

# THE LANTERN

NEWS OF THE PARISH OF ST ANDREW'S BREDFIELD

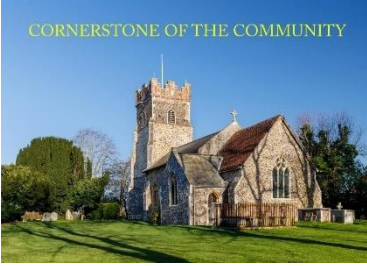


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**JULY / AUGUST 2026**

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CORNERSTONE OF THE COMMUNITY



## FROM ST ANDREW'S MINISTRY TEAM

In this beautiful part of Suffolk, I am often reminded how God speaks through the world He has made. The fields, the big skies, the quiet lanes and hedgerows of Suffolk are not only familiar to us but they once shaped the imagination of John Constable, whose canvases captured the light and life of this very landscape not far from here.

Constable, whose 250<sup>th</sup> anniversary of his birth we celebrate this year, once wrote that painting was “another word for feeling,” and in that simple phrase he revealed something profoundly true: creation stirs the soul because it points beyond itself to its Creator.

For those who follow Jesus, this is more than sentiment. The Bible tells us that “in him all things hold together,” and that the world is charged with His glory. Constable painted what he saw, but he also painted what he loved. His work invites us to look again at ordinary, everyday scenes as well as the play of sunlight on water, the weight of a cloud, and the people working in the fields. As we look at these scenes, we recognise that God is present in the ordinary everyday lives of people like us.

In a world that moves quickly and often anxiously, we are invited to slow down, to notice, listen to the whispers and prompts of God, and to give thanks. The gospel of Jesus Christ is not an escape from the world but good news for the world: that God has come to us, offers his love and grace, and invited us to believe. Renewal is possible in our hearts, our homes, and our communities.

Constable's landscapes remind us that God delights in our ordinary, everyday lives. He knows our village, our church, this moment in our lives. And just as Constable returned again and again to familiar scenes, finding new beauty each time, so we are invited to return daily to Christ, discovering fresh mercy, deeper hope, and a love that does not fade.

## **What's happening in and around Bredfield and Woodbridge this summer**

Even as many of us take holidays or enjoy quieter routines, there is much to look forward to in our village and nearby Woodbridge. For example,

### **Pilgrimage Walks**

Roger and Anne Ackerley are leading two 10-mile walks in July and September, following routes to take in beautiful Suffolk countryside and places of historical and spiritual significance. Full details below.

### **St Andrew's Summer Services**

Our Sunday worship continues as usual at 9.15am, and visitors, family, and friends are warmly welcome as we explore the Lord's Prayer during the holiday period. The church will also remain open during the week for anyone who wishes to sit, pray, or enjoy the stillness.

### **Bredfield Village Shop**

The shop continues to be a blessing to our community. Do drop in for a coffee, a chat, or to support local produce, especially as the summer fruit and vegetables come into season.

### **Events in Woodbridge**

Woodbridge will be lively throughout July and August, with riverside walks, markets, music events, and family activities. The Tide Mill, the Riverside cinema, and the various summer fairs offer plenty of opportunities to enjoy time together.

### **Bredfield Jubilee Meadow & Community Woodland**

Summer is the perfect time to wander through the meadow, enjoy the wildflowers, and give thanks for the beauty of God's creation right on our doorstep.

As let us also remember those for whom summer might be hard. A phone call, a visit, or a simple word of kindness can be a profound gift. In all things, may we be bearers of God's love to one another.

As you look around, may we be a people who see God's hand in the world around us and who reflect His light in the world before us. And may the peace of Christ, who holds all things together, hold each of you today.

With our love, prayers and blessings,

*Charles Trefusis*  
Rector

## DIARY DATES



Are you interested in the Anglo-Saxons or curious about the spread of Christianity in England? The Bredfield Lightwave Group invites you to join them on Thursday evenings in July and August to explore, discuss and reflect on some of the places and people involved. The sessions

will be informal, relaxed and friendly and will start in the Church Room with refreshments from 7.15pm onwards, and finish by 9pm.

Each week the life of a different Anglo-Saxon 'saint' who helped to share the Gospel story of Jesus Christ will be explored alongside the places they were associated with. Discover, for example, how Etheldreda and Ely are connected with our village; And how the stories of these lives and places can still influence how we live our lives today:

- 9<sup>th</sup> July Bede and Durham
- 16<sup>th</sup> July Bertha and Canterbury
- 23<sup>rd</sup> July Cedd and Bradwell-on-Sea/Lastingham
- 30<sup>th</sup> July Cuthbert and Lindisfarne
- 6<sup>th</sup> August Frideswide and Oxford
- 13<sup>th</sup> August Etheldreda and Ely/Bredfield
- 20<sup>th</sup> August Alcuin and York
- 27<sup>th</sup> August Hilda and Whitby

You will be most welcome to join us for one, a few or all evenings depending on your interest and availability.

For further details please message or speak to Steve Stammers (steve\_st.andrews@btinternet.com or 07704856005) or Roger Ackerley (01394 384805)

# BRASS ON THE GRASS

ENJOY AN EVENING WITH

**EAST OF ENGLAND CO-OP BAND**

**IN THE LOVELY GARDENS OF THE OLD RECTORY BREDFIELD**

**BRING A PICNIC AND A GLASS OF YOUR FAVOURITE TIPPLE**

Saturday 11<sup>th</sup> July 7pm

Gates open 6.15pm

Programme will include favourites from the Proms

Tickets available from 1<sup>st</sup> June from

Andrew Miller 07770 406222

and The Village Shop

Tickets: Adults £10 Children under 16 £5

## COFFEE AND CAKE



Do come along to **COFFEE AND CAKE** mornings in  
St Andrew's Church Room.



We meet on Wednesdays, usually twice a month.

**ALL WELCOME!**

**Wednesday 15<sup>th</sup> and Wednesday 29<sup>th</sup> July, 10am to 12 pm**  
**We'll be having a break in August, but will be back in the Autumn.**

## ANYONE FOR A WALK?

Are you interested in joining others for a day walk? Perhaps, you enjoyed the Beat the Bounds walk in May and would like to explore further afield?

Two walks are planned:

Wednesday 29<sup>th</sup> July Woolpit to Bury St Edmunds

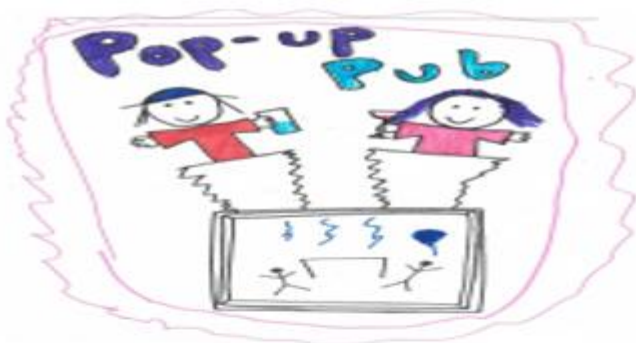
Saturday 19<sup>th</sup> September Eyke to Iken

Both walks are roughly 9 or 10 miles long and will be at a relaxed pace with several stops along the way at places of historical or natural interest. There will be plenty of time to chat or listen/observe the natural world.

July's walk will pass through several small villages with interesting churches and end at the ruins of St Edmunds Abbey with refreshments afterwards in the Pilgrims Kitchen. An option will be available for those who wish to attend Evensong in the Cathedral at 5.30pm.

September's walk will start in the village of Eyke. The route goes through Rendlesham and Tunstall Forests visiting Chillesford church and the site of St Botolph's Anglo-Saxon monastery overlooking the river Alde.

**Booking is essential.** If you have any questions or to **book**, please speak to Anne or Roger (Ackerley) or phone them/leave a message on 01394 384805. The event is organised by St Andrew's Church and is open to all, regardless of faith, capable of walking the distance.



Artwork by Florence Seargeant

# POP-UP BAR

**FRIDAY**

**31<sup>ST</sup> JULY**

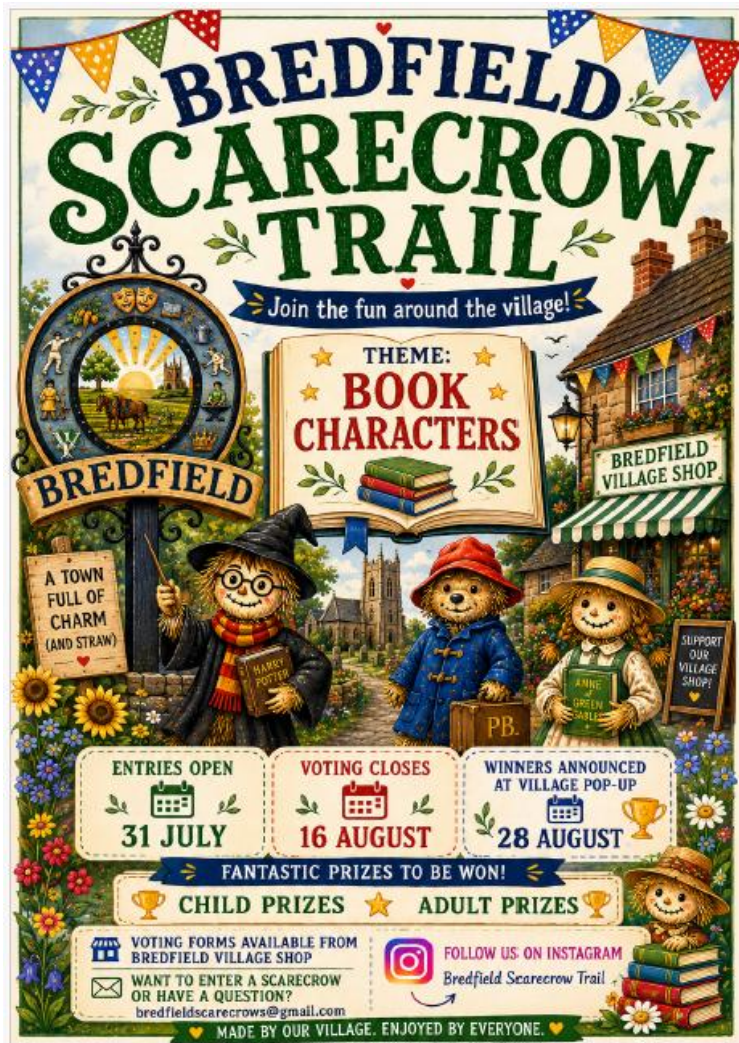
**6.00 – 10.00PM**

**ALL WELCOME**

**BRING FRIENDS AND FAMILY AND**

**ENJOY A NIGHT OUT**

**CARD PAYMENTS ONLY**



THE COMPETITION IS ALSO OPEN TO VILLAGE GROUPS AND ORGANISATIONS. SO, WHY NOT FORM A TEAM AND CREATE A GROUP SCARECROW.

THERE ARE NO PRIZES FOR GROUP SCARECROWS – IT’S JUST FOR FUN.

GET CREATIVE THIS SUMMER AND JOIN IN THE FUN!



Artwork by Florence Seargeant

# **POP-UP BAR**

## **& BBQ**

**(FRESHLY COOKED BY VH STAFF)**

**FRIDAY 28<sup>TH</sup> AUGUST**  
**6.00 – 10.00PM**

**ALL WELCOME**  
**BRING FRIENDS AND FAMILY AND**  
**ENJOY A NIGHT OUT**

## SAVE THE DATE

### RIDE & STRIDE



THE ANNUAL SHCT RIDE & STRIDE WILL TAKE  
PLACE ON  
SATURDAY 12TH SEPTEMBER  
9AM-5PM.  
DETAILS ON HOW TO JOIN IN TO FOLLOW.



## NEWS FROM BREDFIELD PLANT STALL

Thank you so much to all who have donated and purchased from the Plant Stall. As of 15th June we have raised £250 which is much needed towards repairs to our lovely St Andrew's Church.

Many Summer annuals are sold but we still have promises for more perennials, shrubs etc. The wonder Pride of India tree has now been sold.

We are very grateful for all help offered.

*Steve and Ann Stammers*



### 100 CLUB WINNERS June 2026

<b>1<sup>st</sup> Prize</b>	No.17 J D'Arcy
<b>2<sup>nd</sup> Prize</b>	No. 67 R McCarthy

## SONGS OF PRAISE AND CREAM TEA

Whenever there are five Sundays in the month, we try to do something a little bit different at St Andrew's. On May 31<sup>st</sup>, we swapped our usual service for a Songs of Praise, with favourite hymns chosen by members of the congregation. Each hymn was introduced as to why it was special to the person who had chosen it. The eight hymns were sung joyfully and, in fact, people were having so much fun that the singing continued even after the service had officially ended. On a beautiful May afternoon, we were then treated with a cream tea in the churchyard. Many thanks to all who contributed to the service, who set up the tables, chairs and gazebos, and especially to those who made scones, provided the clotted cream and jam, and served the tea.



## NATURE NOTES

As has been reported in this magazine, St Andrew's Church has been awarded 'bronze status' as an Eco-church. In order to achieve the next stage, it will be necessary to show how the church grounds and the building are maintained as a habitat in which wildlife can thrive. In order to help with this, Ann and Stephen Stammers have asked if I would carry out a survey, over the year, of invertebrates (mainly insects) in the church grounds. I was delighted to be able to help. Starting back in April, I'm making regular visits to the church grounds to observe and to photograph what's about. If you see someone wandering around staring at bushes, flowers and the grass, it's only me. Come and say hello, and I'll try to show you what's around.



Quite a few species find a habitat in the wilder margins of the church grounds. I have found some species there that I haven't previously seen around Bredfield. Notable amongst these was an Umbellifer Longhorn Beetle. As its name suggests, it lives on umbellifers such as Cow Parsley and Wild Carrot. I have also found species which reveal that the church grounds are an arena for some pretty strange predatory behaviour. Here are two examples.

On an early visit, during a sunny day in April, a number of different species of small mining bees were active. This family of bees is so-called because, usually solitary, they dig holes in soil or sand to build their nests. There are 67 different species of mining bee in the UK and most look fairly similar. I was able to identify two species that were present: Orange-tailed Mining Bee and Gwynne's Mining Bee. Then I noticed an odd-looking large fly waiting on a nearby bush. It was a Spot-winged Spring Bee-grabber. The name gives it away

and, as strange as it might appear for a fly to predate a bee, this is what happens here. The fly grabs the mining bee and carries it away in flight for later consumption. (Sorry, I hope you're not reading this over breakfast.)

On a subsequent visit in early-June, I found another predator. This was a tiny black wasp, no more than 10 millimetres in length. Later examination of photos that I'd taken

revealed ivory-coloured markings behind the eyes - a distinguishing characteristic of *Auplopus carbonarius* (sorry, they have no common name). These insects are spider-catching potter wasps and display unique behaviour. They construct barrel-shaped cells in which captured and paralysed spiders can be kept as food for their hungry developing larvae.



What drama is going-on in the church grounds that you never knew about? I'll be continuing my survey throughout the year and will report again later.

*Stewart Belfield* <https://bredfieldwfv.org.uk>

*All photos by the author*



## SEASONAL RECIPE FROM THE VILLAGE SHOP

High summertime, and gardens are yielding sun-loving vegetables, amongst them, green beans. This recipe is very simple, and retains the special flavour of crunchy beans, suitable for any type, bush or climbing, green or purple! The short cooking time maximises the benefits of Vitamins A and C which the beans contain.

### **SAUTÉED BEANS WITH RED PEPPER**

500g tender beans

2 tblsp veg oil

20g butter

1 red pepper, deseeded and sliced

2 spring onions, roughly chopped

2 tblsp roasted sunflower seeds

Boil the beans for 3 minutes, then drain and rinse in cold water to keep the colour.

Heat the oil and butter in a large frying pan, and add the red pepper.

Cook for 2 minutes, then add the beans and spring onions.

Sauté for a few minutes.

Sprinkle with the sunflower seeds, and serve - maybe with scrambled eggs or an omelette, or simply-cooked meat such as steak or chops.

All the ingredients are available in season in the shop, and locally sourced.

Enjoy the summer!

*Kate Pirkis*



## USEFUL INFORMATION

### St Andrew's, Bredfield

Rector: Rev Charles Trefusis: 01394 383162 or [info@stjohnswoodbridge.org.uk](mailto:info@stjohnswoodbridge.org.uk)  
Churchwarden: Stephen Stammers: [steve\\_st.andrews@btinternet.com](mailto:steve_st.andrews@btinternet.com) or 07704 856005

For enquiries about baptisms, weddings and funerals, please contact the Rector.  
For all other enquiries about St Andrew's, contact the Rector or Churchwarden.  
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

**Mobile Library: Thursday 16<sup>th</sup> July 12.05-12.30 Village Hall car park**  
[suffolkcommunitylibraries.co.uk/mobile-library-stop/bredfield-village-hall/](http://suffolkcommunitylibraries.co.uk/mobile-library-stop/bredfield-village-hall/)

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. To make a donation please click on the QR code. **THANK YOU FOR YOUR SUPPORT**



## JULY/AUGUST SERVICES AT ST. ANDREW'S

Sunday 5 <sup>th</sup> July	Holy Communion	9.15am
Sunday 12 <sup>th</sup> July	Service of the Word	9.15am
Sunday 19 <sup>th</sup> July	Holy Communion	9.15am
Sunday 26 <sup>th</sup> July	Service of the Word	9.15am
Sunday 2 <sup>nd</sup> August	Holy Communion	9.15am
Sunday 9 <sup>th</sup> August	Service of the Word	9.15am
Sunday 16 <sup>th</sup> August	Holy Communion	9.15am
Sunday 23 <sup>rd</sup> August	Service of the Word	9.15am
Sunday 30 <sup>th</sup> August	Service of the Word	9.15am

## DIARY DATES AT A GLANCE

Saturday 11 <sup>th</sup> July	Brass on the Grass
Wednesday 15 <sup>th</sup> July	Coffee and Cake morning
Thursday 16 <sup>th</sup> July	Mobile Library
Wednesday 29 <sup>th</sup> July	Coffee and Cake morning
Friday 31 <sup>st</sup> July	Pop-up Bar
From Friday 31 <sup>st</sup> July	Scarecrow Competition
Thursday 13 <sup>th</sup> August	Mobile Library
Friday 28 <sup>th</sup> August	Pop-up Bar & BBQ

Please send contributions for the SEPTEMBER LANTERN to Alison Cannard at [lantern.bredfield@gmail.com](mailto:lantern.bredfield@gmail.com) , 01473 737707 by 15<sup>th</sup> AUGUST.