Shottisham Village Newsletter

March comes in like a lion and goes out like a lamb







Photo by Liz Cardnell

The Vicars Voice

Who is Veronica? As you read this, we are well into the Christian season of Lent, a time of self-reflection and "fasting", giving up something which is difficult to do without. As those of you who read my Vicars Voice column regularly will know that for me, giving up chocolate takes a lot of self-discipline and self-will!! It doesn't always work!!

During Lent, a variety of churches from varying backgrounds will journey through what is traditionally called, 'the stations of the Cross'. The fourteen stations, depicting various stages of the journey of Christ through Jerusalem to Calvary, help us each year to reflect upon Jesus' betrayal, his suffering, death and eventual rising.

Across these stations we encounter Jesus in different ways. I love walking the stations, but they are not always easy to reflect on. The 4th station is the one I always find hardest, where Jesus meets his mother, who can only stand by and watch what her son is going through. She can no longer protect him or keep him safe. As a mother and grandmother myself, my heart breaks for Mary's agony.

But, there is also one of the stations the 6th, which has always fascinated me because the person involved in this station with Jesus, doesn't actually appear in scripture. But she is the one who is said to have wiped the face of Jesus' as he carries his cross. Her name is Veronica.



In Latin the name Veronica means: 'true image or honest image'. As the story goes, Veronica, out of



compassion for Him, wipes the face of Jesus with her veil and subsequently the image of Jesus' face was imprinted upon it; creating what could be seen as a 'true' or 'honest image' both of herself and Jesus as well.

Whether the story of Veronica actually happened or not, the meaning behind the story is a strong Lenten lesson in this single station. Veronica ignored all the terror, the horror of what was happening, and simply demonstrated love and compassion.

As we try to follow the way of the Cross this Lent, especially during this time of anxiety and unknown due to the pandemic, let each of us try to imitate the story of Veronica's encounter with Jesus to our everyday lives. Let us be the true, honest and lasting images of what it is to be human, to love one another, as family, friends and neighbours, serving one another through the love of God that Jesus shows on his way to the Cross. With love and blessings, *Rev Mandy*



Photo by Rod Cardnell

Church Letter

Dear Reader

As one of the retired clergy taking services in some of the Churches of the Wilford Benefice, it's good to be asked to write this letter, having been born in the benefice more than 75 years ago. Of course, this is a current publication that focuses on events in the community in the here and now, and the monthly "pastoral letter", often the only reflective item in the magazine, usually tries to express some timely, topical thought appropriate to the season.

I'm writing in the knowledge that it will be read at the beginning of March. By then, I'm thinking, we should be seeing the early signs of spring, cheered by lighter mornings, an increasingly vocal dawn chorus and the occasional treat of the sight of the Spring bulbs. And, hoping that we shall be back in our Churches on Sunday mornings, it will be Lent, and we may even allow ourselves a look-ahead towards the celebrations with which we hope to greet Easter this year (on 3rd April).

Had I been writing last year, I'm sure I would write about Lent as a time of penitence and preparation, of looking forward to the promise of NEW LIFE, of which Easter is the fulfilment. But this year, ten days before Easter, we confront an inescapable anniversary, for on 23rd March it will be one year since the first covid19 lockdown began. These twelve months have changed our lives in ways we would never have foreseen. In coincidence with all sorts of other events and news, national and global, political and economic, actual (or natural) and virtual (or fake), this pandemic has shaken our attitudes, relationships, perspectives and understandings, and perhaps even our hopes and dreams. Many people we know have risen wonderfully to its challenges, but all of us have been challenged in some way.

So, I suggest, this month's "appropriate", "topical" thought is about *emerging*, Spring-like, from the confinement in which we have survived these last twelve months. For I'm hoping (aren't we all), necessarily cautiously, that we may be able to see this anniversary as a corner that we are turning towards a restoration - a release - of the spirit that underpins normal human relationships. May it be more than just the end of lock-down; more than the end of this strange suspension of life. May it be an end to the insidious fear that many have been feeling, particularly the old and the young, an end to our concern about what we can and cannot do, an end to our preoccupation with scientific facts and figures, their interpretation and extrapolation (although I do not under-rate all that our scientists have achieved for us these past months); may it also be a beginning.

This sense of *emerging* has reminded me of the courageous Romanian Pastor, Richard Wurmbrand, who survived 14 years imprisonment under unspeakably cruel conditions at the hand of the Ceaucescu regime, including four years during which he was kept underground in a box. On release in 1990, he was met at the prison gates by his son, who had been four years old when he was first imprisoned. On the way home, his son asked, hesitantly, "Dad, what have you learnt during your fourteen years in prison?" Wurmbrandt's reply was, "Well, I've almost forgotten the Bible in all that time, but I do know three things: that there is a God; that Jesus is his Son; and that love is the best way."

May we all know and share that love in the coming months,

Robin The Rev Robin Alderson (robin.alderson@btinternet.com)

BILLY THE FISH is at the knoll at 10 am on **Wednesdays**.

Are you fed-up with doing the same old walks?

Walking in Suffolk www.walkinginengland.co.uk/suffolk is the website for you!

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking! John Harris john@walkinginengland.co.uk

SHOTTISHAM PARISH COUNCIL

Update on Highways and Playground Issues

Speeding in the village is still giving some parishioners cause for concern. Shottisham Village Association's proposal to set up a Community Speedwatch team to check on this has had to be put on hold because of a lack of volunteers and the Covid situation. The parish council expressed their thanks to ESC councillor James Mallinder for his help in organising a council grant which will pay for all the repairs to the playground as outlined in the RoSPA report. A mole catcher has been recruited to remove as many moles as he can find too.

Register the Trust Hall as a Community Asset

It has been agreed that the Trust Hall will be registered as a Community Asset to protect it from being sold immediately if the Shottisham WI folds and ownership reverts to the Suffolk East Federation WI. The community will then be given six months to see if they can raise the finance to purchase it.

Dog Walking

Concern has been expressed that some unleashed, poorly behaved dogs have become quite aggressive and prone to attack dogs on the lead – a reminder will be put in the newsletter about keeping dogs on leads where appropriate.

Volunteers wanted!

The small copse in The Glebe (the dog walking field – dogs should not be in the play area) requires a serious makeover to tidy it up and make it more attractive to wildlife. Councillor Philip Bouscarle has volunteered to set up a working party but needs some volunteers to help him with this task. Please contact the clerk if you would like to put your name on the list. Ideally, this work would be done in the spring but it might have to wait until August because of Covid restrictions.

Date and time of next meeting 9th March at 7:30 pm via Zoom.

Full minutes from the January meeting can be found on the Shottisham Village website at http://shottisham.suffolk.cloud

Lesley Roberts, Clerk to Shottisham Parish Council Shottishampc.clerk@gmail.com 01394 410581



DAY	ALDERTON	ORFORD	ALDEBURGH	HOLLESLEY
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30	13.30 to 17.30
Tuesday	8.00 to 18.30	CLOSED	8.00 to 18.30	
Wednesday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	
Thursday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	
Friday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	

STAFF TRAINING CLOSURE AFTERNOON

The surgery will be closed for training on **Wednesday 10th March** from 13.00 All calls will be diverted to NHS 111 We would like to thank all our patients for their support and words of kindness over the past few months it really does help boost staff morale.

We realise that the coronavirus pandemic has caused exceptionally challenging and worrying times for each and every one of us and we all need to remember that we are in this together.

www.thepeninsulapractice.co.uk

Help with lifts to vaccinations

If anyone is offered the vaccination and is struggling to get to their appointment, please contact **Pat Southgate** on 01394 410110, 07787865073 or at pat.southgate@hotmail.com and I shall arrange transport. They would be required to wear a face mask and to sit in the back of the car. Thank you, *Pat Southgate*

The census is coming

Census Day is **Sunday 21**st **March 2021** – look out for your invitation pack in the post.



East Suffolk Council has put together 2,000 EAST bags, to give to our older residents who might be feeling lonely and isolated. A reminder they are not forgotten.

The EAST bag (Everyone Active, Supported Together) is a reusable jute bag which has been funded by the East Suffolk Community Partnership Board and Ipswich and East Suffolk Clinical Commissioning Group.

In the bags are items which will enable recipients to stay active, both physically and mentally, during the winter months. These include resistance bands and exercise cards, a water bottle, hand warmer, recipe cards, freezer boxes, a puzzle book and

some seeds to plant when the weather improves. Also treats!

Through parish councils across the Peninsula we have delivered over 50 bags to our residents all have been greatly received. In these difficult times it's always important to look after each other and a cheery hello and smile always lifts the spirits. Kindness should never be underestimated. **Clir James Mallinder**

The Sorrel Horse

I guess the exciting news is that now there is a clear road map out of lockdown which is welcome news for everyone of course.

This naturally gives the Team an opportunity to plan to reopen the pub during the month of April. Let's hope that the weather is kind to us!

Other news is that Norman and family are now officially on the housing ladder and will be moving to their new home in Rendlesham shortly. We wish them all the very best. Regards, *Gary*

A message from Norman and Kerry

Hello all, hope everyone is well and thank you for the support so far, we are so close to hitting our running distance and sure by the time this is out we will have smashed it. We have also raised more money than expected with all of your generous donations, which we sincerely appreciate and feel very honoured to have such a supportive community around us. On a side note we shall be moving to rendelsham in the next couple of weeks as we need the space for the family, we have loved living in this village with such a warm and welcoming community here and it will definitely be missed. I will still be working at The Sorrel and looking forward to getting back to cooking for everyone as soon as possible.

Regards, **Norman Ball** (chef at the sorrel) @chefnorman.ball (for Instagram donations) and **Kerry Ball**. https://www.justgiving.com/fundraising/kerry-

<u>ball511?utm_source=facebook&utm_medium=fundraising&utm_content=kerry-ball511&utm_campaign=pfp-share&utm_term=0481e145677a446898eede6ebfb2245e</u>



Snowy pictures from February









Thank you to Helen, Katie, Diana and Terrie for the photos (and Frederic, Constance, Logan, Vivi and Mia!)