

THE LANTERN

NEWS OF THE PARISH OF ST ANDREW'S BREDFIELD



Photo of Leveret in the Garden by Stewart Belfield

OCTOBER 2025

CORNERSTONE OF THE COMMUNITY



FROM ST ANDREW'S MINISTRY TEAM

Every Autumn, churches and schools across the UK fill tables with tins and fruit, sing about gathering crops and give thanks for provision. Harvest Festival, with all its colour and comfort, remains one of the few church traditions that still connects our everyday lives with the land and with God.

I wonder if you joined us for the wonderful Rogation Walk around the parish boundary on a sunny Saturday afternoon back in May, when we saw the crops growing? In the same way that at Rogation time in the Spring we ask God's blessing on the farmers and on the crops that they have sown, so at Harvest Festival we thank God for the fruit of the harvest.

With roots in the Old and New Testaments, the church's celebration of Harvest Festival as we know it was started by Rev Robert Hawker. In 1843, he invited his Cornish parish to gather for a special service, giving thanks for the harvest and bringing gifts to share with those in need. The idea quickly took root across the country and has been celebrated since.

Today we have become used to having many types of food at any time of the year, and tend to overlook the seasonal nature of foods. Because we can, for example, have strawberries all year round even if they do not have the flavour of local grown produce in their season of June and July, we expect that foods will be there at any time, and we can lose the awareness of the seasonal nature of our food.

Although I am no expert, I do enjoy growing beans, courgettes, and tomatoes and also picking the apples, pears, and grapes from established trees in our

garden. Not only do they taste great, but I take pleasure in the achievement that they are home grown.

When God created our world, He also gave us responsibility for its stewardship, and even small changes can make a real difference. Local and home-grown produce can both taste good and be better for the environment as there are also no air miles or transport costs.

Harvest is a natural moment to give thanks to God for what has grown, and prompts us to pause, to reflect and to review. As we celebrate harvest this year, let us give thanks and also look at how we can both share what we have with those who have less, through our local Woodbridge Food Bank, and reduce our impact on God's creation in how we use the food produced.

Do come and celebrate Harvest Festival at St Andrew's, your local village church, on Sunday 5th October.

9.15am: Bacon butties and croissants, with a wonderful display of tractors and more outside

10.00am: Harvest Festival Praise

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.

With my prayers and every blessing,

Charles Trefusis
Rector

DIARY DATES



You are warmly invited to come and celebrate Harvest Time in Bredfield at St Andrew's Church on 5th October. Find out about local produce and have some fun with rural activities and breakfast from 9.15pm followed by Harvest Worship from 10-10.45.

If possible, bring one or two tins or packets of food along to contribute to the celebration. These will be presented to the Salvation Army Foodbank in Woodbridge.

St Andrew's Church in Bredfield is here for everyone in the village. You are welcome to join us on any Sunday at 9.15am. Please get in touch if you would like to offer or receive prayer or help.

**Rector: Rev Charles Trefusis info@stjohnswoodbridge.org.uk 01394 383162
Churchwarden: Steve Stammers 07704 856005 steve_st.andrews@btinternet.com**

St Andrew's Church, The Street, Bredfield, Woodbridge, IP13 6AX

Coffee And Cake



Do come along to **COFFEE AND CAKE** mornings in St Andrew's Church Room. It's a wonderful way to catch up with old friends and make new ones, all in the comfortable Church Room with its new heaters, and with fresh coffee and other hot drinks, cakes and biscuits on offer.



We meet on Wednesdays twice a month. The next dates:

Wednesday 8th and Wednesday 22nd October, 10am to 12 pm

Wednesday 12th and Wednesday 26th November, 10am to 12 pm



Artwork by Florence Seargeant

POP-UP BAR

**FRIDAY
17TH OCTOBER
6.00 – 10.00PM**

ALL WELCOME

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

CARD PAYMENTS ONLY

CHURCHYARD CLEAR-UP DAY

Our annual churchyard clear-up day this year will take place on **Saturday, 18th October from 10am until 4pm**. There are lots of jobs which will need doing, including hedge trimming, clearing brambles from between tombs, painting preservative on the church doors, cutting and raking the longer grass areas etc. Also, this year we are undertaking a deep clean inside the church. As usual, a simple lunch will be available in the church room.

If you feel able to help, it would be useful for catering purposes if you could let me know in advance if you can (07704 856005 or email steve_st.andrews@btinternet.com). Otherwise, just turn up on the day. Everyone is welcome and it's always an enjoyable occasion and an opportunity for a get-together.

CHRISTMAS CHOIR

Once again this year, I will be forming a Christmas choir to take part in our Carol Service which will take place at 17.00 on December 21st. This will be the third year we have run it and if the last two years are anything to go by, it will be a lot of fun.

Everyone is welcome – no previous experience is needed. Rehearsals will take place in the church room on Thursday evenings at 19.30 starting on **November 27th**. It would be helpful if you would let me know if you are interested on 07704856005 (email steve_st.andrews@btinternet.com). Otherwise just feel free to turn up at the first rehearsal.

Steve Stammers

WE NEED
YOU
at our
QUIZ
NIGHT



Friday 31st 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

NEWS FROM BREDFIELD

From the Abbey to home

Remembering an epic journey on foot from Bredfield to Bury St Edmunds in 2012 to raise money for the Suffolk Historic Churches Trust (SHCT), I thought, for this year's 'Ride and Stride' event, it was about time that I reversed the journey. But being that bit older (!) I realised that I wouldn't make it within the 8 hours allocated. So, it was shortly before 7am that I cycled to Grundisburgh before catching the early bus to Ipswich and connecting train.

And so, it was in the atmospheric abbey ruins at the shrine of St Edmund, once England's patron saint, that my one-day adventure began. It was a clear, bright morning with just a hint of early autumn. Here in 1214, 24 barons swore an oath to compel King John to accept the Charter of Liberties, which directly led to the creation of the Magna Carta the following year.

After the cathedral, many of the local churches had 'self-check-in' arrangements. However, the absence of checkers was more than made up for by the cheery participants, many of whom I repeatedly encountered on the peaceful lanes and paths between Rushbrooke, Hessett and Drinkstone. Then came small Shelland church hidden away in the trees, unusually dedicated to 'King Charles the Martyr'. Here I was greeted with vintage cars, a churchyard crowded with visitors, helpers preparing for Harvest Festival and a warm welcome.

After this, Stowmarket felt like a metropolis. But the welcome was no less friendly in the bustling café within St Peter's and St Mary's. And the sign-in person had known Jeremy Harrold, who will be fondly remembered by many readers. As in most adventures there are more 'challenging' sections and mine came next: Grinding up the hill out of the centre and then forty minutes in the concrete, soulless wilderness of 'Gateway 14'. The pedestrian/cycle path came to a dead-end, leading me to hacking my way through a jungle of vegetation only to then reach two six-foot deep ditches.

After crossing the 'River Jordan' comprising the A14 and A140, I then entered what felt like the 'promised land' of the bucolic vale of Coddanham, complete

with sunshine. But the biblical scenes didn't end there: I was chased by menacingly black clouds all the way through Henley and into Witlesham, where the heavens opened. Where were you at 4 o'clock? Well, I was sheltering under a rather inadequate bush with water trickling down the back of my neck, counting: FLASH, one, two, three, BANG!

It was therefore with a more than usually thankful heart that I staggered into St Mary's Church, Grundisburgh where I was welcomed and offered drink and biscuits. Now on my bike again, it was delightful to swap tales with fellow village participants who I met on the Boulge Road riding back.

A huge thank-you to all who made this event possible – participants, donors, local volunteers who provided refreshments and checked us in, and Anne who organised it all.

If you have not already done so, there is still time to donate on-line at <https://www.justgiving.com/campaign/suffolk-churches-ride-and-stride-2025> Please specify that you wish St Andrew's Church, Bredfield to benefit from your donation.

Roger Ackerley

Saturday 13th September - Suffolk Historic Churches Trust Ride and Stride

The day was forecast to be showery so may have accounted for less participants checking-in this year. However, on the sunnier side, there were a record number of runners and riders representing Bredfield. So many thanks go to Don, Stephen and Florence, Roger, Marion, Max and Christine, Janie and Peter and the Herbert/Howell family for a brilliant effort - well done! Thanks also to all the volunteers who checked-in and welcomed visitors to Bredfield, your contribution too 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

Eco Church

I'm delighted to say that St. Andrew's is now a registered "Eco Church". This is a programme run by A Rocha which equips churches to better care for creation within the categories of:

1. Worship, and teaching
2. Buildings and energy
3. Land and nature
4. Community and global engagement
5. Lifestyle

There are three awards available – bronze, silver and gold. At present we are on the verge of achieving a bronze award and a long way towards achieving a silver.

As part of this we have recently completed two major sustainability projects that have transformed the church and church room into warmer, more energy-efficient, and environmentally responsible spaces. These improvements were made possible through national funding from the Church of England and generous local support.

These projects both reduce our carbon footprint and ongoing energy costs and also ensure our spaces remain welcoming, safe, and fit for purpose well into the future.

In the church room, the old LPG heating system has been replaced with the installation of "intelligent" modern electric panel heaters and an electric water heater for the sinks. The lighting has been replaced by energy-efficient LED lighting units.

In the church the old (now condemned) tubular pew heaters and the old under-floor blower system have been replaced with new, energy efficient under-pew electric heaters – each individually controlled to allow flexible, targeted heating of only the areas in use. The lighting has been replaced with low-power LED units which, although just as bright, use only one tenth of the energy of the previous fittings.

It has been calculated that, together, these two projects will reduce annual energy consumption by **over 1,000 kWh** and lower our carbon emissions by an estimated **0.25 tonnes per year**. This will of course lead to reduced energy and maintenance costs.

We owe our thanks to:

- **Ollie Richardson of Richardson Electrical**, whose quality of work, attention to detail, and reliability were central to both projects' success.
- **Church member, Phil Allen** for sorting out the re-arrangement of the plumbing in the church room plumbing
- The **Church of England Environment Programme**, for providing both Quick Wins and Give to Go Green funding.
- **Chris Gaze and Paul Cannard** for securing our C of E grants
- The **Bredfield Town Lands Charity**, for supporting the church room upgrade.
- Our **church volunteers**, who contributed time and effort to the church room refurbishment.
- And to our **local community and congregation**, for their giving.

Another aspect of being an “**Eco Church**” relates to our management of the churchyard. In a previous magazine article, I said that our churchyard means different things to different people. For many, of course, it is where they can go and be with their departed loved ones. For others, it is a place of tranquillity ideal for solitude and reflection. Others will regard it as a place where they can be with nature. Yet others will see it as a place for historical research. It is also where the village War Memorial resides. In short, the churchyard is a place for everyone, including those who just pass through it on the public footpath.

In terms of its management, we have divided the churchyard into a number of different areas. Some of these are mown short for obvious practical reasons. Others, such as the area where there are old gravestones no longer tended, can be managed as summer meadow and cut and raked as appropriate, we

have a bug hotel and wood piles and some other areas of rough grass. **In short, we are trying to manage the churchyard with our community, care for the environment and nature in mind.**

A small group of people work together on this and to manage the area properly is a time-consuming task. We would love to have a few more volunteers to help out. Each individual/group of volunteer(s) could be responsible for managing different aspects of the area. We already have one volunteer who does the mowing of the large area which needs to be kept short and neat. Another individual/group could be responsible for a particular summer meadow area. Others could look after wood piles/bug hotel and so on. You may also have other ideas about how we can improve our management of the area.

We do have a map of the churchyard along with a written management plan, a copy of which is posted in the church porch. If you would like a copy for yourself, please let me know.

If you are interested in getting involved or want to know more, please contact me, Steve Stammers on 07704 856005.

Steve Stammers

An interview with... Sue Arbon

Many of you will know Sue Arbon, who lived in Bredfield for nearly 60 years with her husband, Len, raised her sons here and was very active in many areas of village life. We could write a whole article on her Bredfield years alone, but here we will focus on her very early life.

Sue can be described as Suffolk through and through. Born into a rural Suffolk family, she grew up in Blaxhall with her older sister and 11-years younger brother, and has never lived anywhere but Suffolk. Her grandfather was a

shepherd on one of the Blaxhall farming estates, while her father worked for another Blaxhall farmer and kept young cattle until they were old enough to join the herd. However, there was clearly much more to her father than you might think – he had initially started out at the Leiston Works, training to be an engineer, but the 1930's slump put an end to that ambition. He could have gone back later, but by then had a young family and the benefit of a tied cottage which he was reluctant to give up. Sue's mother had worked as a nurse until she started her family.

Her parents were very much country people, but Sue describes her father as unusually refined. When inspecting his rabbit traps, he would ensure that Sue and her sister played well away while he dealt with what he found there. He also (unsuccessfully!) tried to teach Sue to swim in the Alde. His upbringing was quite different from that of his siblings: the second of about 10 children, he was sent to live with grandparents when the third child was born. This was not unusual for the time, and Sue credits this with fostering his more refined manners and behaviour. It is clear that Sue adored her father and his "very loving and caring" nature.

She describes her childhood as "very happy" and even "idyllic". This was despite the fact that she was born just at the start of World War II, and that life in rural Suffolk was hard. Blaxhall had no electricity, sanitation or running water, and Sue's home had only a well and a soft water tank. But it did not feel particularly harsh, as their life was no different to anyone else's there. She and her siblings understood how hard their parents worked to provide for them and had the utmost respect for them, never risking doing anything that might damage the fruit or vegetables their father grew in the garden. The family also kept horses in the early days, and always had a dog, cats, and rabbits, as well as chicken for eggs. The cattle were fed with cattle beets, and they even gave them – along with grass, kale stalks and carrot tops – to the rabbits (there was no commercial pet food in those days).

The family lived about a mile from the nearest shop, but they could place a grocery order one week to arrive the next, and both the butcher and baker

came to the village. They lived a similar distance from the village school that Sue attended until she was 11. Although she was initially scared of the bigger children charging around the playground, she said there was never any trouble and she enjoyed her time there. The headmistress's husband was George Ewart Evans, who as well as being the PE teacher (who created a kind of assault course in some fir trees for the children, but it is not recorded if Sue found this fun or an ordeal!), is best known for his highly-regarded book 'Ask the Fellows who Cut the Hay' which describes life in rural Blaxhall in the time before mechanization, as told to him by those who remembered it.

Sue usually cycled to school, but did not go home for lunch. Instead she ate at her grandmother's, partly for convenience, but mostly because she was a very slow eater and being there gave her time to finish her meal at leisure! Sue cycled everywhere – to visit her maternal grandparents, to Saxmundham to catch the bus to the grammar school in Leiston, and later to Woodbridge for work. Sue left school before sitting the equivalent of GCSEs, choosing instead to work at Suttons Seeds. There she packaged seeds, but later moved to the office, where she taught herself to type. It was one evening after work, aged just 17, that she cycled to a dance at Little Glemham, where she met a "really nice boy" called Len, and very nearly missed her 11pm curfew back in Blaxhall! Three days later, she introduced him to her parents. Her mother was a little shocked to find that the "boy" was actually 23 years old and had been working since he was 14. She took Sue to one side and warned her, "Dear, he's not a boy, he's a man!" However, he must have convinced her parents that he really was "very nice", as he and Sue married two years later. Just a few years after, in 1961, they moved to Bredfield, and the next 60-year long chapter began.

Interviewed by Julie Crabb and Alison Cananrd

NATURE NOTES

The Starling is a familiar bird, full of character. Prior to 2000, the Starling was always amongst the top birds listed in the annual RSPB Big Garden Birdwatch. Since that date, it has slipped down the list each successive year. On agricultural land, the Starling has declined even more and it is now a red-listed, globally threatened species. In Bredfield, the Starling is not a common species, though a small colony appears to thrive around the area of The Pump.



In winter, numbers of Starlings are swollen by visitors from northern and eastern countries in Europe. It is then that they can gather in huge flocks and, come dusk, put on their spectacular murmuration display. We don't fully understand why or how these murmurations take place. The display is just a prelude to the finale, which is all the birds going to roost together. Hence, it is likely that 'safety in numbers' is a significant factor in explaining why they occur. When the cloud of Starlings swirl in an aerial ballet, it tempting to think of some collective

thought at work. However, it is probably caused by one bird moving slightly differently, which then affects its neighbours, and is then successively amplified through the flock. You are unlikely to see a murmuration over Bredfield, but you may not have to travel far to see one. Minsmere often hosts a Starling murmuration.



At first glance, the Starling may appear to be a rather dull bird, but take a closer look and you'll see a glossy iridescent plumage covered in bright flecks and spots. Mary Oliver, in her poem 'Starlings in Winter', describes them as: "Chunky and noisy, but with stars in their black feathers".

Starlings walk around with a confident stride and wouldn't deign to 'hop'. Though a clever and enterprising bird, it hasn't quite mastered the hanging bird feeder yet. However, it isn't a fussy eater and will come to other food sources in your garden. They are very vocal birds, uttering a repertoire of clicks, chirps and trills. They are also excellent mimics, with those living around farms sometimes learning to mimic

the sound of Barn Swallows, and those in urban areas sometimes mimicking car alarms! They are closely related to Mynas, which are renowned mimics.

In Britain we talk of 'The Starling' - *Sturnus vulgaris* - but this is only one species amongst a large family of starlings found in Asia and Africa. Many of these are highly colourful birds. Rarely, a Rose-coloured Starling (sometimes known as 'Rosy Pastor') makes a vagrant appearance in Britain, though not in Bredfield yet.

It's time, I think, to fully appreciate the Starling.

Photographs by the author

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

All photos by the author



100 CLUB WINNERS September 2025

1st Prize	No. 21 K Harnden
2nd Prize	No. 38 S Arbon

SEASONAL RECIPES FROM THE VILLAGE SHOP

Hard to believe it's squash season again! They come in all sorts of shapes and sizes, and all are full of vitamins A,B and C, iron, magnesium and potassium, and are high in fibre - as well as being a great ingredient for lots of recipes. I love this risotto - not too many ingredients, wholesome and easy to make:

BUTTERNUT SQUASH AND SAGE RISOTTO

Ingredients:

1kg butternut squash, peeled and cut into bite size chunks

3 tblsp rapeseed oil

A bunch of fresh sage

1.5 litres vegetable stock

50g butter

1 onion, finely chopped

300g risotto rice, eg arborio

1 small glass white wine

50g Parmesan, finely grated

Heat the oven to 220c , gas 7. Chop half the sage and toss with the squash in 1 tblsp oil. Scatter into a roasting tin and roast until soft.

Prepare the risotto. Simmer gently the stock, and fry the onions in half the butter until soft but not brown. Stir the rice into the onions, and continue stirring until the rice is transparent.

Pour in the wine and simmer briefly, then add the stock gradually, stirring over a low heat for 25-30 mins., until the rice is al dente - still firm but starchy - and the risotto is slightly creamy.

When the squash is roasted, roughly mash half of it and leave half in chunks. Stir the mashed squash into the risotto, then add the Parmesan and the remains of the butter. Serve the risotto with the chunks of squash scattered over the top, and the remaining sage leaves quickly fried until crisp.

All the ingredients are available in the shop - apart from the wine, sorry! - and as the weather gets cooler, stay for a warming cup of coffee as well!

Kate Pirkis



USEFUL INFORMATION

St Andrew's, Bredfield

Rector: Rev Charles Trefusis

Churchwarden: Stephen Stammers

For all enquiries regarding St Andrew's, contact Steve Stammers on:

churchwardens.bredfield@gmail.com or 07704 856005

St John's church office on 01394 383162 or info@stjohnswoodbridge.org.uk

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 9th October 12.05-12.30 Village Hall car park

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 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 any contribution for the November Lantern to Alison Cannard at lantern.bredfield@gmail.com , 01473 737707 by 10th October.

OCTOBER/NOVEMBER SERVICES AT ST. ANDREW'S

Sunday 5 th October HARVEST FESTIVAL	Bacon butties and croissants followed by Harvest Festival Praise	9.15am <u>10.00am</u>
Sunday 12 th October	Service of the Word	9.15am
Sunday 19 th October	Holy Communion	9.15am
Sunday 26 th October	Service of the Word	9.15am
Sunday 2 nd November	Holy Communion 'Don't look back'	9.15am
Sunday 9 th November REMEMBRANCE SUNDAY	Act of Remembrance and Remembrance Service	<u>9.50am</u>
Sunday 16 th November	Holy Communion 'How to worship'	9.15am
Sunday 23 rd November	Service of the Word 'Make every effort'	9.15am
Sunday 30 th November ADVENT SUNDAY and PATRONAL FESTIVAL	Service of the Word	<u>10.00am</u>

DIARY DATES AT A GLANCE

Wednesday 8 th October	Coffee and Cake morning
Thursday 9 th October	Mobile Library (12.05-12.30pm)
Friday 17 th October	Pop-up Bar
Saturday 18 th October	Churchyard Clear-up
Wednesday 22 nd October	Coffee and Cake morning
Friday 31 st October	Quiz Night