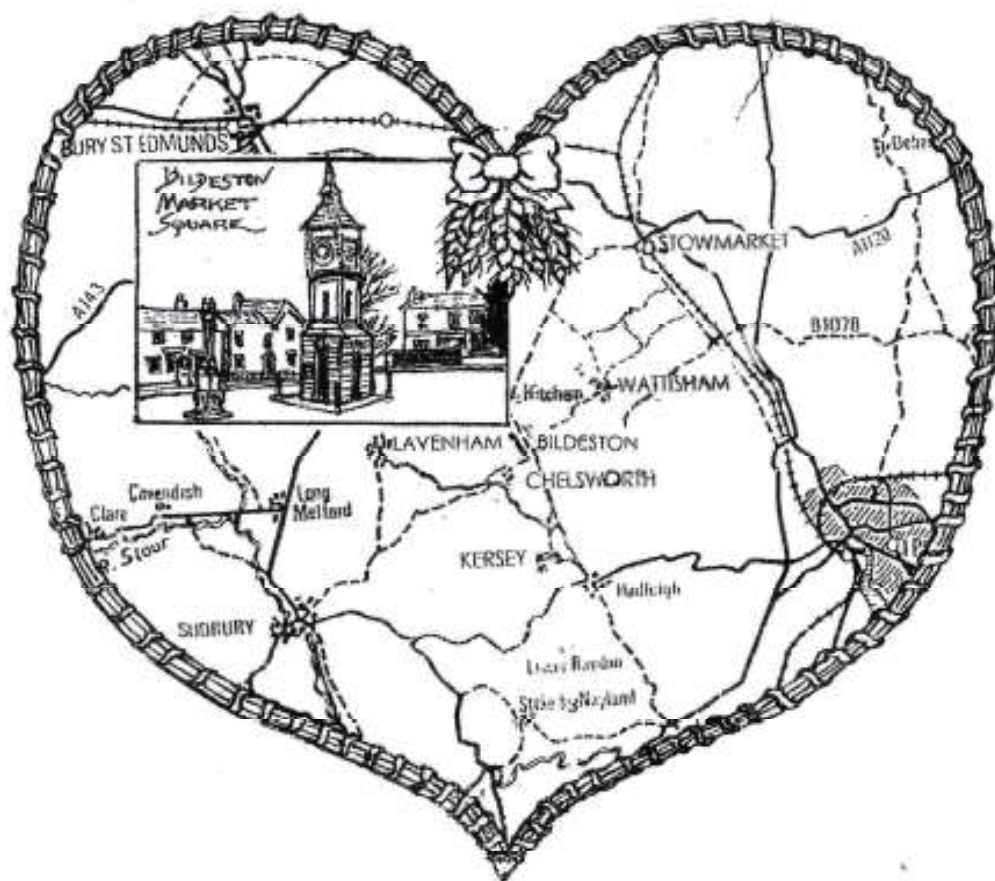


Issue number 395

SEPTEMBER 2023



Do you have a special birthday or anniversary you would like to share? You can sponsor an edition of The Bugle for just £15 per issue. More details inside...

The village magazine produced for the people of Bildeston
online in full colour at
<https://bildeston.org/bugle-village-magazine/>

Bildeston Noticeboard public group | Facebook



BILDESTON BUGLE ADVERTISING AND FREE CONTRIBUTION INFORMATION

Our aim is to provide every resident and organisation in Bildeston with a magazine which provides information of local interest *FREE OF CHARGE*. To that end we are required to be efficient in the space we use to print free notices. We endeavour to include interesting items, announcements for events open to the general public for free and items of a charitable nature free of charge. Ongoing free announcements need to be reduced to minimum size or make a contribution towards printing costs. Please check with the Editor before submitting your advert and **ALWAYS** provide us with all of your contact details in order for us to send an invoice and receipt.

email: bildeston.bugle.editor@gmail.com

Sponsor a 'Bugle' – £15 per issue

and have a brief message of your choice printed on the front of the Bugle

Advertising Rates

	1 issue	12 issues	
1/4 page	£5.00	£35.00	65mm W x 92mm H
1/2 page	£10.00	£60.00	134mm W x 92mm H
Full page	£15.00	£110.00	134mm W x 190mm H

THE SMALL PRINT

All adverts, payments and items are required before the 17th of every month for inclusion in the following month's issue (*except December before the 15th*).

The earlier free contributions are received the greater the chance of inclusion.

The Editorial Team are not responsible for the accuracy of articles or adverts and reserve the right to alter, shorten or refuse any item submitted for publication.

Ask for BACS details or make cheques payable to Bildeston Bugle and send to:

Mrs C Hubbard (Treasurer), Bildeston Bugle, 6 Manor Rd, Bildeston IP7 7BG

If we do not receive payment by the 17th of the month your advertisement will NOT be included

The Bildeston Bugle Management Team is:

Diane Brown (Editor)

Christine Hubbard (Finance Manager) 01449 740633

Alison Sims (Supplies Manager)

Pam Weaver (Distribution Manager)

Christine Hastings Tricia Baldwin Rita Bradley (Printing Assistants)

ED'S COMMENTS

So here we are - almost at the end of August. For those of you that went on holiday, I hope you had a good time and didn't get caught up in the various queues and hold-ups that seemed to affect so many.

On the first Saturday of August, the Produce Show took place at Mary Magdalen Church. It was very well supported with lots of produce on show. Despite the torrential rain, there were many people that made it to the show, and it was nice to see so many of you there.

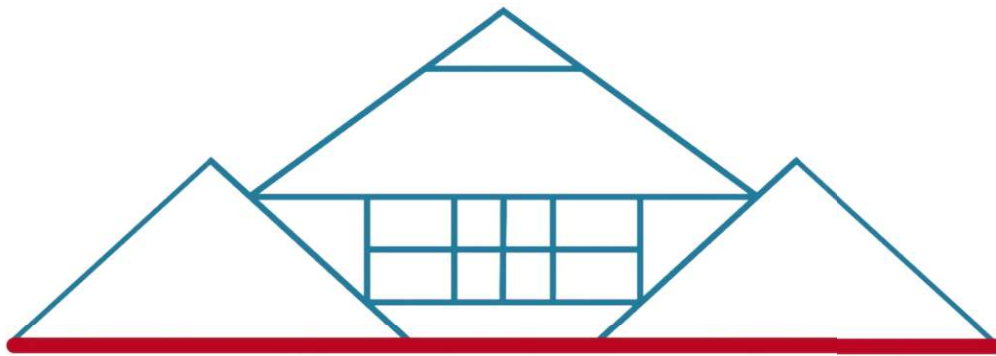
Details of trophy winners on page 7.

By the time this issue of The Bugle lands on your doormats, pupils and students will be getting kit and packing done ready to return to school or college/university. For those of you that recently received exam results I hope that you were able to achieve the grades you were hoping for.

And now that we're approaching the end of August, that can only mean one thing - the **BNatural Festival** taking place over the weekend of Friday 1st September to Sunday 3rd September. There is a 4-sided pull-out in the centre of this issue of The Bugle with more details of what's going on where over the 3 days. If you are going to the festival, given the recent wet weather, it may be worth taking a water-proof mac or jacket just in case. If you don't have either, a black bin bag with arm-holes cut out will work just as well, and they don't take up too much room in your bum-bag or ruck-sack!

There are lots more events coming up in the village over the next few weeks and months - in fact there are so many that I feel like I have been playing Bugle Tetris over the past few weeks in trying to fit everything in!





CHAMBERLIN HALL

CHAMBERLIN CLOSE, BILDESTON, SUFFOLK, IP77EZ

07716921514

REGULAR EVENTS, CLUBS & CLASSES

MONDAYs

Miss Lesley's Dance Classes
(15.30)

CH Badminton Club (19:30)

TUESDAYs

Rosie's Line Dancing (11.00)

Zumba Gold (12.00)

Carpet Bowls (19.15)

WEDNESDAYs

CH - Open Mic Night - Bar &
Food (19.30)

THURSDAYs

Zumba Gold (10.00)

Whistle & Wagg Dog
Training (18.30)

FRIDAYs

Pilates (11.00)

CH - Social Night - Bar &
Food (19.00)

MONTHLY..

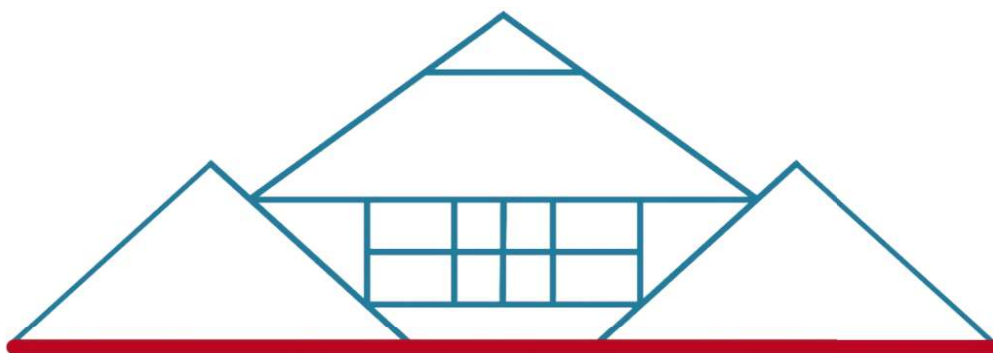
Ladies Club
(1st Thurs of month)

ALWAYS ON...

CH Bowls Club

CH Snooker Club

VISIT CHAMBERLINHALL.ORG TO FIND OUT MORE...



CHAMBERLIN HALL

CHAMBERLIN CLOSE, BILDESTON, SUFFOLK, IP77EZ

07716921514

UPCOMING EVENTS

September

9th - Rugby World Cup - England Game

9th - Karaoke & Disco

16th - Chamberlin Hall AGM (4pm)

October

7th Rugby World Cup - England Game

7th - Band Night - live music by Jax & Co.

14/15th (TBC) - Rugby World Cup - England Game

28th - Halloween Family Disco

November

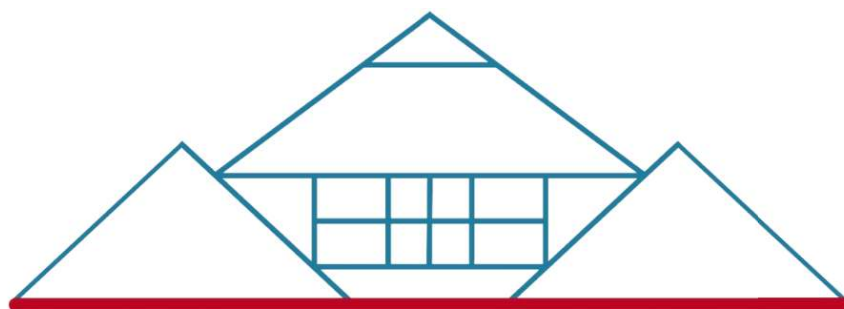
24th & 25th - CH Winter Beer Festival - Real Ales, Ciders & Live Music

December

9th - Over 60's Christmas Dinner - with entertainment

22nd - CH Christmas Party - 8 till late!

VISIT CHAMBERLINHALL.ORG TO FIND OUT MORE...



CHAMBERLIN HALL
CHAMBERLIN CLOSE, BILDESTON, SUFFOLK, IP77EZ
07716921514

ANNUAL GENERAL MEETING

Saturday 16th September - 4PM

Chamberlin Hall Management Committee would like to invite you to join us for our annual general meeting.

We will be sharing highlights from the previous year, providing a financial update and sharing our ambitions for the year ahead.

This is an opportunity for you to provide feedback and suggestions on how your community hall is run and the services it offers the community.

It is an opportunity for you join/nominate the Chamberlin Hall Committee and/or team of volunteers.

We can't do it without your support, so we hope you can join us.

Light Refreshments Provided

BILDESTON PRODUCE SHOW



THE BILDESTON PRODUCE SHOW 5th August 2023

What a day it could not have rained any harder, so a big thank you to everyone who came along and made the Produce Show such a success, we had an excellent show. Thank you to the Produce Show team, and all the stewards, tea tent helpers and the men! without you all the show could not go ahead.

Thank you again see you all next year.

Here are the cup and trophy winners, congratulations all of you.

1. A2Arts - Photography - Neil Pearson
2. Beryl Evans Memorial Cup - Handicraft - Wendy Pratt
3. Bildeston Bugle Cup 2013 - Baking - Chris Clarke
4. Bildeston Bugle Cup 2015 - Floral Art, Flowers and Pot Plants - Nancy Dale
5. The Produce Show Committe Cup - Class 26 - Annalie Graham
6. The Revd John Cohen Cup - Fruit and Vegetables - Kevin Clarke
7. Squirrell Family Trophy - Allotment Box - Ros Beswick
8. Barbara Williams Cup - Jams and Preserves - Chris Clarke
9. People's Choice Cup - Three large onions - Kevin Clarke



Bildeston Ladies Club

The school holidays are over and grandparent duties are relaxed for many of you! As the youngsters return to their studies, we begin another year of meetings and fun together with a busy Autumn.

We have been asked to assist with a charity event at the hall on October 1st when a motorbike rally will be calling off for a Pit-stop.

Offers of help on the day and cakes etc to serve will be most welcome. This is an opportunity for us



to add our support to the bikers fundraising for the Cancer Services at Ipswich Hospital.

Thinking ahead even further I have to say "that word" ... yes, Christmas! We will be having a party on December 7th and I have also made a provisional booking for us to share a special meal together at The Crown on 14th December. More

details about both of these events to follow, but please put those dates in your diary.

Our first meeting will be a talk from Sara Tatum entitled From Fleece To Floor, the story of carpet makers.



THURSDAY SEPTEMBER 7th

CHAMBERLIN HALL

DOORS OPEN 7:30 p.m.

New members and guests welcome

Jo Silburn - 01449 257045

Bildeston Toddler Group

The Toddler and Baby group is held at the Sports Pavilion, Consent Lane on

Tuesday mornings 10.00am-11.30am.

Cost is £1.50 per family and includes hot drinks and snacks for all.

All welcome, come and enjoy the lovely outdoor space at the Pavilion!

We currently have funding for the group until the end of the year.

Volunteers are needed to help keep this very important group running - to help set up, make drinks and plate up snacks for the children. It would be no more than 2 1/2 hours in the morning. Hopefully, we will have enough people so we can have a rota.

There is currently a leader, so any help would be on a support basis.

Please contact Angela on 07711 904515 for more information.

Thank you!

BILDESTON COMMUNITY CYCLING

Our 2023 summer Tuesday evening rides have now finished.
Why not join our monthly Saturday morning Winter Warmer series?

**THROUGH THE AUTUMN AND WINTER, STARTING
IN OCTOBER, WE'LL HAVE A MONTHLY RIDE ON
A SATURDAY MORNING, ABOUT 25 MILES WITH A
CAFE STOP, STARTING FROM THE MARKET PLACE
AT 9.30 – BACK ABOUT 12.30**

**SEE THE OCTOBER BUGLE FOR THE DATE OF THE
FIRST RIDE.**

For more information, contact Robin Weaver 741048

News from Kings Pightle

(Your Village Nature Reserve)

We are looking for more volunteers to help maintain the nature reserve as it is an ongoing task, for those of you who have been down recently it is a bit more like a jungle due to all the rain we have had.

Help needed immediately but we have two future dates for your diary.

Sunday 29th October 2.00pm

An afternoon of hedge laying, coppicing, and general maintenance, followed by a bonfire, baked potatoes (provided by us) and a sharing supper suitable to eat around the bonfire and drink of your choice (brought by participants).

Quiz Night Friday 17th November

Sports Pavilion 7.00 for 7.30 start

£5.00 per person, teams of no more than 6-table snacks included - licensed bar

For more information email:sue@jacksfarm.co.uk

or speak to a member of the committee.

Bildeston Sports Field News

Social Sunday is back

Sunday 10th September 10.00 - 11.30

Breakfast Pastries/ Bacon Rolls and more great coffee and tea

(veggie/vegan/ gluten free options

Join your friends / make new ones /

all welcome including dogs

We are a friendly team who organise this so if you feel like joining us we'd love to hear from you. To find out more please contact Elaine (details below)

MACMILLAN AFTERNOON TEA PARTY

Wednesday 13th September 2.30-4.30

We would love to have as many people as possible joining us to raise funds for this amazing cause. If you would like to make a cake or have other ideas for this event please contact Elaine details below.

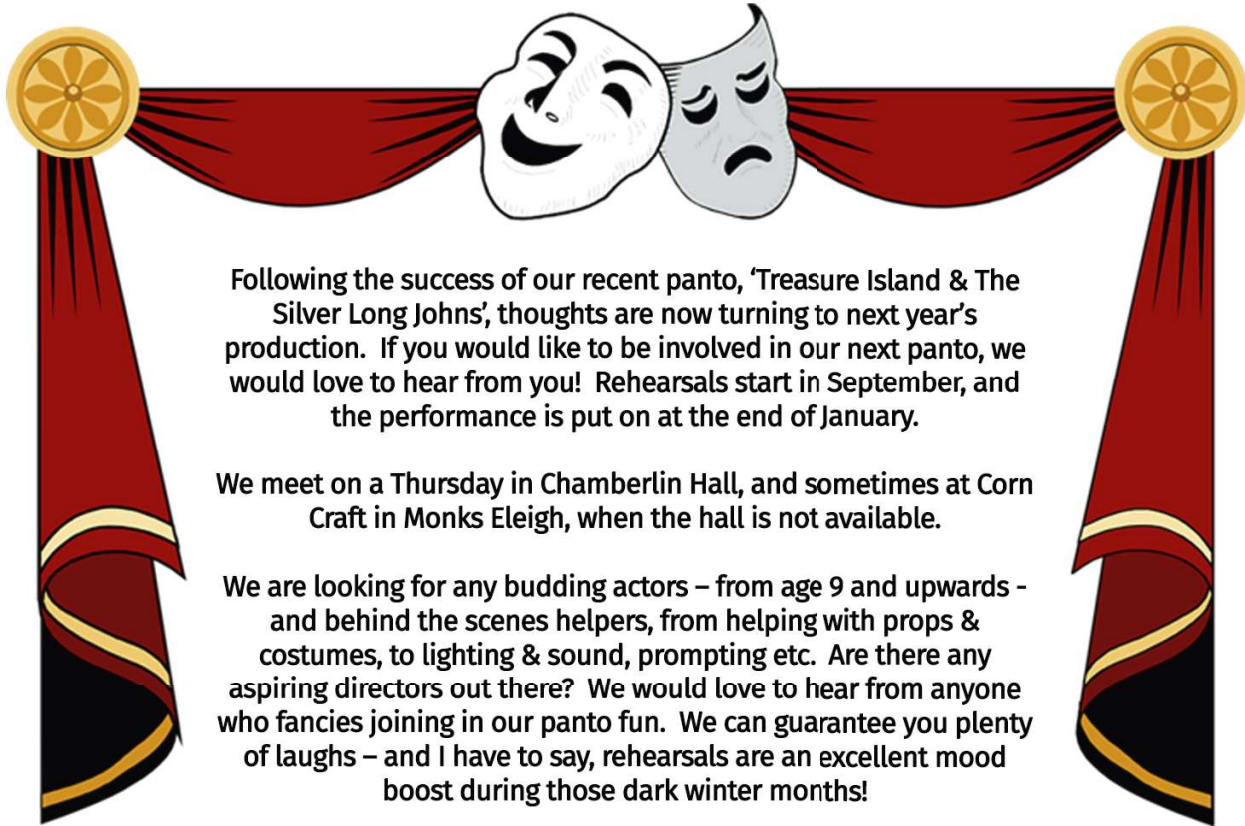
Baby & Toddler Group every Tuesday 10.00-11.30 (contact Angela details below)

Art for Us every Tuesday afternoon

(for more information contact Jo Silburn 01449 257045)

**Elaine Talbott 07766527433 or Angela Chapman 07711904515
or email bildestonsportsfield@gmail.com**

Drama Group



Following the success of our recent panto, 'Treasure Island & The Silver Long Johns', thoughts are now turning to next year's production. If you would like to be involved in our next panto, we would love to hear from you! Rehearsals start in September, and the performance is put on at the end of January.

We meet on a Thursday in Chamberlin Hall, and sometimes at Corn Craft in Monks Eleigh, when the hall is not available.

We are looking for any budding actors – from age 9 and upwards – and behind the scenes helpers, from helping with props & costumes, to lighting & sound, prompting etc. Are there any aspiring directors out there? We would love to hear from anyone who fancies joining in our panto fun. We can guarantee you plenty of laughs – and I have to say, rehearsals are an excellent mood boost during those dark winter months!

The 'annual panto' has been a village tradition for decades in Chamberlin Hall. We are so blessed to have such a wonderful stage and facilities, and the shows have brought much fun and laughter to local people over the years.

It would be fantastic to get more people involved, so please don't be shy! If you would like to join us or wish to know more, please call Caroline on 0777 6085277

A pantomime horse walks into a bar. The barman says 'Fancy a pint?' The horse says 'No, two halves, thanks.'

BILDESTON BELL RINGERS

We have a regular group of ringers every Tuesday from 8pm to 9.15pm but are always happy to get new ringers ringing. This takes a few weeks to get people up and running but most people get there in the end. We also ring before our Sunday services and special occasions, weddings, etc

For more details contact: Neil Ashwell 01449 741370

SESAW NEWS

"Oh no, it's that time of the year again" Mum groaned as she cleared another swarm of flying ants off the table. Presumably these annoying insects have their place in Nature, preferably not in the kitchen!

All living creatures are welcome at SESA, whatever their traits. We see a variety of personalities, particularly in dogs, from quiet couch potatoes to adventurous daredevils. Most settle in new loving homes, occasionally one bounces back and becomes a permanent resident.



Such was Bobby, a delightful, mischievous terrier, completely unfazed by deafness. Unfortunately, he hated being alone and came back to us after causing much damage in the short time his new owner was out. He was an exceptional character and seemed to be Houdini in canine form. If someone exclaimed "How did he get out?" you knew Bobby was up to his old tricks again. The fences were all made higher after a bemused householder in the next village phoned about a strange dog waiting for dinner in her kitchen!

At the age of seventeen years, Bobby has made his last great escape and our lives are the poorer for it.

Meanwhile we have Nico, a big, boisterous lad waiting for an experienced home with no small children. He is strong and bouncy, loves attention, long walks and swimming in lakes. He will make a fantastic dog with patience, kindness and on-going training. Please leave a message or send an email if he is the dog for you. I'm off to find Mum who needs some extra love and attention from a little dog like me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, email: info@sesaw.co.uk
website: www.sesaw.co.uk

Mandy's fundraising Craft Fair

Whatfield Village Hall on Sunday 15th October 2023.

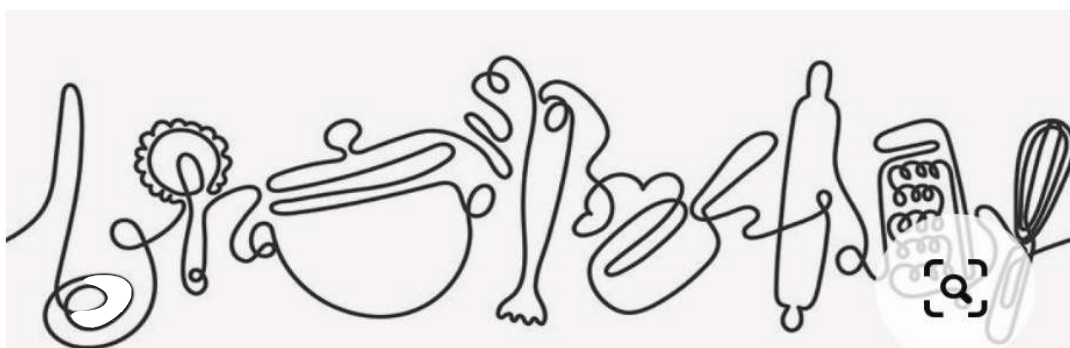
Wide variety of stalls. Bumper raffle with excellent prizes.

Hot and cold refreshments served all day.

All proceeds to Success After Stroke

Recipe of the Month

with thanks to Nicola



German apple cake

The day before, mix and quickly knead together:

195g margarine

100g sugar

300g plain flour

2 level tsp baking powder

Form into a ball, flatten, cling & chill over night.

Peel, core & dice

1 kg of apples, preferably something a bit tart.

Cook the apples in a pan - with a splash of lemon juice - until soften a little bit.

Roll out 2/3 of the dough, keep the remaining 1/3 chilled, lay into a round and lined springform. don't worry if it brakes, just patch it up. press it up the sides a bit too, prick with a fork all over and bake at 180 for approx. 10 minutes until golden.

Put the apples on top, roll out the remaining dough and cover the apples up completely.... again, don't worry if it breaks, patch it up, you are not after a smooth look anyway.

Bake for 35 minutes or so until golden in colour.

Once cooled, pour icing all over to cover the top completely: Add icing sugar to your food processor, start the engine and slowly add fresh lemon juice until you have a really thick icing that will only just pour. Let the icing set whilst the cake is still in the tin.

Would you like to try a slice before you bake? This cake will be served at the upcoming music festival (in the BNatural Tea Garden).

#bildestoncooks

ROYAL BRITISH LEGION LEGION (RBL) POPPY APPEAL

On behalf of the RBL Poppy Appeal Manager for Suffolk I have been asked to inform you that there is a vacancy for a volunteer Poppy Appeal Organiser (PAO) for our immediate area covering Bildeston and several surrounding villages.

If anybody would wish to have more information on the Role and Responsibilities of a PAO please get in touch with me soonest. If no PAO is appointed for the area I am confident that we will still be able to organise the house to house collection in the village, as well as having poppies and collection tins in Business premises/- School/Health Centre etc as normal.

As always we are indebted to the loyal band of collectors in the village during the Poppy Appeal Fortnight (28 Oct -12 Nov) and I will be asking for your support. Thank You. Martin Rodgers, mam.rodgers@btinternet.com, 01449 743120

WINTER FAYRE at St MARY MAGDALENE CHURCH

Please mark your diary for our Principal Fund Raising Event of the year on SATURDAY 4th NOVEMBER.

Details to follow in the OCTOBER issue of THE BUGLE

In the interim please address any queries to Martin Rodgers, mam.rodgers@btinternet.com, 01449 743120.

CHURCH FUND RAISING QUIZ

Fund Raising Quiz for Teams of 6 maximum.

on

Saturday 30th September at 6.30pm

at

St Mary Magdalene Church, Bildeston

Cost: £10 per head to include Chilli and Rice Fork Supper.

Special Dietary Requirements catered for.

Wine/Beer/Soft Drinks available through Donations.

Raffle / Prizes for Winning Team

CONTACT: Please contact Martin Rodgers, mam.rodgers@btinternet.com, 01449 743120, to enter yourself/your team by MONDAY 25th SEP.

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class here!!**



help@bossbodyfitness.org



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Unlocking Vitality: The Power of Exercise for Older Women

In a world where age is often associated with slowing down, one truth remains unwavering: exercise holds the key to unlocking a vibrant and fulfilling life, especially for older women. As the years advance, staying physically active becomes not just a choice, but a necessity that offers a multitude of benefits.

1. Stronger Bones and Joints:

Aging can lead to a decrease in bone density, making older women more susceptible to fractures. Regular exercise, particularly weight-bearing and resistance training, can help build and maintain bone strength, reducing the risk of osteoporosis and promoting joint flexibility.

2. Heart Health:

Cardiovascular diseases become more prevalent with age. Engaging in aerobic exercises like brisk walking, swimming, or cycling helps improve heart health by enhancing circulation, reducing blood pressure, and lowering the risk of heart disease.

3. Mental Well-being:

Exercise is a powerful mood booster, releasing endorphins that combat stress and anxiety. For older women, who may be facing life transitions or health concerns, physical activity can provide a natural and effective way to maintain mental well-being.

4. Weight Management:

Maintaining a healthy weight becomes increasingly important as metabolism slows down with age. Regular exercise combined with a balanced diet helps older women manage their weight, reducing the risk of obesity-related health issues.

5. Cognitive Function:

Studies have shown that physical activity is closely linked to improved cognitive function. Engaging in regular exercise can enhance memory, attention, and overall brain health, helping older women maintain their cognitive abilities and reduce the risk of cognitive decline.

6. Social Engagement:

Group exercise classes or outdoor activities provide opportunities for social interaction, combating feelings of isolation that can sometimes accompany aging. Social engagement through exercise fosters connections and supports mental and emotional well-being.

7. Independence:

One of the greatest fears for older women is losing their independence. Regular physical activity can help maintain strength, balance, and mobility, reducing the risk of falls and injuries that could hinder their ability to live independently.

8. Quality of Life:

Ultimately, exercise enhances the overall quality of life for older women. It empowers them to stay active, pursue hobbies, travel, and engage with their families and communities with vitality and enthusiasm. The journey towards a healthier, more fulfilling life begins with taking that first step. Consultation with a healthcare professional is essential before embarking on any exercise regimen, especially for those with existing health conditions. With the guidance of experts, older women can embrace exercise as a lifelong companion, reaping the myriad benefits it offers and enjoying the golden years with strength, grace, and confidence.

Stay Strong. Tx

BossBody
Fitness



THE BILDESTON CROWN

Thursday 21st September

TRUFFLE TASTING MENU

Italian wine pairing

Friday 24th November

GAME DINNER

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CHRISTMAS DAY

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Suffolk Churches Ride and Stride



Suffolk
Historic
Churches
Trust

**Saturday,
9 September 2023
9.00am - 5.00pm**

Local Organiser
from whom sponsorship
forms are available:

Robin S @r

NEWBERRY HOUSE
34 HIGH STREET
BILDESTON
IPSWICH IP7 7EY
SUFFOLK
Telephone 01449 740404



Visit shct.org.uk for more information.

You can also find us on Facebook and Twitter.

Sponsorship money raised will be divided between Suffolk Historic Churches Trust
and the church or chapel chosen by the participant.

Suffolk Historic Churches Trust

Registered Charity No: 267047



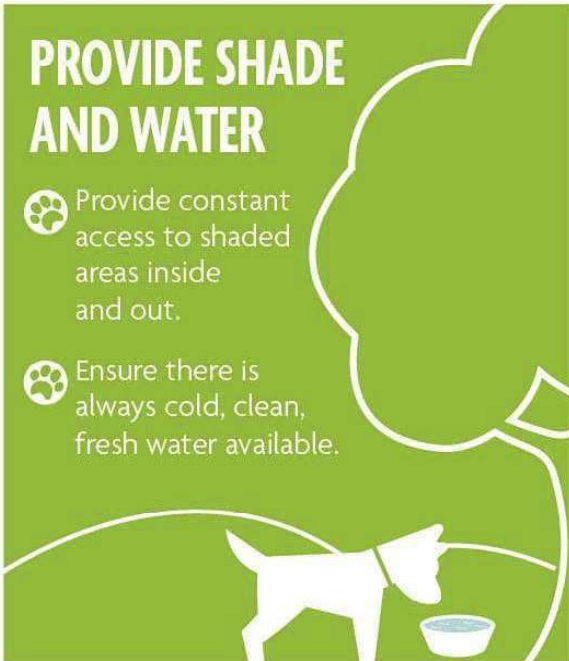
CARING FOR YOUR DOG DURING WARM WEATHER



Dogs lose heat through panting, can only sweat through their paws, and are at high risk of getting heatstroke. Follow our top tips to keep your dog cool in the heat.

PROVIDE SHADE AND WATER

-  Provide constant access to shaded areas inside and out.
-  Ensure there is always cold, clean, fresh water available.



WALKIES

-  Head out in the early morning or late evening when it's cooler.
-  Don't run or cycle with your dog when it's hot.
-  Avoid pavements. If the ground is too hot to touch with your hand for a few seconds, it's too hot for paws!



KEEPING COOL

-  Prevent sunburn by using pet-safe sunscreen on ear tips and nose.
-  Brush your dog regularly to keep their coat thin and free from matts or knots.
-  Use frozen toys, paddling pools or water sprinklers to entertain and cool your dog down.



REMEMBER:

Dogs can die in hot environments.

See: rspca.org.uk/dogsinhotcars

Never leave pets in vehicles, caravans, conservatories or outbuildings in warm weather.



HEATSTROKE CAN KILL.

Know the signs of heatstroke and contact a vet immediately if you spot them: heavy panting, excessive drooling, lethargy, drowsiness, uncoordinated movements, a state of collapse and vomiting.

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Bildeston, Ipswich, Suffolk, IP7



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Email: chris.harman1990@gmail.com

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Tues, Thurs – 09:00 – 12.00

Early Drop Off from, 08:00. Lunch Club Daily until 13:00

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To find out more please call in, telephone

01473 823755 or see dunstoneinsight.com





BNatural **MUSIC FESTIVAL** **IS BACK!**

1ST-3RD SEPTEMBER 2023





FRIDAY 1ST

The Kings Head - 5PM

SATURDAY 2ND

The Square - 12.30PM

Levells Hall, Tea Gardens - 2PM

The Kings Head - 1PM

The Crown - 7PM

SUNDAY 3RD

The Square - 11AM

Levells Hall, Tea Gardens - 2PM

The Kings Head - 12PM





WITH LIVE MUSIC FROM

Aartwork · Adam Thomas
Bear Witch Project · Beer Belly
Collars · Connor Adams
Gray Project · High Eyes
James White & Wild Fire
Joe Keeley Band · Leo Gosh
Leon O'Leary · Monticolombi
Oscillate · Polly Haynes · Raz Band
Those Colchester Buskers

with more to be announced



BNatural

BILDESTON'S ANNUAL MUSIC FESTIVAL

1ST-3RD SEPTEMBER 2023

 www.BNaturalmusicfestival.com

 twitter.com/bnaturalfest

 facebook.com/BNaturalFestival

 instagram.com/bnaturalbildeston





BILDESTON

ALLOTMENTS

**Have you ever thought
of growing your own
vegetables and flowers?**

**There will be an allotment available from
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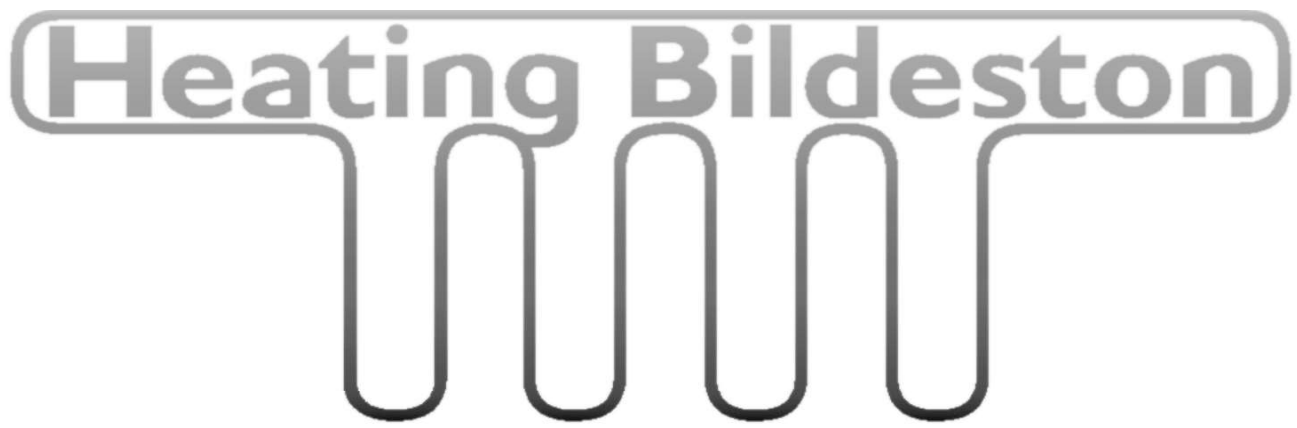
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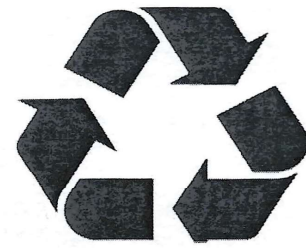
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clerk@bildeston.suffolk.gov.uk for more details.

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Teresa Lester – Lay Minister for the Benefice

'Let Justice and Peace Flow'

We have now come to the end of school holidays and the beginning of the new school term. The harvest has been all gathered in and with any luck, we will still have many sunny and warm days, throughout this month to enjoy.

In the churches calendar we begin a season of creation, called 'Creationtide', starting from the 1st September until the 4th October. A time for the church to dedicated to God as Creator and Sustainer of life. We hold special services throughout this time, giving thanks for the world in which we live and to renew our commitment to caring for our planet.

The theme for 'Creationtide' this year is 'Let Justice and Peace Flow', with our symbol being a Mighty River. These words are taken from the prophet Amos as he cries out: "But let justice roll on like a river, righteousness like a never-failing stream!" *Amos 5:24*

We see so much devastation going on in our world today. With many wildfires raging and biodiversity being lost at a rate not seen since the last mass extinction. The futures of young people are threatened by this impact and our changing climate.

As Christian people, we must work together on behalf of all Creation, as part of that mighty river of peace and justice, to speak out with and for communities most impacted by climate injustice and the loss of biodiversity.

As a church we are trying to do what we can. We promoted a plastic free July this summer. We have started to do a flora and fauna count in our wildlife area at the back of the church yard. We have a bronze award for the 'ECO Church Project' and continue to strive for the silver award.

In June the Diocesan Synod focused on the Environment, Bishop Martin said "As Christians we are at the forefront of changing attitudes, practices and lifestyles to pursue with determination our commitment to safeguard all creation."

Please do come and join us at our services throughout the year, with our Harvest Festival on the 8th October. We give thanks for all we have and in letting Justice and Peace flow, we think of others who need our voice to stand up for them, for justice for all people in our world and we pray for the end of all conflicts to let peace flow.

Blessings to you all,

Teresa Lester

Services in the Brett Valley Benefice
September 2023

Date 2023	Time	Service	Church
Sunday 3 September	11am	Holy Communion	Bildeston
	11am	Morning Prayer	Semer
Sunday 10 September	11am	Harvest Festival	Naughton
Sunday 17 September	11am	Holy Communion	Semer
	11am	Harvest Festival	Whatfield
Sunday 24 September	11am	Holy Communion	Bildeston
	11am	Harvest Festival	Nedging



Lunch club

Baptist Church 12.15 for 12.30pm start.....1st Wed every month

Craft it Together

01449 741772 for details..... Every Mon

Strollers & Striders

9.45 - various starting points 07584 189356 or 07901 563281 for details.....Every Mon

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Sports Pavilion 10am - 11:30am.....Every Tuesday

Art for Us

Sports Pavilion 2pm to 4pm.....Every Tuesday

Family Group - 10am-12pm

07542 785649 to book a space.....Every Tuesday

Community Coffee Centre

Baptist Church 9.15 - 11.30am.....Friday mornings

Church Bell Ringing Practice

St. Mary Magdalene church bell tower 8.00 to 9.15pm.....Every Tuesday

Bildeston Carpet Bowls Club

7.30pm Chamberlin Hall. Contact Mike 01284827688.....Every Tuesday

Open Mic Night Chamberlin Hall 7.00pm.....Every Wednesday

Social Evening Chamberlin Hall 7.00pm.....Every Friday

Bildeston Garden Group

call Debbie 07948083769Last Wed of the month

Ladies Club 1st Thursday of the month - no meeting in August

Chamberlin Hall 7:30pm.....next meeting Thursday 7th September

Social Sunday Breakfast

Sports Pavilion 10.00 -11.30.....Sunday 10th September

Bildeston Parish Council Meeting

Sports Field Pavilion 7.00pm.....Monday 11th September

Macmillan Tea party

Sports Pavilion 2.30 - 4.30.....Wednesday 13th September

Please tell us about your forthcoming events in **OCTOBER**

email: editor@bildestonbugle.co.uk

deadline 17th of every month

More details on these events inside.

When you're finished with this Bugle please pass it on or recycle it.

