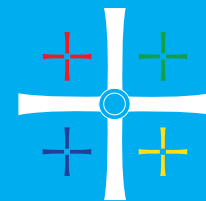


Free for All



THE MAGAZINE OF THE VENTA GROUP

APRIL 2020

How can we help?

A message from Rob

Amidst the uncertainty and worry surrounding the coronavirus, all of us in the parish churches want to try and offer any support that would be safe and appropriate for everyone. We are so grateful that people from around the villages have already got in touch to offer what help they can.

If you would appreciate some help with things like getting a bag of shopping or medication delivered, letters posted and so on, then we want to help, so please get in touch. We have a quantity of non-perishable food which people have donated to our foodbanks which we would be happy to deliver to you or for you to collect from the Vicarage, if you are running short.

One thing that might become a big issue, if lots of people are isolated, is loneliness. There are plenty of us in the villages who would be more than happy to give you a ring, so please take us up on this. One of the great things, of course, if you have a smartphone, tablet or computer, is that you can send and receive video calls via Whatsapp, Facetime or Skype. If you would like some help setting this up, please let us know.

If you know people who would like us to keep in contact, but who might not see this message, then please pass on their details if they are happy for you to do so,

or get them to ring the Vicarage and leave a message: **01508 492305** or **07855 774384**.

Of course, there are many of you who may not feel at risk yourselves, and who want to help in one of the ways mentioned above, and we would like to help coordinate this if we can.

If you could send us a message explaining what help you can offer, together with your email address and mobile number, we can start setting up an email list and a Whatsapp group. We will only use them for this specific purpose.

One of the ways we can help, of course, is just looking out for our neighbours. In all of this, of course, we want to keep safe, and we will be listening to government advice, and encouraging those who are most vulnerable to keep themselves from harm.

Finally, all of us in the churches are praying for the villages. As we are unable to meet together, we are finding other ways to stay connected and support one another.

Do look at the venta-group.org website, if you have the technology, for further details

YOUR HELP NEEDED PLEASE!

Henry and I are now having to socially distance ourselves - effectively not meeting anyone and relying on family or friends to shop etc...

We have every intention of keeping the Free for All magazine going, as we realise it could be a lifeline to others who will be having to self-isolate and particularly to those who do not have access to a computer.

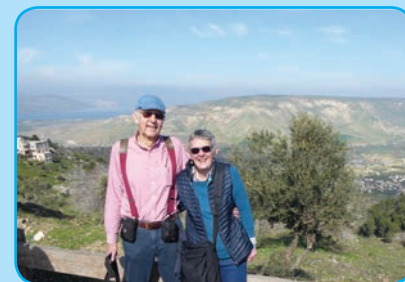
SO NOW YOUR FREE FOR ALL NEEDS YOU!!

Please can you send us any articles, favourite recipes, puzzles, craft ideas etc. you think might be of interest or help others as we all go through this situation together. If not, we might be reduced to publishing our holiday photos! - and we are sure that, between us (that includes all of you out there) we can do better than that!

Many thanks.

Keep safe, keep calm and keep praying.

Eostre



"A photo of us from our recent trip to Jordan. The Golan Heights are in the background and on the left you can just see the Galilee. Syria is to the right of the picture."

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It was wonderful to gather together as church on 22nd March, even though we had to meet online rather than in our buildings. About 45 of us appeared on screen to celebrate Mothering Sunday, and to think together about some things that Paul says to us about God in the bible which can really help us at this difficult time. If you have access to the internet, I have put a video of this on Facebook and Youtube, which you can find by searching for "Venta group of churches." It was filmed in Stoke church shortly before we were asked to lock the building.

I sent people looking for things in their houses, starting with something with their name on it. For most of us our name says something about the family we belong to. Mothering Sunday is a day to celebrate the human family big or small, but we also thought about what it means to be part of God's big family, who all have the name of Jesus in common. We are adopted into it, born again into it, through faith in Jesus, and it is bigger than any place or event: it is about what the Holy Spirit has done in our hearts.

In terms of God's family, we belong together because we share the same Father. In Ephesians 3 Paul connects the idea of having God as our Father with prayer. At this time

we have to pray, and we can pray. God is an amazing Father who loves to hear us pray about anything – and he really does hear. Then we went looking for plants in our house. Most of us could find one of these. Paul talks about us being rooted and established in love. Lots of you know from your own experience or have seen elsewhere what it is like when a family root each other in love. It is a place where we thrive. A plant needs roots that go down deep to draw in all the good stuff that it needs, and keep it firm and secure. That's what we can do with God. We can put our roots deep down in him, we can draw on all the goodness he has to offer us, we can trust that he will hold us firm in the storm we find ourselves in.

Last, we found a measuring device of some kind – a ruler, a tape, a jug, and so on. We remembered Paul's encouragement to us that God can do immeasurably more than all we ask or imagine. We measure and count so many things all the time. You will have heard lots of numbers about coronavirus. Some of them are helpful to us. Others could make us a bit scared. Paul says that there is something we cannot measure – and that is what God can do. No person, however much they might like to, can do the immeasurable amount that God can. I can understand if, at the moment, you feel like God can only do a very little, if at all. The good news for you is that he can do immeasurably more. Some of you, on the other hand, will be thinking, God can do the most amazing things! The good news for you, is he can do even more. He can do more than any of us can imagine! And with this in mind, we keep on praying. There are resources on our website to help us pray. We are meeting as churches every day to pray, and you can join us online or on the phone, if you have no access to the internet. Just give me a ring on one of the numbers on the front of the magazine. And take care, stay well, and God bless all of you.

Rob

VICAR OF THE VENTA GROUP

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Anita Rose (Parish clerk) 491709

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.

FROM THE REGISTERS

ROY HARROLD
Tuesday 10th March
funeral at St Peter Mancroft,
burial at Stoke,

BARBARA NUNN
Monday 23rd March
funeral at Earlham Crematorium,

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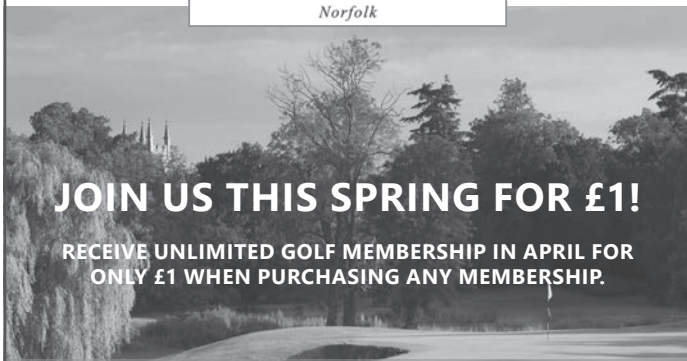
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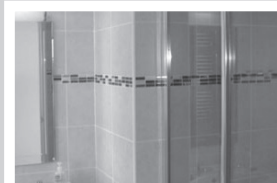
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St George's Hall Dementia Support Café



Our March 9th meeting was a great success when many of us enjoyed ourselves with a craft session. We especially enjoyed making Easter cards and decorating eggs, some of which you can see in one of the photos. Other members playing games and doing jigsaws.

Sadly we have had to take the decision to suspend the café sessions for the time being in view of the Corona virus. We feel it is wise not to meet together for the moment as we do have a number of especially vulnerable older members. Please be assured this is a temporary measure while the risk of infection remains high and we will certainly be re-starting the café once there is clear evidence it is safe to do so.

But, so we can recall the many happy times we have enjoyed over the 5 years since it was set up, below are some of the photos taken over the years.

(Yes it really is five years now since the first sessions in 2015)

We hope the pictures will bring back happy memories of times together while we weather out this, hopefully short, interval till we restart the café.

We need to express a huge thank you to all our volunteers and the committee and, of course, all our members who have made the meetings and outings such a great success.

And while we have this break from meeting up we would love to hear from anyone how you are getting on, what you are doing to keep amused. Please don't stop doing your crafts and jigsaw puzzles etc. and please send us photos of what you are up to, so we can keep in touch via the Free for all. Share your emails with each other and use facebook etc. to keep in touch too.

May God Bless you all and keep you safe.

Henry and Eostre. xx



STOKE HOLY CROSS TUESDAY GROUP

Firstly, as editors, we need to apologize that in the March issue of the Free for All we somehow managed to repeat the notice from February rather than inserting the notice which Kate had sent us for March. We are indeed very sorry.

At the March meeting we were fortunate to have Rev'd Briant Smith to speak to the Group on the subject of his having been Chaplain to the Norfolk Broads for some twelve years. We very much enjoyed the talk.



Our New Year's Lunch in January was a great success, and raised in excess of £240 for Hearing Dogs for the Deaf. Our thanks are due to all those who helped with this, and came to support it.



We are, naturally very sorry to have to announce that we will not be able to meet for the time being. So the Spring Supper, scheduled for the evening of April 18th, has had to be cancelled.

We had hoped perhaps the summer heat might kill of the virus but apparently that is wrong but we can still pray for much more sunshine to cheer us all.

In the meantime while we wait for the wretched virus to be defeated please do keep in contact with each other as we will all feel ever more isolated if we are not careful and do not make enough effort to encourage each other. We will get through this if we support one another.

At Easter, we would normally get together at Stoke playing field for our Fun at the Park afternoon. Each year, over a hundred people have come and joined in with egg hunts, crafts and face-painting, celebrating Easter and getting to know our neighbours—but this year is going to be a bit different! Even though we might be stuck at home, we can still think about the message of Easter in our families, and these craft ideas might help.

If you need craft supplies, let us know on rob@venta-group.org, and we can arrange to pass them on. We have lots at the vicarage!

Hatching chicks

When a chick hatches we see a brand new life emerging from its shell, and "new life" is what Easter is all about. The Easter story tells us that Jesus died in the place of all of us, because he loves us so much... but that he also came back to life, because he is the Son of God and he can even overcome death.

As you make a hatching chick, have a think about Jesus and how he offers all of us new life, forever, with the God who loves us.

Cut out a half-egg shape, or use half a paper plate, and decorate it with pens or strips of wrapping paper.

Now make your chick: you can decorate a plastic spoon if you have one, or cut out a chick shape and stick it to a lolly stick or straw.

Tape a strip of paper or card to the back of your egg, and slide the chick through it. Now you can raise and lower your chick so that it "hatches", popping out of the top.



Mother hen with her chick

Did you know that in the Bible, God says that we're a bit like chicks?? He wants to take care of us and keep us safe, and in the book of Luke, he says that he "wants to gather us up like a hen gathers up her chicks under her wings". God loves us like a parent does.

Cut out a triangle from brown paper, or colour it in to look chicken-coloured(!). This will be your mother hen.

Now fold down the top point to make a head, and fold in the two points on the sides to make wings.

Stick on a yellow beak and a red wattle, and draw on some eyes. If you can find any feathers in your garden, you could stick them onto the wings.

Then make your chick.... Cut out a yellow triangle, or colour it yellow. Fold the top point to make a face, draw on some eyes and stick on a little orange beak—fold a square in half to make an opening mouth.

Now glue your chick safely to its mother, protected by her wings, just like God protects us.



From Henry and Eostre: Please do let us know how you get on with these craft ideas that help us remember the true meaning of Easter. Free for All would love you to send to us your photos which we would like to put in the next Magazine. Ideally send them in a JPEG format attached to an email to Ventafree4all@outlook.com. Thank you.

Flour Pot Catering

Upper Stoke - Tina.riches1963@gmail.com Contact Tina 07919074574 | 01508 494270

We are closing our coffee shop at the church hall, Stoke Holy Cross as from now until further notice, this has not been an easy decision make as we thoroughly enjoy what we do but we need to keep our customers safe.

To help customers and public I have decided to start a mobile food delivery service so you won't be missing out.

We will be supplying all our favourite meals, which you can microwave in your own home as well as freshly baked cakes & desserts delivered to your door, these will all be marked up with use by date, ingredients. I do cater for those with allergies and dietary requirements so please let me know what you want and I will make it for you, this can be done via phone or email.

Cards can be taken and passed through the door and receipts given for people at high risk, as we do in the coffee shop we will be gloved up, but this will be for each individual customer.

We will supply this service until it is safe to open the coffee shop again or if any of us shows any symptoms then we will have to stop completely.

My contact details are above or visit flour pot catering on google for information.

Menus and prices will be discussed on email or phone as to what is on offer.

Kind Regards Tina



Stoke Holy Cross Playing Field Improvements

- As many will be aware the playing field grass has deteriorated considerably since the drought of two years ago.
- A grant has been secured from Norfolk County Football Association through the Football Club, and supported by the Stoke Holy Cross Parish Council, to carry out works aimed at improving the grass area for the benefit of the entire community.
- The works involve fairly heavy landscaping which will greatly improve the amenity space for the whole village.
- The works are due to commence on **Monday 13th April** and will initially last two weeks. During this time and for a total period of **8 weeks**, the ground will be in a state that requires no foot traffic across it.
- As a result, the playing field will need to be fenced off around the perimeter to prevent inadvertent damage whilst the grass seed germinates and the ground settles down.
- The fencing will still allow access from the Caudwell Close corner and from Long Lane via the steps down to the grass. There will be access around the very edge of the grass on these two sides all the way around to the corner with the slide to allow people access to the allotments and upper areas of the playing fields.
- The end result of this work will be a fine, flat, and lush area for the whole village to enjoy. Properly maintained, this will give us an area that the village can be proud of.
- We hope that everyone supports this project in the longer term interest of our community.

ATB

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STOKE HOLY CROSS THURSDAY CLUB

Last month we held our AGM and enjoyed a lunch of fish and chips and singing with Julie Dawn in the afternoon.

We have had another very successful year of running as the Thursday Club but are always looking for new members.

Due to everything coming to standstill with the coronavirus, Stoke Holy Cross Thursday Club has decided to cancel all meetings, bingo sessions and carpet bowls for the foreseeable future. Our birthday lunch at Highways and our outing to Sutterton flower festival is also cancelled. We apologize for this but it is our priority to keep all our members as safe as possible.

Once this wretched virus issue we will of course be in touch with everyone and we would love to welcome some new members. We have our normal club meetings on the first Thursday of every month in St. George's Hall Upper Stoke at 1.30pm and we enjoy meals out and outings throughout the summer months. There are also Bingo sessions once a fortnight and Carpet Bowls a couple of times each month.

In the meantime do please keep in touch safely with each other by email, phone, facebook or whatever else you use as we are all going to be feeling more and more isolated while we are at war with the unseen enemy.

Caistor St Edmund Annual Litter Pick

SORRY CANCELLED -
perhaps do a litter pick on your own

Please do come and join in with the annual litter pick round the roads in Caistor St Edmund on Wednesday April 8th. Help us to keep our lovely village cleaner. The litter pick takes place in late afternoon/early evening and everyone taking part is invited to gather afterwards at Caistor Church for a hotdog and salad supper at 6.45pm.

Please contact **Jeanette Utting** on 07963 448753 if you would like to take part and check it is going ahead.



Maybe we could pray for you?

We firmly believe in the power of prayer and regularly seem to have our prayers answered.

Do you have things troubling you or your family and would welcome to know people are praying for you? Please feel free to pop a note to the vicarage or at one of our churches or send a short email to Lyn@venta-group.org. Whatever you tell us will remain safe with us. A small number of senior church members will be asked to simply pray for our Lord Jesus to provide a solution without your name being given out. Or you might just give your concerns direct to Jesus – just talk to him and ask for what you need. And don't forget you prayed about it when perhaps things do improve!

Jesus tells us "Come to me, all who are weary and burdened, and I will give you rest."



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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Take time out to pause and reflect on this poem taken from Facebook.....

When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbours
A crowded theatre
Friday night out
The taste of communion
A routine check up

The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.
When this ends
may we find
that we have become
more like the people

we wanted to be
were called to be
we hoped to be
and may we stay
that way – better
for each other
because of the worst.

By
Laura Kelly Fanucci

We'll Meet Again

Many of our generation at least will remember some of the songs from Vera Lyn that kept so many encouraged during WW2. Maybe it is a good song to sing or hum as we remember to spend rather longer giving our hands a really good wash! Henry.

We'll meet again
Don't know where
Don't know when
But I know we'll meet again some sunny day
Keep smiling through
Just like you always do
'Till the blue skies drive the dark clouds far away
So will you please say hello
To the folks that I know
Tell them I won't be long
They'll be happy to know
That as you saw me go
I was singing this song
We'll meet again
Don't know where
Don't know when
But I know we'll meet again some sunny day

Easter Wordsearch

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

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