



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

Sunday 14th September Thirteenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion <i>with Baptism</i>	Revd Mary Brown
Aldringham	11.00am	Battle of Britain Service	Revd Sarah du Boulay
Friston	9.30am	Harvest Festival HC	Revd Nichola Winter
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

A message from Revd Mary Brown

Dear Friends,

One of the joys of this summer has been the number of children I have been able to baptise. One of my favourite moments in the baptism liturgy is when the candidate is signed with the sign of the cross with the words 'Christ claims you as his own'. I love that idea of Christ claiming us as his own and the assurance that comes from that.

The waters of baptism represent our dying to our old lives and being reborn into new life in Christ. Paul puts it this way when he writes to the Colossians: 'For you died, and your life is now hidden with Christ in God.' (Colossians 3:3). What does it mean for our lives to be hidden with Christ in God? One modern author puts it this way: 'I am one in whom Christ

dwells and delights, I live in the strong and unshakable kingdom of God, the kingdom is not in trouble and neither am I.' (James Bryan Smith) When our lives are hidden with Christ in God we are welcomed into God's good kingdom, we are safe in that kingdom, and in God's delight in us.

If you have been baptised you have had these words spoken over you 'Christ claims you as his own' - rejoice in your hiddenness in Christ, your safety in his Kingdom.

If reading this makes you want to be baptised, reach out, have a conversation with one of us, we would love to baptise you!

With love and prayers,

Mary

Collect

Almighty God,
who called your Church to bear witness
that you were in Christ reconciling the world to yourself:
help us to proclaim the good news of your love,
that all who hear it may be drawn to you;
through him who was lifted up on the cross,
and reigns with you in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Jeremiah 4.11-12, 22-28

At that time it will be said to this people and to Jerusalem: A hot wind comes from me out of the bare heights in the desert towards my poor people, not to winnow or cleanse-a wind too strong for that. Now it is I who speak in judgement against them. 'For my people are foolish, they do not know me; they are stupid children, they have no understanding. They are skilled in doing evil, but do not know how to do good.' I looked on the earth, and lo, it was waste and void; and to the heavens, and they had no light. I looked on the mountains, and lo, they were quaking, and all the hills moved to and fro. I looked, and lo, there was no one at all, and all the birds of the air had fled. I looked, and lo, the fruitful land was a desert, and all its cities were laid in ruins before the Lord, before his fierce anger. For thus says the Lord: The whole land shall be a desolation; yet I will not make a full end. Because of this the earth shall mourn, and the heavens above grow black; for I have spoken, I have purposed; I have not relented nor will I turn back.

Second Reading

1 Timothy 1.12-17

I am grateful to Christ Jesus our Lord, who has strengthened me, because he judged me faithful and appointed me to his service, even though I was formerly a blasphemer, a persecutor, and a man of violence. But I received mercy because I had acted ignorantly in unbelief, and the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus. The saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners-of whom I am the foremost. But for that very reason I received mercy, so that in me, as the foremost, Jesus Christ might display the utmost patience, making me an example to those who would come to believe in him for eternal life. To the King of the ages, immortal, invisible, the only God, be honour and glory for ever and ever. Amen.

Gospel Reading

Luke 15.1-10

Now all the tax-collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, 'This fellow welcomes sinners and eats with them.' So he told them this parable: 'Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbours, saying to them, "Rejoice with me, for I have found my sheep that was lost." Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance. 'Or what woman having ten silver coins, if she loses one of them, does not light a lamp, sweep the house, and search carefully until she finds it? When she has found it, she calls together her friends and neighbours, saying, "Rejoice with me, for I have found the coin that I had lost." Just so, I tell you, there is joy in the presence of the angels of God over one sinner who repents.'

Next Week

Sunday 21st September

Fourteenth Sunday after Trinity

Sermon by Archdeacon Rich Henderson
7th September – Twelfth Sunday after Trinity

Sermon on Luke 14:25–33

The Cost and Joy of Discipleship

There is a striking realism in Jesus' words in today's Gospel. It might not be what we expect from a spiritual leader addressing a crowd of enthusiastic followers.

Imagine the scene: Jesus is becoming well known. "*Large crowds were travelling with him.*" In today's terms, he's gaining followers, gaining attention, trending. And yet, instead of capitalising on that moment and making his message more palatable, he turns to them and says:

"Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even life itself—cannot be my disciple."

What are we to do with this?

Jesus' words are hard. Not because they are complicated, but because they are painfully clear. He is confronting us with the **cost of discipleship**—not in vague terms, but with uncomfortable, relational, even emotional language.

But here's the thing: Jesus never tricks anyone into following Him. He is not selling a cheap grace or a watered-down version of the Gospel. He speaks with love, but also with clarity. Because He knows that a shallow faith won't last through life's storms. And He knows that true discipleship cannot be half-hearted.

Let's clear one thing up: when Jesus says we must "hate" our families, He is not contradicting the commandment to honour our father and mother. Nor is He telling us to despise those we love. This is strong, Semitic hyperbole—an ancient teaching style meant to **shock the listener into attention.**

In Hebrew thought, to "hate" something could mean to love it less than something else. Jesus is saying that loyalty to Him must come before even our closest human relationships. That compared to our love for Him, every other allegiance must be secondary.

This isn't about cruelty. It's about priority.

We are not called to be bad parents or spouses or friends. Quite the opposite. But we are called to allow Jesus to shape how we love those people—how we forgive them, serve them, and stay faithful to them. If Jesus is at the centre, every other relationship will begin to flourish under His Lordship.

Then Jesus raises the stakes again:

“Whoever does not carry the cross and follow me cannot be my disciple.”

To Jesus' original listeners, this wasn't a metaphor. They lived under Roman occupation. Crucifixion was a real and brutal punishment—used to shame and silence anyone who opposed the powers that be. So when Jesus talks about “carrying the cross,” He is talking about a **willingness to suffer**, to endure shame, to face opposition for the sake of the Gospel.

Discipleship is not a path of comfort. It's a path of transformation. Sometimes it means saying no to things that everyone else is saying yes to. Sometimes it means choosing integrity over popularity. Sometimes it means forgiving when it's easier to walk away. The cross is not just a symbol we wear; it is a *life we live*.

Jesus gives us two small parables to drive home the point:

1. A man planning to build a tower.
2. A king preparing for war.

Both begin with careful consideration. Both involve asking: *Can I afford to do this? What will it require of me? Am I willing to see it through?*

Jesus is inviting us not just to believe in Him, but to follow Him—with eyes wide open. He wants no illusions. No shallow enthusiasm. He wants our hearts—but He also wants our commitment.

Christianity is not a hobby. It's not something we fit in on Sundays. It is a call on our whole life—our time, our decisions, our money, our relationships, our work.

We don't follow Jesus part-time. He calls us to follow Him *with everything*.

The final line in this passage is perhaps the hardest:

“None of you can become my disciple if you do not give up all your possessions.”

Again, this isn’t about literal poverty for all believers. But it *is* about detachment. Jesus is pointing to the things we cling to—the things we think will give us security or status or self-worth.

What do we possess that possesses us?

- Is it wealth or control?
- Is it a reputation we’re afraid to lose?
- Is it bitterness we won’t release?
- Is it comfort we refuse to exchange for calling?

To be a disciple is to live open-handedly—to say to Jesus: *All I have is yours. Use it, Lord, as you will.*

Now, all of this might feel overwhelming. And if we’re honest, none of us measures up fully to this standard. We’ve all fallen short of this radical call.

But here’s the good news: **Jesus knows this.**

The same Jesus who calls us to count the cost is the One who went to the cross for us. He is not asking us to do anything He hasn’t done Himself. He gave up everything—his comfort, his reputation, even his life—so that we might live in Him.

And He does not ask us to follow Him alone. He gives us His Spirit. He surrounds us with His Church. He strengthens us in the Eucharist. He walks with us, step by step, as we become more like Him.

Let me leave you with this: Discipleship is costly, yes. But it is also **glorious.**

In giving up our lives, we find true life.

In letting go of control, we find freedom.

In following Jesus, we discover joy, purpose, and a love that will never let us go.

The Christian life is not easy. But it is good. It is beautiful. And it is worth everything.

So today, Jesus turns to us—not just the crowds, but us—and says:

“Count the cost. Come and follow me.”

Let us respond with open hearts, with renewed trust, and with the courage to place Jesus at the centre of all we are.

Because what we give up for Christ is nothing compared to what we gain in Him.

Amen.

Post Communion

God our creator,
you feed your children with the true manna,
the living bread from heaven:
let this holy food sustain us through our earthly pilgrimage
until we come to that place where hunger and thirst are no more;
through Jesus Christ our Lord.

† 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/UCLeckK8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

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 you 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!



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: 30/09/2025

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

**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 **ALL WELCOME**

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, the 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

Christmas Card Designs to be sent by the 31st 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 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 – Harvest Festival Service, October 5th at 11.00am
- Aldeburgh – Messy Church – October 25th 10-12 noon
- Aldeburgh – Benefice All Souls Service, November 1st at 6pm
- All Benefice – Remembrance Day Services, November 9th at 10.50am
- Aldringham – Patronal Service, Thursday, November 20th at 6pm
- Aldringham – Advent Carol Service, November 30th at 6pm

If you would like to donate any dry produce (tins, pasta, packets of dry foods) for the Harvest Festivals (no unopened packages) please do take them to the church you worship in. There will be a box at the back of the church at Aldeburgh for you to place your items in.

† 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. 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.

Bells at Aldeburgh Parish Church

Some essential maintenance work is to be carried out on the bell fittings next Monday, 15th September. This will involve removing the pulleys that the bell ropes run over, taking them to John Taylor's Bell Foundry in Loughborough for refurbishment and then reinstalling them.

Pulleys, on average, have a life expectancy of fifty years and the Aldeburgh ones have been in situ for sixty five years and over time have become quite grooved from rope wear and a couple are not as perfectly round as they should be which is starting to make ringing slightly more difficult, so the ringers will be very pleased to have this work completed.

This will mean that the bells will be out of action for two or three weeks, until the pulleys are returned.

Richard Rapior – Team Captain