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From the Reverend Martin Percival

On a trip to the dentist a patient was advised to make an appointment with the Dental Hygienist as they had been having some trouble with bleeding gums. They explained to her that their gums had been bleeding on brushing, she replied, in the way only Dental Hygienists can, 'what have you been doing about it?' She said that more brushing was the answer in these circumstances rather than less, even though to brush less seems more logical.

As I thought about this, it seemed to me to be a good illustration of how one should handle prayer. There are times when our prayer life goes well and we find worshipping God a wonderful and uplifting experience. There are also times when this is not the case, when our faith seems rather dry and everything an effort and rather routine. At these times we tend to let things drift and not make as much effort, when what we ought to be doing is trying that bit harder.

We all have times like this; even the

great saints of the Faith have had times like this. It was the sixteenth century mystic, St John of the Cross, who referred to the dark night of the soul. He was making reference to these dry times in our faith, which we all go through.

When we experience these times in our faith, as we all will at some stage of our journey with God, we need to make that extra bit of effort. To leave the politics and bustle of Church membership behind and get back to what it is really all about. To try harder with our prayers, to try to get to the Eucharist a little more often, to perhaps go away on retreat or have a quiet day.

Just as when our gums bleed we need to brush more often and for longer, so when our faith is dry we need to pray harder and longer.



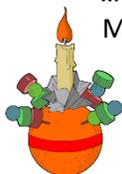
"Stir-up" Sunday in Sweffling.



"Stir up" Sunday is the Sunday before Advent Sunday, when the prayer for the day in the Church calendar

begins "Stir up. O Lord, the hearts of thy faithful people". It has traditionally been the day on which Christmas puddings were made. Because Sweffling does not have a service on the Sunday before Advent we are advancing the celebration of "Stir-up" Sunday by one week and will be making (and eating!) Christmas pudding during the Family service on November 18th. Everyone is welcome to this service, which will be informal, interactive and not too long.

A Christingle Service



...will be held in St. Mary's Church on Advent Sunday, December 2nd at 4pm. Everyone is invited to this service which

celebrates the coming of Jesus as the light of the world. Make your own christingle and enjoy refreshments after the service. The collection from this service will be sent to the Children's Society.

An honorary doctorate for Bishop Martin

Bishop Martin was presented with an honorary Doctor of Divinity degree from Berkeley Divinity School the Episcopal Church's Seminary at the prestigious American Yale University.

Bishop Martin said: "The ceremony was very moving, and I had to pinch myself to realise it was to me that they were giving this honour. I am so grateful to Berkeley, to all my colleagues in theological education, and across the Churches through the years, both here and in the US."

The citation, read at the awarding of the honorary Doctor of Divinity degree, stated that this was "in recognition of your leadership in the Church of England, in theological education and in the strengthening of ties between your Church and that in the United States."

Bishop Martin, who currently holds a national brief for ministry and training within the Church of England, added: "I was profoundly honoured to have been asked not only to deliver a lecture but also to receive an honorary doctorate. I have spent time at the Divinity School before and have huge regard for their work in preparing men and women for the Church's ministry. I have strong links with the US, having studied there at a seminary in New

York, and later serving in the Episcopal Church for ten years.”



Bishop Martin with the Very Rev'd Professor Andrew McGowan, Dean and President of Berkeley Divinity School at Yale. Picture courtesy of Kira Wishart at Yale University.

Christmas Brass Concert in St. Mary's Church, Friday 7th December, 7:30pm

Leiston Royal British Legion Brass Band will be playing a concert including Christmas music and carols. It's an event not to be missed and the start of the Christmas celebrations in Sweffling. Tickets £7 adults, £3 children in include interval refreshments. Contact Diana (663578) or Sheila (663518) to book.



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Christmas Brunch and Market

...in Sweffling Village Hall, Saturday 1st December, 10am – 12noon. We will be serving bacon (and egg) baps, freshly brewed coffee and tea whilst you browse the Christmas stalls.



Christmas Market in Framlingham

United Free Church Hall, Saturday, 24th November, 9am – 12noon. Christmas themed stalls including cakes, crafts, presents, wrapping paper, table decorations, children's knitwear. Christmas Draw. Home-made mince pies and tea/coffee. Free entry.



Christmas Services in Sweffling

“Carol’s by Candlelight” will be held in St. Mary’s Church on Sunday, 23rd December at 5pm, followed by refreshments.

Christmas Eve Midnight Holy Communion for the Benefice will be held in St. Mary’s Church, Sweffling on 24th December, commencing at 11:30pm. The service will be conducted by the Archdeacon of Suffolk, the Venerable Ian Morgan.

Christmas Tree Baubles

At each of the Christmas events we will be selling Christmas Tree baubles in aid of the Children’s Society. Each bauble costs £1 and will have a tag on which you can write the name of a loved one that you would like to remember at Christmas. All of the baubles will be hung on the church Christmas tree, which will be in church from before the Christmas Carol service on December 23rd and will remain until after the Epiphany Carol service on January 20th. All of the money collected will be sent to the Children’s Society.



Harvest

St. Mary’s Church was beautifully decorated to celebrate the Harvest Festival, with flowers, produce and sheaves of corn. The Festival Thanksgiving service, at which the Rev. Martin Percival officiated, was well attended and everyone sang the well-known harvest hymns with great enthusiasm. The Benefice choir sang, as an introit, the hymn “For the fruits of thy creation” and, as an anthem, “God, whose farm is all creation”, both of which were much enjoyed by the congregation.

After the service, the produce and many of the flower arrangements were taken to the village hall to be auctioned after the Harvest Lunch. 40 people enjoyed a delicious lunch followed by tea or coffee. Following the auction and the draw, both of which were very well supported, the proceeds from these, together with the net money from the lunch, amounted to £423.50. A cheque for this amount has been sent to TEAR Fund, with a request for it to be used for disaster relief following the earthquake and tsunami in Indonesia.

Many thanks to everyone who helped decorate the church, prepare and serve the lunch, did all the washing-up afterwards, conducted the auction, donated prizes for the draw and, of course, thanks to all who attended.

Home Communion and Prayers for the Sick



If you cannot come to church but would like to receive Holy Communion

at home, please contact either the Rev. Martin Percival (668537) or Jill Abbott (663402) and they will arrange to bring the Eucharist to you. Similarly, if you or someone you know is sick, please let Martin know. He will be pleased to visit and to arrange for prayers to be said in Church.

Remembrance Sunday

...this year actually falls on November 11th, and it is also the 100th Anniversary of the end of the First World War. The service will take place in St. Michael's Church, Rendham and will begin at 10:55am, so that we can join by radio with the service and the two-minutes silence from the Cenotaph in London. John Tesh will lead the special service and it is intended that all who died from Sweffling and Rendham in the First or Second World Wars and whose names are on the war memorials will be commemorated in the service. Everyone from both villages are warmly invited to this service to remember and give thanks to those

who gave their lives to protect our freedoms.

Services in November in Sweffling and Rendham

Sunday 4th November, Sweffling:
9:30am Holy Communion

Sunday 11th November, Rendham:
10:55 am Remembrance Day Service

Sunday 18th November, Sweffling:
9:30am Stir-up Sunday Family Service

Sunday 25th November, Rendham:
9:30am Holy Communion

Sunday December 2nd, Advent
Sunday, Sweffling: 9:30am Holy Communion
4pm Christingle Service.

The Benefice Choir



...is looking for new members in all voice ranges. If you enjoy singing and would like to be involved with the Christmas music, please contact Charles Seely (663467) or Sheila Tesh (663518). You do not have to be able to read music, just enjoy making music.

NATURE NOTES

Geoffrey Abbott

My first Redwing this autumn was almost at the end of October, in shrubs in next door's drive. They often feed here on the berries of Cotoneaster. I don't think, however, that this was the first to get here. Almost two weeks ago, with a newish moon, there were some very clear nights, with the constellations showing brilliantly. On a walk back through the village on one such night I was looking for old favourites – Andromeda, Cygnus, The Great and The Little Bear (my favourite, Orion, was not yet up) – when I could hear bird calls overhead; the thin, high-pitched calls of Redwings. These thrushes often migrate at night, especially when the sky is clear, and it is a great experience to hear them in such a setting. Speaking of Redwings, the Holly berries that they seem to enjoy seem to be pretty well ripe already. We often find here that by Christmas they have all gone – if the Redwings don't get them the Blackbirds (resident numbers much increased by extra arrivals from the Continent) will.

The Jays have also been very conspicuous this autumn. For weeks they have been making dozens of trips, flying quite high, from our



neighbour's oak tree to the fields a few hundred yards away. This is where they will bury their acorns, by pushing them into the soil. Jays have a pouch beneath the tongue, within which each bird can carry at least three acorns, apart from any held in the bill. Although the birds have a good memory for where their acorns are stored, it is not surprising that in some years there are dozens of small oak seedlings popping up in the fields.

With so many sunny days in late October, the flowers on the old Ivy have made a good show, coupled with quite a strong scent. By now many of them are over. The green berries (which will ripen and turn black by March) have started to form, but there will still be some of the yellow flower clusters into November. Ivy is not always welcome climbing up trees, probably rightly so, but our old clump is on a garden wall where it does no harm and is very welcome indeed. I have been watching the late insects feeding on it, some of which will probably be seen even in

November. I have mentioned them before; various Hoverflies, Wasps and Hornets, and even some Butterflies. Most impressive were an enormous queen Hornet, and a couple of Red Admiral Butterflies. These last are a bit of a mystery. Red Admirals are a migrant species, arriving here from the continent, and breeding successfully on Stinging Nettles. There is a suggestion that some may make the return migration, but in autumn most feed up as if, like a few of the other Butterflies, they are preparing to hibernate. Sadly, they seem not to be able to survive our winter, so that the ones we see next year will probably be a new wave of migrants. However, see a crisp new Red Admiral early in the spring and it is just possible that it is one which has seen through the winter.



Also on recent sunny days we have had numbers of Ladybirds coming into the house through open windows. These were mostly the Harlequin Ladybird, a recent addition to our fauna which I mentioned when they first arrived.

They are large Ladybirds, peculiar in coming in a wide variety of different patterns of black and red, although mostly with typical ladybird spots. They are coming inside in search of suitable spots to spend the winter, which they often do in groups. Since they first arrived there has been a regular group hibernating inside the church, as a large cluster in the frame of one of the windows. If they do this again this winter I will try and get a picture.

[A belated "Thank You"](#)

to all those kind people we didn't see leaving Bottles of Drink on our doorstep for the Bottle Tombola Stall at the Fete. We were standing in for Diana and Sheila who, unfortunately, were unable to run it this year.

Anthony & Mary Wilkinson

[Fete 2018 - Review](#)

An amazing sum of £3483.49 was the profit announced by Adrian, the fete's outgoing treasurer for the village's very successful fete in August. All expenses have been paid and the church and village amenities are set to benefit. In future there will also be a small project fund for which individuals could bid.

At the Sweffling Fete Wash-Up Meeting held on 16th October, (at which 23 people were present), these decisions were made as to

how the profits would be allocated:

St. Mary's Church	£1500
Sweffling Village Hut	£525
Townland Trust	£400
Memorial Garden	£200
(special additional project money for mower repair)	
Bowls Club	£200
(special project money for mower service)	
Jubilee Field	£110
(pending Parish Council decision)	
Fete Retention for next year's costs	£548.49.

Amanda Daniel has kindly agreed to take on the role of treasurer. Grateful thanks were expressed to Adrian for all his hard work over the years.

Comments about the event were most complimentary but a few issues will need to be addressed for next year. Ideas will be worked on, as well as repairing gazebos and another meeting will be convened for next May.

... and 'Save the Date!'

Sweffling Fete next year will be on Saturday 10th August - this earlier date will avoid a clash with Folk East, which is the following weekend.

Many thanks to all who helped to make this event so enjoyable and successful. The generosity of our community - both with time and

money is amazing.

Jill Abbott- Fete Co-ordinator

First Thursdays at Sweffling White Horse

The November community supper is on the 1st, but if you've missed this Italian themed meal there is still time to book for the December date.

Thursday 6th December 7:30pm will be a different theme, still to be decided. If you wish to be included on the mailing list for these events please email jillabbott402@hotmail.com

Those attending take it in turns to provide the various dishes or pay £6 a head.

Ipswich Outreach Bus

A total of £24 was raised from sales of my surplus garden produce this summer and I would like to thank everyone who bought produce from my stall. I had far less for sale this year due to the prolonged hot and dry summer.

This money will be sent to the "Ipswich Outreach Bus" charity which is trying to raise the sum of £55,000 so that they can purchase and fit out a double decker bus for use by the Ipswich Soup Kitchen and other agencies to help the homeless and those in need in Ipswich. So far

of course, Black Forest Gateau.

The evening, accompanied throughout by excellent music and lively chatter, was rounded off by a couple of quizzes, musical and straight questions, evoking the past, and completed with cake and fizz to celebrate the past 50 years. It was a fitting tribute to members, past and present, old and new, whose loyal support over the years and currently has allowed the ACC to do what it has done in the past and to continue in the future (the ACC will end this year with the traditional Christmas Shopping bus to Norwich and start next year with the equally traditional Flower Show shortly before Easter, while continuing to support community initiatives).

Ken Goddard

Many thanks to all who helped and supported the Macmillan Coffee Morning in Rendham Village hall; the total raised was £222.30.

Lynda Newson

Christmas Shopping bus to Norwich, 30th November, leaves Rendham White Horse 9am, Bruisyard 9:10, Sweffling Church 9:20, leaving Norwich at 4pm. Ring Lynda 663325 or Ken 663609 to reserve a seat.

The Townland Trust

... has an open meeting on Tuesday 27th November, 7pm in the Hut.

...and liking to spice things up, a little...

2 recipes from
Mary (and Anthony) Wilkinson

APPLE CHUTNEY

3lbs Apples chopped
1lb Onions chopped
1lb Sultanas
1 1/4lbs Demerara Sugar
2 tblspoons Mixed Spice
Juice of 2 Lemons
1 pint of Malt Vinegar
Put everything into Pan and bring to Boil.
Simmer until thick - approx. 3 hours.

GREEN TOMATO CHUTNEY

1lb. 5oz Green Tomatoes quartered
6 ozs. light brown sugar
5 fl.ozs white wine vinegar
1 small onion chopped
1 garlic clove crushed
4 1/2oz. sultanas
Put everything into Pan and bring to Boil.
Simmer for 1 hour - or until spoon drawn across mixture leaves a track.

A Suffolk Show

A Night of Music and Comedy to celebrate our fine County.

Rendham Village Hall
17th November. 7:30pm

Wenhaston Village Hall
23rd November 7.30pm

Eric Sedge / Charlie Haylock

Former songwriter and multi-instrumentalist with folk band the "Broadside Boys", Eric Sedge returns from a national theatre tour to his homeland for two intimate shows with the legendary Charlie Haylock.

Charlie is a leading comedian historian and linguist, he is a regular contributor to BBC radio Suffolk and his one-man shows are renowned. A show to bring together the best of Suffolk in comedy, word and song

There will be a bottle bar.

Tickets £10
from

Rendham - Juniper Barn Café
Wenhaston - Post Office

... and available online at
www.ericssedgemusic.com

Reservations 01986 784 053
email ericssedge@outlook.com

In aid of
"TAKE OUR HAND"
Helping young people
with bereavement.

Can't hurry the curry

The proposed Curry Night scheduled for Saturday 17th November has been postponed.

This event would have clashed with a couple of other events in our wider area so the decision was made to postpone until sometime in the New Year. Please watch future copies of The Bridge for details. Sorry for any inconvenience this may have caused.

From Sweffling Hut Committee

Juniper Barn Christmas Shopping Evenings

Bring your friends and come along to Juniper Barn Rendham IP17 2AZ on Thursday 15th or Friday 16th November from 6 – 8 pm for our first Christmas Shopping evenings. We have some exciting Christmas stock, delicious foods and novel ideas, advent calendars, Christmas Cards and lots more. Come and meet our suppliers, taste and pre-order delicious local foods for Christmas, build your own hampers. Entrance £2.00 to include a drink and canapes. Proceeds to CAP (Christians Against Poverty).

The Phoenix Singers

PETITE MESSE SOLENNELLE
15th December.
Tickets from Juniper Barn

Fundraising bike ride from Vietnam to Cambodia

Sharon Chin writes:-

Following the diagnosis of Breast cancer of some very dear friends and a family member I have decided to raise money for "Art for Cure", a Suffolk based charity which raises money to support the many women and some men who are diagnosed every year.

On November 15th I will be leaving Sweffling to cycle 450kms from Vietnam to Cambodia. With temperatures in the low 30's, 85% humidity and 6 consecutive days in the saddle this is not going to be easy and is definitely out of my comfort zone.

I am fully funding my trip so all the money raised will go directly to 'Art for Cure'.

If you would like to make a donation then you can either visit my JustGiving page www.justgiving.com/fundraising/sharon-chin3 or pop in to The Fields, Glemham Rd,

Sweffling.

Thank you very much for supporting me.

Sweffling Parish Council

The next meeting of Sweffling Parish Council is on Tuesday 13th November at 7:30pm in the village hut. All are welcome.

After years of campaigning for a change to the speed limit along the B1119 as it passes through our village we are soon to see that change happen. By the end of November we should see the 30mph limit through Rendham extended along the B1119 from Rendham Bridge towards Framlingham to just beyond the lane entrance to Sweffling Hall Farm.

To Veronica,

From all her friends at the Sweffling White Horse Bowls Club, we wish Veronica Southey a swift recovery from her recent injury and look forward to her regaining her full health shortly.

↓ THE ALDE COMMUNITY COUNCIL SUBSCRIPTION RENEWAL 2019 ↓

Membership renewals will be due at the AGM in March. Why not save time by renewing in advance, and then there will be more time to enjoy the entertainment and refreshments at the meeting. Just send your remittance with this slip. It remains unchanged at £4.50 per person or £3 if you do not wish to enter the annual membership draw which takes place at the AGM.

Please make cheques payable to Alde Community Council.

Name(s): Tel: Mobile:
Address: Postcode:

We are delighted to welcome new members. Please send to:
[Lynda Newson, Rosebank, Bruisyard Road, Rendham, IP17 2AQ.](mailto:Lynda.Newson@aldecommunitycouncil.org)