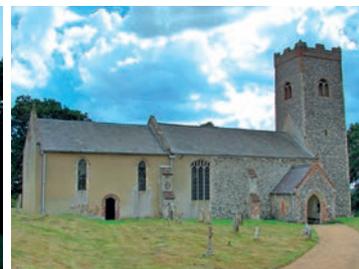
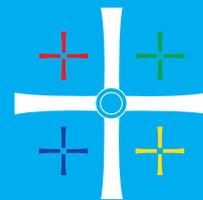


# Free for All



THE MAGAZINE OF THE VENTA GROUP

AUGUST 2017

## Moving Up



### From the Year 6 children of Stoke Holy Cross Primary

#### Some of our best memories:

- When I went home after my last day at Foundation, I said to my mum that I would miss sitting on Mrs Coman's lap.
- One of my best memories from Stoke was when I was in year 2 and Miss Chaney

was asking us random times tables. She asked me, "2 x 2?" but I thought she said, "do you need the loo?" so I said, "no!" She kept asking me and I kept saying, "no!" until finally, Evie shouted at me and said Iona, she means, "2 X 2!!!!"

- One of my best memories was when I did a play on Joseph and his 'wonderful' coloured coat.
- In year 2, I was practising for our Christmas play - I was Ralph the Reindeer! I had a solo in one of the songs so I sang the lyric, very badly, and Finlay shouted, "you're terrible!" - so I blamed it on my 'cough'!
- When I was 1 in year 2, Miss Chaney used to give us sweets. If I didn't get one, I used to get really angry with her. I would call it, "stupid!"

*continued on page 5*

From around the villages - see Pages 6 and 7 for details



### GARDEN COFFEE MORNING

At Jim and Pat's

6 Church Close, Arminghall

Wednesday 2nd August 2017

10.00am to 12 noon

- cake stall • raffle • plants • bring-and-buy
- All welcome !!

*Proceeds in aid of St Mary's Church, Arminghall*



### Stoke Holy Cross Allotment and Leisure Gardens Association

Early Autumn Show  
Sunday 10<sup>th</sup> September 2017

Entries to school between  
8am and 11.00 am Sunday 10th Sept

Doors open for show at 2.00pm  
For Further Information  
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## It's your move

We hope that you enjoy this edition of our magazine, which is all about moving on. It contains some great contributions from some important leavers from Stoke Holy Cross Primary School: the Y6 pupils, and retiring headteacher Sue Simmonds. There are also words and pictures from the ordination of our new curate, Lyn Marsh, on Saturday 1st July, as she begins an exciting new phase of ministry with us in our churches and wider community.

For all of them now, and for all of us in different times, life is full of movement and change. You might be one of those people who has lived in the same place for a long time, or always had the same job, or always been surrounded by your family, but things still change, and things still move.

Often when things change there are great things to remember to take with us. The articles by Mrs Simmonds and the Year 6 leavers are full of happy memories of their time at the school, and Lyn's ordination was a day to celebrate what has gone before, just as much as what is going to come in the future.

Every year, just before the end of term, one of us from the churches goes in to visit the Year 6 pupils before they get ready to leave and join their various high schools. We give them a book called *It's Your Move*, which

helps them to think about the challenges and opportunities ahead.

This year, we focused on the fact that the future will hold lots of choices for them. They may know which school they are going to, but which subjects will they choose when they get there? Who will they make friends with? What will they have for lunch?! We had good fun choosing between different snacks for different reasons. Sorry to the person who had to choose between a carrot and a stick of celery.

We had a look at the bible story of Joseph, which we have been thinking about in our Friday assemblies as well. It is not so much a technicolour dreamcoat of a story as a patchwork quilt of choices – some good, some bad, some Joseph's, some other people's. Sometimes Joseph gets in trouble for doing the wrong thing, and sometimes he gets in trouble for doing the right thing. Things haven't changed that much in 4000 years or so! The other way things haven't changed is that in the same way God was with Joseph through thick and thin, Jesus promises his followers that he will always be with them too. All of us who are going through changes at the moment, whether they are big or small, can know that Jesus will always be with us too, as long as we follow him. It's a choice we can all make, and it's our move.

### 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**

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#### Arminghall

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#### Caistor St Edmund

Jani (493572) & Graham (493430)

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Joyce Williams 492143

### STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

### STOKE HOLY CROSS PAVILION BOOKINGS:

Barbara Cattermole (Parish clerk)  
530739

### FROM THE REGISTERS

#### WEDDING

Ross Morgan & Elizabeth Donell

Saturday 22nd July  
Caistor St Edmund

#### FUNERALS

Michael John Coyne,

Wednesday 12th July Stoke Holy Cross

#### INTERMENT OF ASHES

Audrey Turner Sunday 16th July  
Stoke Holy Cross

Bryan Wakefield Tuesday 25th July  
Stoke Holy Cross

Dina Marshall Friday 28th July  
Stoke Holy Cross

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.

### NEXT EDITION

Items for the next month's magazine please send by email to Henry and Eostre Caswell by email to

[ventafree4all@outlook.com](mailto:ventafree4all@outlook.com)

By 10th of this month please.

The 10th of the month will be the deadline for all copy for the next magazine for the time being.



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Evenings from 6

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## Sue Simmonds says goodbye



As I get ever closer to my retirement at the end of this term I have been reflecting on the 7 years I have spent as Headteacher at Stoke Holy Cross Primary School.

I will look back with immensely fond memories of the children, families, staff, governors and members of the local community I have been lucky enough to meet and work with. There are many families for whom two or three generations of children have attended Stoke school and it is always lovely to hear memories of the school's past.

We have a fantastic group of parents and wider family who support the school in so many different ways. This might be in belonging to our School Association to help organise the very many fundraising events we have during the year or in supporting the school at sports days, Maths cafes, community assemblies and cake sales. I have

*continued from front page*

- When I was worried about going into the Foundation classroom, to make me go in without my mum, I got to put a gem into a jar and I got to count how many I had got after a week.
- One of my memories that I'll never forget was when I was in Foundation and Mrs Coman told me off for the first time because she caught me scrubbing my tongue with a nail brush after I painted it blue.
- One of my favourite memories is getting to hold the Olympic torch at school.
- I was completing my 'Green team' jobs and I was on the mound. Mrs Coman then started filming me dancing - when I came back in, everyone was laughing at me.

### What we are looking forward to:

- I am looking forward to meeting friends from other schools and doing a variety of different sports - Elliot.
- The thing I'm looking forward to most is having different teachers, meeting different people and making new friends - Iona.
- I am looking forward to having different

also enjoyed our 'Tidy Up Days' with very hardworking and talented helpers keeping our grounds looking great.

We have a great team of supporters from the local community who help in school in so many ways. Many of our governors past and present, live in our catchment villages and give up their time to help run the school, not just in attending governors meetings but in being in school to hear readers, accompany classes on school visits and helping at Forest School. I would also like to thank Rob and Lyn, and helpers, who contribute so much in their weekly Church assemblies.

The education sector continues to be a challenging environment to work in at the moment. There are ever increasing expectations of pupil attainment and progress - just have a look at the recent Key Stage 2 tests for 10/11 years olds and what is expected of them in maths, reading and grammar! School funding and staff recruitment are also areas that bring their own challenges for Governing Boards and Headteachers.

Stoke Holy Cross Primary continues to be a primary school at the heart of its community and I am sure you will all continue to support the school and its new Headteacher, Miss Jeannette Chaney, in the future. You can keep up to date with school events and activities by looking on our website [www.stokeholycross.co.uk](http://www.stokeholycross.co.uk) or our school Facebook page.

**Sue Simmonds**, retiring Headteacher.

lessons with different teachers and meeting new friends - George H.

- I am most looking forward to meeting new friends and being with my best friend who, at the moment, is at a different school! - Athena.
- I'm looking forward to doing DT and making things! - Cameron.
- I am looking forward to the bigger school - Josh.
- I can't wait to get to high school to get to meet loads of new people - Edith.



Free for All



## SERVICES FOR AUGUST IN THE VENTA GROUP OF CHURCHES

6th August	8th Sunday after Trinity
9.00 am	Traditional Holy Communion Caistor St Edmund Church
10.30 am	All Age Holy Communion Stoke Holy Cross Church
4 pm	Traditional Holy Communion Dunston Church
13th August	9th Sunday after Trinity
9.00 am	Traditional Holy Communion Arminghall Church
9.30 am	Praise and Worship Caistor St Edmund Church
10.30 am	Café Church Stoke Holy Cross Church Hall
20th August	10th Sunday after Trinity
9.30 am	Family Service Caistor St Edmund Church
11.00 am	Traditional Holy Communion Stoke Holy Cross Church
27th August	11th Sunday after Trinity
9.00 am	Traditional Holy Communion Caistor St Edmund Church
10.30 am	Sunday 4 Everyone Stoke Holy Cross Hall
4.00 pm	Evening Service Arminghall Church
7.00pm	Celebration Service Mulbarton Church

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...

**ST REMIGIUS CHURCH  
DUNSTON**



Our traditional Holy Communion at Dunston church will continue at 4pm on 1st Sunday of each month until October. The next one is on 6th August so please do come along and join us at this lovely little church in the woods.

**STOKE HOLY CROSS  
CAISTOR ST EDMUND and  
ARMINGHALL ST MARYS  
CHURCH OPEN DAY, GIFT DAY  
AND CELEBRATION**

Please book this date in your diaries to come and join us on  
**Saturday 23rd September**

All welcome to this opportunity to explore the churches and discover what we are all about

Also join in our Harvest Services on  
**September 24th**

**CAISTOR ST EDMUND**

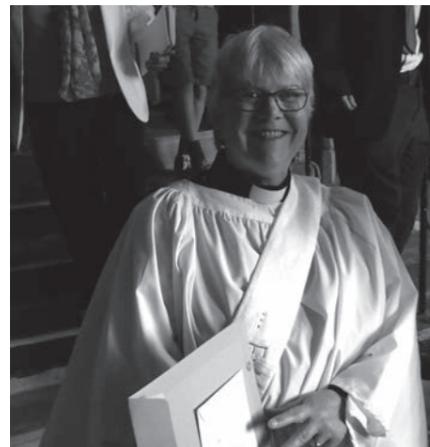
Thank you to all who came to the "Come For Coffee and Cake" on Thursday mornings in May and June at Caistor Church. Sometimes the weather enabled people to sit outside and enjoy conversation in the sun and the coffee and cake. Thank you to Louise Collins who was organiser and to all who helped at different times and provided the cakes. Watch this space, it may take place again in September.

**ADVANCE NOTICE**

The annual service of Remembrance and Thanksgiving will be held at Caistor St Edmund's on Wednesday 20th September at 7pm.

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

The now Reverend Lyn reflects on her ordination day



Last time I wrote an article for the Free For All I recounted a time when I was lost for words and words are sometimes not enough, you have to experience it. The 1st July was an experience I shall not forget. A happy day when I was surrounded by family and friends from Norfolk and beyond. A day when smiles were on many people's faces - not just mine. A day blessed with sunshine. Yet also a day of nervousness and stress. A day captured by many on photos and a day when I hope some captured a glimpse of what walking with God can mean. A day centred around a service in Norwich cathedral but which reminded me that like Jesus, I am to serve others.

I want to thank everyone for the many cards and presents you have given me but also for your prayers, particularly those expressed at celebration at the school in the afternoon of my lovely day.



Many people from the Venta group churches and villages along with Lyn's family, friends, work colleagues and teachers from the school enjoyed a lovely relaxing time celebrating Lyn's ordination to become a Deacon. Lyn gained a special new pair of glasses as part of the talk.

The fine weather meant we could all enjoy a barbeque feast outside after a short service in the school hall. Rob shared the cheffing duties and no-one was poisoned thankfully.

Happy Diamond  
Wedding Anniversary



The 3rd April 1957 was a very special occasion for Leslie and Mary Dawson of Church Close, Arminghall, who married in Kirby Bedon Church on that day. To celebrate 60 years of marriage this year, they enjoyed a fabulous anniversary party at The Oaklands Hotel in Norwich with family and friends.

Whilst accepting best wishes and congratulations from those who helped celebrate this wonderful milestone in their lives together, they asked for no gifts but for people to consider a donation to Heathgate Medical Practice. With the generous sum given, which was topped up personally by Mr and Mrs Dawson, the Practice purchased a new blood testing machine that will enable cholesterol blood tests to be undertaken in the Practice. This lovely picture of Mary and Leslie shows them presenting the equipment to Dr O'Connell, who took tips for a long and happy marriage ahead of her own wedding. Thank you to all those who donated.



Many families enjoyed a lovely Picnic in the Park on 17th June to commemorate the sad death of the MP Jo Cox. Her family and friends came up with the initiative on the belief there is groundswell of people who reject divisive politics and simply want to bring our communities together and celebrate all that unites us.

St George's Hall  
Dementia Support Cafe



A comfortable, caring and supportive social setting for people living with dementia and their carers meeting on

2nd and 4th Mondays of each month (not Bank Holidays) from 10am till 12 noon at St George's Hall, Long Lane, Upper Stoke Holy Cross, NR14 8ND.

Also included is a separate carers' meeting place providing an adjoining space to relax and useful for sharing of ideas, practical support and advice. The Café is run by a team of dedicated and caring volunteers, and funded entirely by donations, grants and fund-raising activities. We run occasional subsidised excursions. The photos show



the group enjoying a lunch together during a visit to Pensthorpe wildlife park and members queuing to climb aboard the boat in Wroxham Marina on another wonderful day out. These outings give some respite and enjoyment for both carers and people living with dementia. The dates for August get together are just 14th August when a chiropodist will be available for our group. No cafe on 28th as it is a Bank Holiday.

Newcomers are always very welcome to simply drop in to the Café (or ring one of the above numbers before to learn more if you wish). And we are naturally delighted to welcome any new volunteers, even if you can't come every time.

[www.stgeorges-dementia-support-group.btck.co.uk](http://www.stgeorges-dementia-support-group.btck.co.uk)

**STOKE HOLY CROSS  
THURSDAY CLUB**

Our next meeting will be held on Thursday 3rd August, 2017. We meet in St. Georges Hall Upper Stoke Holy Cross 1.30 for 2pm start. We are always looking for new members, so if you are at a loose end the first Thursday of every month why not come and join us, you will be made very welcome.

**Bingo** - Our dates for August are Wednesday 2nd, 16th and 30th - Eyes down 1.45pm

**Carpet Bowls** - Our dates for August are Wednesday 9th and 23rd - commence 1.30pm - cost £2

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**Viceroy's House (12A)**

Drama/History

**The Time of Their Lives (12A)**

Comedy

**Whisky Galore (PG)** Comedy

**Churchill (PG)** Biography/Drama

**Hampstead (12A)** Drama

**Look forward to seeing you  
in September**



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Autumn Term 2017

**"Our Star System  
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given by Glenn Barrett

What amazing objects make up our star system and can we see them? We shall consider our nearest neighbours and then move out into our galaxy and beyond.

No scientific knowledge required!

Starting Thursday 14th September 2017, 10.30 am at Poringland Community Centre, Overton's Way, Poringland, NR14 7WB.

The course comprises 10 sessions of one and a half hours each, plus a short break for tea/coffee and biscuits.

The cost is £54.00 for the course – free to those on certain means tested benefits. No tests or exams!

Come along to the first session and see if you like it!

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For further information please phone Jane Walker on 01508 494381 or Sue Krey on 01508 492930

**Do come along and join us!**

☆ the **nook** appeal

Developing children's hospice care services, including a new hospice ...in the heart of Norfolk  
[www.each.org.uk/the-nook](http://www.each.org.uk/the-nook)

The Norfolk and Norwich University Hospital Choir and the Norfolk Fellowship Brass from the Salvation Army held well attended Music Night in May at Framingham Earl High School.

John and Ann Cogman wish to thank all who contributed in helping to raise £2,450 towards the Nook appeal. The appeal target remains as £10m and we understand EACH are over half way there now with over £6m in the pot so far. No start date for the building has been announced as yet.

If you would like to get involved in raising funds for the wonderful new Children's Hospice can make contact via the website above.

Are you all pumped up and ready to go for this?!!

**The annual Norfolk Churches  
Trust Bike, Ride and Drive  
Saturday 9 September 2017**

Pump up your tyres, dust off your walking boots, pack a picnic and plan a route from your own door to visit as many of the most beautiful churches in Norfolk as you can. PLUS you can raise money shared between your own church and to help the Norfolk Churches Trust preserve church buildings for future generations. Simply get sponsored for each building you visit or make a donation.

More details online at [www.norfolkchurchestrust.org.uk/bike-ride](http://www.norfolkchurchestrust.org.uk/bike-ride)

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**Old Testament Books  
Wordsearch**

[thewordsearch.com](http://thewordsearch.com)

Can you find all the hidden words?

A	E	X	O	D	U	S	J	O	E	L	H	R	C
P	E	C	C	L	E	S	I	A	S	T	E	S	N
S	R	U	T	H	P	R	O	V	E	R	B	S	H
R	E	A	E	E	S	G	N	I	K	O	R	A	J
S	A	M	U	E	L	O	I	A	R	J	E	O	T
L	E	V	I	T	I	C	U	S	S	U	S	E	S
R	C	A	N	J	E	L	E	M	U	H	A	N	O
A	E	S	O	H	O	A	H	J	U	O	I	L	B
J	O	N	A	H	C	B	E	A	S	M	E	T	A
S	D	E	U	T	E	R	O	N	O	M	Y	U	D
O	C	T	C	H	R	O	N	I	C	L	E	S	I
C	A	G	E	N	E	S	I	S	E	A	S	O	A
E	R	M	A	L	A	C	H	I	E	M	S	B	H
B	I	L	R	E	H	T	S	E	A	R	Z	E	U

- KINGS
- LEVITICUS
- NAHUM
- EXODUS
- JOSHUA
- MALACHI
- ESTHER
- DEUTERONOMY
- ECCLESIASTES
- GENESIS
- CHRONICLES
- SAMUEL
- RUTH
- PROVERBS
- HOSEA
- OBADIAH
- JOB
- JOEL
- JONAH
- EZRA

Play this puzzle online at : <http://thewordsearch.com/puzzle/250560/>

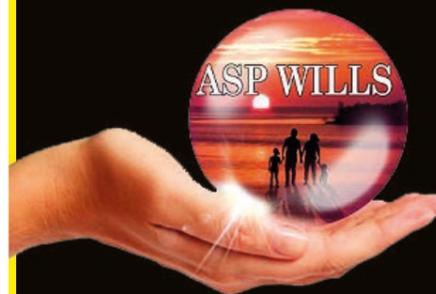
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