

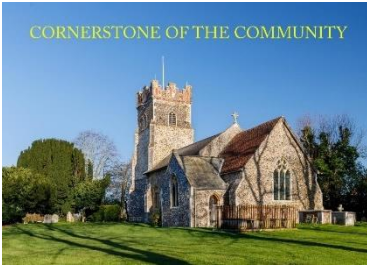
THE LANTERN

NEWS OF THE PARISH OF ST ANDREW'S BREDFIELD



Alli Girling's photo of the 'Griller Boys' who did such a wonderful job cooking the burgers and sausages at the Pop-up Bar + BBQ evening.

OCTOBER 2026



FROM ST ANDREW'S MINISTRY TEAM

Dear Friends,

As we look back on the warm hot Summer, our thoughts turn to 'harvest' and the reminder of God's provision of our needs.

Here in Bredfield, we are surrounded by stunning countryside that remind us daily of God's creation. This year, however, as we celebrate Harvest Festival, we also remember how the summer's drought has left its mark on the land, on the farmers who work it, and indeed on all of us.

Harvest is a time to give thanks for God's provision, but also to recognise the reality that creation groans under strain. The Bible reminds us in James 1:17 that "every good and perfect gift is from above". Even in a year of challenge, the gifts are still there — the golden light on a September evening, the resilience of the soil, the community spirit that draws neighbours together.

Think about how we give thanks to God at Harvest Festival.

We remember and acknowledge that God is the source of all life. The grain in the barn or silo, the apples in the orchard, the rain that finally falls are all signs of God's sustaining care. Even when the harvest is smaller, His faithfulness is not diminished.

As we acknowledge God's provision and care, we allow our gratitude to stir our emotions. We might feel the joy of a meal, the enjoyment of friends, or appreciate the beauty of the countryside that still takes our breath away. Gratitude softens us, helping us to see God's goodness and hand in creation, even in difficulties and the hard times.

A real feeling of gratitude will encourage us to express our thanks in actions. That might mean supporting local farmers, sharing with those in need around us and the Woodbridge Foodbank, or caring for creation in practical ways. Faith is never just an idea; it is lived out in the choices we make each day and expressed in our thanks to God for his provision of all our needs.

Do join come and celebrate Harvest Festival at St Andrew's, your local village church, on Sunday 4th October at 10am.

Let's bring our whole selves - mind, heart, and body - in worship. Let's thanks God for his provision of all our needs, and commit ourselves afresh to being good stewards of God's world.

If you are able, please bring tins or packets of food and join me in supporting the Salvation Army Food Bank at this time, and over the coming year. There will be a collection point in the church porch and at the Village Shop throughout the year.

Looking ahead to the end of the month, we will be holding...

A Light Party at St John's Church (IP12 1HS) on Saturday afternoon October 31st from 4pm – 5.30pm.

This is a joyful family event celebrating the light, love, and goodness of God with creative crafts, games, music, celebration, and snacks & drinks for all ages.

A service of Commemoration and Thanksgiving on Sunday 1st November at 10am at St Andrew's.

This is a time to pause and remember those we have loved and who have died. There will be an opportunity to have names of loved ones read out, and to light a candle in their memory. The candles serve as a symbol of both of our memories of our loved ones, and of Jesus Christ the light of the world, in whom we place our hope. The service will

include a mix of readings, well-known hymns, and prayers.
Refreshments will be served after the service. We do hope that you
can join us on this occasion and look forward to seeing there.

With my prayers and every blessing,

Charles Trefusis

Rector

DIARY DATES

PLANT STALL

As the soil has been so dry after the drought, we have deferred the restarting
of the Plant Stall for another month.

Offerings of plants, produce etc are most welcome from 4th OCTOBER
onwards. Hopefully, by then, plants will be able to settle in well with
minimum watering. Empty pots, needing a wash, are still available.

We will continue the stall until inclement weather arrives.

Thank you all for your donations and purchases this year. We will total up the
results when the Stall closes.

Steve and Ann

COFFEE AND CAKE



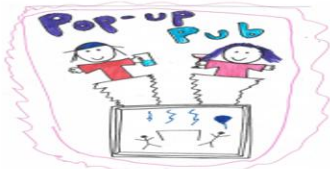
Do come along to **COFFEE AND CAKE** mornings in
St Andrew's Church Room.

We meet on Wednesdays, usually twice a month.

ALL WELCOME!



Wednesday 14th and Wednesday 28th October, 10am to 12 pm
Wednesday 11th and Wednesday 25th November, 10am to 12 pm



Artwork by Florence Seargeant

POP-UP BAR

FRIDAY
23RD OCTOBER
6.00 – 10.00PM

ALL WELCOME
BRING FRIENDS AND FAMILY AND
ENJOY A NIGHT OUT
CARD PAYMENTS ONLY



Friday 30th October
@

Bredfield Village Hall

7.30pm

Quizmaster - David Hepper

£15.00 per person

Tables of 4

(pay cash on the door - includes fish & chip supper or
vegetarian - bring your own drinks)

Proceeds to
Bredfield Village Hall

TO BOOK PLEASE CALL

ANNE HENDERSON - 07802 874397

CHURCHYARD CLEARUP

Our annual churchyard clear-up this year will take place on Saturday, 31st October, starting at 10am. There will be plenty of jobs including strimming, leaf raking, pruning, hedge trimming, etc. The gutters around the church room also need cleaning. Inside, the church needs a deep clean and the pews and altar rail etc. will need polishing. Lots to do and all forms of help would be appreciated. Lunch/refreshments will be provided as usual. This is always a great social event and we would love to see you there if you are able. For catering purposes, it would be helpful if you could let me know if you intend to come (steve_st.andrews@btinternet.com).

Steve Stammers

LIGHT PARTY AT ST. JOHN'S 31st OCTOBER



SAVE THE DATE



CHRISTMAS CHOIR

Once again this year, we will be running our Christmas “Scratch” Choir and we would love you to join us. You do not have to be an experienced singer. You just need to enjoy singing. It’s for all ages, although children under 11 must be accompanied by an adult. Rehearsals will take place in the church room from **19.30 to 21.00 on Thursdays 26th November and 3rd, 10th and 17th December** before we take part in our “Carols by Candlelight” service on December 20th at 17.00. If you’d like to take part or would like more details, please either contact Steve Stammers at steve_st.andrews@btinternet.com or phone 07704 856005. **OR**, you could just turn up at the first rehearsal. If anyone has any ideas regarding what we might sing as a choir only item, please get in touch.

Steve Stammers

NEWS FROM BREDFIELD

SCARECROW COMPETITION 2026

For those of you who were unable to attend the pop-up bar on the 28th August 2026, a presentation took place following a public vote. Winner - Belvedere 'Room on the Broom'. Runners up - The Cottage 'Scarecrow Wedding' and Maytree Cottage 'Queen of Hearts'. As the scarecrows are taken off display, we would like to think that we were all winners, and that the entries have given us all a reason to smile and to recognise the community spirit in Bredfield. Thank you to all who took part and for the time, attention and ingenuity you gave to your entries (I know from personal experience that turning an idea into a scarecrow that will remain standing for several weeks takes a long time!).



The winning entry by Ian and Chrissie Wiles - with quite a lot of help from their grandchildren



We're already looking ahead to next year! If you have any brilliant ideas for the next scarecrow theme, we'd love to hear them by sending an email to: bredfieldscarecrows@gmail.com



The runners- up



Photos are posted on the Facebook page, search for Bredfield Scarecrow Competition 2026 and Instagram Bredfield Scarecrow Trail.

Thanks also to the team who made it possible, Alli, Nikki, Emelia and Roswyn.

SATURDAY 12TH SEPTEMBER - SUFFOLK HISTORIC CHURCHES TRUST RIDE AND STRIDE

This year it was great to see 38 Riders and Striders checking into St Andrew's, Bredfield on their way round this part of Suffolk. The weather, like Goldilocks' Porridge, was 'just right' for the event too, with no extremes of heat or sudden downpours.

We also had a bumper crop of runners and riders representing Bredfield. So, thanks go to Stephen, Don, Max and Christine, Tony and Marion, Roger, Ruth and family for taking part. Well done all!

Finally, thank you too to all those who volunteered an hour of their time to check-in and welcome participants. Your help is much appreciated. Sponsor money and forms to me by early October please. The final total to be published in the Lantern in due course.

Anne Ackerley

FAREWELL TO THE GAZE FAMILY

A large number gathered on 23rd August for a special service followed by a bring-and-share lunch to say thank you and farewell to Chris, Sally and Katie. Between them, they have done so much for St Andrew's: between them, they set up the Lightwave Group, which is flourishing, solved the issue of heating in the church, provided excellent support for congregational singing, and expanded all our waistlines with many cakes. We will miss them (and Katie's chocolate brownies!) and wish them every blessing as they embark upon the next chapter in their lives in Birmingham, where Sally takes up a new role as Director of Ministry.



AN INTERVIEW WITH...ROB PARKER

Rob and his wife Lucy bought their house in Bredfield last year. As someone who had never lived anywhere but IP4, Rob is surprised at how quickly he has taken to village life. He loves being able to walk out of the door and straight into fields with the family and their dogs. He also relishes that moment when he turns off the A12 on his way home from work and is immediately surrounded by greenery.

Rob was a primary school teacher for 18 years, but two years ago started working with children who are out of mainstream education. This is challenging but can be rewarding, such as when an initially disruptive child who would not engage with any learning passes an exam. Lucy teaches Art and Design & Technology at Woodbridge School. They have also self-published three books together, Rob providing the text while Lucy creates the illustrations.

Rob has always been a storyteller. When their sons (Albie, 15, and Ted, 12) were very young, he would make up bedtime stories for them, even recording them if he was away. They are now well past the age for bedtime stories, but on occasions if the mood is right, Rob can still captivate them. As young children, Albie and Ted would suggest or inspire characters for Rob's tales. One of their favourite animals was a sloth, and so Stink the Sloth was born. Many of you will have noticed that 'Stink the Sloth' has now appeared in print form and can be found in the village shop. So how did this transformation from Dad's bedtime story to printed and beautifully illustrated book come about?

Rob's experience as a father and teacher means that he is confident about what gets children reading, so the idea of having his stories printed took hold. It only came to fruition when Rob had more time on his hands during the pandemic. He needed illustrations to bring the stories to life in a way that he himself would not be able to do, and it was immediately obvious that Lucy was the perfect artist to create them.

Getting the book ready was a real collaborative effort. Sometimes, Rob would take the boys out for the day to allow Lucy time to work in peace. He made rough sketches of what he was looking for on each page, and she would create pictures to reflect his ideas. There was one moment of frustration on her part (or the only one that Rob admits to!), when she spent hours trying to capture the hat that Stink was wearing in his sketch. It turned out that the squiggle above Stink's head was actually a wayward pencil mark that wasn't supposed to be there at all. However, after Lucy's efforts, Rob was quite happy to allow Stink to wear a hat on that page, although he does lose it later on in the book!

Rob approached several agents, but the only terms he was offered were extremely unfavourable and would mean the loss of all control of his creation. He briefly wondered whether to accept, but Lucy persuaded him that by self-publishing they would retain ownership and control of every step of the process. She insisted on high-quality paper and printing, as well as embossing on the cover. A perfectionist friend of Rob's, who owns a design company, helped with all the digital work. The result is of a quality far higher than you would usually expect from a self-published book, and it convinced Rob that the approach they took was the right one.

It was a very proud moment when Rob opened the box of his books from the printers, but he stresses that it had been a collaborative effort involving all the family as well as several good friends who run local businesses and are fellow Town fans. He has received many compliments on the book – it was even chosen locally by HomeStart as their KS1 book. The KS2 book was written by Anthony Horovitz (a patron of the charity), and Rob was thrilled to be in such company. He even got to meet the author, who complimented him on his work.

Rob's passion is football, and he uses it in 'Stink the Sloth' to show how the game can be used as "an effective tool to drive teamwork". Through the efforts of a good friend, he was able to get the book sold in the Ipswich Town's club shop. This led to Rob collaborating with ITFC to produce his second book, 'One of Our Own', a children's book that appeals to all ages and encourages conversations and reminiscences about football across the generations. There are very few children's books about football, and Rob would love to take the idea to other clubs across the country.



Rob and Lucy's third book, 'You Are Not Alone', is the result of collaboration with Combat2Coffee, following a conversation with them over a coffee by their stall at Portman Road on match days. It not only talks about the struggles an armed forces veteran can face, but the potential effect on their family and friends too. It can be read by all ages and is aimed at helping people recognise the signs that things are not well, show them where help can be found, and might just give them the impetus to seek it.

The word that springs to mind when hearing about the books is 'connection'. Rob agrees. The most important thing in life is people's connection with each other – family, friends and the wider community, being kind, working with and offering help and support to each other.

So, at what point will Rob know that he has been successful? He would love to be able to become a full-time writer, to be able to call himself a published author. Oh, and when he's sitting on his "luxury yacht...!"

Interviewed by Julie Crabb and Alison Cannard

BREDFIELD PARISH COUNCIL REPORT OCTOBER 2026

Mailchimp

Several email providers have recently introduced stricter rules on email validation to combat malicious spam and spoofing by third parties. This change has prevented some mailchimp subscribers from receiving messages or the messages going direct to Junk/Spam folders.

There are changes afoot to overcome this barrier (you may notice that emails are now being sent from a different address) but please bear with us - as with anything technical it is taking time to fully implement all the adjustments.

Neighbourhood Plan

The Bredfield neighbourhood plan is now five years old and, as per government requirements is being refreshed to ensure it still aligns with the greater good. Part of this process requires the Parish Council to conduct a survey of residents to validate the objectives set out in the plan.

You should expect to receive a questionnaire in October, the first step in this refresh.

Bin Collection

East Suffolk have issued the following advice in respect of bin collections:

- Residents should continue placing their large food waste caddies at kerbside, as normal, on their assigned day for collection, with the handle up to lock it.
- If the caddy is not emptied on the assigned collection day, residents should bring it back in from the kerbside, storing it outside with their other larger bins.
- The district council will then seek to ensure that locations which have been missed receive a collection on their assigned day the following week.
- If the large caddy becomes full during this period, and there is further food waste to dispose of, residents should place this in their general waste bin for collection.

Northern Bypass

Suffolk County Council are currently investigating the following six options to relieve pressure on the road network around the Orwell Bridge:

- A replacement or alternative to the Orwell Bridge
- A new Orwell crossing linking to the A12 south of the Copdock junction
- An Upper Orwell crossing in the centre of Ipswich
- A northern bypass route
- Incident management including operational measures and local junction improvements
- An assessment on how many people must switch to public transport to reduce traffic pressure.

Emergency Plan

Following the recent wildfires in Dunwich the Bredfield Emergency plan has been updated to include actions to be taken for Wildfires and prolonged periods of Extreme Heat.

Nik Bestow

100 CLUB WINNERS

September 2026

1st Prize	No.62 A Stammers
2nd Prize	No. 38 S Arbon

NATURE NOTES

All things bright and beautiful

“All creatures great and small”. In Cecil F. Alexander’s hymn, the word ‘all’ is repeated. It is a song of inclusivity, because “The Lord God made them all”. We don’t sing “Most creatures great and small”. Yet when people consider nature, it would seem that there are often exceptions. Rats, wasps and midges, to pick just a few, are not usually considered as “bright and beautiful”. Indeed, they are usually considered ‘nature’s baddies’. In the plant world, few people sing the praises of ragwort, thistles and the host of other ‘weeds’. I think that the maligned view of many of ‘nature’s baddies’ is often down to myths, misunderstanding and a failure to appreciate the ecological links where ‘nature’s goodies’ (such as the Peacock butterfly) often rely upon ‘nature’s baddies’ (such as the Stinging Nettle).

In this month’s Nature Notes, I’d like to come the defence of a bird that often finds itself confined to the category of one of nature’s baddies. It is a familiar bird and there will be few, if any, Bredfield gardens that the bird does not visit. I’ve been watching a young bird visiting my garden recently. It’s the Magpie.



There are probably more myths and folklore about the Magpie than about any other bird. Many of these myths and folklore have a persistence and it's not unusual to still hear people reciting "one for sorrow, two for joy", or greeting the presence of a Magpie with the precautionary words "Good Morning Captain, how's your wife?" (or some regional variation of that). Legends and myths about the Magpie are reinforced regularly because we see the bird often. Once myths take hold, they inform the way we interpret behaviour. A Magpie perched on a gravestone must be an omen of death. If a Magpie is seen picking up objects out of curiosity to see if they might be useful (perhaps to include in a nest), it must be thievery at work. Another heavy accusation against the Magpie is that their nest-raiding habits have brought a decline in the numbers of our much-loved songbirds.

Scientific studies have punctured these myths. Biologists at Exeter University carried out research and found no evidence that Magpies routinely pilfer small shiny trinkets. Tim Birkhead, a renowned ornithologist and ecologist, headed a research project which found that nest-raiding by Magpies had no significant impact on songbird numbers. This is not to say that omnivorous Magpies do not sometimes engage in nest-raiding, but Magpies have been coexisting alongside song birds for thousands of years. The main culprits for the recent decline in song birds lies elsewhere: environmental changes and the hunting habits of domestic cats.

Can I nudge you into viewing the Magpie in a slightly more positive way? Get past the pejorative, vilifying myths and you'll appreciate that the Magpie is a very attractive and highly intelligent species. Please include it in all the bright and beautiful creatures, great and small.

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

All photos by the author



SEASONAL RECIPE FROM THE VILLAGE SHOP

Autumn brings with it an association with pumpkins, marrows and squash of various sorts. The prolonged drought this year has meant that pumpkins might be not as big as usual, but the squash family in general has survived surprisingly well. The bright orange flesh of a squash is full of Vitamins A and C, and also a good source of fibre. This recipe uses Butternut squash, but any variety will do well.

ROASTED SQUASH DIP WITH PUMPKIN SEEDS

1 medium Butternut squash	2 cloves garlic
1/2 red pepper, cut into strips	1/2 cupful pumpkin seeds
Olive oil or rapeseed oil	5 or 6 fresh sage leaves
1 tsp paprika	Salt and pepper

Cut the squash in half lengthways, scoop out the seeds, then peel, and cut into chunks. Toss in the oil with a little salt and the paprika, and the strips of red pepper, until well-coated with the oil. Place on a roasting tin, and roast in the oven at 200C for about 30 mins, until the squash is soft.

Meanwhile, spread the pumpkin seeds onto a baking tray and lightly toast for 2-3 mins., and dry roast the sage leaves at the same time, until crisp.

Crush the garlic, and blend with the squash, and red pepper, until smooth. Add a little extra oil if needed, and season with pepper. Swirl the mixture into a serving dish. Scatter the pumpkin seeds on top, and garnish with the sage leaves.

This is a delicious way to share a squash, and is a meal in itself served with fresh bread.

Enjoy the autumn season, with a range of different fruit and vegetables, and cooler, shorter days! Thank you all for supporting the village shop - please do suggest anything we could do differently.

Kate Pirkis



USEFUL INFORMATION

St Andrew's, Bredfield

Rector: Rev Charles Trefusis: 01394 383162 or info@stjohnswoodbridge.org.uk
Churchwarden: Stephen Stammers: 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

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

Mobile Library: Thursday 8th October 12.05-12.30 Village Hall car park
www.suffolkcommunitylibraries.co.uk/mobile-library-stop/bredfield-village-hall/

Want to know what's happening in the village? Check out the website
<https://bredfield-pc.gov.uk/>

For regular info updates- join our MailChimp email group. Email Anne Henderson -
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**



OCTOBER/NOVEMBER SERVICES AT ST. ANDREW'S

Sunday 4 th October HARVEST FESTIVAL	Harvest Festival Celebration	<u>10.00am</u>
Sunday 11 th October	Service of the Word	9.15am
Sunday 18 th October	Holy Communion	9.15am
Sunday 25 th October	Service of the Word	9.15am
Sunday 1 st November	Holy Communion Service of Commemoration and Thanksgiving	<u>10.00am</u>
Sunday 8 th November REMEMBRANCE	Service of Remembrance	<u>10.50am</u>
Sunday 15 th November	Holy Communion	
Sunday 22 nd November	Service of the Word	
Sunday 29 th November ADVENT and ST ANDREW'S DAY	Celebration of the start of Advent and Patronal Festival	<u>10.00am</u>

DIARY DATES AT A GLANCE

Thursday 8 th October	Mobile Library
Wednesday 14 th October	Coffee and Cake morning
Friday 23 rd October	Pop-up Bar
Wednesday 28 th October	Coffee and Cake morning
Friday 30 th October	Quiz Night
Saturday 31 st October	Churchyard Clear-up
Saturday 31 st October	Light Party at St John's

Please send contributions for the NOVEMBER LANTERN to Alison Cannard at lantern.bredfield@gmail.com , 01473 737707 by 12th OCTOBER.