



Village Newsletter

March 2025 Issue 279

If you have any updates for the April newsletter, please send to me by the 28th March, warm wishes, Natalie
Nataliebrett64@gmail.com

Defibrillator code C159 X, located at the back of Sorrel Horse pub.



Snowdrops, February 2025, Shottisham

Sorrel Horse

Curry night, 1st March, quiz night 6th March, teams up to 6, breakfast and roast every Sunday. More to follow.

We still need new directors to join the team. If anyone would like a chat, please contact me on the above email.

Parish Council

Anglia Water

The parish council are pleased to report that Anglia Water has apologised for its lack of communication when it closed The Street to fix a water leak recently. After receiving complaints from the chair Ray Kay and several parishioners they have recognised their need to do better in future.

They have agreed to inform the parish council of any planned work they intend to do in the village and give notice of any road closures as soon as possible.

The next meeting will take place on Tuesday 11th March at 7:30 pm in the Trust Hall. Full minutes from the last meeting can be found on the Shottisham Village website at: <https://shottisham-pc.gov.uk>

Lesley Roberts, Clerk to Shottisham Parish Council clerk@shottisham-pc.gov.uk
01394 410581

March Diary

- 1 Mar** Bawdsey Haven Yacht Club Public Talk – 7.30pm, the Hall
2 Mar Breakfast Morning 10am - 12pm Alderton Village Hall
Tea/Coffee/Cakes/Bacon Rolls on the menu - plus a pre-loved clothing sale -
Bawdsey School Fundraising Event
4 Mar Craft Group – 7.30pm, Bawdsey Hall
6 Mar Coffee & Chat at Wild Blackberry Cafe – 10.30am,
15 Mar Bawdsey Market – 2.00pm-4.00pm, Bawdsey Hall
18 Mar Craft Group – 7.30pm, Bawdsey Hall
22 Mar Pre-Loved Sale – 2.00pm-4.00pm, Bawsey Hall
23 Mar Craft Makers Fair - The Swan Alderton 2pm-5pm - Stalls - Pub open for
drinks from 2pm
29 Mar Hollesley Village Hall Breakfast & Stalls 9.30am-12.00pm
5 Apr Bawdsey Haven Yacht Club Public Talk – 7.30pm, the Hall

Boathouse Café closed

Suffolk Punch Trust closed

Marsh Barn Café RSPB Reserve, Hollesley 10.00am-2.00pm daily

Mobile Post Office every Thursday 11.30am-12.30pm, Alderton Village Hall

Chair-based Exercise Class 10.30am, the Hall, ring Jane 411373

Yoga with Darren paused for the moment

Deben Ferry will run Good Friday - 30th Apr weekends only and from 1st May-30th
Sept daily - 1-31st Oct weekends only. Time 1000-1700 weather permitting

Suffolk Police www.suffolkpolice.uk email woodbridge.snt@suffolk.pnn.police.uk

PET OWNERS

Don't forget there will be Fireworks at Woodhall Manor, 10.30pm, 2 March.

CHURCH NEWS

Lent, service, and Love

“When I was hungry, you fed me.... In as much as you did it to one of the least of these my brethren, you have done it unto Me.” (Matthew 25.24).

These words remind us that God is not a remote force separate from us, but is indeed ‘The true Light begin to recognise that it is the light of God which is God’s universal love which lights everyone who comes into the world.’

If we can put aside a period of fasting, to reduce our attachment to the outer food which is transitory and discover the inner food, as Jesus calls it the Word or Presence of God, the kingdom of God within the silence of the heart, following the direction the verse from the psalm, “Be still and know that I am God” making firm, sincerely striving to keep the commandments, to love God with all our heart, all our mind and all our strength and to love our neighbour as our own Self. This is repentance for one’s sins, a wholehearted change of mind leading

to a real change in our words, thoughts, especially practised for the 40 weekdays from Ash Wednesday to Easter.

May we be inspired this Lent to deepen our love by connecting with God within us and within our neighbour at all times. This means showing caring for God both within ourselves and all those neighbours around us, so becoming instruments or channels of God's love in the world. These 40-days of Lent are an opportunity for us to renew the promises of our Baptism: "I renounce Satan and all his works; "together with our wholehearted desire to be led by the Holy Spirit of Truth in prayer each day, in frequent confession of our sins and in ever-deepening love for the Holy Communion, becoming more and more at one with ourselves and our neighbours through Selfless love or service, whose service is perfect freedom.

'Lent is not meant to be miserable', Rather, Lent is about 'clearing the decks', as Jesus does when tempted by Satan in the wilderness', a place of peace, rest, and profound trust in God' leaving the agenda 'entirely to God' guiding us from within or without, Waiting on God Lent can be a positive reengagement in life, a re-focusing, a time for 'waiting on God', and also a celebration of springs kindness and selfless love and service to others. In that spirit, we might give more time in Lent for joy, for listening, for embracing a change in our routine, a limit to our normal personal comforts, but all in a positive frame of mind. Times for shared silence and reflection'. We will have our Lent suppers and our weekly services, but we could also spend more time in contemplation on the Jesus Prayer, or Christian Meditation.

And love is the meaning of Lent There is an echo of a Lenten clearing of the decks in an Ash Wednesday meditation by John Bowker where he says that what we should be giving up, or maybe just seeking to identify, is 'whatever there is that is blocking or impeding or standing in the way of [a] direct conversation with God.' For him the clearing out might include a 'burning out of all that is dead', as a result of which 'there will be great warmth and light for others – one might even say love. And love is the meaning of Lent'.

Dr. Reverend Stephen Thompson



The Peninsula Practice

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

Staff training is important for our practice. On the following days, surgery sites are closed from 13:00 until the following day. The specified site is open for booking future appointments and accessing repeat prescriptions.

- Thursday 10th April 2025 - Aldeburgh
- Wednesday 14th May 2025 - Alderton
- Thursday 12th June 2025 - Aldeburgh

All calls will be redirected to 111.

We offer an increasingly wide range of NHS services to our patients:

We are now using an online software which can integrate with the NHS app. You can provide information and images about your concern, and a healthcare professional within Peninsula Practice will review the information and contact you.

This means that you don't have to call us at 8am to get an appointment, and have the ability to monitor your queries using the NHS app.

We will still be available for phone calls, however, this new process enables you, our patients, to contact us when it is convenient for you throughout the practice opening hours. Please go to our website and select 'Contact Us Online' to begin using this service.

We now request that patients/carers order what they need between 7-10 days before their prescription is due.

01394 411641

peninsula.practice@nhs.net

<https://www.thepeninsulapractice.co.uk>

