our lamps are going out." [9]But the wise replied, "No! there will not be enough for you and for us; you had better go to the dealers and buy some for yourselves." [10]And while they went to buy it, the bridegroom came, and those who were ready went with him into the wedding banquet; and the door was shut. [11]Later the other bridesmaids came also, saying, "Lord, lord, open to us." [12]But he replied, "Truly I tell you, I do not know you." [13]Keep awake therefore, for you know neither the day nor the hour.'

✝ 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

Safeguarding Talk by Fran Smith, Safeguarding Officer
Aldeburgh Parish Church, Sunday 1st November 2026

Good morning, everyone,

For those who don't know me, my name is Fran Smith, and I am Safeguarding Officer for the Alde Sandlings benefice.

Today, we are thinking about Safeguarding in our Church, what it means and how we can continue to make it an integral part of our worshipping community.

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 protect, too.

"Love protects" is the theme for Safeguarding Sunday, this year.

When you love someone, protecting them isn't a duty – it's instinctive. Think about a loving parent with their child, or how you'd naturally shield a friend or relative from harm. In our Gospel reading today, entitled the Sermon on the Mount or the Beatitudes, Jesus gives a series of blessings directed at the humble, the meek, the merciful, the pure in heart and the peacemakers. How can we link that with the message of Safeguarding? I think that Jesus is giving us a positive message for today about the way we all conduct ourselves and the way we protect and look after each other. We comfort each other in grief and sadness; we seek justice for those who are abused; we show mercy or forgive with our hearts.

If we have children in our care, we must encourage them to speak up when something feels wrong and to identify safe people to talk to, to make them feel safe.

We are also commemorating All Saints Day today when we thank God for every person in heaven whether they are a named saint or not. We are reminded that we are all saints together and are encouraged to follow the example of the Beatitudes in our daily lives. We have a spiritual bond between the saints in heaven and those on earth. Everybody matters, always. That is also the message of safeguarding.

Our reading from the first letter of John says that "we should be called children of God and that is what we are". We are all a cloud of witnesses – we are all saints! There are no exceptions! Isn't that a wonderful message!

So, what is Safeguarding and what are we already doing here, at Aldeburgh Church?

Some of you will have already taken part in training sessions, either face to face or online. These sessions are really informative and I think, enjoyable. They confirm what we already know and do, instinctively. They also give us strategies and a chance to talk about any issues or questions we may have. You may not realise it, but in the Church of England, everybody who holds a role in the Church is legally required to undergo Safeguarding training. For example: Church Wardens, PCC members, Lay Elders and Treasurers. But the Basic Awareness course can be completed by any member of the congregation to support a culture of awareness in the church. Church volunteers, like welcomers and organists are also required to do the Basic awareness Safeguarding course. It really is what it "says on the tin", basic awareness. The more people that do the training, the more we will be able to follow Jesus' teaching and love everyone as He loves us. Love protects!

I invite you, if you haven't already completed the Basic Awareness course, to enrol to do the course online. Please get in touch with me or give me your contact details so that I can get in touch with you. My contact details are on the Safeguarding poster which is in the church. Do you all know where it is?..... It has contact details for Rev. Sarah; me; the Diocesan Safeguarding Advisor and other useful numbers. It also shows the core values of Safeguarding and the House of Bishops Safeguarding Policy. Please make sure you know where it is so that if or when you do need to contact someone, you know where all the information is.

I know that you all work very hard at caring for each other and looking after each other, here in Aldeburgh.

Let us think again about the theme – "Love Protects".

Love is God's nature – the source of our protection.

God calls us to love others – love is a response that mirrors His.

God calls us to love our neighbour - we are to love without exception. My neighbour isn't just the person who looks like me, thinks like me or makes me feel comfortable. It's everyone – the confident leader and the quiet newcomer. It could be the teenager who's finding their feet or the elderly member who has been in church for years. The person who is easy to love and the one who isn't. It's not always easy!

Going back to the theme – "Love Protects" – let has have a few moments of quiet reflection, thinking about Safeguarding and how we can love and protect those we come into contact with, but importantly, loving and protecting ourselves. Pause….

Lord, teach us to love as you love,
with love that protects, always.
Amen.

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

Alde Sandlings Benefice

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

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

Just click on the link to support any of our churches - https://www.aldeburghparishchurch.org.uk/ways-to-donate-to-the-churches-within-the-alde-sandlings-benefice/

✝ Pilgrims Together ✝

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

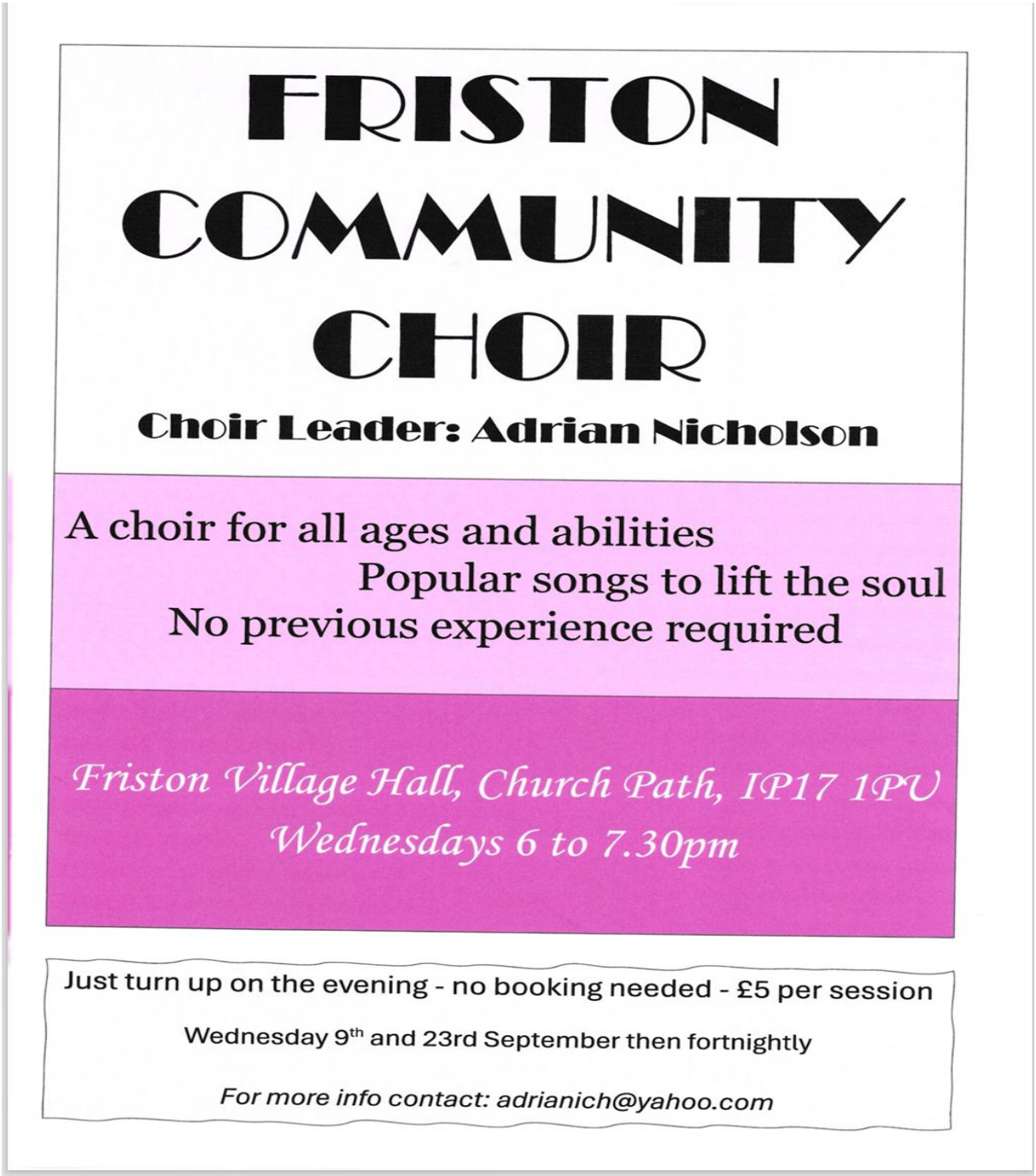
https://us02web.zoom.us/j/376110700?pwd=Q0Q3TUNya08zVGNoUkl2aUc5a0hVZz09

All are welcome to any of the Pilgrim's events

Food Banks at the East of England Co-op

Foodbanks provide a valuable service to those in need in our communities. The Aldeburgh & Leiston Co-op supermarkets are doing a grand job in collecting food donations, which are collected regularly and distributed. So please look out for the various collection baskets.

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



✝ 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.

Suffolk Historic Churches Cycle Ride

A huge thank you to everyone who took part in, supported or donated to the Suffolk Historic Churches Cycle Ride on 12th September.

We are delighted to announce that a wonderful total of **£2,355.00** was raised for Aldeburgh Parish Church through the efforts of our cyclists and walkers.

Half of the amount raised will be returned to the church by the Suffolk Historic Churches Trust, making a very welcome contribution to our church funds.

Our grateful thanks go to everyone who gave their time, energy and generosity to make this such a successful event. Your support is very much appreciated!

🎉 **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.

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









Throughout November, a community-made display of thousands of poppies at Friston's St Mary the Virgin Church honours lives lost in conflicts.

The hand-crafted poppies include knitted, crocheted and ceramic pieces made by residents or donated by friends, family and neighbouring villages.

Running from 1 to 30 November, the display invites visitors from Suffolk and beyond to see the poppies, reflect on the sacrifices of those who served and recognise the armed forces' continuing work. The display is also illuminated at night.

Donations to the Royal British Legion can be made using QR codes displayed at the church and in locations around the village.

This project has been a positive way to bring the community together.

https://www.bbc.co.uk/news/articles/c6d7qwr12eg4o



MONDAY 30TH NOVEMBER AT 7PM

ALDEBURGH PARISH CHURCH

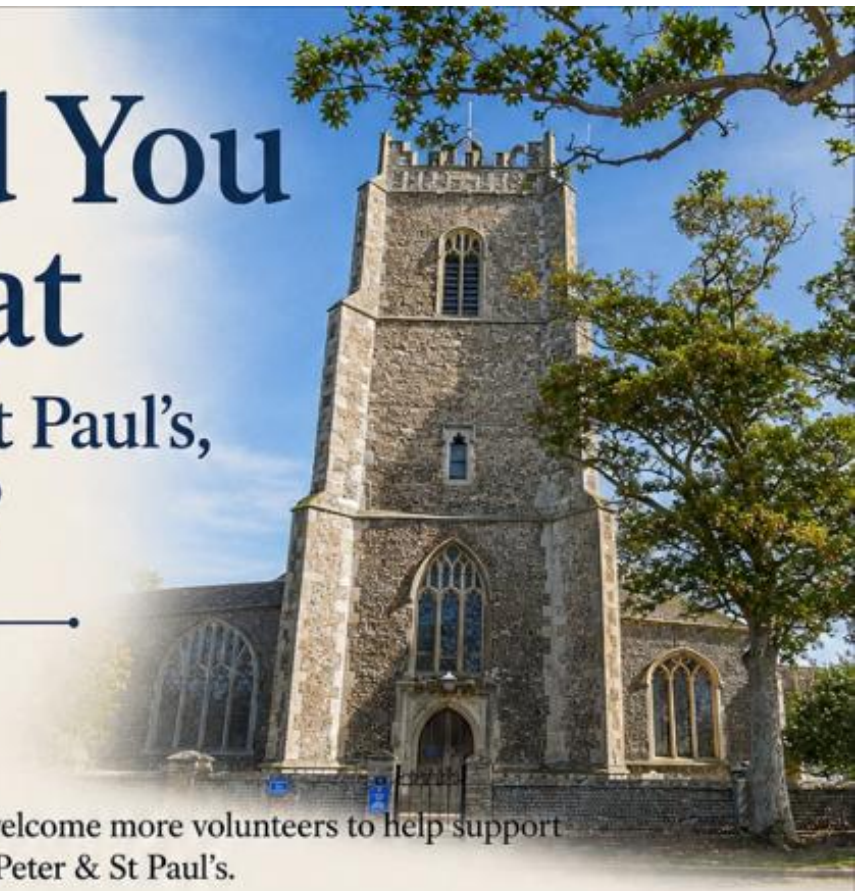
TICKETS £15 (£12.50 CONCESSIONS)

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

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

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 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 9.30am
Benefice Holy Communion Service
Friston Parish Church

Sunday 29th November at 6pm
Advent Carol Service
Aldringham 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

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

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