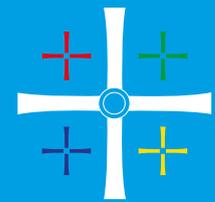


# Free for All



THE MAGAZINE OF THE VENTA GROUP

JULY 2017

Caistor St Edmund Church invites you to

## Picnic with Music

in the Old Hall Gardens

One of Norfolk's top singing entertainers **Stacy Collins** brings her mix of music with the fabulous **Simon Brown** on piano.

**Friday 4th August 2017 at 7pm**

(Gates Open 6pm)

at Caistor Old Hall, Stoke Road, Caistor St Edmund. NR14 8QN  
(with thanks to Mr and Mrs Antony Jarrold)

- Bring your own picnic and chairs
- Free car parking
- All proceeds to church funds

**Tickets £15**

(Reduction for groups of 10)

Includes glass of fizz on arrival

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Rex Humphrey 01508 494189

or Jani Wymer 01508 493572



[www.venta-group.org](http://www.venta-group.org)

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Whole Family

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10.30am**

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Stoke Holy Cross church wish to thank the local lady who very kindly provided this delightful flower arrangement for Pentcost.

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Free for All



## What's your favourite song?

When I ask this question, people think of different things. Because I'm a Vicar, some people think of favourite hymns or songs from church, perhaps as far back as childhood. But really I mean any kind of song, from any era, whether the oldest classical songs or the most recent.

I enjoy listening to people ringing up radio shows to ask for songs, as well. Sometimes their favourite, sometimes a song to dedicate to a loved one, sometimes a song that says something about the way they feel at the moment or what they are 'busy' doing when they ring in. I like Desert Island Discs, too, when people pick eight pieces of music that are important to them for different reasons, and from different times of life. Apparently one opera singer picked eight recordings of herself singing. I'm not sure I could bring myself to do that. I am sure Radio 4 wouldn't play me singing opera anyway!

We have recently begun a long series thinking about the Psalms in the Bible. You may well know that they were originally songs. If you read them, lots of them have notes at the beginning about which tune is to be used, and how they are to be played. I think there is very good evidence that they were Jesus's favourite songs; he mentions 14 of them in the gospels, of different kinds, at

different times. He even calls out words from Psalm 22 as he dies on the cross.

When you read them, you find that there are words for every situation, and every human emotion. It is striking how often the writers express real anger towards God, or deep sadness and grief. I often encourage people to tell God whatever they are feeling, because he is big enough to hold all of our emotions. When we switch on the news at the moment, and hear about the attacks at Westminster, London Bridge, Manchester and Finsbury Park, or the fire at Grenfell Tower, we might want to express ourselves to God in that way. The good news is that in the Psalms there really is a song for every occasion, like all the different things that people phone into the radio for, and more.

Most of the Psalms 'resolve'. They move from anger and sadness to a realisation that God is there in the midst of our sorrows, even if they do not disappear as immediately as we might like. The Psalms focus on God, and who he is. To go back to our opera singer on Desert Island Discs, they are not ultimately about us: they are about God and all that he has done, and it's because of that that, in every circumstance, they offer us compassion, comfort, and hope.

### 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

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or call Rob on 01508 492305

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### CHURCHWARDENS

Stoke Holy Cross & Dunston  
Viv (493438) & Roy (493595)

#### 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

**Joyce Davies**, Monday 5th June  
Earlham Crematorium  
Interment of ashes Friday 9th June  
Stoke Holy Cross

**Peggy Woods**, Monday 12th June  
Stoke Holy Cross

**John Pordage**, Tuesday 20th June  
Earlham Crematorium

**Janet Cropley**, Wednesday 21st June  
Arminghall

**Michael Rich**, Thursday 22nd June  
Dunston

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 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.



## THE FEATHERS RESTAURANT

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## SPARKLERS

Fun, crafts, music and refreshments

for 0-4s and their carers

10-11.30am Tuesdays

Sparklers is a thriving, welcoming group for children from babies to 4, and their mums and dads, grandparents and carers. We meet every Tuesday in term time, from 10am to 11.30am, at Stoke Church Hall. Each week we have a wide range of toys out, from 'babies' activities on our carpeted area to ride-ons for the bigger and more boisterous ones! We choose a theme for each session, with a craft activity to make and take home, and singing time at the end - themes this term have included "under the sea", weather, and summer holidays; plus a special soft play session coming up, and a summer picnic.

We always love to meet new families, so you are very welcome to drop in on a Tuesday and join us if you haven't been along before. There's always coffee and biscuits (sometimes cake!), plus drinks and snacks for the children. If you want to be in touch first, or have any questions, you can contact Cathryn via [sparklers@venta-group.org](mailto:sparklers@venta-group.org) or see our Facebook page, "Sparklers Stoke Holy Cross".



### 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  
Len Finch 01508 492253

Better get growing you gardeners and good luck!

Stoke Holy Cross Allotment Society

invite you to join their

### Car Treasure Hunt and Afternoon Tea

Sunday 16<sup>th</sup> July

Meet at SHX Pavilion at 1.45. Cars will begin leaving at 2pm

Tea available (sandwiches and cake)

on return.

£5 entry per car (includes tea)

Call Jill 01508 494359



### SERVICES FOR JULY IN THE VENTA GROUP OF CHURCHES

- |           |  |
|-----------|--|
| 2nd July  | 3rd Sunday after Trinity                                   |
| 10.30 am  | All Age Holy Communion service<br>Arminghall Church        |
| 4 pm      | Traditional Holy Communion<br>Dunston Church               |
| 9th July  | 4th Sunday after Trinity                                   |
| 9.00 am   | Traditional Holy Communion<br>Arminghall Church            |
| 9.30 am   | Praise and Worship<br>Caistor St Edmund Church             |
| 10.30 am  | Café Church<br>Stoke Holy Cross Church Hall                |
| 16th July | 5th Sunday after Trinity                                   |
| 9.30 am   | Family Service<br>Caistor St Edmund Church                 |
| 11.00 am  | Traditional Holy Communion<br>Stoke Holy Cross Church      |
| 6.30 pm   | The Gathering<br>Stoke Holy Cross Church                   |
| 23rd July | 6th Sunday after Trinity                                   |
| 9.00 am   | Traditional Holy Communion<br>Caistor St Edmund Church     |
| 10.30 am  | Sunday 4 Everyone<br>Stoke Holy Cross Hall                 |
| 4.00 pm   | Evening Service<br>Arminghall Church                       |
| 30th July | 7th Sunday after Trinity                                   |
| 10.30 am  | All Age Holy Communion service<br>Caistor St Edmund 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...

### ALINE TURNER ACA

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**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 2nd July so please do come along and join us at this lovely little church in the woods.

**THANK YOU**

Thank you to everyone who came and supported the "Come for Coffee and Cake" at Caistor Church on Thursday mornings during May and June.

On some mornings the weather was good so people sat outside to enjoy the coffee and chat.

Thank you to Louise who coordinated and master minded every thing and thank you to the helpers and providers of the cakes.

**STOKE HOLY CROSS  
TUESDAY GROUP**

Our next meeting is on July 9th and will be our summer BBQ at 77 Norwich Road 12 - 12.30 p.m.

If you would like to join us please do ring Barbara Thomas on 493486.

On July 11th we are going to have a River Trip around Beccles and please remember to bring a Picnic

We do not normally meet during August.

**FROM THE PARISH COUNCIL**

Caistor St Edmund Parish Council was pleased to organise a litter pick in Caistor and Markshall on 24th May, which was a beautiful early summer's evening. Members of the Parish Council, together with volunteers, collected 13 bags of litter in total. Members of Caistor St Edmund church provided a very welcome BBQ buffet for all the helpers on our return. Many thanks to everyone involved. Jeanette Utting, Chairman of Caistor St Edmund Parish Council

**A Special One off Full  
'Afternoon Tea'**

at Caistor Church  
book ahead for the special treat

This is on SATURDAY 29th July priced at £9.50. Reservation and prepayment is required to attend this by completing a reservation form which will be available from the Churchwardens, Jenny Pitchford or at the back of the church or during the July Cream Teas. Please note this Afternoon Tea is a one off and not a Cream Tea which are on Sundays only. Look for the yellow form to make your reservation. Bookings to be made by July 23rd.

**CREAM TEAS** commence at Caistor Church on Sunday July 2nd and continues on all SUNDAYS only in July and August, from 2 pm to 5 pm. As in previous years there will be a cake and produce stall, if you can help with donating cakes and produce, such as jams, vegetables, fruit, and plants that would be greatly appreciated. Help is also needed in the kitchen, serving the teas and washing up.

If you can help on any Sunday/Sundays then please contact Jani Wymer on 01508 493572.



**Cream Teas**

are being served at

**Caistor St Edmund Church**

**every Sunday in  
July and August 2017**

**2pm – 5pm**

With garden produce and cake stall

All proceeds to church funds



**Looking after Pets  
during the Summer**

While the lazy-hazy days of summers might be great for humans, we have put together a few handy snippets of advice, gathered from a variety of sources, to help look after pets when it is hot and sunny outside. This is especially relevant for older pets, as they find it harder to regulate their body temperatures.

To avoid your pets suffering on hot days we've listed some of the different ideas that have been suggested.

**Shade:** Cats and dogs appreciate shade on a sunny day which should be pretty easy to provide in most gardens. Perhaps you haven't got a paddling pool but a big bowl of cool water can help cool down some pets (obviously ensuring the water isn't too deep for them)

**Water:** Regularly change the water for your pet and make sure that the bowl is kept somewhere in the shade.

**Pet sunscreen:** The majority of pets do not need to use sunscreen. However, if your pet has a thin covering of hair (or none at all), use animal friendly sunblock. This applies particularly to white haired cats.

**Walking your dogs**

Particularly if you have an older dog, it is sensible to take it out for a walk early in the morning and later in the evening (as the sun is setting). And do remember that hard surfaces, such as tarmac and concrete, can remain hot and therefore cause damage to your dog's feet.

**Keep bedding clean**

This will avoid the obvious problems of fleas (your vet practice will be able to recommend products and best practice to avoid flea infestation). However, if bedding is dirty, flies can lay their eggs and cause many problems, including infestation of your pet.

**Travelling with your dog**

Obviously it helps to keep car journeys short and to keep either windows open (or the air con on). Dogs can die in hot cars, so never leave them unattended in a car and always ensure they have access to water.

We know this list is not definitive and there will be many other brilliant ideas of how to keep pets safe and cool in the warmer weather.

Enjoy the summer with your pets!

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**STOKE HOLY CROSS  
THURSDAY CLUB**

Our next meeting will be held on Thursday 6th July, 2017. We meet 2pm in St. Georges Hall, Upper Stoke Holy Cross.

We are a local group for the over 50s and are pleased to welcome all new members. Come along and join us for a relaxing afternoon of tea and chat and a game of cards. All enquiries to either Susie Curson our chairperson 01508 493990 or Liz Smith our secretary 01508 493245.

We would like to thank everyone for their help and support at our Jumble Sale which was held on Saturday 20th May, 2017. A cheque for £400 will be given to the Nook Appeal.

**Bingo** - Our dates for July are Wednesday the 5th and 19th - eyes down at 1.45pm

**Carpet Bowls** - Our dates for July are Wednesday the 12th and 26th - 1.30pm start - cost £2

**STOKE HOLY CROSS  
CHURCH OPEN DAY GIFT DAY  
AND CELEBRATION**

Please book this date and come and join us on September 23rd

All welcome

**UPPER STOKE HOLY CROSS  
DEFIBRILLATOR**

A lifesaving defibrillator had been placed in the BT payphone box at the junction of Brickle Road and Chandler Road.

In case of emergency please ring 999 for the ambulance service and they will supply the code to access the AED box and give instructions for its use.

An information and training session is being arranged, so please look at the notice boards and on the Parish Council website for further details of this.

Any member of the Parish will be welcome to attend the training.



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**GOOD CHILDREN'S JOKES NEEDED**

Hello to any Stoke Holy Cross school children. Can you help?

We wondered if any of you had a favourite new simple joke you would like to share in the next edition of the Free 4 All.

If so please send them by email to ventafree4all@outlook.com and yours just might get picked to appear.

**PORINGLAND AND DISTRICT W.E.A - LEARNING FOR LIFE!**

Autumn Term 2017

**"Our Star System and Beyond"**

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!

You can also enrol online at [www.wea.org.uk/eastern](http://www.wea.org.uk/eastern)

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

Do come along and join us!

**PORINGLAND COMMUNITY CINEMA**

We take a break for the summer so our next film will on Friday 8th September.

**BUENA VISTA SOCIAL CLUB**

We also take a break for the summer so our next meeting will on Friday 1st September.

**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.



We run occasional subsidised excursions. 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.

Dates for July get togethers are July 10th and July 24th at St Georges Hall. For further details please ring 01508 493661 or 492938.

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.

**One to explain to your children**

A father was at the beach with his children when his four year old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

'Daddy, what happened to him?' the son asked.

'He died and went to Heaven,' the dad replied.

The boy thought a moment and then said, 'Did God throw him back down?'

**Cathedral Wordsearch**

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

Can you find all the hidden words?

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

- OXFORD
- RIPON
- OBAN
- DURHAM
- GUILDFORD
- PERTH
- SOUTHWARK
- WELLS
- NORWICH
- TRURO
- PORTSMOUTH
- CHICHESTER
- HEREFORD
- BRISTOL
- LINCOLN
- NEWPORT
- DERBY
- BRECON
- DUNDEE
- ELY

Play this puzzle online at : <http://thewordsearch.com/puzzle/229562/>

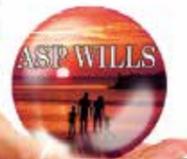
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