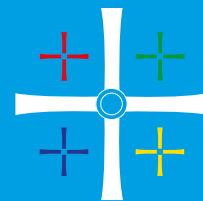


# Free for All



THE MAGAZINE OF THE VENTA GROUP

APRIL 2017



## Welcome to our new neighbours!

We know that there are lots of new people moving into the villages at the moment. Many of you have arrived in the last year or two in the new homes in Broomefield Road in Stoke, and we are expecting more people to join us before long in the Salamanca development off Long Lane. At the same time, of course, there are people moving into houses all around the villages all of the time, and we do hope and pray that you feel really welcome as you move into the area.

Elsewhere in this magazine there is a little note to say that we are always aim for someone from the churches to say hello to new people moving into the area, and to make you feel welcome. Sometimes people particularly want us to pray for God's blessing on their new houses, others just for us to say hello, but we want to make sure we do that. If you haven't heard from anyone and you would like to, please do get in touch with Rob or one of the churchwardens using the contact details on page 3.

In our last magazine we enclosed a community questionnaire (more information in Rob's article on page 3) encouraging you to let us know ways that we can help create community here in the villages. This is one of

our 3 main priorities as a group of churches, and we are really looking to develop this in different ways.

One of the things we thought we would do was to hold a couple of evenings in the Church Hall in Stoke where everyone who was new to the village community there could get together and meet some new people – maybe even some neighbours who they don't know yet. We will be holding this after Easter in the Church Hall on Friday 28th April, and we would love you to come along and get involved if you have arrived in the village in the last year or two. We will be putting an invitation through the door for everyone we know about who has moved into the village, including everyone in Broomefield Road, but we don't want you to think that you have been missed out in any way, so please help us by letting us know if you don't receive an invitation in the next few weeks, or if you know of anyone else who has arrived recently and might appreciate being invited along as well. We do our best to remember everyone but we know that we will need a little help! Later on in the summer, probably on Friday 14th July, we will be organising a special evening for young people of school age, but there will be more information on that a little nearer the time!

### EASTER IN THE VENTA GROUP OF CHURCHES

#### **Maundy Thursday 13th April**

7.30pm Reflective evening with simple supper in Arminghall Village Hall

#### **Good Friday 14th April**

10am Good Friday service at Caistor St Edmund  
11.15 am Walk of witness in Stoke Holy Cross  
12pm Service around the cross at Stoke Church Hall, with light lunch  
2-4pm Family fun afternoon at the Pavilion

#### **Easter Sunday 16th April**

9am Easter celebration & communion at Arminghall  
10.30am Easter celebration & communion at Stoke Holy Cross

### Easter Fun at the Park

Cakes and drinks  
Easter crafts  
Easter Egg Hunt  
Family activities in and around Stoke Holy Cross pavilion  
Good Friday April 14th 2017 2-4pm

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Free for All



## Welcome to our brand new magazine!

Thank you to everyone who has contributed to it, and to Angliaprint who have organised everything for us. You will see in these pages that there is quite a lot of content, including a lovely article about St George's Dementia Support Group.

We want to use this magazine to showcase what is happening around the villages, not just church things, so every month we want to include one longer article like this. If you normally just send us times and dates for future meetings, why not write us a bit more, telling us what you have been up to, what your group is about, include a few pictures and so on. People love to hear what others are doing so please do pass the message on.

God is in the process of making everything new. I don't just say that because this is a brand new magazine – I say it because it is a truth for Easter and for every day. On the front page you will see a lovely photo of a rainbow in the Tas valley that one of our church members took. In the Old Testament the rainbow was a sign of God's promise that he would never again use a flood to destroy

all of the earth. Instead, he promised life to Noah and all his descendants.

Easter is a sign of life. It is the reality of Jesus, who had been dead in the grave, raised to life, bringing God's promise of life to everyone who would believe. It is life not just in all its fullness here and now, but life promised for eternity with God who is making everything new.

As a vicar I am naturally excited at the signs of new life I see springing up in all of our churches, but God's intention was not that his life be limited to a specific group of people, let alone buildings. His intention was that all things be made new through Jesus. And so I am looking for opportunities for our church to bring life into all of our community. You might have seen in our last edition that we included a questionnaire to fill in - you can also do it online via [venta-group.org](http://venta-group.org) or our Facebook page 'Venta group of churches'. We would love to hear your ideas about how we can serve our community in celebration of the new life that Jesus has brought us.

Happy Easter!

### VICAR OF THE VENTA GROUP

Stoke Holy Cross with Dunston, Arminghall and Caistor St Edmund  
Rob Baker, The Vicarage, Mill Road, Stoke Holy Cross, NR14 8PA  
[rob@venta-group.org](mailto:rob@venta-group.org) 01508 492305

### CHURCH ADMINISTRATOR

Angela Bell [admin@venta-group.org](mailto:admin@venta-group.org) 01508 491619  
(please ring Angela during office hours rather than evenings or weekends)  
[www.venta-group.org](http://www.venta-group.org) [@venta-group](https://twitter.com/venta-group)

### CHURCHWARDENS

Stoke Holy Cross & Dunston  
Viv (493438) & Peter (471529)

#### Arminghall

Pat (492622) & Annie (495580)

#### Caistor St Edmund

Jani (493572) & Graham (493430)

### ST GEORGE'S HALL BOOKINGS:

Joyce Williams 492143

### STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

### STOKE HOLY CROSS PAVILION BOOKINGS:

Barbara Cattermole (Parish clerk)  
530739

### FROM THE REGISTERS

#### FUNERALS

Charles Dennis  
Thursday 2nd March  
Stoke Holy Cross

Reg Lester  
Wednesday 22nd March  
Stoke Holy Cross

Michael Rayner  
Monday 27th March  
Dunston

Joy Mills  
Thursday 30th March  
St Faith's Crematorium

We continue to pray for all those who have lost loved ones recently, or are remembering someone particularly at this time of year. We are always happy to record the names of anyone from the villages whose funeral has been held recently, even if it wasn't taken by a member of our ministry team.

### FREE FOR ALL MAY EDITION

Items for next month's magazine can be sent by email to [admin@venta-group.org](mailto:admin@venta-group.org) by 10th April at the latest. The 10th of the month will be the deadline for all copy for the next magazine for the time being.





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**Creating Community**  
I will... Catch opportunities to share my faith and try to take them  
Our small group will... Connect with the community around us in ways that show God's love  
Our congregation will... Continue to be known in the community for generosity and kindness

**Deepening Discipleship**  
I will... Develop a pattern of spending time reading the bible and praying every day  
Our small group will... Devote ourselves to growing in faith through worship, prayer and the bible  
Our congregation will... Decide to meet together with God's people, to learn to follow Jesus closely

**Encouraging Evangelism**  
I will... Expect to have opportunities to share my faith and try to take them  
Our small group will... Expand and grow, reaching new people and caring to multiply  
Our congregation will... Explore ways to make new people welcome where we meet, and make leading people to faith a priority



## SERVICES FOR APRIL IN THE VENTA GROUP OF CHURCHES

**2nd April 5th Sunday of Lent**

**9.00am** Traditional Holy Communion  
*Caistor St Edmund*  
**10.30am** Informal Morning Worship & Baptism with children's group  
*Stoke Holy Cross*  
**4pm** Traditional Holy Communion  
*Dunston*

**9th April Palm Sunday**

**9.00am** Traditional Holy Communion  
*Arminghall*  
**9.30am** Praise and Worship  
*Caistor St Edmund*  
**10.30am** Café Church  
*Stoke Church Hall*

**13th-16th April**

For Easter events and services, check our separate article on page 1

**23rd April 2nd Sunday of Easter (St George's Day)**

**9.00am** Traditional Holy Communion  
*Caistor St Edmund*  
**10.30am** Sunday 4 Everyone  
*Stoke Church Hall*  
with children's group  
*St George's Day service Arminghall*  
followed by bellringing, beer and pies from 5pm

**30th April 3rd Sunday of Easter**

**10.30am** Annual Churches' Celebration Service  
*Stoke Holy Cross*  
Celebration service with children's groups & communion, followed by lunch and church meetings (see separate article)

## What does all this mean?

There are all sorts of different services happening across the group of churches, providing all sorts of opportunities for people to get to know God better – or for the first time – and to spend time with one another. We hope that the little explanation that follows will give you an idea of everything that is happening from Sunday to Sunday around the group. All of our services include a slot where someone gives an explanation of a passage from the bible to help us to understand what God is saying to us today.

Most weeks, in at least one of our churches, there is a traditional holy communion service. This uses a printed service booklet and hymn book or sheet, and we concentrate on using songs and prayers which are familiar to people who have come to Church of England churches over time, or if you have come in the past and would like something you recognise!

There is also a less formal communion service at Stoke Holy Cross on the first Sunday of most months. At this service we tend to sing a number of more modern songs together, and there might be time for people to talk to one another, pray for one another, or share what they feel God is saying, or has been doing. Sometimes there might be a baptism instead of communion at this service. There is a separate group during this service for children of all ages.

Café Church is an informal, interactive service, with activities for all the family set out around tables, and lots of delicious

breakfast, together with a few songs and a short thought for the day to pull everything together. We regularly have about 40 people here, including lots of children of all ages.

Sunday 4 Everyone is held in the Church Hall, like Café Church. It is a bit more structured, with a short introduction for everyone followed by the children going into a separate room, and time for the adults to look at the bible together, talk together, and ask questions.

4th Sunday services at Arminghall vary between a formal Evening Prayer service, and other services for special occasions, like Mothering Sunday or Harvest, or our upcoming service for St George's Day, for example.

Family services at Caistor St Edmund are short, interactive services, with a mixture of familiar hymns and modern children's songs, and a talk where children are encouraged to join in, and a prayer activity we can all do together.

Praise and Worship is a less formal morning service, with a mixture of familiar and more modern songs, and a lively, uplifting feel.

Taize services, which happen 2-3 times a year, are gentle and reflective, with some simple modern songs which are repeated to allow you to meditate on the words, and some silences between the readings.

On 5th Sundays we tend to have one family communion service in the group, which rotates between the churches.

Free for All

*We always do our best to come and say hello to new people moving into the villages where possible, and are happy to come and visit if you would like us to pray God's blessing over your new home, for example. Please be in touch with Rob or the churchwardens if you would like us to come and see you...*





## PORINGLAND COMMUNITY CINEMA

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# St. George's Dementia Support Group

In Autumn 2014 David Gudgeon, a resident of Upper Stoke Holy Cross described on local television how the dementia-friendly cafe at Wyndham was a lifeline for people living with dementia, and especially for their carers.

Inspired by Dave's moving story, members of the church approached Rob Baker, the vicar of Stoke Holy Church, about setting up a similar style cafe at St. George's Hall at Upper Stoke Holy Cross. This would serve not just Stoke but also surrounding villages and Norwich.

The church was one of a number of organisations which gave a donation to get the cafe started and allowed the use of the hall rent-free for 1 year.

Local people were approached to be volunteers and an inaugural meeting was held in early 2015, which was attended by councillors, representatives from Age UK and the Alzheimer's Society, and potential volunteers - 45 people attended in all.

A committee of 7 was formed and a constitution was formed and safeguarding and health and safety policies put in place. Training for volunteers was arranged and DSB checks were set up.

The success of the cafe is a tribute to the local community and official organisations working together. Without many generous donations, fundraisers and our wonderful volunteers it wouldn't have been possible.

This month we celebrate the second birthday of a very happy, friendly cafe providing outings, musical entertainment, games and crafts, support and information for carers and people living with dementia.

We continue our twice monthly cafe on 2nd and 4th Mondays, next meeting on 10th and 24th April

Volunteers are welcome - for any information please ring 01508 492938 or 01508 493661

ANN RAINES

*We would love to feature your village organisation in a future magazine with an article of this kind – just get in touch and we will see what we can do!*  
Email [admin@venta-group.org](mailto:admin@venta-group.org)



# Arminghall

The church of St Mary's is in the centre of the village & is part of the Venta group of churches. The church is open from 9.00am to 5.00pm 7 days a week. Please come & have a look round. The Churchyard is a Conservation area & can only be cut at certain times of the year. The spring flowers are now getting to their best & the church & surroundings look very springlike at this moment.

We are really excited to be making progress towards our big vision of renewing and extending the church to provide a lasting facility for the whole village, with toilet, kitchen and flexible meeting space. We are at the point where we would love to encourage your generosity to get this process started – we will be in touch to let residents know more, but perhaps you could be thinking about this in the meantime.



# Thursday Club

Our next meeting will be held on Thursday 6th April, 2017. We meet at the hall 1.30pm for 2pm. Please come along and join us for an enjoyable afternoon of tea and chat. You will be made very welcome.

Our first outing for the year is on Tuesday 25th April, 2017 when we will be going to St. Mary's Church Flower Festival and then on to Baytree.

We commence picking up in Trowse at 9am - cost for this is £15. This includes a lunch of jacket potato with either cheese or ham, apple pie and cream and tea or coffee.

Seats must be booked by 6th April along with your food order.

Also we are having an outing to Wroxham on Tuesday 16th May, 2017 when we will be having a two hour trip on the broads. We commence picking up in Trowse at 10am - cost for this is £15. Seats must be booked by 6th April, 2017 along with payment.

**Bingo** - Our dates for April are 12th which will be our Easter Bingo and 26th - eyes down 1.45pm

**Bowls** - Our dates for April are 5th and 19th - we commence at 1.30pm - cost for this is £2

## APRIL IN ARMINGHALL

**8th April.** Lent breakfast in the Village Hall from 8.30am. Breakfast rolls of bacon & sausage, coffee or tea. & the last Pilgrim study group

**9th April.** Palm Sunday Communion Service at 9.00 am followed by coffee & Biscuits.

**13th April.** Maundy Thursday. Light supper from 7.30 pm in the Village Hall (Soup, Cheese & Fruit). Please bring your own drinks (& wine glasses if required!) – if you want a little more than the fruit juice which will be provided. This is a Maundy Thursday event for the whole group of churches, and anyone from all the villages and beyond is welcome!

**16th April.** Easter Sunday 9.00am Communion Service followed by coffee & Easter Eggs.

**23rd April.** St. George's Day. 4.00pm St Georges Day Service followed at 5.00pm Bell ringing with the usual Ale & Pork pie. Come to either or both & help ring the bell.

**30th April.** The APCM will be a joint Venta Group service & meeting at stoke holy Cross from 10.30am.

## BIG GROUP CELEBRATION AND MEETING SUNDAY 30TH APRIL AT STOKE CHURCH

This is a great opportunity for everyone from around the group to get together to celebrate all that God has done in our midst in the last year. There will be great stories from around the churches, the chance to worship and share communion together, and hear from Rob about where our vision of Community, Discipleship and Evangelism might lead us in the next year. There will be groups for children of all ages in the first part of the day, then a lunch we can all share together, before we do some of the nuts and bolts of the annual meetings afterwards. We will be looking for people from across the churches who can join in with our 3 church councils – if you would like to commit together to making our vision happen, then why not get hold of an election form from the resources section of our website, or in church, and get some people to nominate you!

You can also nominate someone else if you think they would do a good job – but they have to be willing!



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## COFFEE - CAKE - CHAT

On every Thursday morning during the months of May and June at Caistor Church from 10:00 until 12:00 we invite you to call in at the church and join us for Coffee, ( or Tea if you prefer) Cake and a Chat.

All quite informal, just the opportunity to meet up with friends, make new friends and get together to as a community. So do call in and bring your dog too if you are out giving him/her their daily walk round the Roman Town.

Ps if you did not know, we do have a toilet in the church



## COFFEE MORNING

April 18th 10:30 - 12:30

At Joy Clarke's  
3 Mill Green, Stoke Holy Cross

Proceeds in aid of The Nook

CAKE STALL BOOK STALL RAFFLE

Please come for Coffee

**POST OFFICE**  
Stoke Church Hall,  
Mondays 9am-1pm,  
Weds 1.15-4.15pm

## STOKE HOLY CROSS TUESDAY GROUP

Spring Supper at the Church Hall

April 22nd 7:30pm

£12 per person to include wine

Our present charity is  
NELSONS JOURNEY

Everyone is very welcome.  
Come with a group of friends

To book ring Barbara Thomas  
01508 493486

# Annual Village Litter Pick

As last year the Parish Council are organising the village litter picking which will be held on Wednesday 24th May. Usually late afternoon /early evening.

Volunteers are needed please for this so if you can spare an hour or so please contact Mrs Jeanette Utting telephone 01508 494198 who is co-ordinating this on behalf of the Parish Council.

It is quite amazing how much litter is lying on the sides of our roads and if not collected would just accumulate and even perhaps be a danger to wildlife. So please help if you can and keep our roadsides tidy.

You will be provided with bags, picking equipment, gloves and high vis safety vests.

As in previous years there will be a BBQ at the church when the litter picking finishes.

## STOKE HOLY CROSS ANNUAL PARISH MEETING

April 20th  
at the Church Hall  
at 7.30pm

There will be an opportunity to hear what has been happening, as well as details of future plans, from village organisations and groups. There will also be an update on the replacement pavilion.

## CAISTOR St EDMUND CHURCH

EASTER The service at Caistor on Good Friday is at 10am and is the only service in the group that day. There is no service at Caistor on Easter Sunday but the church will be open as normal. There are services at Arminghall at 9.00am and Stoke Holy Cross at 10.30 am on Easter Sunday.

Please look for further information concerning the Group APCM's which are on Sunday 30th April at Stoke Holy Cross Church.

# Easter Wordsearch

thewordsearch.com

A wordsearch to celebrate both Spring and Easter. Can you find all the hidden words?

T	H	U	R	S	D	A	Y	E	V	L	D	S	R
R	E	P	P	U	S	S	M	S	S	O	S	P	L
R	S	R	A	C	G	E	N	O	T	S	Y	R	I
U	L	A	R	R	N	R	I	S	E	N	A	I	H
G	O	O	D	F	R	I	D	A	Y	S	D	N	O
S	S	A	L	L	E	L	U	I	A	E	N	G	S
S	L	E	V	R	E	Y	A	R	P	N	U	S	A
N	S	N	O	W	D	R	O	P	S	A	S	S	N
P	N	P	D	R	U	B	M	A	L	O	G	R	N
R	E	V	O	S	S	A	P	E	L	G	P	E	A
L	S	S	P	A	L	M	S	S	E	A	T	I	O
A	F	A	S	S	L	I	D	O	F	F	A	D	L
S	R	L	L	I	H	N	E	E	R	G	P	S	R
T	Y	R	T	H	O	R	N	S	T	P	S	L	A

SNOWDROPS  
SUNDAY  
PALMS  
SUPPER  
THURSDAY  
STONE  
EGGS  
LAMB  
ALLELUIA  
SPRING  
THORNS  
HOSANNA  
LAST  
GREENHILL  
GOODFRIDAY  
PRAYER  
PASSOVER  
DAFFODILS  
CROSS  
RISEN

# Worried about your home and assets?



## What is a Family Asset Preservation Trust and how do they work?

Just like a safety deposit box, assets can be added and removed from the Trust during your lifetime, most people will protect their home and their savings. You are named as the "Principal Beneficiary" of the Trust and retain full control of the assets within the Trust while you are alive and have mental capacity. You are free to move home, or release equity from the trust at any time. As the Principal Beneficiary of the Trust, you have a guaranteed right of occupation in the Property for the remainder of your life.

in association with Anglia Will Writers



## Consider these five things:

- Re-marriage
- Large probate fees
- Unreliable children
- Incapacity
- Care costs

## Did you know that...

Currently, one in three women and one in four men go into some sort of care? If you have assets of £23,250 (this includes your home) or above you must fully fund all of your care fees.

To find out more about setting up a Family Asset Preservation Trust, Lasting Powers of Attorney or a Will call

**01508 494315**

email [sales@aspwills.co.uk](mailto:sales@aspwills.co.uk) | [www.aspwills.co.uk](http://www.aspwills.co.uk)

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## Edith Cavell Day Centre Main Road, Swardeston, NR14 8DU

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For more information call the Day Centre on

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or visit [www.ecav.co.uk](http://www.ecav.co.uk)

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- Your alarm fitted within 3 working days of contacting us (requires suitable plug sockets and 2 local contacts)



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**0800 917 4680**

or **[contactcare@saffronhousing.co.uk](mailto:contactcare@saffronhousing.co.uk)**

Website: **[www.contactcarelifeline.co.uk](http://www.contactcarelifeline.co.uk)**



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