



### CHURCH SERVICES

1	7.30 p.m.	Ash Wednesday Benefice Service	Swainsthorpe	Dawn
5	11.00a.m.	Holy Communion Service	St. Mary's	Sally
12	9.30a.m.	'My Church' Morning Worship	St Mary's	John
19	11.00 a.m.	Holy Communion Service	All Saints'	Dawn
26	9.30 a.m.	Mothering Sunday Service	St. Mary's	Dawn

### Saxlingham church services

5<sup>th</sup> 9.30am 12<sup>th</sup> 11.00am 19<sup>th</sup> 9.30am 26<sup>th</sup> 8.00am HC 11.00am

### CHURCH FLOWERS

No flowers in Lent

### WHAT'S ON

2	Parish Council meeting	7.30pm Trinity hall
3	<b>Shotesham Film night - Rams</b>	7.30 pm Trinity hall
4/5	<b>Village Litter pick</b>	
4	Gardening group pruning session	10.00-12.00 Hilltop cottage
6	Village walk -	10.15 am meet at Trinity hall
7	Mobile Library	Afternoon
8	Village Assoc AGM	7.30pm Trinity hall
10	Poringland film- Sully	7.30pm Poringland
26	Village walk -	

A reminder that the foodbank is still operating from both churches. Gifts of non-perishable foods can be left in the boxes inside the church.

Check your website- [www.shotesham.com](http://www.shotesham.com) for all up to date information, photographs, village history, trading post etc.

Thanks to Fanny Wallis and Mike Knights who have kindly sponsored this edition of 'Contact'



## SHOTESHAM CONTACT

March 2017

### Thought from Dawn

Apart from the obvious benefits of physical exercise, a walk in the country is often beneficial to our mental state as well – calming and relaxing an over-active agitated mind and many times helping us to see things in their true perspective. I'm convinced that this is because going into 'the big outdoors' enables us to put useful distance between ourselves and whatever it is that may be bothering us.

Plus we simply cannot physically carry a lot of clutter when we go for a walk – the nature of the exercise forces us to 'travel light'.

This is one reason why holidays and retreats are so beneficial – it's because we have (at least temporarily) left most of our 'stuff' behind. The burden of responsibility fades into the background and we are free to enjoy life without its accumulated clutter.

Used wisely, the season of Lent can have a similar effect on us spiritually. It allows us to purge ourselves of the accumulated mental and spiritual clutter that has built up over the past months.

So it becomes a kind of 'spring-clean for the spirit'.

If you are someone who fasts during Lent, it doesn't have to be about giving up particular foods. We can also fast from shopping, from technology (now there's challenge, give up the hand held gadgets for 40 days!), from driving – well you get the idea – there are creative ways to abstain from something in order to create quality time to renew your spirit, recharge your inner life and connect with the God who loves you.

Peace be with you.

*Dawn Team Vicar dawn@tasvalley.org 01508 498924*

**Church Electoral Roll.** The forms are available in both churches for inclusion on the Electoral Roll. These must be posted in the box available in All Saints' Church by Sunday 26<sup>th</sup> March. A current Electoral Roll list is available to see on the notice board in All Saints Church.

Those on that list do not need to re-apply.

### Shotesham Parish Council...

Over the weekend around 4th and 5th March the annual litter pick is taking place. Please take care as you go about the village.

The Parish Council is currently part of a whole nation boundary review. We are not anticipating any imposed changes but as and when we have more information we will of course put it on the website and publish it in Contact.

Free books are available in the Grove BT box. There is a good range to choose from. Please come and join us at our meetings, the next one is the 2nd of March when you can raise any topics that are important to you.

### Shotesham Film Night      Friday 3rd March 7.30pm Trinity hall

#### *"Rams" 15 (1hr 33mins)(sub-titles)*

This touching film set in a remote Icelandic farming valley follows two estranged brothers who are forced to come together - after 40 years of feuding - to save their cherished rams.

Tickets £5. Raz 550122 [razwoollacott@gmail.com](mailto:razwoollacott@gmail.com)

### Gardening group

#### Shotesham Gardeners event

On Saturday 4<sup>th</sup> 10am-12 local horticulturalist Sarah Cushion will lead a practical session on rose pruning in Brenda Unwin's garden, Hilltop Cottage, Priory Lane, Shotesham, NR15 1YH

As always everyone welcome, this is not a 'membership' club, just come along. Cost £3 Bring your own secateurs

#### Date for your diary:-

Saturday May 6<sup>th</sup> Shotesham Annual bring and buy plant sale As the seed planting season is about to start you may want to grow extra plants to sell or donate at the plant sale. Further details later.

For more information about Shotesham garden events contact Sue Astbury on 550377 or [susan.astbury49@btinternet.com](mailto:susan.astbury49@btinternet.com)

### A Trades' Directory for Shotesham with small personal ads

Issued twice a year. Next issue will be with April 'Contact'. The fee for a trade entry is £10.00 per year for both issues or £3.00 to place a small personal ad. To advertise please contact Ruth Maddison 558701 or [ruthemaddison@gmail.com](mailto:ruthemaddison@gmail.com). The entry should be up to 3 lines on A5 at this sized text (extra fee for more lines) Entries by **10<sup>th</sup> March** please to be included in April directory.

### Shotesham Village Association

#### Wednesday 8<sup>th</sup> March 7.30pm again at Trinity Hall the Association

**ANNUAL GENERAL MEETING.** This year will be seeing some of our long-standing members resigning from the Committee to make way for new blood.

If you would like to get involved, or know someone who is interested, nomination forms are available from Bernie Fenn [floracot@btinternet.com](mailto:floracot@btinternet.com). Please come along and support the Committee and put forward your ideas for future events. More details will be posted on the website and via email.

Date for your diary - **Sunday 9th April** the ever-popular '**Tour de Shotesham**' details see the website [www.shotesham.com](http://www.shotesham.com) or [ed\\_howard@hotmail.co.uk](mailto:ed_howard@hotmail.co.uk)

#### Walking group

**Monday 6th:** Ronnie to lead a loop walk around Saxlingham- Hempnall. Meet at The Trinity at 10.15 a.m. for lift share.

**Sunday 26th:** Mike and Nicky to lead the walk —details to follow.

Saxlingham Players are presenting the comedy "Joking Apart" by Alan Ayckbourn in the Village Hall, Saxlingham Nethergate on **Wednesday 5<sup>th</sup> April**

**Thursday 6<sup>th</sup> April, Friday 7<sup>th</sup> April and Saturday 8<sup>th</sup> April 2017 at 7.30 pm.**

The plot revolves around Anthea and Richard and their friends and tells the story of a couple who live a charmed family life in suburbia and wish to share this perfect existence with their neighbours, but instead succeed in ruining the lives of those around them. Tickets price £7 will be available from Vicky Stocks tel: 01508 499631

### Porringland Community Cinema SULLY (12A)

Friday 10th March Tickets £5 Includes tea or coffee before the show  
Doors open 6.45pm film starts at 7.30pm Tickets on sale at Budgens or the Library or on the door. Biography/Drama: Portrait of heroic pilot Chesley "Sully" Sullenberger and his successful emergency landing of an Airbus A320 on the Hudson River.

Stars: Tom Hanks, Aaron Eckhart and Laura Linney

Thanks to all those that supported the concert in All Saints' church on the 3rd February. It was a splendid evening with some very talented young people delighting us with their performances.

The profits from the Concert, amounting to £252.00, were sent to 'Hope into Action' a local charity which supports homeless people.

## SHOTESHAM VILLAGE ASSOCIATION

The **Annual General Meeting** of the Association will take place in the Trinity Hall on **Wednesday 8<sup>th</sup> March at 7.30pm.**

Members of the Association are invited to attend the AGM and to receive the reports and accounts. This is also a good opportunity to find out about events planned for 2017 and to put forward your own ideas. After the brief formal proceedings, we can continue the discussion and meet fellow members over a glass of wine.

All adults in the village are encouraged to become members of the Association. The annual subscription is only £3 per person, although additional donations are always welcome! To join or renew your membership, please complete the application form overleaf and return it to Bernie Fenn before the AGM or bring it to the meeting.

If you would like to be nominated for election to the Executive Committee, please obtain a nomination form from Bernie Fenn(558407) Completed nomination forms should be lodged with Bernie at Flora Cottage, The Common, Shotesham, NR15 1YQ, before the AGM.

## SHOTESHAM VILLAGE ASSOCIATION

### *Membership Application – 2017*

*I/We apply for annual membership of the Association and enclose a minimum donation of £3.00 per person*

**Name(s) (in block capitals please):**

**Address:**

**Tel No:**

**E-mail:**

*Please return the completed form and subscription (cheques payable to Shotesham Village Association) to Mrs. Bernie Fenn, Flora Cottage, The Common, Shotesham St Mary, Norwich NR15 1YQ.*