



CHURCH SERVICES

4	11.00a.m.	Harvest Festival	St. Martin's / St. Mary's	Dawn
11	9.30 a.m.	My Church	St. Mary's	John & Sally
18	11.00 a.m.	St. Luke's Service	All Saints	Dawn
25	9.30 a.m.	BCP Matins	All Saints'	Dawn with David Hamilton

Saxlingham services

4th 9.30am, 11th 11.00am, 18th 9.30am 25th 8.00am HC & 11.00am

CHURCH FLOWERS -All Saints , Jane Blease / Pat Harris,

South Window, Ros Dix

St. Mary's Betty Torbitt, Christine Howes

WHAT'S ON

6	Cre8 craft group	10.00am Trinity hall
8	Table tennis	6.30pm Trinity hall
9	Film Night –Salt of the Earth	7.30pm Trinity hall
9	Woman in Gold -Film	7.30pm Poringland
10	Pond clearing	from 9.30am
15	Village Walk	10.15 Trinity hall
16	Saxlingham Garden Society talk	7.30pm Trinity hall
20	Mobile Library	Afternoon
24	Village market	10.00-12 Trinity hall
28	Garden Group	7.30pm Trinity hall

Thank you everyone who sat in the church for the Norfolk Churches Trust sponsored cycle ride.

Thanks to Peter and Fiona Roat who have kindly sponsored this edition of 'Contact'. They welcome Ross, Claudia and son Ronnie who have moved into their house and hope that they will enjoy living here as much as they have.



SHOTESHAM CONTACT

October 2015

Message from Dawn

Focus!

I spend quite a bit of time listening to people. To listen well, to really engage with the speaker, concentrating and empathising with them, takes quite a bit of energy – it certainly isn't a passive undertaking. But it's this very focus and concentration that really enriches the time we spend listening to others.

This applies to many other things. When we give ourselves fully to the moment, becoming really absorbed in the task at hand, distractions melt away and time stands still.

If you do any kind of art or craft work you'll probably recognise this. To sit for an hour or so and sketch – really looking at the subject - we learn to notice detail, to appreciate beauty, in a way that we wouldn't in the usual pace of every day. There are plenty of ways to spend our time that will result in simple but lasting pleasure.

Today's culture focuses on materialism, acquisition and increasing pace of life – always wanting more, always moving on to the next 'best' thing – so our attention is never held for long by what we already have. Constantly chasing the next thing is not only quite draining but tends to rob us of the pleasure of appreciating what we have and enjoying the present moment. Without spending some time each day sitting quietly in the presence of God and listening to his heart - waiting for his still small voice - I very quickly get caught up with and distracted by all kinds of things that won't add to my happiness. Look around – put your focus on God, on your family and friends, your home and garden and cherish this day as the gift it is.

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

Our Harvest Festival service will start in the open air at the ruins of St. Martin's on **4th October at 11.00 am** weather permitting. We will then process to St. Mary's for the main service. In the event of poor weather we will revert to starting at St. Mary's.

Parish Council.

After the defibrillator meeting held earlier in the summer, we had requests for further hands on training with the addition of CPR. We have followed this up and a meeting is planned for **Saturday November 7th**. This will be an informal morning session in the Trinity Hall. Please drop in anytime. We will confirm exact times in next month's Contact but this is a date for your diary. Please remember that all Parish Council meetings are open to the whole Parish and we are always pleased to welcome you.

Heather Jackson

Cre8 Tuesday 6th October 10.00-1.00 Trinity hall

Workshops on 1st Tuesday of the month from 10am -1pm Workshops will be alternate Crafts and Flower Arranging held at Trinity Hall -Cost £10. For any further information please ring or contact me.

Jennifer Walters, Meadow End , The Street, Shotesham, Norwich. NR151AP. Tel 01508 550796 Email jentol@icloud.com

Table Tennis starts again from **Thursday 8th October** from 6.30pm until 8.00pm in The Trinity Hall and every Thursday thereafter in October. New Members very welcome, please just come along or contact David Howes 01508 558458 for more information.

WALKING GROUP-

Thursday 15th October: Ronnie will lead us on a merry trail - this time around Poringland tracks and paths.

Car share from Trinity at 10.15 a.m. to Howe Church- about 1.5 hours.

Shotesham Film Night. Friday 9 October 7.30pm Trinity hall

. "Salt of the Earth" Biography/Documentary. Lifes work of photographer Sebastiao Salgado. A treat to the eyes, heart, head & soul! Tickets £5. To book. Raz 550122 razwoollacott@gmail.com

Shotesham Conservation Group -

Autumn is upon us and it is time to clear up the village pond. Volunteers are required on **Saturday 10th October from 9.30am**. Please come along if you can, many hands make light work as they say! As usual coffee/tea and cake will be provided.

The Shotesham Art Group is about to start the Autumn/Winter sessions of life and portrait drawing. Many people would like to be able to draw but feel their ability is so limited that attempting to face that blank piece of paper is too daunting. We are hoping to start a short weekly or fortnightly class for a limited number of people to teach the rudiments of the skill. The class will be taken by a lively and experienced teacher. Dates, times, fees etc. to be decided when the level of interest is known. If you would like to think about participating please let Wally Jackson know on awalterj@btinternet.com

VILLAGE MARKET OCTOBER 24TH 10-12 Trinity hall.

Lots of stalls including christmas gifts, cards and bird feeder rings. Guess the filling of the victoria sponge and win. Proceeds for the British heart foundation

Shotesham Garden Group

Something not to be missed, on **Wednesday October 28th 7.30pm** at the **Trinity Hall, Shotesham, Jim Payne from Walnut Tree Nursery** will talk, and advise, on 'Climate Change and Gardening' Everyone welcome. £3 to cover costs.

Choir for St Mary's Christmas Carol Service. We are hoping to form the choir again for the Carol Service in St Mary's church. All parts needed, anyone who likes to sing, especially men, please contact Jenny Clarke 01508 550261.

www.shotesham.com for all up to date information

Do you fancy a go as a guest editor on the website for 6-8 weeks? You would have the opportunity to keep this home page up to date with snippets of news and information about the village according to your interprets. No great IT knowledge required- training provided. Contact Frank if you are tempted! frank333mitchell@btinternet.com