

# Free for All



THE MAGAZINE OF THE VENTA GROUP

APRIL 2022

## Part Time Church Administrator Required

We are looking to recruit an administrator to work one day a week with us supporting the mission and ministry of our Venta Group churches. If you'd like an informal conversation about what the job entails or a job description and an application form, please email [rob@venta-group.org](mailto:rob@venta-group.org).

Applications should be received please by 3<sup>rd</sup> May 2022.

## Easter Fun at the Park



Stoke Holy Cross Pavilion  
Good Friday  
April 15<sup>th</sup> 2-4pm

[www.venta-group.org](http://www.venta-group.org) | Facebook/YouTube  
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## Reminders of Spring from Liz Dack



## Coffee and chat

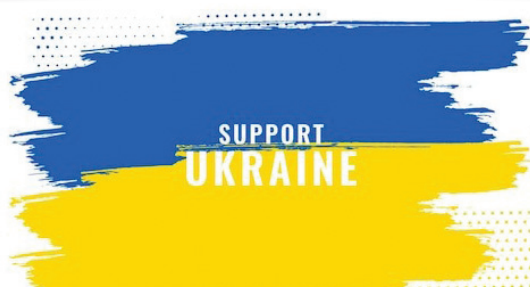
10.30-11.30

Church Hall, Stoke Holy Cross  
Every 3<sup>rd</sup> Thursday of the month

21 April    19 May  
16 June    21 July



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**W**e have all been watching with horror the scenes on the news from Ukraine in recent weeks. Or maybe we haven't. Sometimes I've found it hard to watch at all, and I've wondered why. Do I need to pray for more compassion? Is it just that the last couple of years have just worn me out a bit?

Elsewhere in this magazine we have put a bit about Ukraine, and we encourage you to look at the words of Psalm 31, being used by lots of Christians there, if you would like to reflect and pray. I think a miracle would be a good thing to pray for.

Earlier this week someone pointed out to me that the video of one of the songs we have sometimes used in church, a version of the creed, was filmed

in Kyiv a few years ago. You can see people walking through the streets, lovely buildings old and new. You wonder how long some of them will still be there; I'm conscious of the time that has passed between me writing this and you reading it.

Yesterday the creed popped up again when I was reading a book that goes with the course we are doing at the moment about unanswered prayer. Regular readers (hello again to all three of you) will remember me writing about that a couple of months back. The writer points out that the creed is full of miracles: God created everything; Jesus was conceived by the Holy Spirit and born of a virgin; he ascended into heaven. It seemed fitting to me that a place now in need of such an extraordinary miracle should have so many of them sung over its streets in that video.

There's one more in the song, and in the creed, of course. He rose again, it says. In a way that's our prayer for Kyiv, isn't it, and for the whole of Ukraine. We're praying for an extraordinary miracle: that it might rise again.

Easter says that death isn't the end of the story for any of us; that however it comes, it can never have the last word. Easter says that Jesus rose again, and that we can rise again through faith in him. Easter invites us to pray for a miracle; to believe in miracles; to expect a miracle.

We have seen some extraordinary defiance from the Ukrainian people in the face of overwhelming opposition, and that first Easter was a time of defiance too. Jesus faced death and hell and all that was evil in the world. The opposition was overwhelming, and for a while it looked like it had won. But Jesus had done enough miracles to believe in them, and burst from the grave to bring life and light and hope.

That's Easter faith. That's what we believe.

That's the name of the song, by the way: *This I believe*.

*Happy Easter Everyone*

*Rob*

#### VICAR OF THE VENTA GROUP

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your village organisation

#### IN A FUTURE MAGAZINE

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#### FROM THE REGISTERS

#### FUNERAL

#### ELIZABETH STOCKINGS

30<sup>th</sup> March

at Waveney Crematorium

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.

#### FOR ALL COPY PLEASE

send by email to  
Henry and Eostre Caswell 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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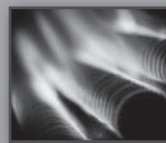
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# Wide

Have you ever had to buy or obtain something, like a piece of furniture, that had to fit in a particular space in a room? Like a settee. Or a book shelf. You want it to fit just so, not too wide, not too narrow, just snug. If you're like me, you measure up, once, twice sometimes three times, before you're satisfied you've got the right measurements. Then do you worry when you've bought the item that you've made the right choice? That it will fit in with the rest of the room, with the rest of your living? The width can be particularly important.

Have you ever thought about how wide God's love is? At Easter we remember how Jesus died. He died an awful death on a cross. With arms spread open wide. You may have seen pictures depicting the scene. The church remembers this when it prays: he opened wide his arms for us on the cross. How many of us have wanted to open our arms wide, when we are reunited with friends or family, after a time away? Arms wide open are welcoming arms. Yet, you say, how could Jesus do this on the cross. How could he welcome anyone? How could he welcome me, today?

As a child I was sent to Sunday School and from a very early age I loved singing. My paternal grandmother encouraged me to sing to her on a Sunday afternoon, the songs I had sung at Sunday School in the morning and one of them I still remember, with the actions, and she would join in with me:

Wide, wide as the ocean,  
High as the heavens above,  
Deep, deep as the deepest sea  
Is my Saviour's love.  
I though so unworthy  
Still am a child of his care.  
For his word teaches me,  
That his love reaches me  
Everywhere.

Jesus loved us, humanity, so much he died for us. He died for our wrongdoings. He took our pain we've done to ourselves and others, he became like a sheep to the slaughter, he took my place, was substitute for me on the cross. He wants us to see his arms, outstretched. You don't have to worry about whether you will fit in, like a piece of furniture in a room. It's his love that reaches you. His love that fits you. His love that is for you. How will you respond this Easter to arms open wide? How will you respond to seeing Jesus' arms on the cross opened wide this Easter? Run away or draw closer and say: I am unworthy but I receive your love that reaches everywhere.

Paul, one of the followers of Jesus, writes to the church in Corinth, Our Master Jesus has his arms wide open for you. That includes you, dear reader. May you come and celebrate his love for you this Easter.

*Lyn*

## St. George's Dementia Support Group Café

On the second and fourth Monday 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 is always room for people living with dementia and their partners or carers to join us, whether on our subsidised outings or at our regular Café sessions from 10 to 12 noon in St George's Hall, at Upper Stoke Holy Cross. Referral not necessary.

Our dates for April are 11<sup>th</sup> of April when we will be doing crafts with an Easter theme and the 25<sup>th</sup> of April.

For more information ring 01508 494742 01508 493661 or 01508 495580  
Our website is [st.george's-dementia-support-group.org](http://st.george's-dementia-support-group.org)



YEARS 5-11

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youth club

**Thursdays**  
**7.30 - 9 pm**  
**Stoke Holy Cross**  
**Church Hall**

**APRIL**  
**21st**  
**Chocolate Party**  
**28th**  
**Club Night and TRACKS**

**HEADS UP!**  
**Youth Alpha Preview Night**  
**24th April 6:30-8pm**  
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Gary Watson on [gwatson@norwichyfc.co.uk](mailto:gwatson@norwichyfc.co.uk)

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## STOKE HOLY CROSS THURSDAY CLUB

for the over 55's meets at St. Georges  
Hall Upper Stoke Holy Cross the first  
Thursday each month

**THURSDAY 7<sup>th</sup> APRIL 2022**

Bingo for April Thursday 14<sup>th</sup> (as this  
is for Easter we will commence at  
1.00pm) but Thursday 28<sup>th</sup> will be  
normal start time of 1.30pm

Bowls for April will be Wednesday 6<sup>th</sup>  
and Thursday 21<sup>st</sup> - 1.30pm start £2.00  
(We plan to incorporate the odd  
Wednesday to enable us to manage  
two games a month now we are getting  
into our summer outings)

Our first outing for the year is on  
Wednesday 27<sup>th</sup> April. A full day to  
Sutterton (St. Mary's Church) Flower  
Festival, Lincolnshire.

A day coach trip with a light lunch  
provided. Afterwards we head for  
Baytree Garden Centre, Spalding to  
break the journey home.

If you would like to join us on this trip,  
and support our Club, you would be  
very welcome. £20.00.

Details will be provided by  
ringing Carol on 01508 492132  
or Liz on 01508 493245.

## SAVE THE DATE - SPRING QUIZ - 21<sup>ST</sup> MAY

### ALL PROCEEDS TO HELP UKRAINIAN REFUGEES

Time to get your thinking caps on  
and take part in the Stoke Holy Cross  
spring quiz at the Church Hall in the  
centre of the village at 7:30 pm on the  
21<sup>st</sup> May. To sponsor a table of 6 or 8  
people (recommended donation £5 per  
person), please contact Andy Harding by  
email at andy@hardings.uk. To enable  
participation of extended families  
and/or friends it will also be possible for  
complete tables to participate online.  
We will also hold a cake sale during  
the quiz and welcome any offers of  
scrumptious cakes to sell!

## WANTED – NEW GOVERNORS Stoke Holy Cross Primary School



The last Ofsted Inspection said:

'Governance of the school is strong. Governors bring a wide  
range of skills to support the work of the school. They provide strong strategic challenge to  
the school's leaders.'

Due to governors' terms of office coming to an end, we have vacancies on the governing  
body that we want to fill by the end of the academic year.

### What are we looking for?

Our school Governing Body is made up of Governors from all walks of life and many come  
to us through a variety of routes and with a range of different backgrounds, skills and  
experiences, but they are all volunteers who work together for the benefit of the School and  
are the link between the School and the community it serves.

We are currently looking for new Governors from the local community who have a keen  
interest in the school and education of the children it serves, with a willingness to play an  
active part in the Governing Body's work.

### Are you:

Over 18? Interested in helping your local school? Available for a few hours each month?

### We can offer you:

- A chance to develop skills in strategic management
- The opportunity to work with our team of governors and staff in improving our School
- The pleasure of helping children reach their potential

We would welcome interest from anyone who would like a Governor role, but particularly,  
although not exclusively, those people who may have had an education or social care  
background.

If you are interested, please contact the School Office for an application form.

Applications should be received by 15<sup>th</sup> May 2022.

Email: office@stokeholycross.norfolk.sch.uk Telephone: 01508 493132

All appointments will be required to undergo an enhanced Disclosure and Barring Service  
(DBS) check and to confirm their eligibility to serve as a school governor.

## St Mary's Church Arminghall

St George's Day Bellringing and Refreshments

Saturday 23rd April, 5-7pm at the Church

Come and join us as we once again enjoy the  
chance to catch up and some good company.

We'd love to see you there!





# Psalm 31

**W**e have chosen to include some verses from Psalm 31 in this month's Free for All magazine because it is being read by so many Ukrainians during these difficult times.

We have also read Psalm 31 in prayer times in the church, giving a sense of unity with and supporting the Ukrainian people. It has been such a source of comfort and hope for many Ukrainian people; we hope that many readers from the villages covered by the Free for All will also gain comfort and hope from the words in this Psalm.

1. In you, LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness.
2. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.
3. Since you are my rock and my fortress, for the sake of your name lead and guide me.
4. Keep me free from the trap that is set for me, for you are my refuge.
5. Into your hands I commit my spirit; deliver me, LORD, my faithful God.
14. But I trust in you, LORD, I say, 'You are my God'.
15. My times are in your hands; deliver me from the hands of my enemies, from those who pursue me.
16. Let your face shine on your servant, save me in your unfailing love.
17. Let me not be put to shame, LORD, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead.
18. Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.



## LOOKING FORWARD TO SPRING



What we can look forward to seeing in Spring and What we will be sorry to see leave us to go back home to breed.

**Short Eared Owls:** will now return to Scandinavia and Iceland to pair up and breed. It is an unusual owl because it prefers to be out and about in the daytime. They can easily be spotted by their bright yellow eyes. Some do stay in the UK but not in Norfolk.

**Otters:** will be wanting to breed again so the female will be chasing off her pups which are now fully grown and ready to look after themselves. A female Otter needs to eat half her body weight to stay healthy when she has young ones to feed. Their diet is mainly fish.

**Hares:** are mammals to look out for, like rabbits they are often associated with Springtime. They can be seen running around chasing each other and boxing as they try to find a mate. Their large ears have a black tip which sometimes is all you see from a distance.

**Marsh Marigolds:** The spring-flowering Marsh-marigold is a bright yellow, like a huge Buttercup. It is a widespread flower of ponds, marshes, damp meadows, ditches and damp woodland and is a conspicuous spring flower. It will brighten up any dark place. Look out for them when walking around.

**Liz Dack**

We have more wonderful photos from Liz relating to Spring to include perhaps next month.



.....

This wonderful display of crocuses was planted by a team of local residents, and organised by Ann Murphy in memory of her husband Brian, who lived nearby

.....

## Arminghall tree savaged by storm Eunice

**O**n Friday 18<sup>th</sup> February, during some powerful winds a huge ash tree in Arminghall churchyard snapped and fell across Church Lane narrowly missing property opposite.

Rob and I would like to thank Steve, Sally, Ann, Sandra, Linda, Tony, Vera, Noel and David all of Church Close who worked like beavers to clear the road and, over the following days, managed to leave the area tidy.

Annie Leathers



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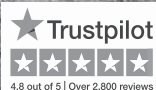
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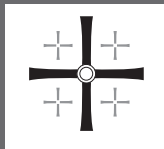
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# APRIL / EASTER 2022

WORSHIP, PRAYER AND COMMUNITY IN OUR VILLAGE CHURCHES

Tuesday-Saturday mornings (except 2<sup>nd</sup>, 14<sup>th</sup>, 15<sup>th</sup> April)

9am Tues-Fri

zoom.us/j/385426921

10am Sat

Zoom Meeting ID: 385-426-921

Prayer meeting

with Bible reading

Sunday 3<sup>rd</sup> April

9.30am

Caistor St Edmund church

10.30am

Stoke Church Family Meeting

Praise & Worship

Bring and share lunch afterwards

And don't forget that Caistor church building is open about 10-4 most days - space to reflect, and to pray

Sunday 10<sup>th</sup> and 24<sup>th</sup> April at Stoke Holy Cross

10.30am

Morning Worship with children's group

(with Holy Communion on 10<sup>th</sup> April)

## Easter 2022

Maundy Thursday 14<sup>th</sup> April

10am

Holy Communion at Caistor St Edmund, live on Facebook\*

Good Friday 15<sup>th</sup> April

10am

Morning Service at Arminghall, live on Facebook\*

2-4pm

Family Fun at the Park, Stoke Holy Cross

Easter Saturday 16<sup>th</sup> April

10am

Morning Prayer on Zoom (see above)

Easter Sunday 17<sup>th</sup> April

5.45am

Sunrise Service at Caistor St Edmund

10.30am

Holy Communion for all ages at Stoke Holy Cross

(live on YouTube)

(\*no 9am prayer meeting on these mornings)

## Sparklers

Craft, fun, singing and friendship for 0-4s and their parents, grandparents and carers. Every Tuesday morning in school term from 10-11 at Stoke Church Hall

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Every week in school term



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Saturday 23rd April, 5-7pm

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## Psalm 31 Wordsearch

RIGHTEOUSNESS

LORD

UNFAILING

SHINE

COMMIT

REFUGE

GOD

FAITHFUL

HANDS

SPIRIT

QUICKLY

LOVE

GUIDE

TRUST

SERVANT

RESCUE

DELIVER

PSALM

ROCK

FORTRESS

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



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# NOT FOR PROFIT LAW

Community Interest Company

**Not for Profit Law** is a social enterprise founded by two local solicitors, **Laura van Ree** and **Trina Worden**, who have more than 30 years' experience between them. Prompted by their experiences of the Covid-19 pandemic, **Laura** and **Trina** have resolved to 'do law differently'. Through **Not for Profit Law** they offer expert legal advice at lower rates than traditional law firms, partnering with **Norfolk Community Foundation** to feed the profits they make back into the local community.

## FREE WILL REVIEW

Changes in the law and tax system can mean that a will made just a few years ago might not perform as you expect. Laura and Trina will happily look at your will and make suggestions about potential changes that might benefit you. It may be that you don't need to do anything, but it is certainly worth checking!



## FREE PROBATE ADVICE

There can be a lot to think about when someone dies, at what is almost certainly an emotional time. For that reason, Laura and Trina offer a free initial probate advice service to anyone who has lost a loved one or is dealing with an estate.



Also advising on **Powers of Attorney**, **Court of Protection** and **Trusts**.

We aim to be flexible, offering meetings online, in offices in Norwich or at your home. Evening and weekend appointments are available on request.



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