

Free for All



THE MAGAZINE OF THE VENTA GROUP

AUGUST 2018



So who are
these guys
looking at? -

see page 5



OUR CURATE LYN MARSH IS
ORDAINED AS A PRIEST AT
NORWICH CATHEDRAL

- see page 6



CREAM TEAS
AT CAISTOR CHURCH

each Sunday in August 2-5pm

Stoke Holy Cross Allotment and Leisure Gardeners' Annual Show

The 2018 show is on Sunday 9th September in the hall at Stoke Holy Cross School.
It is open to all and the Show Schedule is available from Len Finch on 01508 492253.



DO COME!

The hall is open from 8am to 11am for entries at 25p each.

Its not just fruit and vegetables. You can enter cakes,
bread, homemade drink as well as flowers and pot plants.
There are children's classes too.

The doors reopen for the show at 2pm (free entry). Come
and see what is grown locally and view the prize winners!

Afternoon tea and cake available.



FOOTBALL
REALLY
DOES COME
HOME
TO STOKE -

see page 7

ARMINGHALL, CAISTOR ST EDMUND, STOKE HOLY CROSS with DUNSTON

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As I look out of the window at the moment, or walk across my increasingly crunchy lawn, I am struck by the fact that everything is brown. It is, I think, the brownest summer that I can remember. I know it has been brown before, because my parents got married during the all-comers' record summer of 1976, when there was no rain in some places for 45 days, and it was 32°C somewhere in the UK for 15 days solid. In their wedding photos everything is brown. The grass is brown, my dad's suit and shoes are brown, his tie is brown and (it being the 70s) even the pattern on his cream shirt is brown. Maybe when you read this, it will still not have rained. Don't worry, I'm going camping on 5th August. It'll start hosing it down soon enough.

Unlike the inside of my tent, the land needs water. The bible often and unsurprisingly uses the language of dry land and desert to describe a situation where nothing is able to grow or thrive. The lack of water shows us a sense of the absence of God in people's lives and experience. In the Psalms, it sounds like longing: 'You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.'

Like you, I have been thirsty, and longed for a good refreshing drink. But I often get the feeling that people are also spiritually thirsty; dry, parched, and wondering where to find water. We can look everywhere for God, and

despite the earnest seeking, the water is nowhere to be found.

Flick forward a few pages, though, and we find Isaiah saying something a little different: 'For I will pour water on the thirsty land, and streams on the dry ground; I will pour out my Spirit on your offspring, and my blessing on your descendants.' We start to see God promising his presence among his people by the Holy Spirit, like water poured out on a thirsty land.

How does this happen? Well, move forward a lot further, to John's gospel, and you notice Jesus talks about water quite a lot. Things like: 'Let the thirsty come to me and drink. Whoever believes in me, rivers of living water will flow from within them.' In case we haven't read the Old Testament, John helpfully adds that Jesus is talking about the Holy Spirit.

If water is the answer to our physical thirst, or the drought in the land, Jesus says that he is the answer to our spiritual thirst. And he is the answer not just for us, but through us: Jesus wants to flow out of us and into all the dryness around us. I don't often feel like a river of living water flows through me, but I do take Jesus at his word, and at times I have experienced everything in me that is parched and dry and dead being revived and refreshed by the water of his Spirit. It is a wonderful thing, and it inspires me to do what more and more people are suggesting to me at the moment: it makes me want to pray for rain.

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CHURCHWARDENS

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Jani (493572) & Graham (493430)

ST GEORGE'S HALL BOOKINGS:

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STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

STOKE HOLY CROSS PAVILION BOOKINGS:

Barbara Cattermole (Parish clerk)
530739

FROM THE REGISTERS

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.



POST OFFICE

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

We would love to feature
your village organisation

IN A FUTURE MAGAZINE

*just get in touch and we will see
what we can do!*

Email: ventafree4all@outlook.com

NEXT EDITION

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

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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St George's Hall **Dementia Support Group & Cafe**

If you are supporting someone with Dementia do come along and join us –
We have ample space and would love to welcome more people

**Meets every 2nd and 4th Monday
of the month.**

Next meeting is on
Monday, 13 Aug, 2018, 10am - 12noon
but there is no Cafe on 27th
as it is a bank holiday

@ St Georges Church Hall,
Upper Stoke Holy Cross, NR14 8ND

For further details please ring
01508 493661 or 492938

www.stgeorges-dementia-support-group.btdk.co.uk

Tea and coffee is available at 50p/cup,
with complimentary biscuits.

The first hour is completely informal
when both sufferers and carers meet our
volunteers. During the second hour, the

carers who wish to, have the opportunity to
discuss all the aspects associated with caring,
in a separate room, whilst the volunteers sit
with the sufferers. All are welcome and no
booking or referral is required.

On the 25th June our Dementia group went
to Africa Alive. The weather was beautifully
sunny with a light breeze from the coast. Our
carers and their loved ones were supported
by our willing volunteers enabling carers to
have a bit of free time. We all piled on the
little train which took us around the site and
enabled us to see lots of animals and cut out
a lot of the walking. Most of us had a packed
lunch and were able to spend time chatting.
Everybody really enjoyed the day. Our kindly
driver also took us a different way home just
to give us different scenery.

God really blessed our day.

Help make South Norfolk better

If you would like to influence decisions that are made about where you live and keep informed
on topics that affect your life, then join South Norfolk's Older People's Forum.

The Forum is an independent, campaigning and consultative group open to anyone interested
in older people and their welfare in the South Norfolk area and is looking for new members.
It's free to join and once you become a member, you'll receive news about all the Forum's
activities. There are three meetings a year and the next one is the AGM on 17 October at 10am
in the South Norfolk Council Chamber at South Norfolk House in Long Stratton.

Forum Secretary Pearl Fisher said: "Come along and discover more about what we do and
find out how you can help make South Norfolk an even better place for older people. We'll
have tea, coffee and biscuits and you'll be most welcome."

For more information, please contact Pearl Fisher on 01379 740753 or pearljoy@mypostoffice.co.uk



SERVICES FOR AUGUST IN THE VENTA GROUP OF CHURCHES

5th Aug 10th Sunday After Trinity

9.00 am Traditional Holy Communion
Caistor St Edmund Church

10.30 am Informal Holy Communion
Stoke Holy Cross Church

4.00 pm Traditional Holy Communion
Dunston Church

12th Aug 11th 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

19th Aug 12th Sunday After Trinity

11.00 am Venta Group
Family Communion
Stoke Holy Cross Church

26th Aug 13th Sunday After Trinity

9.00 am Traditional Holy Communion
Caistor St Edmund Church

10.30 am Sunday 4 Everyone
Stoke Holy Cross Church Hall

4.00 pm Evening Service
Arminghall Church

*Would you welcome a visit
from one of our church team?*

*We will do our best to come
and say hello to new people moving
into the village where possible.*

*We would be very happy to come
and visit you. Maybe you would like
us to pray God's blessing over your
new home, for example.*

*Please do get in touch with Rob,
Lyn or the churchwardens
if you would welcome a visit.*

*Also members of the church are always
pleased to come and bring communion
to you if you would like to get in touch.*

All the contact numbers are on page 3.

CAISTOR ST EDMUND CHURCH

The Framingham Earl Singers gave a varied program of songs which were enjoyed by all who attended the concert held in the church on Friday 15th May. We were also treated to two organ solos on the church organ by the accompanist for the choir and these were most delightful to listen to. We thank the choir for coming and making an entertaining evening.

As all the refreshments, wine and raffle prizes were generously donated, a total of £393.00 was raised for church funds. Thank you to every one who came and supported the concert.

Cream Teas at the church continue for all of the Sundays in August from 2pm to 5pm. In addition there is the produce stall selling home made cakes, jams and fruit and vegetables which are in season, also plants. If you are able to help with donating any of these this would be more than appreciated as the stall is very popular with visitors, especially the home made cakes. All of the income is used for the ministry and upkeep of the church.

CORRECTION TO JULY ARTICLE RE RAF MASTS

The editors wish to apologise for the use of the wrong mast photo on the cover last month. We are advised that it is the other mast at Upper Stoke that is one of the originals radar ones. We are also told that there may be some errors in the article itself which was taken from the Norfolk Heritage website.

STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held on Thursday 2nd of August, 2018. We will be starting at the new time of 1.30pm this is due to the bus timetable changes that mean people from Trowse would have to wait till gone five to get home. Please come along and join us, you will be made very welcome.

We will be having an outing to Sheringham on Tuesday 17th July, 2018. Coach commences picking up in Trowse at 9.30am - cost for this is £8. If you are interested please contact Liz Smith for details on 01508 493245.

Our Bingo dates for August are 1st, 15th and 29th - please note we will be starting these at 1.30pm from now on.

Our dates for carpet bowls are 8th and 22nd - 1.30pm start - cost £2



Reverend Lyn's Ordination

On 30th June our Curate Lyn Marsh was ordained, along with a number of other Norfolk Curates, as a Priest by Bishop Graham at Norwich cathedral. Many folks from the Venta Group together with her work colleagues and our previous Vicar Rosie Bunn all enjoyed being at the service to support Lyn on this final step to becoming a priest in the Anglican Church.

Many of us then enjoyed some lovely refreshments at the Revelation bookshop Café in Norwich.

Lyn was also well supported as she took her first communion service at Stoke Holy Cross church on Sunday July 1st. It was another lovely service which included the baptism of William Boyes.



Some of the under 12s team with Paul Williams and their trophy



Jean and Carol serve up the hotdogs and cakes



Great cheers as England score again!

Stoke United Under 12s football team celebrates at Stoke Church Hall

The Stoke United under 12 football team celebrated winning the Christian League title with a World Cup Party organised by the local Church. On the day England beat

Panama 6-1 the boys enjoyed a lads and dad/mums match in the morning followed by hot dogs and pizza watching the England team in the Church Hall courtesy of Stoke Church.

The under 12s team have had a phenomenal year not only winning the Christian League but also the Norfolk Combined Youth Football League Championship title meaning promotion to the Premiership. This puts Stoke in the top 10 teams in the county and little old Stoke will be up against big guns of local football like Dereham, Aylsham and Fakenham next season. The team even capped off their unbeaten league season by winning the Christian League 5 a side competition.

The team is part of a thriving Stoke United club recognised by the FA as a 'Charter Standard' club which is the FA's accreditation scheme for grassroots clubs and leagues. The club has qualified coaches providing football for boys and girls from the age of 5 years old. You can find details of the club on our website stokeunitedfc.com. The club are always looking for more support so if you are interested please contact us.

The under 12 team would also like to thank Lynn for providing words of wisdom prior to games and Jean and Carol for their off field support this season. It is great to see the whole club growing and we love that it is becoming a bigger part of the community with people coming along to match days to support our young players and have a cup of tea.

The squad is made up of the local boys below

Finley Williams, Zak Jones, George Riches, Elliot Woodcock, Cameron Florence, Henry Fagan, Cullum McDuff, George Wells, George Hannant, Arlo Brown, Bradley Hitchcox, Finlay Townsend, Josh Pattinson, Josh Brighton, James Boss, Finley Stobart, Thomas Stewart and Harry Smith.

The boys are supported by their proud coaches Paul Williams, Andy Woodcock and David Hannant.

REFLECTING ON OUR TIME AT STOKE HOLY CROSS PRIMARY

Dear residents of Stoke

We have been asked to write an article for the new Parish Magazine about how we feel about the transition from our current primary school, to our soon to be high school. We feel honoured and touched to write this piece, and we hope you enjoy what we have wrote! -Elizabeth and Georgina, Year Six going on Year Seven, Stoke Holy Cross Primary School.



We will miss doing many fun lessons throughout our time at Stoke. We will also miss our friends as most will be going to a different high schools - however we will be making lots of new friends in the process of losing old ones. Although we will all be sad to leave, we are also really excited to have a little change, as being in primary school, can leave you wanting a little more responsibility! Stoke has been very supportive and helpful during our time there, we hope that the next school will be just as obliging, considerate and hospitable.

On a happier note, we are looking forward to invigorating and inspiring science experiments! As we are still at primary school, we don't get the chance to enact fun experiments in science. We are looking forward to this as although we still have fun, it would nice to expand our knowledge of science. We will also look forward to being treated like young adults. Although we are a little far off being adults- a long way off really- we feel that we are no longer small children so young adults is kind of in the middle.

Over all, we are looking forward to going to high school but we are also sad for we have been at Stoke for a long time. We hope that every other year six out there is as excited as we are for a little more responsibility!

By Georgina Hall and Elizabeth Patterson.

Rob or Lyn confirm they will again be going into Stoke Holy Cross school at the end of the Year to give one of these very helpful little books to everyone going from Year 6 on to high school. We always have some spare copies, so if there is anyone living in the villages who doesn't go to Stoke school, but would like a copy, they are welcome to get in touch with me and come and collect one. God bless





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Adam's Gardening Tips for August

August is a major harvesting month. Just about everything you have planted will be at, or coming, to fruition. Be sure to harvest rapidly developing produce on a daily basis, to ensure you pick the crop at its optimum size and this will also encourage the plant into further production. One or two of the early apple crops will be ready for harvesting now. These earlier varieties will not store in the long term and need eating straight away.

Keep making successional sowings of salad crops, to maintain your supply. If you are growing marrow, cucumbers or other ground creeping crops you can put straw or cardboard under the fruit to keep them off the soil. Many herbs such as coriander, caraway, dill and fennel may now be ready for the collection of seed. This is best done by holding a paper bag under the seed head and then snipping it off into the bag to catch any seed that may fall. It is important that these seeds are fully dried before storage.

If blight has appeared on your potatoes, which is when patches of leaves die off prematurely particularly in wet summers (!) remove the potato haulm (the tops) to avoid the fungal spores getting into the tubers which will then not keep. Remove

the vegetation and if possible destroy by burning.

In the fruit garden, cuttings can be taken of currants and gooseberries. Take a cutting about 10 inches long including a growing tip, and insert into a slit in the ground for about half its length and it will root readily. Some fruits such as blackberries, loganberries, tayberries and gooseberries can be layered which means fastening a growing tip into the ground whilst still attached to the parent plant. It should root easily. Strawberry runners can either be removed if they are surplus or trained into the rows to thicken up the crop for next year.

Adam will be sowing his Japanese onion seeds later in the month to provide an early crop for next year. Thin these out later if necessary. (April prefers sets planted later on in the year.) April will also sow a few more cabbages now for harvesting in spring. (Spring cabbage). It is still not too late to finish planting out kale or broccoli plants. Remember to plant them very firmly so they have a strong root system for anchoring.

Keep watering while we can for generous cropping and hoeing to keep the weeds at bay.

Baked Courgette with Parmesan

This is a delicious way of using a glut of courgettes and is like a quiche without pastry. Why not try it with a salad?

Dash vegetable oil, for greasing
1 medium courgette, trimmed, grated
1 rasher cooked bacon, chopped (optional)
1 heaped tablespoon plain yoghurt
25g feta, crumbled
1 heaped tablespoon grated parmesan
Pinch ground black pepper
1 egg, beaten

1. Preheat the oven to 180C/350F/Gas 4.
2. Grease an ovenproof dish with a little oil using a pastry brush. Add the grated courgette, and then scatter over the chopped bacon (if using).
3. In a bowl, mix together the plain yoghurt, feta, parmesan and ground black pepper until. Stir in the beaten egg until well combined.
4. Pour the egg-and-yoghurt mixture on top of the courgette and bacon. Transfer the dish to the oven and bake for 20-25 minutes, or until the egg-and-yoghurt mixture has set and is golden-brown on top. Cool slightly before serving.

allstars club

after school for 4-11s

Games Crafts Snacks
Bible Stories, Videos & Songs

All Foundation-Year 6 children are welcome to join us at our brand new after-school club, as well as any older helpers who would like to join in! If you'd like to come along, or to find out more, contact us on admin@venta-group.org, or 01508 492305.

We really need to know in advance if you are coming to help us plan ahead, but please do just come along if you don't manage to get in touch for any reason. All children must be signed in and out by a responsible adult.

Thursdays 3.30-4.45
in the Church Hall

Next one is on 27th September

The Venta group of churches

MODERN SQUARE DANCE & EXERCISE CLASS

School House, Framingham Earl from 10:00 - 11:00am every Monday morning

This class aims to give gentle exercise to music and social fun to all ages
The cost is £6 per session, but the first session is free!

Please contact Jan and Richard 01508 495320.

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