



## **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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## **Sunday 7<sup>th</sup> September Twelfth Sunday after Trinity**

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

Aldeburgh	8.00am	Holy Communion	Revd Mary Brown
	11.00am	Family Holy Communion	Revd Mandy Tucker
	6.00pm	Evensong	Canon Alan Forsdike
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Archdeacon Rich Henderson
Knodishall	9.30am	Holy Communion	Revd Mary Brown

### **A message from Revd Mary Brown**

Dear Friends,

It is September, and officially Autumn. In my garden the leaves are beginning to fall, the squash are ready to harvest, and I'm thinking about putting away my hammock and lighting the first fire of the season. (Although I am also hoping for a late summer to enjoy once I've handed in my Master's Dissertation, which I am currently working on!)

We've had a jam-packed summer, and I'd like to use this intro to say a BIG THANK YOU to everyone who volunteers in any way across the Benefice. So many of you have worked so hard at so many different events

over the summer: community events, fundraisers, markets, supporting weddings and funerals, and of course our regular schedule of services. None of our services or events could happen without you all.

In Sarah's sermon published in last week's pew news, she talked about the priesthood of all believers: 'As you come to him, the living Stone—rejected by humans but chosen by God and precious to him—you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.' I Peter 2:4-5. St Peter is writing to the church, telling them that they, the church, are being built together into God's new temple. That as they come to Jesus (the living stone) they become living stones like him - and God is building them together into a holy building. The church is not our physical buildings across the benefice, but you, the people who worship the Lord Jesus Christ together. Each one of you is precious to God, a living stone in his holy temple, a royal priest serving him through your offerings of worship. As we move into the Autumn together, let's encourage one another in our worship, rejoicing together as we are all built into the holy church through the goodness of Jesus and by the power of the Holy Spirit.

With love and prayers,

Mary

**Next Week**  
**Sunday 14<sup>th</sup> September**  
**Thirteenth Sunday after Trinity**

**Collect**

Almighty and everlasting God,  
you are always more ready to hear than we to pray  
and to give more than either we desire or deserve:  
pour down upon us the abundance of your mercy,  
forgiving us those things of which our conscience is afraid  
and giving us those good things which we are not worthy to ask  
but through the merits and mediation  
of 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**

### **Jeremiah 18.1-11**

The word that came to Jeremiah from the Lord: 'Come, go down to the potter's house, and there I will let you hear my words.' So I went down to the potter's house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as seemed good to him. Then the word of the Lord came to me: Can I not do with you, O house of Israel, just as this potter has done? says the Lord. Just like the clay in the potter's hand, so are you in my hand, O house of Israel. At one moment I may declare concerning a nation or a kingdom, that I will pluck up and break down and destroy it, but if that nation, concerning which I have spoken, turns from its evil, I will change my mind about the disaster that I intended to bring on it. And at another moment I may declare concerning a nation or a kingdom that I will build and plant it, but if it does evil in my sight, not listening to my voice, then I will change my mind about the good that I had intended to do to it. Now, therefore, say to the people of Judah and the inhabitants of Jerusalem: Thus says the Lord: Look, I am a potter shaping evil against you and devising a plan against you. Turn now, all of you from your evil way, and amend your ways and your doings.

## **Second Reading**

### **Philemon 1-21**

Paul, a prisoner of Christ Jesus, and Timothy our brother, To Philemon our dear friend and co-worker, to Apphia our sister, to Archippus our fellow-soldier, and to the church in your house: Grace to you and peace from God our Father and the Lord Jesus Christ. When I remember you in my prayers, I always thank my God because I hear of your love for all the saints and your faith towards the Lord Jesus. I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother. For this reason, though I am bold enough in Christ to command you to do your duty, yet I would rather appeal to you on the basis of love-and I, Paul, do this as an old man, and now also as a prisoner of Christ Jesus. I am appealing to you for my child, Onesimus, whose father I have become during my imprisonment. Formerly he was useless to you, but now he is indeed useful both to you and to me. I am sending him, that is, my own heart, back to you. I wanted to keep him with me, so that he might be of service to me in your place during my imprisonment for the gospel; but I preferred to do nothing without your consent, in order that your good deed might be voluntary and not

something forced. Perhaps this is the reason he was separated from you for a while, so that you might have him back for ever, no longer as a slave but as more than a slave, a beloved brother-especially to me but how much more to you, both in the flesh and in the Lord. So if you consider me your partner, welcome him as you would welcome me. If he has wronged you in any way, or owes you anything, charge that to my account. I, Paul, am writing this with my own hand: I will repay it. I say nothing about your owing me even your own self. Yes, brother, let me have this benefit from you in the Lord! Refresh my heart in Christ. Confident of your obedience, I am writing to you, knowing that you will do even more than I say.

## **Gospel Reading**

### **Luke 14.25-33**

Now large crowds were travelling with him; and he turned and said to them, 'Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, "This fellow began to build and was not able to finish." Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions.

### **† 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>



**As last week's benefice service had a talk by the Kagera link team, Revd Nichola Winter has kindly shared her sermon from the 24<sup>th</sup> August – Tenth Sunday after Trinity**

Sometimes we find ourselves in sticky situations. Many years ago, as a student, I was living in an exceedingly dodgy part of Manchester. In those days, Christian Aid envelopes got delivered to all households, and then had to be collected. I had agreed to be part of the collecting team but I have to say that, as I embarked on this task, I was feeling very anxious about the reception I might receive. Let's just say that it wasn't the most godly part of the city and I never felt safe if I had to be out late at night. However, this passage from Jeremiah came to mind as I set about knocking on doors.

"Ah, Lord God! Truly I do not know how to speak, for I am only a boy." - or in my case, a girl... And the Lord answers:

"Do not say, 'I am only a boy,' for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you."

And I was astonished at the unexpected and warm welcome I received. Most folk were happy to return the envelopes - some even contained donations(!) - and there were also some interesting conversations to be had. My apprehension and fears had been, mostly, groundless. God goes with us more often than we care to acknowledge.

He knows, too, that we need time out - a proper sabbath on which to re-charge our batteries. Some of us may recall the 'Keep Sunday Special' campaign from several years ago. In our 24/7 society, where life doesn't stand still, media, technology and communication continues around the clock; we've become used to universal availability. We're able to shop via the internet, access financial institutions at the touch of a button, purchase a loaf of bread or pint of milk at almost any time of day or night. The once particular, unique, feel of a Sunday, when most commercial, business and sporting activity ceased for 24 hours has disappeared. We no longer recognise the idea of a universal day of rest.

I confess to somewhat ambivalent feelings about this. My early working life was spent in the hotel industry; 24/7 then was a way of life long before it became the common term it is today. I would have welcomed a Sunday off. And many others will have experienced it too: those in the forces, doctors & hospital workers; the clergy; emergency and essential services; the list goes on... Our radio weather forecasters often use what seems a rather peculiar phrase when they talk about the

‘beginning of the working week’ - I sometimes wonder just what world they live in...

But the point is this: whether we work regular hours and regular days, or whether our work time is dictated by a 24hour/7day shift timetable, we all need to observe some kind of Sabbath day. The gospel reading sharpens this focus. There is a difference between ‘working’ and - in Jesus’ case - ‘being set free from bondage on the sabbath day.’

Sabbath, of course, comes from the Hebrew word shabbat meaning ‘to cease.’ It has its roots in the biblical story of creation, when, we are told, God ceased to be busy. He ceased activity and rested from his labours. The idea of ‘ceasing’ passed into law; humankind was to observe a time of rest when the wonders of creation could be observed; when God could be worshipped and thanks given to the Creator of all. This has continued through the ages; we all need a time of rest and re-creation; a period when we can cease from daily activity, take time out to appreciate and reflect on what God is doing in our lives.

Jesus, of course, was adept at making his point in fairly sharp and sometimes uncomfortable ways. He would often come up against the authorities, demonstrating that whilst they were admirable in their observance of the law, the rules and the regulations, the absence of true love and compassion - their neglect of the poor and needy - meant that their religious observance on its own simply didn’t ring true. Luke tells us here of the woman who comes to the synagogue on the sabbath. Note that it is a woman in this story - God’s kingdom is not just for the menfolk. It’s not just for the healthy and upright either - it is for all. We don’t know why the woman came - had she heard about Jesus and wondered if it might just be possible to see him, to be seen by him, or even (tremble at the thought) to speak to him? Or was she attending as was her custom; the Sabbath was her delight, she loved God and had come to worship? We don’t know.

But we do know that Jesus saw her; was aware of her and recognised her predicament. And what he does then is truly a celebration of the Sabbath in its deepest meaning - a release from the effects of the fallen order. A release of the woman from her physical disability; a ‘ceasing’ of her discomfort and probable estrangement because she was not whole and perfectly formed. The Sabbath’s purpose, as Jesus sees it, is fulfilled not by forbidding works of compassion but by encouraging and enabling them.

God promises to teach us how to speak, as he teaches Jeremiah. The writer of the letter to the Hebrews gives us that delightful vision - 'You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven... to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.' Jesus' action on the Sabbath brings new life to the woman in the story. And surely new life is what the Sabbath is for? That new life, that sets each one of us free - free to live, free to worship.

We will each find that revealed in different ways. So, however you worship; however you serve - may your sabbath, (on whatever day we make it) - your ceasing from the everyday cares of the world - be blessed.

### **Post Communion**

God of all mercy,  
in this eucharist you have set aside our sins  
and given us your healing:  
grant that we who are made whole in Christ  
may bring that healing to this broken world,  
in the name of Jesus Christ our Lord.



### **The 2025 Suffolk Historic Churches Ride and Stride**



**Saturday 13<sup>th</sup> 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 – [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

Aldringham – Sara Newman – 01394 385463

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

Knodishall – John & Ros Macallister -

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



**Good Luck Everyone!**

## **The Goodbye Summer – Hello Autumn, Catch up with The Alde Sandlings Benefice**

Well, what a summer we have had? As Mary said in her intro, we have been jam packed with various events.

The Friday Markets - The final total for the Friday markets is £4,093.58, for Aldeburgh church funds, which is wonderful considering we had two very wet Fridays and had to be inside the hall! Aldringham and Knodishall also had their stalls at all four markets and raised funds for their churches too. So, all in all, a very satisfactory outcome and a lot of fun, fellowship and friendship rekindled.

**A HUGE THANK YOU** to all the people that came and spent their pennies, to all the people that donated goods, and their precious allotment produce. To our bakers, to all stall holders, tea and coffee makers and of course the Friday Market Team who organise the markets, as it doesn't just all happen – WELL DONE

And here the team are. And yes, your eyes aren't deceiving you, Fran is modelling one of the items for sale - a silver wig!!



Then on Sunday 31<sup>st</sup> the Alde Sandlings Benefice all worshipped together at Aldringham, who were joined by the Diocese Kagera Link Team.....



Almost a full church enjoyed an African style service last Sunday when Chris and Anji visited from the Diocese Kagera team and Richard from the cathedral music team who brought his African drums and several singers from the Diocese

Chris gave a talk on progress in Kagera, and we learnt of a growing church (including new church buildings as they are no longer big enough!). Challenges and how they are being overcome. Some lessons we can learn from Kagera as well as supporting them.



*The Kagera Link Team - Chris and Anji Dawkins and Adam Geileskey*



*Praise Him with timbrel and dancing - Psalm 150:4*



**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](mailto:admin@aldeparishchurch.org.uk) - Closing date: 30/09/2025

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

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

Calling on our photographers out there. We are reaching out for those perfect shots of Aldeburgh Church inside and outside that with your permission we can get the photo printed on cards to sell at our card corner display for church funds. You don't need to be a David Bailey. iPhones (or other smart phones) are absolutely fine. Just catching the perfect photo for cards to sell showing Aldeburgh Church at its best.

Also calling our talented children to design a Christmas Card for Aldeburgh Church to sell this Christmas. It can be of baby Jesus, 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.

## **£££ 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.
- Evensong – Aldringham Every third Sunday at 5pm
- All Benefice – Suffolk Historic Churches Trust, Ride & Stride – Saturday 13<sup>th</sup> September – more details to follow.
- Friston – Harvest Festival Service, September 14<sup>th</sup> at 9.30am
- Aldringham – Battle of Britain Service, September 14<sup>th</sup> at 11am
- Knodishall – Harvest Festival Service, September 21<sup>st</sup> at 9.30am
- Aldringham – Harvest Festival Service, September 28<sup>th</sup> at 11.00am
- Aldeburgh – Harvest Festival Service, October 5<sup>th</sup> at 11.00am
- Aldeburgh – Messy Church – October 25<sup>th</sup> 10-12 noon

### † 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.

### 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 3<sup>rd</sup> Sunday of the month. Last Evensong's are in September, returning in spring 2026.

### † Pilgrims Together †

**Pilgrims @ The Parrot Pub - Saturday  
20th September 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.

**Saturday 4th October Community Breakfast  
9.30 @ The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot. Please do invite friends along.

Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

**Pilgrims Online Wednesdays Returns**

Wednesday 8th October Gathering to Worship, Reflect and Pray  
6.30pm (open from 6.10)

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

### 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**