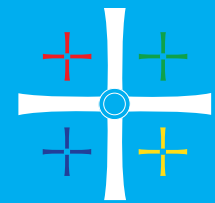


Free for All



THE MAGAZINE OF THE VENTA GROUP

APRIL 2019

Please do come along to
one of our Easter Services -
Everybody is Very Welcome

ARMINGHALL ST MARY'S

Good Friday 19th April

9.00 am Easter Sunday Celebration Communion

Easter Sunday 21st April

9.00 am Easter Sunday Celebration Communion

CAISTOR ST EDMUND

Good Friday 19th April

10.00 am Good Friday Service

STOKE HOLY CROSS

Good Friday 19th April

11.00 am Procession with the cross
from the Church to the Church Hall

12.00 noon Good Friday Service round the Cross
at Stoke Holy Cross Church Hall

Easter Sunday 21st April

10.30 am Easter Sunday Celebration Communion

*Please do also join us on GOOD FRIDAY at 2.00 pm for
EASTER FUN IN THE PARK at the Pavilion
with Tea, Coffee, Cakes and our Easter Egg Hunt*



IMOGEN LOVED HER BAPTISM
AT STOKE



SEE ROB'S ARTICLE INSIDE

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 19th 2019
2-4pm

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Have you heard of kintsugi pottery? It comes from a Japanese word meaning 'golden joinery', which refers to the way that broken pots are fixed back together with golden paint along the joins, so that the final piece is more beautiful than ever. I have been thinking about it for the last week or so, on and off, and have just started to make some connections with the Easter story.

We often run ahead in our minds to Easter Sunday, and all the golden joinery of the resurrection, but Easter starts with something broken. It starts with someone broken. For obvious practical reasons, people making kintsugi pots break them on purpose, in a bag, so they don't lose any of the bits. The story of Good Friday is far more brutal. There is no creative, sanitised breaking here, no consideration for the damage that might be left behind. There is only the crushing death of God's Son, Jesus, pure and pristine, a vessel full of the beauty and presence and splendour of God.

As Jesus is broken on the cross, we might notice a couple of things. The first is that people did this. We can trace through the last chapters of the gospel story a less-than-golden thread of betrayal and abandonment and mob hysteria, as he is offered up for crucifixion. But Christians have not stopped there, and have always put themselves in the place of those who caused Jesus's death,

recognising that all of us have weaknesses, brokenness and failings which need to be made right by God.

We might also notice God himself – or not. I say this because in the story of Good Friday, there are lots of questions about God. Is he watching on and allowing people to do this to Jesus? Is he actively causing the death of his Son on the cross? Is he there at all? If he is, why does Jesus famously call out "My God, my God, why have you forsaken me?" On Good Friday, everything seems shattered.

But this is not the end of the Easter story. Jesus does not remain in the tomb any more than the broken pieces of the pot remain in the bag. They are taken out, painstakingly put back together, every crack gilded so the new is that much more wonderful than the old. The risen Jesus bears the marks of the crucifixion, but in the light of the resurrection the scars are glorious, and that Friday really does become Good.

All of us need to be put back together. Some of us will read these words and be very conscious of the struggles, and weakness, and brokenness of our human lives, and others of us will not at all. But we all need to be put back together, just the same. Our world needs to be put back together. In a truly amazing passage from one of his letters, Paul writes, "But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." Elsewhere he writes of God's power that the same strength which raised Christ from the dead is at work in us now. We are clay jars which are cracked so that the gold and the glory of God shines through.

No pot ever put itself back together. No pot ever painted over its own cracks with gold. And no more can we. But God's power can. If it can raise Christ from the dead, if it can put the crucified Jesus back together, even more glorious than before, then it can surely do the same for you, for me, for our churches and communities, for this often broken world in which we live.

A Very Happy Easter to you all

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 01508 492305

CHURCH ADMINISTRATOR

For any admin inquiries please email Freyja Mardell admin@venta-group.org

CURATE

Lyn Marsh, 8 Mill Green, Stoke Holy Cross, NR14 8PB
Lyn@venta-group.org 01508 493422

www.venta-group.org

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STOKE HOLY CROSS PAVILION BOOKINGS:

Anita Rose (Parish clerk) 491709

FROM THE REGISTERS BAPTISM

Sunday 3rd March 2019

RACHEL BROOKES

and her daughter **IMOGEN CULLING**
were baptised at
Stoke Holy Cross Church

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.

We would love to feature
your village organisation

IN A FUTURE MAGAZINE

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NEXT EDITION

Items for the next month's magazine
please send by email to
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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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A Wildlife Haven with a strange name to visit in Caistor St Edmund



The Raking Pit, to the North of Caistor Lane in Caistor St Edmund, is an area of just over an acre which was originally dug to extract gravel for highways in the early 19th century. Once the gravel was exhausted, the pit was left to fill with water and the area became very overgrown.

In 2011, Caistor St Edmund Parish Council obtained a grant from the lottery distributor "Awards For All" through the Big Lottery Fund to open up and improve the Raking Pit, so that

it could become a village amenity, as well as a haven for nature and wildlife. Over the course of that year, the Parish Council worked closely with the Norwich Fringe Project to open up the Raking Pit to the public, creating natural pathways, wood carvings and information boards about its wildlife and history. The Community Payback team was also involved with the project and Stoke Holy Cross Primary School pupils helped with planting hedges and trees. Following completion of this project, the work at the Raking Pit was recognised by receipt of an award from the Norfolk Biodiversity Project.

Over the past few years, the Parish Council has continued its work with regular tidying up sessions and the planting of hundreds of indigenous plants and bulbs, such as wild garlic, snowdrops and bluebells. The picture shows the hornbeam tree being planted in memory of the late Mrs Shelia Baker, a Councillor and Chairman of the Parish Council for twenty years. To help encourage wildlife, several bird boxes have been installed and there is even a bug hotel. Every spring, ducklings can be seen swimming on the pond.

We hope you will find time to visit our small wildlife haven and to enjoy the natural tranquility of the area.

Jeanette Utting
Chairman of
Caistor St Edmund Parish Council



SERVICES FOR APRIL IN THE VENTA GROUP OF CHURCHES

7th April 9.00 am	5th Sunday in Lent Traditional Holy Communion <i>Caistor St Edmund Church</i>
10.30 am	Informal Holy Communion <i>Stoke Holy Cross Church</i>
14th April 9.00 am	6th Sunday in Lent Traditional Holy Communion <i>Arminghall Church</i>
9.30 am	Praise and Worship <i>Caistor St Edmund Church</i>
10.30 am	Café Church <i>Stoke Holy Cross Church Hall</i>
19th April 10.00 am	Good Friday Good Friday Service <i>Caistor St Edmund Church</i>
12.00 noon	Good Friday Service round the Cross <i>Stoke Holy Cross Church Hall</i>
21st April 9.00 am	Easter Sunday Easter Sunday Celebration Communion <i>Arminghall Church</i>
10.30 am	Easter Sunday Celebration Communion <i>Stoke Holy Cross Church</i>
28th April 9.00 am	2nd Sunday after Easter Traditional Holy Communion <i>Caistor St Edmund Church</i>
10.30 am	Sunday 4 Everyone <i>Stoke Holy Cross Church Hall</i>



St George's Hall Dementia Support Café

On the 2nd and 4th Monday morning of each month this is a great place to relax for those with dementia and for their carers. Come along and join us for fun activities and refreshments. There's always room for more people living with dementia and their partners or carers to join us, whether on our subsidised outings or at our regular café sessions from 10am till 12 noon in St George's Hall, Upper Stoke.

For more information please ring 01508 493661 or 492938, visit our website at <http://stgeorges-dementia-support-group.btck.co.uk/>

stgeorges-dementia-support-group.btck.co.uk/

If you would like to come along but have transport problems in reaching the café one solution might be to contact the voluntary organisation 5+ Good Neighbours on 07934195724 or maybe one of a regular members can offer the occasional lift.

We will be having our Annual Meeting 8th April as part of our usual café but please be aware there will be no café on 22nd April as it is Easter Monday.

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.

PORINGLAND W.I. JUMBLE SALE SAT. 13TH APRIL, 2019

at Poringland Community Centre 10.30 - 12.00 a.m. Admission 20p.

STOKE HOLY CROSS TUESDAY GROUP

Despite wild variations in the actual timing of Spring's onset, we always know that, early or late, with opportunities to wear tee-shirts and shorts in February, or Beasts from the East, in the end it will happen; the hedgerows will overflow with blossom, birds will sing for joy and Gardeners' World will be back on the telly. Then there's the Tuesday Group's Spring Supper, which is another sign of better days ahead. This is due to be held at the Church Hall on Saturday, April 13th, at 7 o'clock for 7.30. The cost is still £12 per head, and a good meal is invariably enjoyed. You can ring our Treasurer, Barbara Thomas, on 493486, to book a place, and all the profits we shall hopefully make will be given, at the end of the year, to the East Anglian Air Ambulance. It's always a convivial evening, and we'd love to see you!

COMMUNITY HUB CAFÉ STOKE HOLY CROSS CHURCH HALL

Our vision is for the church hall to become thriving community meeting place for Stoke Holy Cross and beyond

WEDNESDAYS

(In school term time)

9.30 – 11 AM

Please come and join us.

ALL ages are welcome!



Tea, coffee and cake served with a smile. Voluntary donations welcome but not necessary.

NEW MUMS

There will also be a dedicated area for infant feeding with information and breastfeeding peer support will be available, plus also advice from qualified healthcare professionals.



For more information:

admin@venta-group.org

01508 492305 www.venta-group.org

Facebook:

Infant Feeding Café-Stoke Holy Cross

ART EXHIBITION AND SALE

The Church of Our Lady of the Annunciation Poringland NR 14 7SH

Thurs 11th & Fri 12th Apr 11am - 5pm

Sat 13th Apr 10am - 4.30 pm

Refreshments available Entrance £1

Stoke United Football Club Update



Since being established in 2007, Stoke United have grown in size every year since and we are delighted to have over 165 local youth players from the

ages of 4 to 16 years of age playing at the club. We participate in multiple leagues in the county including the Norfolk Combined Youth League, the Norfolk & Suffolk League and with the support of the Venta Group of churches, the Norfolk Christian League.

Our youngest year group are our Mini Kickers aged 4 years and up with teams playing development league football from the age of 6 years and over. The club is delighted to have achieved the prestigious FA Charter Standard Award as recognition of our organisation. We continue to aim to provide a safe, encouraging and positive environment for children to play their football.



In order to support our continued growth as a club, we are very grateful to our new club sponsor, Winkworth Estate Agents based in Poringland. Winkworths have supported the club and the children through a new match day kit arrangement for the whole club as well as providing their voluntary assistance to events. We recently undertook a Charity football tournament in aid of Little Lifts Charity Norfolk which raised over £1,600 and Winkworths were pivotal to the success of this event. Thank you to them for their huge support this season and moving forwards.

We also need to thank Reverend Lyn, Jean and Carol from Stoke Holy Cross church for



their support and welcome refreshments at many of our home games.

As a club we continue to welcome more children, both boys and girls, to our teams who generally train during the week and play matches at the weekend. Please feel free to have a look at our website www.stokeunitedfc.com to find your appropriate age group coach point of contact. Alternatively feel free to contact club Chairman, Rob Ward, on either robert.ward@gmail.com or 07541 185 261. As well as players, we always welcome volunteers to the club for various roles including coaching and committee and if this is something you feel you would be interested in and make a positive impact to, please feel free to contact us.

Thank you again to all of the coaches, volunteers, sponsors and parents of the club who make it possible for the children to continue to thrive with their football and their love of sport!

ROB WARD



Rachel and Imogen's Baptism

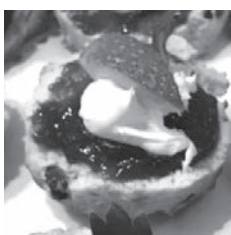
Stoke Holy Cross church was full on Sunday March 3rd as many friends and family had a great time being part of Rachel, Shaun and Imogen's important day as Rachel and

little Imogen were baptised by our Vicar Rob at Stoke Holy Cross church. Everyone enjoyed the ceremony at the church and then continued celebrating afterwards at the church hall.

The Friday Pop-Up Café at Stoke Holy Cross Church Hall



The Friday Pop-Up Café at Stoke Holy Cross Church Hall has been very popular in its first few weeks of opening, with a vast array of homemade cakes and savouries plus hot meals for those who fancy a little bit more, we have most beverages available such as filtered Coffee, Tea and a variety of soft drinks. We are also hoping to purchase a bean to coffee machine for those who like the more Italian taste of cappuccino, latte and espresso. One of the most popular items are the cream teas with scones freshly baked on Friday morning and if you have more of a savoury taste bud then the cheese and chive with butter might be your "cup of tea".



The pop up café came about after the owner Tina Riches held the second charity event in her gardens in Chandler road and the afternoon teas were very popular, plus the cream cakes, home made bread rolls and people just loved the food, the drinks and the garden setting and a large portion of the £4,800 raised last year for the Norfolk & Norwich cancer wards came from what was sold in the café set up in the garage.

Tina realised that she loved this type of work so Flour Pot Catering was set up to take that from her garden, to customers gardens and we are advertising this more on our website www.flourpotcatering.co.uk. You can also see on there the various things we do and pictures of the food we can produce for you, these are also updated regularly on our Facebook page as Tina produces new things to add to the menu, especially vegan and gluten free foods.

We look forward to seeing you at Stoke Holy Cross church hall on Friday's between 09:00 and 16:00 and a warm welcome is guaranteed.

Stoke Holy Cross Church Hall, Long Lane, Norwich NR14 8LY
Mobile: 07919074574



Welcome to our Lent Get-togethers for 2019



We are really enjoying having Lent breakfasts again this year on Saturday mornings from 8.30-10 in Stoke Church Hall, with the final two on 6th and 13th April. And everybody really is very Welcome! That's not just the way we feel about the breakfasts, but the name of the course we are using. We are looking at the things that we can do to make people feel really welcome when they are thinking about becoming part of our churches.

It helps us to remember that anyone attending church should be made to feel

welcome, and that welcoming is a ministry for every member of the church. We'll be thinking about how we approach newcomers, and helping everyone to be part of it. It's based on ideas that are the same for every church. It will give us some things we could decide to do, and some practical changes we can make. Come and join us we would love to see you there.



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Thursdays 3.30-4.45
in the Church Hall

25th April
30th May
25th June

Want to be there? Need Information?

Contact us via the details below. To help us plan ahead, we really need to know in advance if you are coming, but if you can't contact us for any reason, **please do just come along.**

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Adam's Gardening Tips for April

PESTS AND DISEASES

Complete eradication of pests is neither practical nor desirable; achieving a tolerable level of pest population is the aim. Choosing tolerant or resistant plants gives a good start, for example some potato varieties are more prone to slug damage than others. Where possible environmentally friendly methods are best used, for example April has watered nematodes into the ground for slug control instead of slug pellets. Another alternative can be beer traps or rough collars round the plants.

The major above ground pests are probably caterpillars and aphids. If you are going to protect your brassicas with a net, make sure the mesh size is small enough to prevent butterflies squeezing through to the plants. Preventing whitefly on brassicas is more difficult, but you can try

ultrafine mesh. Blackfly can be a particular problem on broad beans, but when the plants are near to their mature height Adam likes to pinch out the soft top which is where the fly tends to congregate. The best method to control carrot fly is either to use a fine mesh or a barrier of about 2 feet in height around the bed, because the fly stay close to the ground.

Many gardeners use various forms of companion planting to control pests. For example nasturtiums planted near brassicas and beans as a sacrificial crop for both cabbage white butterflies and aphids.

As far as diseases are concerned it is sensible to start with a good crop rotation plan to discourage a build-up of soil borne ailments such as club root in brassicas or potato cyst eelworm in potatoes. Another good habit to develop is to be a hygienic and clean gardener and to make sure that old diseased foliage is burnt and not left on the garden. It is also worth cleaning your tools regularly to avoid disease spread. When planting crops it is better to have plenty of space between plants to avoid overcrowding and the spread of disease.

Rots and mildew are common problems. There are two types of mildew, powdery which develops under dry conditions, so water and mulch during drought; and downy mildew which prefers damp and humid conditions which can be discouraged by watering early in the day to avoid too much humidity, and

avoiding overcrowding of plants. Another common fungal disease is blight which can affect both potatoes and tomatoes. Fungicide sprays are available to treat the crops throughout the summer especially in humid conditions to discourage the blight. If it does occur in a crop and the foliage starts to wilt and die, cut this off, remove it so the spores do not fall on the ground and spoil the tubers. Burn the affected foliage.

RHUBARB CORDIAL

At this time of year you may find you have a glut of rhubarb. Obviously it is delicious stewed or in a crumble but if you want something just a little different try this recipe for cordial.

Approx. 450gm rhubarb washed and cut into one inch slices
Zest and juice of a lemon
Zest and juice of an orange
1 inch ginger root peeled and sliced thinly
250gm (golden) caster sugar
200ml water

Place all the ingredients into a large pan, and gently bring to the boil. Then simmer for about 15 minutes.

Strain the mixture through a sieve, lined with muslin or a clean tea towel, into a large jug. Press out as much juice as possible, then transfer to sterilised bottles. This will keep for about a month in the fridge.

Serve diluted to taste and add more sugar if needed.

STOKE HOLY CROSS THURSDAY CLUB

We are a small friendly club who meet on the first Thursday each month and we are always delighted to welcome new members. To learn more about us and joining the club please do not hesitate to contact our new chairperson Carol Flugge (01508 492132) or myself Liz Smith (01508 493245). All our meetings are in St George's Hall, Upper Stoke Holy Cross. Our next meeting will be 1.30 pm on Thursday 4th April, 2019. We now have our Outings for this year. If you are interested in joining us on any of these contact Liz Smith on 01508493245

Tues 7th May Wroxham then onto the Lighthouse Inn at Walcott for lunch £20 numbers must be got by 20th April

Wed 19th June Bury St Edmunds £8

Tues 23rd July Cromer and the end of pier show £25 (this must be booked and paid for by 1st June - non refundable)

Tues 13th August Hunstanton £8

Tues 10th September Southwold and Dunwich for late fish and chip lunch £18 numbers by 31st August

We also arrange the following at St George's Hall.

Our Bingo dates for April are the 3rd and the 17th which will be our Easter one - eyes down 1.30pm

Our dates for Carpet Bowls are the 10th and 24th - start 1.30pm - cost for this is £2

EASTER WORDSEARCH

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

BLESSINGS
CHOCOLATE
COCKEREL
CROSS
CROWED
CRUCIFIXION
DISCIPLES
EASTERSUNDAY
EGGS
EMPTYTOMB
FORGIVENESS
GETHSAMENE
GOODFRIDAY
GREENHILL
HOPE
HOTXBUNS
JESUS
LIFE
LIGHT
MAUNDYTHURSDAY
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