



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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Sunday 31st August **Eleventh Sunday after Trinity**

Benefice Kagera Visit with Holy Communion
I I am at Aldringham

Aldeburgh – Evening Prayer at 6pm



A message from our Rector, Revd Sarah du Boulay

Dear friends,

Last week I asked if any of you had notes next to your computer (or equivalent) which are inspirational or help you to live your lives. I have really enjoyed hearing back – thank you! One of my favourites that somebody has is this quote from Martin Luther:

"Faith is a free surrender and a joyous wager
on the unseen, untried and unknown
goodness of God"

Isn't this a beautiful description of our faith and of how we are called to live our lives? I wonder just how easy that 'free surrender' is to each one of us? And how our lives would change if we committed to it just a little more every day? What a blessing!

With my prayers as always
Sarah

Collect

O God, you declare your almighty power
most chiefly in showing mercy and pity:
mercifully grant to us such a measure of your grace,
that we, running the way of your commandments,
may receive your gracious promises,
and be made partakers of your heavenly treasure;
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.

Psalm 100

O be joyful in the Lord, all the earth; serve the Lord with gladness
and come before his presence with a song. Know that the Lord is God;
it is he that has made us and we are his; we are his people and the sheep
of his pasture. Enter his gates with thanksgiving and his courts with praise;
give thanks to him and bless his name. For the Lord is gracious; his
steadfast love is everlasting, and his faithfulness endures from generation
to generation.

Second Reading

James 1.22-25

But be doers of the word, and not merely hearers who deceive
themselves. For if any are hearers of the word and not doers, they are
like those who look at themselves in a mirror; for they look at themselves
and, on going away, immediately forget what they were like. But those
who look into the perfect law, the law of liberty, and persevere, being not
hearers who forget but doers who act-they will be blessed in their doing.

James 2:14-17

What good is it, my brothers and sisters, if you say you have faith but do
not have works? Can faith save you? If a brother or sister is naked and
lacks daily food, and one of you says to them, 'Go in peace; keep warm
and eat your fill', and yet you do not supply their bodily needs, what is the
good of that? So faith by itself, if it has no works, is dead.

Gospel Reading

Luke 14.1, 7-14

On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the sabbath, they were watching him closely. When he noticed how the guests chose the places of honour, he told them a parable. 'When you are invited by someone to a wedding banquet, do not sit down at the place of honour, in case someone more distinguished than you has been invited by your host; and the host who invited both of you may come and say to you, "Give this person your place", and then in disgrace you would start to take the lowest place. But when you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you, "Friend, move up higher"; then you will be honoured in the presence of all who sit at the table with you. For all who exalt themselves will be humbled, and those who humble themselves will be exalted.' He said also to the one who had invited him, 'When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbours, in case they may invite you in return, and you would be repaid. But when you give a banquet, invite the poor, the crippled, the lame, and the blind. And you will be blessed, because they cannot repay you, for you will be repaid at the resurrection of the righteous.'

Next Week

Sunday 7th September

Twelfth Sunday after Trinity

**Sermon by Revd Sarah du Boulay,
24th August – Tenth Sunday after Trinity**

I'm sure that you have heard the saying that God doesn't call the equipped: He equips the chosen.

Regardless of our inadequacies or doubts, His plan predates our existence and surpasses our understanding. Through faith and obedience we can become vessels for His purpose, empowered by His protection and reassurance.

In our world today, we often find all sorts of excuses to not obey God's voice. I just want things the way they always were. It's someone else's job. I'm too busy or tired or old or young. It's not what I want. Ben Franklin wrote, "He that is good for making excuses is seldom good for anything else." Gabriel Meurier stated, "He who excuses himself, accuses himself." Like many of us, Jeremiah had every excuse ready for when God called him to do something that was uncomfortable. Something that went against his own preferences. Something he did not want to do. But to every excuse, God made a promise.

Jeremiah was called to be "a prophet to the nations", not a priest like his father and his grandfather. Although we often think of prophets as people who can tell the future, a prophet actually spoke messages to the present that had future ramifications. A prophet's job was to expose the people's sins and call them back to their covenant responsibilities before God. Prophecy in this way is actually part of the modern day call to priesthood.

Too Daunting:

Jeremiah worried that his call was too daunting. Usually the people that prophets addressed didn't want to hear the message they were delivering. It is interesting to note that Jesus, too, was called to be a prophet. He challenged the people to change in this life, to love God and love each other and to live selflessly, spreading the word of God for all to hear. Jesus spoke to the hearts of people. Most people did not accept his message of repentance, for they did not want to change.

Like Jesus and Jeremiah before us, we too have the promise of God's purpose. "I chose you before I formed you in the womb; I set you apart before you were born" (Jer. 1:5). God knew Jeremiah, chose Jeremiah, and appointed Jeremiah. He was known by name, hand-picked by God, and commissioned to serve.

I am Inadequate:

"But I protested, 'Oh no, Lord, GOD! Look, I don't know how to speak since I am only a youth'" (Jer. 1:6). Jeremiah felt inadequate as a public speaker. I know exactly how he feels! Between us, preaching is the scariest thing I am called to do in my role as priest. It is a huge responsibility and even though I always put in an awful lot of time, preparation and effort, I never feel that my sermons are good enough. And there are many other things about me that I feel simply aren't good enough to fulfil this calling. But in this, I know I am not alone.

We may feel inadequate, but God always equips those he calls. We have the promise of God's provision. "Then the LORD reached out His hand, touched my mouth, and told me: I have now filled your mouth with My words" (Jer. 1:9). The touch was symbolic of the gift of prophecy bestowed on Jeremiah. God uses not the most gifted and talented person, but the one touched by the hand of God. God uses the most unlikely persons to shake a church or a community or a nation. That is you and that is me.

The Time is Not Right:

Jeremiah said to God, "I am only a youth" (Jer. 1:6). His reply is not so much revealing his age as much as a deep sense of immaturity. He felt inferior, inexperienced, and intimidated by the size of the task to which God was summoning him. For us, this excuse might not mean our age but might simply be about busyness or complications or time.

God's call may come at an inopportune time, but he never sends his servant out alone. We have the promise of God's presence. "Then the LORD said to me: Do not say, 'I am only a youth,' for you will go to everyone I send you to and speak whatever I tell you. Do not be afraid of anyone, for I will be with you to deliver you. This is the LORD's declaration" (Jer. 1:7-8). Someone once said that when God calls us to a task, he does not give us a road map to follow and then leave us to our resources. God walks with us. His presence gives us the strength to stand in the face of every assault.

I would encourage you to continue reading the first chapter of Jeremiah and to note for yourself the other excuses he comes up with. Then, take note of God's promises that render these excuses empty.

I want to finish by reading to you some words from the ordinal – the service at which priests are ordained. Although these words are specifically for priests, some of them may sing to you and pierce your heart. If you want to talk about this, please contact one of your Elders or a member of our Clergy team- we'd love to talk to you.

“God calls his people to follow Christ, and forms us into a royal priesthood, a holy nation, to declare the wonderful deeds of him who has called us out of darkness into his marvellous light.

The Church is the Body of Christ, the people of God and the dwelling-place of the Holy Spirit. In baptism the whole Church is summoned to witness to God’s love and to work for the coming of his kingdom.

To serve this royal priesthood, God has given particular ministries.

Priests are called to be servants and shepherds among the people to whom they are sent. With their Bishop and fellow ministers, they are to proclaim the word of the Lord and to watch for the signs of God’s new creation. They are to be messengers, watchmen and stewards of the Lord; they are to teach and to admonish, to feed and provide for his family, to search for his children in the wilderness of this world’s temptations, and to guide them through its confusions, that they may be saved through Christ for ever. Formed by the word, they are to call their hearers to repentance and to declare in Christ’s name the absolution and forgiveness of their sins.

With all God’s people, they are to tell the story of God’s love. They are to baptize new disciples in the name of the Father, and of the Son, and of the Holy Spirit, and to walk with them in the way of Christ, nurturing them in the faith. They are to unfold the Scriptures, to preach the word in season and out of season, and to declare the mighty acts of God. They are to preside at the Lord’s table and lead his people in worship, offering with them a spiritual sacrifice of praise and thanksgiving. They are to bless the people in God’s name. They are to resist evil, support the weak, defend the poor, and intercede for all in need. They are to minister to the sick and prepare the dying for their death. Guided by the Spirit, they are to discern and foster the gifts of all God’s people, that the whole Church may be built up in unity and faith.”

Post Communion

Lord of all mercy,
we your faithful people have celebrated that one true sacrifice
which takes away our sins and brings pardon and peace:
by our communion
keep us firm on the foundation of the gospel
and preserve us from all sin;
through Jesus Christ our Lord.

The 2025 Suffolk Historic Churches Ride and Stride **Saturday 13th 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 your SHCT organiser:

Aldeburgh – Fran Smith – admin@aldeburghparishchurch.org.uk

Aldringham – Sara Newman – 01394 385463

Friston – admin@aldeburghparishchurch.org.uk

Knodishall – John & Ros Macallister -

admin@aldeburghparishchurch.org.uk



Good Luck Everyone!

Aldringham Parish Church

Battle of Britain Service,

September 14th at 11am

ALL WELCOME



Job Vacancy

Children and Families' Worker

The Alde Sandlings Benefice

The Alde Sandlings Benefice, in the Diocese of St. Edmundsbury and Ipswich, are pleased to announce an exciting opportunity for a children and families' worker based in the four parishes of Aldeburgh, Aldringham, Friston and Knodishall.

The successful candidate will be responsible for the development of a mission and ministry programme for children and families within the benefice, enabling them to develop their faith and participate fully in the life of the church. The role includes overseeing the existing work with children and families across the benefice and may include some youth work. You will work in consultation with the Rector, PCCs and ministry teams.

This is a full-time role (37.5 hours per week) with a salary of £30,000 per annum, plus agreed expenses. Own transport essential. Formal training in children's ministry preferred.

For more information and an application pack, please contact:
Rev. Mary Brown: admin@aldeparishchurch.org.uk - Closing date: 31/08/2025

Safeguarding: conditional offers will be made pending the successful completion of an enhanced DBS check.

The Alde Sandlings Thanks God for our Harvest

Friston – Harvest Festival Service,
September 14th at 9.30am

Knodishall – Harvest Festival Service,
September 21st at 9.30am

Aldringham – Harvest Festival Service,
September 28th at 11.00am

Aldeburgh Church Hall –
Harvest Messy Church October 4th - 10-12noon

Aldeburgh – Harvest Festival Service, October 5th at 11.00am

ALL WELCOME, AS ALWAYS

£££ 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 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.
- Wheelhouse at Aldeburgh Church Hall – Second Tuesday of the month 12-3pm
- Evensong – Aldeburgh Every first Sunday at 6pm
- Evensong – Aldringham Every third Sunday at 5pm
- All Benefice – Suffolk Historic Churches Trust, Ride & Stride – Saturday 13th September – more details to follow.
- Friston – Harvest Festival Service, September 14th at 9.30am
- Aldringham – Battle of Britain Service, September 14th at 11am
- Knodishall – Harvest Festival Service, September 21st at 9.30am
- Aldringham – Harvest Festival Service, September 28th at 11.00am
- Aldeburgh – Messy Church – October 4th 10-12 noon
- Aldeburgh – Harvest Festival Service, October 5th at 11.00am

† 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 and we will do our utmost to arrange a visit.

Evensong Services

We are pleased to inform you that the Evensong services are returning to Aldeburgh and Aldringham. Aldeburgh's will be the first Sunday of the month starting in June at 6pm and Aldringham's will be every 3rd Sunday of the month. Both finish for Autumn/Winter after September Evensong's

Summer Gatherings at Aldeburgh Parish Church Hall

Every first Sunday after the 11am Family Service, do bring a picnic lunch with you to enjoy in the Church Hall where tea and coffee will also be served. A great opportunity for fellowship and enjoy a meal together after worship. **ALL WELCOME**

Aldringham Churchyard Picnic Time

Every fourth Sunday of the month after Aldringham's 11am family service we invite you to bring along a picnic and a chair.

This will give everyone the perfect opportunity to get together for some fellowship conversation.

Weather permitting!

† Pilgrims Together †

10 am Sundays in July & August

Celtic style worship by the Fish Pond by the Meare

All are welcome to any of the Pilgrims events.

Always wanted to sing?

Why not join Friston Community Choir!

Did you know singing can enhance your mood, immune system, blood pressure and reduce feelings of depression, anxiety or chronic pain? It may be just the thing we all need in these challenging times.

This will be held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. There will be a break for refreshments.

To register an interest or for more information contact: Briony Sones

email: fristonvillage@gmail.com

We look forward to seeing you!