

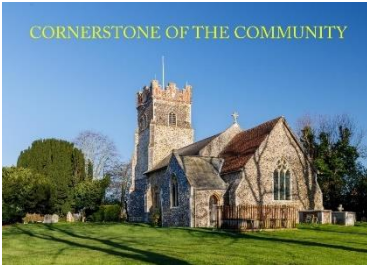
THE LANTERN

NEWS OF THE PARISH OF ST ANDREW'S BREDFIELD



Photo Steve Stammers

FEBRUARY 2024



FROM ST ANDREW'S MINISTRY TEAM

What word would you choose?

Looking back, what word would you chose to describe 2023?

According to Oxford University Press, the Children's Word of the Year for 2023 was "climate change" picked by 33% of those asked, followed in close second by "war" and in third place was "coronation".

With this past year being the hottest year on record, we would all agree that climate change and global warming are really concerning and we felt its impact here in Bredfield. The choice of "climate change" reflects our understanding (whatever our age) of the impact of climate change, although this is something that will be felt especially by the next generation if we do not take action now.

Wars and conflict in Ukraine and the Middle East are reflected in 31% per cent selecting "war" as their choice. On a most positive and celebratory note was the Coronation of King Charles, even if the Word for 2022 was "Queen". Overall, these words reveal a generation of children anxious about the future.

In summary, over the past few years the words chosen have been "climate change" (2023), "Queen" (2022), "Anxiety" (2021), "Coronavirus" (2020), "Brexit" (2019), and "Plastic" (2018). These words are fascinating and revealing of significant events and how we might be feeling. Are these the words that you would have chosen?

God encourages every one of us:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And

the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

These are words of hope and a wonderful promise. I have claimed and experienced this promise many times in my own life, bringing any anxiety, concern or need that I have before God in prayer. I often write down and make a note of what I am praying, and it is wonderfully encouraging when I see and experience those prayers being answered. The Bible never promises that we will not face hard times or difficult situations, but it does promise us God's strength and grace in these times.

Looking ahead as we go through 2024 and approach Lent, let me encourage you to choose one word or a Bible verse. One word or Bible verse you can focus on each day, all year long, that sums up who you want to be or how you want to live, letting it shape you and direct your decisions and guide the steps that you take.

Have a think about a favourite Bible verse (perhaps from the Psalms or one of the Gospels) or one word that will give you hope, joy and purpose.

Examples of words might include:

Possibility, Forward, Stewardship, Reduce, Sacrifice, Diligence, Celebrate, Transition, Strength, Joy, Appreciate, Live, Together, Truth, Integrity, Slow, Freedom, No, Resolve, Focus, Connect, Purpose, Reflection, Present, Progress, Ambition, Silence, Generous, Balance, Peace, Adapt, Action, Imagine, Grace, Dare, Open, Finish, Opportunity, Persistence, Unstoppable, Breathe, Brave, Be, Minimize, Confidence, Courage, Rebuilding, Create, Battle, Choose, Learn, Believe, Simplify, Transformation, Faith, Mindfulness, Momentum, Fortitude, Relentless, Risk, Commit, Uplift, Direction, New, Enjoy, Determined, Different, Love, Thrive, Write, Push, Today, Perspective, Optimism, Embrace, Release, Change, Organize, Ignite, Adventure, Trust, Invest, More, Health, Soar, Shine, Pause, Empower, Curious, Revel, Growth, Discover, Awake, Listen, Relax

Allowing that one word or Bible verse that sums up who you want to be or how you want to live will take intentionality and commitment, but if you let it, your one word will shape not only your year, but also you. It will become the compass that directs your decisions and guides your steps.

What word will you choose for 2024?

And “may the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit”.
(Romans 15:13).

With my love, prayers and every blessing,

Charles Trefusis
Rector

Bredfield Church 100 Club

Subscriptions are now due to be paid for anyone belonging to the 100 Club. The cost is **£12** for the year; First prize is £25 and second prize is £10. The draw takes place on the first Sunday in each month.

Anyone wishing to join should contact

Rosemary or John McCarthy on 01473 737276.

Food Bank

Since its inception following our Harvest Festival in October last year, our foodbank collection has proved to be extremely successful with over 15 full boxes being delivered to the Salvation Army food bank in Woodbridge. Thank you for your generosity. There are collection boxes in the shop and in the church porch and these will remain there for the foreseeable future so that we can continue to offer our support to those who are struggling in these difficult times. Please double check any use by dates as anything close to or beyond its use by date will not be accepted by the Salvation Army.

DIARY DATES



Coffee and Cake



On January 9th we held our first Coffee and Cake morning in St. Andrew's Church Room. This was a resounding success with 14 local residents meeting together – some for the first time in several months and one newcomer. We enjoyed drinks, cakes and toasted teacakes. Our next gathering is scheduled for **Tuesday 13th and Thursday 29th February** all between **10am and 12**. Everyone is welcome. We cater for all ages and there is plenty to occupy youngsters. The first February meeting is on Shrove Tuesday so pancakes may be involved.



Photo Steve Stammers

We Live Here: Bredfield

Winter PHOTO Project “Winter light in Bredfield”

Proud to live in Bredfield, our award-winning village?

Curious about the lives of the people who live/d around you?

Like to share your experience through photos?

It’s not so easy to find the light we need in the shorter days of the year.

This final photo project in the We Live Here project provides an opportunity to share images of brightness in Bredfield in Winter – natural or manmade, past or present.

Please email your photos (using Medium message size 715KB) and your story (300 words or less) by Friday 16th Feb 2024 to Welivehere.Bredfield@gmail.com

No photography expertise or computer wizardry required!

Need help with taking and emailing the photos or story?

Drop a text or call to Julie Crabb on 07941 359 644.

More information to follow in The Lantern and Bredfield Village website.



Artwork by Florence Seargeant

POP-UP BAR

& CHINESE

FRIDAY 16TH FEBRUARY
6.00 – 10.30PM

ALL WELCOME
BRING FRIENDS AND FAMILY AND
ENJOY A NIGHT OUT
MORE INFO SOON

MACMILLAN CANCER SUPPORT



Friday 23rd February @ 7.30pm

Bredfield Village Hall

£15 per person - tables of 4

Pay cash on the door

Includes Fish & Chip Supper or

Veggie Pizza & Chips

Bring your own drinks & glasses

Raffle

To book - call

Anne Henderson 07802 874397

Fundraising for

MACMILLAN
CANCER SUPPORT

NEWS FROM BREDFIELD

CHRISTMAS AND NEW YEAR IN BREDFIELD

Christmas

What a busy time it was around Christmas at St Andrew's! Starting with our traditional Carols by Candlelight service, where we heard familiar Bible passages along with personal thoughts on Christmas and sang traditional carols. This year, the singing was supported by the new Bredfield Carol Service Choir which had formed specially for this service. Under the watchful eye of music director, Steve, a group of villagers got together to rehearse and were able to provide a soloist (Katie), descants and a performance of 'The Candlelight Carol'. Thank you to everyone involved and especially to Steve, without whom it would not have happened!

On Christmas Eve the church was filled with people dressing up to provide a visual aid to the retelling of the Christmas story. Led by Kate (Children's and Youth Pastor) and Charles, it was both meaningful and fun.



Photo Alison Cannard

The mood was quieter and more reflective at the Christmas Day communion service, so there really was something for everyone at St Andrew's this Christmas. But it didn't stop at Christmas...

New Year's Eve Prayers and Walk

New Year's Eve broke bright and breezy, a welcome change from the recent unsettled weather. An enthusiastic and intrepid group from Bredfield and surrounding villages gathered in St Andrew's Church for a gentle walk along local paths and lanes. After lighting a candle as a symbol of Hope, prayers were said giving thanks for all the good things from the passing year and praying for the needs of our country, community, friends and families for the coming year. Having listened attentively to the briefing, Rosie and Angus (our four-legged friends) showed us the way across the back fields towards Partridge Farm then right along the headland and into the woodland to High House. We returned on firmer ground via Caters Road to much appreciated refreshments served by Paul on behalf of the Lightwave Group. It was great to spend time walking together in each other's company and experiencing the beauty of nature lying on our doorstep.

Roger Ackerley



Photos Steve Stammers

Epiphany Party

2024 started in a completely new way for Bredfield: the Lightwave group hosted an Epiphany party in the church room (which almost wasn't big enough to accommodate everyone who came along!). With additional help from Julie, Karen and Sarah from St John's, we learnt about the meaning of Epiphany through stories and songs, chalked the door of the church room with the initials of the three Wise Men (Caspar, Melchior and Balthazaar), made Christingles and crowns, and were treated to a 'Galette des Rois' (translated as Kings' cake). A Galette des Rois is a pie filled with a smooth almond-based filling that is traditionally served at Epiphany in France. We were offered two varieties: one containing brandy or one which was completely alcohol-free. Several people felt it necessary to try both, to see which they preferred! As this was an Epiphany party, there were, of course, other lovely things to eat and drink as well as silly party games. A fun time for all ages!



Photos Steve Stammers

HAPPY 100TH BIRTHDAY LORNA!



Photo Steve Stammers

On 13th January, Lorna Hayles turned 100!

Born in the original St Andrew cottages and continuing to live there for the first 78 years of her life, she and her twin brother, Peter, were the youngest of 9 children brought up in Bredfield. As adults, Peter, his wife Elizabeth and their family lived in one half of St Andrew, while Lorna lived in the other until they all moved to Melton 22 years ago.

Lorna was always at the heart of Bredfield life, being a member of - among other things - the church choir, BADS and Mother's Union, and running the Sunday School for many years. She continues to take an interest in the goings-on in the village and maintains contact with many old friends here. We send her our congratulations and very best wishes as she celebrates her centenary!

Sheila (Woods) and many friends in Bredfield



BREDFIELD PARISH COUNCIL REPORT

January brings the snow
Makes your feet and fingers glow
February's ice and sleet
Freeze the toes right off your feet

Flooding

The impact of Storm Babet and the associated flooding of various properties and roads in Bredfield were discussed at the last Parish Council Meeting.

Many thanks to all those residents who submitted photographs / attended / provided input.

It has also been noted that some issues continue following the exceptional rainfall over the last few months.

A small working party has been formed with the intent of working with landowners to identifying actions that can be taken to hopefully prevent reoccurrences in future.

New Planning Applications

DC/23/4606/FUL: The erection of a new detached bungalow with new shared vehicular access and parking area at 1 Glebe Road (by the Chapel).

The Parish Council received and had no objections to this application. However we have highlighted in the response to East Suffolk that although the site is not designated as being in a flood risk area, properties/land adjacent to the site were recently flooded following Storm Babet.

Parish Council Budget

The Parish Council Budget for 2024/25 has been approved.

As a result, there will be a small increase in your council tax next year attributable to the parish (for a band D property we are talking an extra 2p a week).

The budgeted total costs of running the Parish Council is £7,300. Unavoidable costs (for example the audit fee, parish clerk and the website) account for £6,100, the vast majority of the council's expenditure.

The remaining expenditure is discretionary and has been allocated for the greater good – maintenance of parish assets, community projects and the Jubilee Meadow.

Full details of the budget can be found on the Parish Council Website.

Replacement Defibrillator

A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in cardiac arrest.

You don't need to be trained to use a defibrillator – anyone can use it. There are clear instructions on how to attach the defibrillator pads. It then assesses the heart rhythm and will only instruct you to deliver a shock if it's needed. You cannot deliver a shock accidentally; the defibrillator will only allow you to shock if it is needed.

The village defibrillator (located outside the village shop) has reached the end of its natural life and needs replacing. The replacement will be funded by our CIL money and a grant from the charity London Hearts (<https://londonhearts.org>).

The new Defibrillator should be in place by the beginning of February.

As always full minutes of Parish Council meetings can be found on our website.

Nik Bestow

NATURE NOTES

Step outside your Bredfield house in the bleak mid-winter and everything in nature seems dominated by shades of brown (tree trunks and bare earth) and green (evergreen trees and grass). Though these browns and greens are sometimes enhanced by touches of frosty white, many of us yearn for the brightness of flowers and the buzz of bees yet to come in Spring.

Wild flowers are not wholly missing in January and February: in sheltered nooks, some survivors from the previous year (such as Sow Thistle) linger on; a few others (such as Daisy) are always ready to appear if there's a spell of winter sun; and in gardens some wildflowers (such as Winter Aconite) may have been planted to bring a splash of colour. However, when it comes to winter flowers, there's one real star of the show: the Snowdrop.



Snowdrops hold a strong symbolic meaning; signalling that winter is coming to its end. Association with the Christian festival of Candlemas provided Snowdrops with the alternative name of Candlemas Bells. Snowdrops are not native to Britain and were not recorded in the

wild until the late-18th century. Folklore has it that Snowdrops were named after earrings and not drops of snow.

Bees and other insects love Snowdrops. As one of the first flowers of the year, they are highly attractive to insects that emerge early. They can constitute a life-line for Buff-tailed Bumblebees, and you'll also find Honey Bees (see picture), hoverflies and beetles attracted to them. Though Snowdrops attract pollinating insects, the plant does not rely on the insects for propagation. Snowdrops reproduce and spread by other means: firstly, their fruit produces seeds, which are spread by the wind, by animals that eat the seed heads, or by ants which carry them away; secondly, they spread through underground rhizomes which produce new shoots; and thirdly, they spread locally by

producing daughter bulbs that grow off the parent bulb. Now you know why you can find clumps of Snowdrops spread across wide areas.

The Snowdrop has white bell-shaped flowers, but it lacks petals. The flowers are made-up of six flower segments known as tepals (an anagram of petals!). There are three outer tepals, which are white and pointed; and three inner tepals, which are smaller, notched and have a green pattern. In the middle of the flower is a central pistil and six anthers which contain the pollen sacs. Have a close look at the Snowdrops that appear in the grounds of St Andrews Church. If you wait, on a sunny day, you might just see your first Bumblebee of the year coming to visit.

From the end of January, there is another flower to be seen. It is bright red, but you could walk past it and never know it is there. It is the Hazel flower.

Most people will be familiar with the golden-coloured Hazel catkins that droop from branch twigs. They can be seen from January to March. The catkins are the male flowers of the Hazel tree and, close by, will be the tiny red filaments of the female flowers sticking out from a small bud. Pollen from the male flower is carried by the wind (though insects might sometimes lend a helping hand), hopefully finding its way to the female flowers on another tree. When pollinated, the female buds become the hazel nuts in

autumn. Although male and female flowers are found on the same Hazel tree, they can't self-fertilise.



Next time you pass a Hazel tree in January or February, find a green bud and then peer at the end of it. Look very closely, and you may find the smallest flower you've ever seen. Small but special!

Photos Stewart Belfield

Stewart Belfield

<https://bredfieldwfv.org.uk>



SEASONAL RECIPE FROM THE VILLAGE SHOP

This month's vegetable to celebrate is the Cauliflower. Despite its rather bland colour, it is packed with vitamins and minerals, and can be used in hundreds of ways, taking on flavours and colours while keeping a taste of its own! Try this as a side dish or a tasty lunch to warm you up:

Curried Cauliflower

2 tbsp olive oil
1/2 tsp mustard seeds
1 tsp chopped root ginger
Pinch of cumin seeds
2 onions, finely chopped
1/2 tsp turmeric
1 cauliflower, in florets
2 chopped tomatoes
2 green chillis deseeded and finely chopped

Heat the oil in a frying pan, and add the mustard seeds, ginger, cumin seeds and onion. Fry for 2 minutes then add the turmeric. Add the cauliflower and stir to coat with the spicy mixture. Add the tomatoes and chillies with a little water, and simmer until just tender.

There are more cauliflower recipes in the shop to take away or copy, and all or most of the ingredients are available to buy. The cauliflowers are grown in Nacton and full of goodness!

Kate Pirkis



PRAYER FOR THE MONTH

The Prayer of Saint Richard of Chichester (1197-1253), often known as the “Prayer of St. Richard,” is a prayer loved by Christians with a simple message of devotion to Jesus Christ and his teachings. This is said to have been his dying prayer, and was adapted for the song “Day by Day” in the musical “Godspell” in 1971. It is short but powerful, seeking guidance, strength, and a deeper connection with God.

I love this prayer as it expresses our gratitude to Jesus for his blessings and acknowledges the suffering that we can endure, while also encouraging us to walk more closely with Jesus in everyday life. Last Summer, when one of our daughters got married (near Chichester in Sussex), I prayed this over the couple in their wedding service.

Thanks be to you, my Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
O most merciful Redeemer,
friend, and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day. Amen.

Try praying this prayer every day throughout the month, and as we go through Lent.

Charles Trefusis

100 CLUB WINNERS

	December 2023	January 2024
1 st Prize	No.45 T Richardson	No.49 D Causier
2 nd Prize	No.24 A Ackerley	No.78 J Richardson

USEFUL INFORMATION

St Andrew's, Bredfield

Rector: Rev Charles Trefusis

Churchwardens: Stephen Stammers and Paul Cannard

For all enquiries regarding St Andrew's, contact:

the Churchwardens on churchwardens.bredfield@gmail.com or call Steve Stammers on 01394 384371 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

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

The Bredfield Prayer Circle is a group of Parishioners united in prayer for the needs of our community. The Prayer Circle operates in confidence. It 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. If you are in need of prayer, or praying yourself, and would like the prayer of others please contact Anne Ackerley 01394 384805 or Alison Cannard 01473 737707.

Please send any contribution for the Lantern to Alison Cannard at lantern.bredfield@gmail.com , 01473 737707 by 10th of the month before the month in which you would like it to appear.

FEBRUARY/MARCH SERVICES AT ST. ANDREW'S

Sunday 4 th February	Holy Communion <i>'Jesus and Faith'</i>	9.15am
Sunday 11 th February	Service of the Word <i>'Lent Course 1: Why bother?'</i>	9.15am
Wednesday 14 th February ASH WEDNESDAY	Holy Communion at <u>ST JOHN'S CHURCH, WOODBRIDGE</u>	<u>10.30am</u>
Sunday 18 th February	Holy Communion <i>'Lent Course 2: What is the Good News?'</i>	9.15am
Sunday 25 th February	Service of the Word <i>'Lent Course 3: The Jesus Way'</i>	9.15am
Sunday 3 rd March	Holy Communion <i>'The Power of Story'</i>	9.15am
Sunday 10 th March MOTHERING SUNDAY	Service of the Word	<u>10.00am</u>
Sunday 17 th March	Holy Communion <i>'Being Practical'</i>	9.15am
Sunday 24 th March PALM SUNDAY <i>Starting at <u>Village Hall</u></i>	Service of the Word <i>'Easter: Darkness to Light'</i>	<u>10.00am</u>
Friday 29 th March GOOD FRIDAY	An Hour at the Cross	<u>2.00pm</u>
Sunday 31 st March EASTER SUNDAY	Holy Communion	<u>10.00am</u>

DIARY DATES AT A GLANCE

Tues 13 th , Thurs 29 th February	Coffee and Cake morning
Friday 16 th February	Pop-up bar
Friday 23 rd February	Macmillan Quiz Night