

# THE LANTERN

NEWS OF THE PARISH OF ST ANDREW'S BREDFIELD



PHOTO MARY RUTTERFORD, 5<sup>TH</sup> JANUARY 2026

---

**FEBRUARY 2026**

---



## FROM ST ANDREW'S MINISTRY TEAM

What are you looking forward to in 2026? A holiday, anniversary, celebration, family gathering, sporting or cultural event?

Amongst many other things...

This month we have the Winter Olympics coming to us from northeast Italy (from 6<sup>th</sup> to 22<sup>nd</sup> February), as well as the much-anticipated release of 'Wuthering Heights', the film loosely inspired by Emily Brontë's novel (released on 13<sup>th</sup> February, and at the Riverside Cinema from 27<sup>th</sup> February).

Later in the year, our Summer will be dominated by the World Cup, this year in North America (starting on 11<sup>th</sup> June with the Final on 19<sup>th</sup> July), along with Wimbledon (29<sup>th</sup> June until 12<sup>th</sup> July) and plenty of other sporting events.

In August, Europe will experience its first total solar eclipse for over 20 years (12 August: a total eclipse in northern Spain, Iceland and Greenland – parts of the UK will experience a partial solar eclipse).

In addition to Wuthering Heights and Hamnet, there are a host of films being premiered, concerts, and plays - although if you are an Ariana Grande fan her 10 days of concerts at London's O2 Arena are sold out (15<sup>th</sup> August – 1<sup>st</sup> September).

Try doing an internet search for what is happening in 2026 - you will find a plethora of events. I wonder what are you looking forward to?

Whilst there are plenty of good and fun things to look forward to, stories of global conflict and confusion have dominated our headlines since the start of the year. It is striking when reading the early chapters of the Bible how quickly the Christmas story – the joy of the angels, the wonder of the shepherds – is

plunged into the real horror of worldly tyranny and terrorism with Herod's order of the massacre of all male babies under the age of two in Bethlehem. Some things in this world never change.

Last summer when I was crewing on a friend's boat sailing down the North Sea, we had to anchor one night in challenging conditions with strong currents off Spurn Head at the mouth of the River Humber. As a sailor, I know the importance when anchoring a boat of ensuring that the anchor is firmly holding.

Hebrews 6:19 uses the striking image of an anchor for Christian hope: "We have this hope as an anchor for the soul, firm and secure." Christian hope is a living and certain hope. As we reflect on this 'living', anchoring hope that we have through Jesus' resurrection, the robustness and security of Christian hope is clear.

There can be times in our lives when we might have doubted Christian faith and been tempted to abandon it. We might ask 'can this really be true' and 'why bother being Christian'? But we then come back to the bedrock of the resurrection of Jesus and can find ourselves firmly and happily anchored in this sure hope.

Whatever you are looking forward to personally, let's celebrate all that is good, and enjoy all that is fun throughout the year. Pray for God's leading of world leaders. We may be living in darker times; but let me encourage you to pray for a more peaceful world, for resilience, unity and wisdom. May we confidently have hope in Christ as our anchor - a living and certain hope.

Do come along to St Andrew's for our Candlemas celebrations on 1<sup>st</sup> February (see p. 5), and Sunday services at 9.15am as we go on an adventure seeking to take the confusion out of the Book of Revelation. Do also think about how you can use Lent in a positive and constructive way (see p.4).

With my prayers and blessings,

*Charles Trefusis  
Rector*

## What can Lent mean for me?

The six weeks before Easter, called ‘Lent’, is good to use as a time of reflection. Lent starts on Ash Wednesday, which this year is February 18<sup>th</sup>, and lasts until Easter Saturday (the day before Easter Sunday).

Originally Lent was just 40 hours and was a time spent fasting to commemorate the suffering of Jesus, and the 40 hours He spent in the tomb. In the early Third Century, Lent was lengthened to six days and then around 800 AD it was changed to 40 days. Lent starts on Ash Wednesday and actually lasts 46 days (as opposed to 40 days) as Sundays are not included in those 40 days. The 40 days also correspond with Jesus’ 40 days in the wilderness.

One of the traditional practices of Lent is fasting. We are told in Matthew 4:1-11 that Jesus spent forty days fasting in the wilderness and afterwards “he was starving.” If you’ve never practiced fasting before, an easy way to try it is with a partial fast. A partial fast can involve food and drink, or certain habits. You could do a partial fast by, for example:

- Fasting from foods associated with ‘feasting’, such as chocolate or alcohol.
- Fasting from social media or entertainment such as TV or radio.
- Fasting from habits and comforts such as, for example, going shopping.

You could discern how to do a partial fast by asking yourself:

- What cravings have a hold on me?
- What would be truly liberating to leave behind?
- Short of an addiction, have I become dependent on a particular food, drink, substance, or activity?
- What habit could I give up?
- What would be truly challenging for me to give up during Lent?
- What is Jesus asking of me?

As you think and pray through these questions, try to pick something to give up. But remember that it is not just about the ‘giving up’ of something that is important. Instead, it is intended to help us positively to reflect, focus on or spend more time with God this Lent, pray, or do something positive.

So, how will you use Lent this year?

*Charles Trefusis*

## DIARY DATES



You are warmly invited  
to the Bredfield  
Candlemas Party

1<sup>st</sup> February 2026, 3-4.30pm  
in the church room.

Candlemas is the perfect time for young and old in the community to celebrate together. On this day, we remember the occasion (the fortieth day after Jesus was born) when Mary and Joseph took Jesus to the Temple in Jerusalem to 'present him' before God (Luke 2.22-40). Sometimes it is called "The Feast of the Presentation of Christ".

Luke's gospel tells us that, after Mary and Joseph had done all that was necessary under the Law of Moses, two faithful people, Simeon and Anna, gave testimony as to who this child really was. Simeon said that Jesus would be 'a light for revelation to the Gentiles and for glory to your people Israel'. So on this day, we remember that Jesus is the Light of the World - and traditionally the church blessed all the candles that would be used in church all year round.

We will be retelling the multigenerational story of Candlemas and trying some amazing Candlemas customs such as candle-rolling and crepe decorating and eating. We will also use candles, ribbon, oranges and sweets to make Christingles which symbolise Jesus as the Light of the world and make a lovely Candlemas gift to give away. We'll end with a short time of all-age worship at 4pm, lighting some of the Christingles in church.

You can just turn up – but it would be great if you can let us know you're coming. Ring or text Ruth from the Bredfield Lightwave Group on 07751 670678



## FROM BREDFIELD PARISH COUNCIL:



A Charsfield Community Event

# Winter Warmer

Wednesday 11<sup>th</sup> February 2026

10.30am - 1pm Charsfield Village Hall

**New** Social <sup>PLUS</sup> Local Services and  
Wellbeing advice available

Save the date - Drop in at any point

Ideal for the over 60s – Say hello, refreshments and lunch in the warm

Transport available from nearby villages to/from Charsfield  
(Contact your local Parish Council to arrange transport)

Local help and advice on hand Accessing local activities,  
Physical and mental health support, Money advice, Pointers  
into local health services, plus much more!

Teas/Coffees and cake throughout – Soup and roll lunch provided

Charsfield Primary School Choir

Grundisburgh Tech Hub and Citizens Advice will also be attending



## COFFEE AND CAKE



Do join us for a **COFFEE AND CAKE** morning in St Andrew's Church Room on:  
**Wednesday 11<sup>th</sup> and Wednesday 25<sup>th</sup> February, 10am to 12 pm**  
**Wednesday 11<sup>th</sup> and Wednesday 25<sup>th</sup> March, 10am to 12 pm**

## CELEBRATE CHINESE NEW YEAR WITH A DELICIOUS CHINESE MEAL



Artwork by Florence Sargeant

# **POP-UP BAR** **& CHINESE**

**FRIDAY 20<sup>TH</sup> FEBRUARY**  
**6.00 – 10.00PM**  
**ALL WELCOME**  
**BRING FRIENDS AND FAMILY AND**  
**ENJOY A NIGHT OUT**  
**CARD PAYMENTS ONLY**

**MORE INFORMATION IN FEBRUARY**

IN BREDFIELD:

**MACMILLAN**  
CANCER SUPPORT



Friday 27th February @ 7.30pm  
Bredfield Village Hall

£15 per person - tables of 4

Pay cash on the door

Includes Fish & Chip Supper or  
Veggie Pizza & Chips

Bring your own drinks & glasses  
Raffle

To book - call

Anne Henderson 07802 874397

Fundraising for  
**MACMILLAN**  
CANCER SUPPORT

**FROM OUR FRIENDS IN  
DALLINGHOO:**

*Valentines Special*

*live JAZZ &  
CURRY night*

DALLINGHOO VILLAGE HALL

SATURDAY 14TH FEB  
7PM ARRIVAL FOR 7.30 MEAL

TICKETS £20

(INC CURRY FROM THE BENGAL-  
CHICKEN, LAMB, VEG, RICE & NAAN  
PLUS PUDDING))

Please purchase tickets by  
31<sup>st</sup> January using  
[dallinghoodcrf@gmail.com](mailto:dallinghoodcrf@gmail.com)  
(so we can order food)  
No email?  
Call Dawn Gill 01473 737296



## NEWS FROM BREDFIELD

### COFFEE AND CAKE CHRISTMAS PARTY

The morning of Wednesday 10 December saw the 'Coffee and Cake' Christmas party get together in the Church Room. Nine of our fellow villagers and five of the 'C&C' team enjoyed a spread of festive cakes and German Christmas biscuits. Crackers were pulled, paper hats donned, jokes read and silly glasses (briefly!) worn. There was a lot of lively chat around the table and much hilarity was caused by those silly glasses. The morning concluded with cards and little goody bags for all the guests.

Just a reminder that 'Coffee and Cake' takes place in the Church Room on the second and fourth Wednesday of each month, 10-12, and all are welcome to drop in.



*Christine Johnson*

## CHRISTMAS SERVICES AT ST ANDREW'S

### Candlelit Carol Service 20<sup>th</sup> December

What a wonderful service. As I walked up the path, darkness was falling, the lights were streaming through the stain-glass windows, and I could hear the beautiful singing of "O Come All Ye Faithful" from the rehearsing 25 - fold Choir. The Bells rang out in welcome (9 ringers were on site) and new lights lit the pathway.

So many volunteers helped to light the 100+ candles on windowsills etc. and the refreshment table was weighed down with after-service goodies. The Flower arrangements, Advent Candles, (lit by small children), Christmas Trees, Nativity Scene plus a second Nativity on a windowsill and Wise Men and Camel (on top of the Reredos, Altar Screen) added to the wonderful atmosphere as did the amazing 3D interactional model made by Lindsay Marriott, showing journeys of the First Christmas.

St Andrew's Lightwave Group welcomed everyone, and the church rapidly filled up with the 115 Adults and 14 children (under16). All our extra chairs were used.

We were blessed with 6 well delivered Seasonal readings, an interesting Talk by Rev. Charles and a solo first verse of "Once in Royal..." by Katie Gaze. The Choir sang "It was On A Starry Night" and "When a Child Was Born", as well as leading the Carol Singing and adding delightful harmonies. Steve accompanied the Choir on an electric keyboard as well as accompanying the Congregational singing on the Church Organ.

The highlight of the service was the lighting of hand-held candles (battery tealights for the youngest children), while the lights were dimmed, during the singing of "Silent Night". Beautiful.

Meanwhile the aroma of mulled wine was permeating the church from the base of the Bell Tower, Wine, finger food, chatting and fellowship followed. Willing volunteers helped to clean the church ready for our next service. Thank you.

An amazing collection of £532 towards this year's charities – first, Tearfund (supporting churches in over 50 countries in their work to alleviate local poverty) and second, The Christians Against Poverty Suffolk Coastal Debt Centre run by CAP, an award-winning National Charity.

A huge thank you to all the helpers, far too many to mention, who were amazing. Thank you also to those who donated so generously to such well deserving causes.

Following the service one small child was watching Carols from Westminster Abbey at home with his family and was heard to say "I've been there and seen Grandma singing on a stage". We clearly made an impression.



*Ann Stammers*

## **Crib Service Christmas Eve**

This was a lovely, informal interactive service, led by Kate and Charles Trefussis. Children and adults were invited to dress up and act out the Nativity. When certain words were mentioned in the story everyone was encouraged to join in with actions, stomping and animal noises.

We heard all about the journeys that people made to see the Baby Jesus and we were asked to remember the greatest journey of all....Jesus coming from heaven to earth.

We had 24 adults and 6 children present and a further £70 was raised for this year's charities

*Sue Hawes*



## **Christmas Day**

Bill Herbert led a more reflective, but still joyful, Communion service on Christmas Day.

## **Epiphany**

Sally Gaze led the Epiphany service, which was followed by two teams going round the village to take part in the Epiphany tradition of blessing and chalking houses where invited to do so.

## **Christmas Charitable Donations**

We're pleased to say that as a result of our Christmas collections - £532 at the Carol Service, £70 on Christmas Eve and £93 on Christmas Day, we have raised a total of **£695** for our chosen charities this year – Tearfund and Christians Against Poverty.

## **Christmas Sunday Walk**

On the Sunday after Christmas, an enthusiastic group from Bredfield and beyond gathered for a two mile walk around the village. After lighting a candle (a symbol of Hope) and short prayers in St Andrew's Church, we headed down the Ufford Road and followed the footpath from The Hermitage to the track near Blue Barn Farm. The brisk cold wind over the preceding days had largely dried the mud; and cloudier, milder weather provided comfortable conditions for walking and chatting. It was great to burn off a few calories, 'catch-up' with friends and particularly to meet new people. Permission was gratefully received to walk down the track to The Pump, where we turned right along the pavement. At the Jubilee Meadow, many took the option of pausing and strolling around the field quietly listening to nature with an increased awareness of our surroundings. Back at the Church Room in the warm, we continued our conversations and enjoyed a well-earned drink and cake/stollen.

Thank-you to all participants and especially to Anne and Paul for providing and serving refreshments.

*Roger Ackerley*

## **CHURCH STRUCTURAL SURVEY**

Our church structural survey which was delayed from November has now taken place. Initial indications are that some work will be needed to be carried out on the building. More details will appear in the next Lantern once we have received the official report.

*Steve Stammers*

## BISHOP JOANNE GRENFELL STARTS AS OUR DIOCESAN BISHOP



The Rt Revd Dr Joanne Grenfell, 53, who has been Bishop of Stepney (an area bishop in the Diocese of London) formally started as our Diocesan Bishop when she was enthroned at the Cathedral in Bury St Edmunds on Saturday 24<sup>th</sup> January.

Bishop Joanne, who is originally from Teeside, is married with three children. Prior to her role as Bishop of Stepney, she served as an Archdeacon in the Diocese of Portsmouth, as well as an inner-city parish priest in Sheffield and Liverpool. She trained for ordination at Westcott House in Cambridge. After studying at Oriel College, Oxford and the University of British Columbia, Canada, she was a lecturer in English at Oxford until 1998, is married to the Revd Dr James Grenfell, Chaplain to the University of East London where he us remaining in this role.

She is looking forward to meeting people when she starts in post towards the end of the year and is keen to see more young people leading within the Church and their communities, working alongside those with many years of experience.

She said: *"I am honoured to be called to this role. This is a beautiful diocese, with truly lovely people, and a grounded Suffolk sense of service and humility".*

## NATURE NOTES

A cold winter's day and the prospect of trudging through Suffolk's claggy clay doesn't appeal. Don't fear, we can still engage with nature through reading one of the many nature books that are available. So, this month, we're going to stay indoors - reading. Nature writing has never been more popular and there is a wealth of excellent nature books in print. Allow me to suggest just a few.



Richard Mabey is probably Britain's foremost nature writer. If I was to pick just one of his books, I would recommend '**The Cabaret of Plants**' (Norton & Co.) It is a wonderfully illustrated book about the botany and folklore of series of spectacular plants.

Mark Cocker is also a notable nature writer. He lives on the Suffolk-Norfolk border and one of his books - '**Crow Country**' (Vintage) - explores the life of the immense rookeries that exist in that part of the world. The book

describes his outings to learn more about an aspect of nature that is highly visible, but poorly understood. A revelation.

Dave Goulson is Professor of Biology at Sussex University, and a prolific proselytiser about the importance of conserving bees. His book '**A Sting in the Tale**' (Vintage) is an easy, yet educational book and you'll learn a lot about bees. If you're interested in wildlife-friendly gardening, his book '**The Garden Jungle**' (Vintage) explores the biodiversity potential of the average garden.

Nature books that explore one particular species in detail are referred to as monographs. Perhaps the best example is Nick Davies '**The Cuckoo: Cheating by Nature**' (Bloomsbury). David Attenborough describes it as a "fascinating study which solves many of the puzzles surrounding this most extraordinary bird".

One of the most successful and most visited rewilding projects is the Knepp estate in West Sussex. Isabella Tree's best-selling book '**Wilding**' (Picador) tells the story of how the Knepp estate was transformed from a traditional country house and grounds to a thriving haven for nature – Storks and all! The book also reveals much of interest about nature in Britain.

One of the people that Isabella is indebted to, for gaining an understanding of trees and their conservation, is Peter Wollbeben. His book '**The Hidden Life of Trees**' (Collins), with its account of the 'wood-wide web', will astound you.

It is now well-studied and documented that insect populations have suffered a dramatic decline in recent years – with severe repercussions. There is no better book on this subject than Michael McCarthy's '**The Moth Snowstorm**' (John Murray).

Writing about nature in its local setting has in roots firmly in one pioneering book: Gilbert White's, '**The Natural History of Selbourne**' (Penguin Classics). Published in 1789, it still remains a good read.

Ronald Blyth lived almost all his life on the Suffolk-Essex border and is the author of '*Akenfield*', a book you may be familiar with. In his later years, he was a lay preacher and wrote a regular contribution to the Church Times under the title Word from Wormingford. These writings can now be found in a new collection entitled '**Next to Nature: A Life in the English Countryside**' (John Murray). It is a delightful, month-by-month, blend of village life, nature and ecclesiastics.

Happy reading.

*All these books can be ordered through Suffolk Libraries and delivered to Bredfield Village Hall carpark on the Mobile Library, 12.05-12.30pm (see on-line for dates).*

*Stewart Belfield*      <https://bredfieldwfv.org.uk>  
*All photos by the author*



## SEASONAL RECIPE FROM THE VILLAGE SHOP

For a winter boost of vitamins and minerals, you can't beat broccoli - either sprouting broccoli or Calabrese - Both types are packed with vitamins A and C, as well as iron and beta-carotene, so it really does you good!

Try this quick recipe for a warming lunch or supper:

### **BROCCOLI WITH EGG AND MUSHROOMS**

Ingredients:

500g broccoli, in small florets and chopped stalks  
200g sliced mushrooms  
1 clove of garlic  
60g butter  
2 tblsp flour  
150ml vegetable stock  
150ml milk  
4 hard-boiled eggs, halved  
75g grated mature cheddar cheese

Cook the broccoli until tender, then rinse in cold water to keep its bright green colour. Sauté the mushrooms in the butter and add the crushed garlic. Mix in the flour, and gradually add the stock and the milk to make a smooth sauce, stirring over a low heat. Add the broccoli, then transfer to a serving dish, with the halved eggs arranged on top.

Scatter the cheese over the dish, and heat under the grill until golden and bubbling.

Serve at once, with crusty bread or wholemeal toast.

Broccoli is one of the quickest vegetables to prepare, with little waste, and makes a colourful and healthy side dish simply cooked for a short time and served with a little butter and pepper.

All the ingredients for the recipe are available in the shop, with local Suffolk broccoli, eggs and mushrooms!

*Kate Pirkis*



## BREDFIELD CHURCH 100 CLUB

Subscriptions are now due to be paid for anyone belonging to the 100 Club. The cost is **£12** for the year; First prize is £25 and second prize is £10. The draw takes place on the first Sunday in each month. Anyone wishing to join should contact **Rosemary or John McCarthy on 01473 737276.**

### 100 CLUB WINNERS December 2025

<b>1<sup>st</sup> Prize</b>	No. 8 N Bestow
<b>2<sup>nd</sup> Prize</b>	No. 3 L Whitman

### 100 CLUB WINNERS January 2026

<b>1<sup>st</sup> Prize</b>	No. 20 J Harnden
<b>2<sup>nd</sup> Prize</b>	No. 4 K Whybrow

## USEFUL INFORMATION

### St Andrew's, Bredfield

Rector: Rev Charles Trefusis

Churchwardens: Stephen Stammers and Paul Cannard

For all enquiries regarding St Andrew's, contact:

the Churchwardens on [churchwardens.bredfield@gmail.com](mailto:churchwardens.bredfield@gmail.com) or call Steve Stammers on 07704 856005

St John's church office on 01394 383162 or [info@stjohnswoodbridge.org.uk](mailto:info@stjohnswoodbridge.org.uk)

For information about the Benefice of St John's and St Andrew's go to  
[www.stjohnswoodbridge.org.uk](http://www.stjohnswoodbridge.org.uk)

**Bredfield Village Shop** opening times: Monday – Saturday 9.30-12.30

Want to know what's happening in the village? Check out the website  
<http://bredfield.onesuffolk.net>

For regular info updates- join our MailChimp email group. Email Anne Henderson -  
[henny@dircon.co.uk](mailto:henny@dircon.co.uk) and she will add you to the MailChimp list

Want to know about the Village Hall and Bredfield Wildlife Friendly Village – check  
out <https://www.bredfieldvillagehall.org.uk>  
<https://bredfieldwfv.org.uk>

### BREDFIELD PRAYER CIRCLE

This is a group of Parishioners united in prayer for the needs of our community. It operates in confidence, does not discuss your requests but simply includes your needs with their private prayer. Please give just a first name and enough details to make your request meaningful to those who will be praying with you. Please contact: Anne Ackerley 01394 384805 or Alison Cannard 01473 737707.

### PARISH GIVING SCHEME – St Andrew's

This is a simple and secure online way for churches to receive donations in support of their work and upkeep. It accepts both one-off donations and the setting up of a regular commitment. There is no charge, so 100% of your donation will go to St Andrew's. To make a donation please click on the QR code. **THANK YOU FOR YOUR SUPPORT**



Please send any contribution for the March Lantern to Alison Cannard at  
[lantern.bredfield@gmail.com](mailto:lantern.bredfield@gmail.com) , 01473 737707 by 10<sup>th</sup> February.

## FEBRUARY/MARCH SERVICES AT ST. ANDREW'S

<b>Sunday 1<sup>st</sup> February</b> <b>CANDLEMAS</b>	Candlemas Party and short all-age service, beginning in the Church Room	<u>3.00pm party</u> <u>4.00pm service</u>
<b>Sunday 8<sup>th</sup> February</b>	Service of the Word	<b>9.15am</b>
<b>Sunday 15<sup>th</sup> February</b>	Holy Communion	<b>9.15am</b>
<b>Sunday 22<sup>nd</sup> February</b>	Service of the Word	<b>9.15am</b>
<b>Tuesday 1<sup>st</sup> March</b>	Holy Communion	<b>9.15am</b>
<b>Sunday 8<sup>th</sup> March</b>	Service of the Word	<b>9.15am</b>
<b>Sunday 15<sup>th</sup> March</b> <b>MOTHERING SUNDAY</b>	Service of the Word	<u><b>10.00am</b></u>
<b>Sunday 22<sup>nd</sup> March</b>	Service of the Word	<b>9.15am</b>
<b>Sunday 29<sup>th</sup> March</b> <b>PALM SUNDAY</b> <i>Starting at Village Hall</i>	Palm Sunday Procession followed by Service of the Word	<u><b>10.00am</b></u>

## DIARY DATES AT A GLANCE

<b>Sunday 1<sup>st</sup> February</b>	Candlemas party
<b>Wednesday 11<sup>th</sup> February</b>	Coffee and Cake morning
<b>Wednesday 11<sup>th</sup> February</b>	Charsfield Winter Warmer
<b>Saturday 14<sup>th</sup> February</b>	Dallinghoo Live Jazz and Curry
<b>Friday 20<sup>th</sup> February</b>	Pop-up Bar with Chinese
<b>Wednesday 25<sup>th</sup> February</b>	Coffee and Cake morning
<b>Thursday 26<sup>th</sup> February</b>	Mobile Library
<b>Friday 27<sup>th</sup> February</b>	Macmillan Quiz Night