

# THE LANTERN

NEWS OF THE PARISH OF ST ANDREW'S BREDFIELD



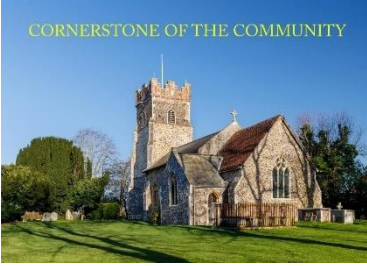
MODEL OF THE LAST SUPPER BY LINDSAY MARRIOTT

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**MAY 2026**

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CORNERSTONE OF THE COMMUNITY



## FROM ST ANDREW'S MINISTRY TEAM

As we enjoy a beautiful Suffolk spring, my thoughts as someone who loves sailing keep returning to the lighthouses that stand along our coastline: Southwold, and the steadfast beacon at Lowestoft. They are such familiar landmarks, yet their quiet purpose is profound: to guide, to steady, and to reassure those navigating uncertain waters. In many ways, they offer us a picture of what the Church is called to be, and what each of us can offer to one another.

During Rogationtide each May, we ask God's blessing on the land, the crops, and the work of our farmers. It is a season that reminds us how deeply we depend on God's provision as well as the labour and skill of those who work on them. Walking through the fields around Bredfield, or simply pausing in our gardens, we recognise that flourishing is never a solitary effort. Just as the lighthouses stand not for themselves but for the sake of others, so we are invited to live with an outward-looking generosity caring for those around us.

**Do join us for our Rogation Walk which this year will be on Saturday 9<sup>th</sup> May, and for our Rogation Sunday service on 10<sup>th</sup> May.**

Pentecost soon follows, with the wind and flame of the outpouring of the Holy Spirit, its bold proclamation that the Holy Spirit equips ordinary people like us to be people of extraordinary hope. The disciples, once fearful and uncertain, became bearers of light in a world that often felt shadowed. That same Spirit still moves among and empowers us today - sometimes in dramatic ways, but more often in the quiet acts of kindness that hold a

community like Bredfield together and bringing hope to a world in need of hope.

**This year, we celebrate Pentecost on Sunday 24<sup>th</sup> May. We would love to see you and your family at our special service that day - as well as every Sunday at 9.15am.**

These past months have reminded us how important it is to keep an eye on one another, especially when times are difficult. A phone call to someone who lives alone, a doorstep conversation, an offer to pick up shopping, or simply noticing when someone seems a little withdrawn — these small gestures become beams of light cutting through fog. They reassure others that they are seen, valued, and not navigating life's storms alone.

**Do have a read of the article later in this magazine and ask yourself if you are able to support or help someone else in the village.**

As we celebrate Rogation and Pentecost, may we allow ourselves to be shaped by our gifts, courage, and compassion. And may St Andrew's, our parish and village of Bredfield, like those Suffolk lighthouses, continue to stand as a sign of welcome and hope for all who live here, visit, or pass through.

With every blessing as we look into the summer, and with our gratitude for the ways you quietly care for one another,

***Rev Charles Trefusis***  
**Rector**

## DIARY DATES

ST ANDREW'S CHURCH, BREDFIELD  
**BEAT THE BOUNDS WALK**

**SATURDAY 9<sup>th</sup> MAY**

**2PM START AT BREDFIELD VILLAGE HALL  
CAR PARK**

A WALK TO EXPLORE THE NORTHERN  
BOUNDARY OF THE PARISH AND BEYOND  
TEAS WILL BE AVAILABLE AT THE END OF THE  
WALK IN THE CHURCH ROOM @4.30PM  
PLEASE WEAR STOUT FOOTWEAR AS WE WILL BE  
USING FIELD PATHS AND TRACKS  
ALSO WATERPROOFS IF WET

**PREBOOKING ADVISED  
PLEASE CONTACT  
ANNE ACKERLEY  
01394 384805**



## 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!**



The next dates are:

**Wednesday 13<sup>th</sup> and Wednesday 27<sup>th</sup> May, 10am to 12 pm**

**Wednesday 10<sup>th</sup> and Wednesday 24<sup>th</sup> June, 10am to 12 pm**



Artwork by Florence Seargeant

## **POP-UP BAR & PIZZA**

**FRIDAY 29<sup>TH</sup> MAY  
6.00 – 10.00PM**

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

## NEWS FROM BREDFIELD

### WHY ARE THERE NO HEDGES IN LINCOLNSHIRE?



.....cried the exasperated runner halfway through the Boston Marathon on Sunday 12<sup>th</sup> April?

After months of training, I arrived at the Market Place overlooked by St Botolph's Church (aka 'The Stump') on a chilly, windy and bright morning. I was struck by how friendly and relaxed people were. There were a thousand runners, but it didn't feel crowded. We were soon off, at a crazy pace twisting and turning along the streets of the town. Before long we were through the suburbs and out into the vast, open, flat countryside propelled by a tailwind for the next 10 miles.

And then it all changed as we turned a corner: The wind was relentless. For the next 10 miles, I battled crosswinds and headwinds hiding behind taller (!) runners and looking desperately ahead to the next building or change of direction. I was enormously grateful for the cheer and drinks bottle that Anne handed me at 14 miles.

There is a low point in every marathon; and for me it came after 20 miles which is the point that the textbooks tell you to give it all you've got left. Well,

I was spent - running on fumes. I was now in survival mode. To cap it all, the runner ahead of me at the drinks station was handed the last bottle of water!

Then a miracle happened: Instead of feeling all the pain I was in, I thought about everyone who was supporting me and Macmillan Cancer Support for which I was raising money. I have been overwhelmed by the generosity of villagers, swimming friends, fellow runners and family. A last big effort took me to the outskirts of Boston and the long run-in to the finish.

A huge 'thank-you' to everyone who has supported me or donated to Macmillan. So far, I have raised almost £800 including Gift Aid. If you haven't already done so and still wish to donate, there are sponsorship forms in the village shop and St Andrew's church or you can donate online on the following page <https://www.justgiving.com/page/roger-ackerley-6> .

*Roger*

### **LITTER PICKING MORNING ON SATURDAY 28<sup>TH</sup> MARCH**

A small band gathered at 9.30am and self-divided into several groups covering the playing field, Ufford Road and along the footpath/cycle path next to the A12 between the end of Ufford Road and the Stoneyways footpath. No prizes except the reward of cake and teabread afterwards, but the biggest item by volume was a nearly complete water butt full of rubbish, by weight probably half a barn door. The community litter-pick devices and hoops were put to good use, and cheery banter was exchanged all morning during which about 10 bin bags of litter were collected and taken to Foxhall Road tip.

Later, two determined litter-pickers ventured out Good Friday morning (trying in vain to miss the worst of the traffic) to clear the sides of the road from the south exit from the A12 into Bredfield until the start of the village – 7 bags full this time, including a very large number of empty beer cans clearly thrown out of vehicle windows. Unfortunately, it is clear there is always more litter

picking to do – analogies to painting the Forth Bridge (now is that road or rail? A dubious quiz question) come to mind.



*Paul Cannard*

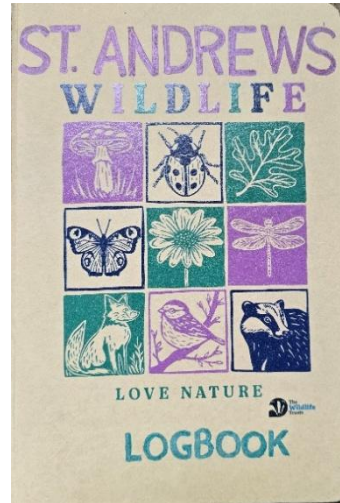


## **ST ANDREW'S CARING FOR CREATION**

On 21<sup>st</sup> March there was a whole day at St John's when we learnt about local projects including Deben Climate Centre and Transition Woodbridge. Talks were given by both Martin and Margot Hodson who are both highly qualified, and also talks from local environmental groups. Leaflets are available in our church porch. This was followed by a service at St Andrew's on the following day based on Hope in a Time of Environmental Crisis, with another fascinating talk by Martin Hodson.

Now that we have gained Bronze Eco Church, we are trying to help and learn more about our environment.

A new Logbook has been sited inside the church. It would be brilliant if as many people as possible, young and old, record their sightings, Plants, Birds, Insects, Mammals. If you can catch what you see on camera/phone that would be great. A new email address for such photos is now available inside the logbook. You don't need to be a naturalist, just someone who uses their eyes to see what is around you in this amazing world we live in. Common or unusual examples of Nature are all welcome. Let's all learn as we go along.



We are hoping to have both a Bat Survey and a Moth Survey in future. Everyone will be welcome

A Celebrating our Care for Creation Day is being held on May 9<sup>th</sup> at St. Edmundsbury Cathedral to celebrate the 10<sup>th</sup> Anniversary of A Rocha's Eco Church Award Scheme. It will include morning talks and workshops, based on local and global events, with stalls and exhibitions. The day will culminate with a service of celebration for churches who are involved with the award scheme.

*We can't heal the world today, but we can begin with a voice of compassion, a heart of love, an act of kindness.* Mary Davis

*YOU MATTER. You might be but one drop in a bigger ocean, but even that drop causes ripples which affect every other drop.* Sue Krebs

*Ann Stammers*

## EASTER WEEK SERVICES AT ST ANDREW'S

All of these were so well attended, which helped to make Easter time so special. The most important time for Christians.

### **Palm Sunday, 29<sup>th</sup> March, the beginning of Holy Week**

We started with a procession of 30 people, carrying Palm and Bay branches. Unfortunately, we had no Donkey this year, to represent the animal that carried Jesus into the city. We were blessed for so many years with Hilary and Tim's Ponies, Smudge and then Magic.

We blessed the Shop, Playing Field, Hall etc, before processing to the Church.

Palm Sunday carries a mix of emotions for Christians, because although it remembers a joyful moment, it led to the events that resulted in Jesus' arrest. Rev. Sally led the celebration while Roger gave the talk on what Good Friday represents, we concluded by being given woven palm crosses and by enjoying fellowship, hot cross buns and yummy cake. Thank you to all who made this possible.



## Maundy Thursday

For the second year running, many of us experienced a Maundy Thursday meal at Sally and Chris' home. This was a fascinating insight into the Jewish Passover Meal that Jesus would have shared with his disciples at The Last Supper. We had a tasty main course cooked by Chris and a selection of scrumptious desserts brought by those attending.

“Maundy” comes from the Latin “mandatum”, or “command”. Jesus commanded that people should love one another, blessed the bread and wine, shared it with his disciples, and encouraged them to continue doing this after his death. The Communion.

The meal we shared was made up from many parts, interspersed with sips of red wine. It included unleavened bread (Matzah), a roasted meat casserole, raw Bitter Herbs, Charoset (a delicious, sweet paste).

Altogether a great experience. Huge thank you to Sally and Chris for all your preparation.



## Good Friday. An Hour At The Cross

Such a peaceful and contemplative hour led by Rev Garrie Griffiths who, with Jill, led our Quiet Day. This time, instead of music written, played and sung by them, we had a most carefully selected choice of music including for example Ubi Caritas a Gregorian chant, Coverdale by David Fitzgerad and If ye Love Me, Christ Church Cathedral Choir Dublin. The music was interspersed with relevant Readings and words written by Garrie. Jill played a flute blessing towards the end. All well worth experiencing by the many attending. Thank you for sharing your talents Garrie and Jill. Hot Cross Buns and fellowship were enjoyed afterwards.



## Easter Sunday

A nearly full church including several children, for this joyful service. The flower arrangements looked super, thank you to all who helped. Lindsay had again excelled herself by making a model, this time of The Last Supper. Please do pop into the church to see it. It will remain there for another week.

The Easter candle was lit, from which the congregation's candles were also lit. Readings and Easter Hymns, sung with gusto, also included a Solo from Michael Conway (from G4) singing Lord I Believe In You, originally performed by Crystal Lewis. Activities were available for the children, including the making of Easter Gardens. At the Communion the children were given a

blessing and a small Easter Egg. The youngsters then led an Easter Egg hunt by hiding 48 Crème Eggs (kindly donated) around the whole of the graveyard, for the ADULTS to find. Eggs and yummy refreshments were enjoyed by all.

*Ann and Steve Stammers*



## PLANT STALL TOWARDS CHURCH FABRIC FUNDS

The Plant Stall outside Thorney Grove is starting to fill up as the warmer weather arrives. Thank you to all those who have donated plants. £12 has already been collected as eagle-eyed gardeners pick up a bargain.

If you can help a good cause by donating seedlings, potting up baby offspring, splitting up perennials etc that would be fantastic. Name them if possible and just leave behind the stall. Empty pots are available.

Otherwise, just keep your eyes open for a bargain.



*Ann and Steve*

## LOOKING AFTER YOUR NEIGHBOURS

Bredfield has a good community spirit, and we can frequently all come together for something in the village. Things like pub nights, quizzes or a range of events nearby can usually attract people, and these can be advertised beforehand, alongside information about important local services. To help facilitate this, these days we rely heavily on electronic communication – emails, social media etc. As part of this, the Parish Council and other village organisations use the Mailchimp email service to keep people in the village up to date with forthcoming events and information.

However, there are those in the village who are not on email, and do not use any of the social media outlets, and consequently may miss news or vital information, and this can add to the feeling of isolation within the community.

Do you have a neighbour who is in this situation? Would you be willing to help by passing on information and keeping them up to date with events? Or are you someone who does not use computers or mobile devices and would like someone to bring paper copies of this information to you?

If you would like to help your neighbour or if you are someone who needs help then please contact either

Anne Henderson – 07802 874397 [Anne.Henderson@bredfield-pc.gov.uk](mailto:Anne.Henderson@bredfield-pc.gov.uk)

Hilary Harker – 01394 388440 [Hilary.Harker@bredfield-pc.gov.uk](mailto:Hilary.Harker@bredfield-pc.gov.uk)

and they will give you more information and organise contact.

## VILLAGE MAP

As part of the review of the website the parish council will be updating the village map.

If you know of any changes that should be made, please email [nik.bestow@bredfield-pc.gov.uk](mailto:nik.bestow@bredfield-pc.gov.uk) .

## THANK YOU FROM MIKE AND ANN PILGRIM

Following Mike's unscheduled eight-week stay in Ipswich and Papworth hospitals courtesy of our brilliant NHS, we are very pleased to report that he is now back home after a heart triple bypass operation in Papworth Hospital.

Heartfelt thanks to all our friends and neighbours who have sent cards and good wishes, prayed for Mike, visited, helped with transport, and generally kept our spirits up during this long ordeal. Bredfield is truly a caring community, and a wonderful place to live.

He hopes to be back bell-ringing, driving vintage cars and even folk singing in the "George" in due course, but needs to take life gently for the time being.

## FLOWERS IN THE CHURCH

It is always lovely to have fresh flowers in the church. We could do with a few more people on the flower arrangers rota to enable the Altar to have flowers for services. Is there anyone who would be prepared to join the rota? If so, please contact me:

Rosemary McCarthy  
Tel. No. 01473 737276

## 100 CLUB WINNERS April 2026

|                             |                  |
|-----------------------------|------------------|
| <b>1<sup>st</sup> Prize</b> | No.52 H Fowler   |
| <b>2<sup>nd</sup> Prize</b> | No. 60 G Hammond |

## NATURE NOTES

Over the last few weeks, I've been watching wildlife in two places: in my Bredfield garden and on TV. In my garden, I've been welcoming all the new Spring arrivals. More on this later, but first about nature on TV. Have you been watching the new David Attenborough series 'Secret Garden'? It's really good! The series reveals and displays the wildlife that abounds in British gardens. The programme is on BBC 1 and you can catch-up with it on BBC iPlayer. Don't miss it!

In the very first programme, David Attenborough stated that the biodiversity found in a typical British garden is greater than in a same area of tropical rainforest. I can believe this. In my own humble garden, I have recorded: 54 species of bird (not including the ones flying over); 38 species of bee; 24 species of butterfly (a Green-veined White in the photo); over 400 species of moth; and hundreds more invertebrates, mammals, amphibians, fungi and wildflowers. Makes you dizzy just thinking of them all!



It always helps by taking a few steps to make your garden especially wildlife-friendly, including: planting flowers that attract pollinators; allowing a few areas of grass to grow longer; easing off the insecticide and herbicide sprays; going 3D by growing some trees; and if you've got room for a small pond that helps greatly too. A wildlife-friendly garden doesn't have to be messy. If you've got the right flowers, nature won't care whether they're in neat rows or not; whether they border a lawn with a neat edge or not. There is plenty of advice on the Bredfield Wildlife-friendly Village website (see link at the end of

the article). The ‘Secret Garden’ programme also points to some of the dangers for wildlife that lurk in British gardens, and David Attenborough offers some advice.

Firstly, if you have one of those robotic lawnmowers, avoid running it at night. They are not yet sufficiently sophisticated to recognise a crouching hedgehog on your nighttime lawn. Across Europe, many hedgehogs have suffered fatal cuts from these machines. Secondly, cats kill around 50 million birds per year in the UK. A bell around your cat’s neck, especially in the summer when it’s outside, can reduce cat-kills by a third. Lastly, take down your bird-feeder during the warmer months. Though they provide a lifeline for birds in the winter, they can harbour diseases like *trichomonosis*, which has already caused a significant decline in the population of Greenfinches. Hot summers can turn feeders into disease hotspots. Clean them and put them back-up at the end of autumn, when they are really needed.

Oh yes, I was going to say something about new spring arrivals that I’ve been watching and hearing in the garden. Well, there’s so much, but the highlights are: the sound of the first Chiffchaffs in March; the song of the Backcap in early-April; the arrival of the House Martins coming to nest on my neighbour’s house at the end of April; the wary and harmless Grass Snake basking in the Spring sunshine after its foray into the garden pond; the frenetic Brimstone butterflies dashing around the garden borders; the busy activities of all the bumblebees, mining bees, nomad bees and the wonderfully named ‘Hairy-footed Flower Bee’. I’m going outside in the garden now to enjoy more nature.

*Stewart Belfield*  
*All photos by the author*

<https://bredfieldwfv.org.uk>



## SEASONAL RECIPE FROM THE VILLAGE SHOP

Asparagus is plentiful and local to our region at this time of year. This recipe was found by Anne Henderson, and is naughty but nice!

### CREAMY ASPARAGUS AND BACON PASTA

200g Fiorelli pasta, or similar eg Fusilli

80g streaky bacon

2 cloves garlic, chopped

230ml double cream

2 large eggs

350g trimmed asparagus

30g grated Parmesan

Some finely-chopped parsley, optional

Cook the pasta al dente, and set aside

Fry the bacon then remove from pan and drain on kitchen roll

Cook the garlic for 1 minute in the pan.

Separate the egg yolks and beat well with 2 tblsp of the cream

Pour the rest of the cream into the pan, and reduce.

Mix the asparagus with the reserved pasta, cook for 1 minute in a pan, then add to the cream and garlic.

Stir in the Parmesan, and remove from heat before adding the beaten egg yolks and cream. Stir well with the parsley if required.

Place in a warmed dish, and scatter the fried bacon over the top.

Serve with a fresh green salad, maybe some rocket and crisp lettuce, and warm bread.

The asparagus in the shop is from a grower in Middleton, near Yoxford, or sometimes from Ardleigh in Essex. Enjoy it while you can!

Thank you to all who come into the shop, we really appreciate it, and are always open to suggestions for improvement and development.

*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\\_standrews@btinternet.com](mailto:steve_standrews@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 21<sup>st</sup> May 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**



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

## MAY/JUNE SERVICES AT ST. ANDREW'S

|                                    |                            |                      |
|------------------------------------|----------------------------|----------------------|
| <b>Sunday 3<sup>rd</sup> May</b>   | <b>Holy Communion</b>      | <b>9.15am</b>        |
| <b>Sunday 10<sup>th</sup> May</b>  | <b>Service of the Word</b> | <b>9.15am</b>        |
| <b>Sunday 17<sup>th</sup> May</b>  | <b>Holy Communion</b>      | <b>9.15am</b>        |
| <b>Sunday 24<sup>th</sup> May</b>  | <b>Service of the Word</b> | <b>9.15am</b>        |
| <b>Sunday 31<sup>st</sup> May</b>  | <b>Songs of Praise</b>     | <b><u>3.00pm</u></b> |
| <b>Sunday 7<sup>th</sup> June</b>  | <b>Holy Communion</b>      | <b>9.15am</b>        |
| <b>Sunday 14<sup>th</sup> June</b> | <b>Service of the Word</b> | <b>9.15am</b>        |
| <b>Sunday 21<sup>st</sup> June</b> | <b>Holy Communion</b>      | <b>9.15am</b>        |
| <b>Sunday 28<sup>th</sup> June</b> | <b>Service of the Word</b> | <b>9.15am</b>        |

## DIARY DATES AT A GLANCE

|                                      |                                |
|--------------------------------------|--------------------------------|
| <b>Saturday 9<sup>th</sup> May</b>   | <b>Rogation Walk</b>           |
| <b>Wednesday 13<sup>th</sup> May</b> | <b>Coffee and Cake morning</b> |
| <b>Wednesday 27<sup>th</sup> May</b> | <b>Coffee and Cake morning</b> |
| <b>Thursday 21<sup>st</sup> May</b>  | <b>Mobile Library</b>          |
| <b>Friday 29<sup>th</sup> May</b>    | <b>Pop-up Bar and Pizza</b>    |