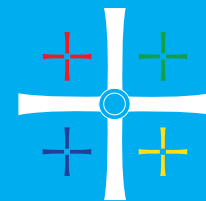


Free for All



THE MAGAZINE OF THE VENTA GROUP

APRIL 2018



Do you
recognise any
of the
disguised
people?

See page 5 for details



**WHATS BEEN COOKING
IN THE VENTA GROUP
FOR LENT?**

See page 6



**WHAT IS COLMAN'S
CONNECTION TO
STOKE HOLY CROSS?**

See page 7

ARMINGHALL, CAISTOR ST EDMUND, STOKE HOLY CROSS with DUNSTON

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You may have noticed the snow. We certainly did. In an adventure which I like to think was intrepid, but could also be described using other words ending in 'pid', 4 of us set out from Stoke to get to a conference in Harrogate, meeting up with friends from Wroxham, Mulbarton, Old Buckenham and across the country, each with a tale to tell of their narrow escape from the jaws of the Beast from the East. It was quite a friendly 48 hours really, marooned in a pretty town, but the trouble was we had to get home again. And there was a bit more snow by the time we arrived back!

Here, of course, lots of people were having a fine old time, not least those whose school shut for 3 (Stoke) or 4 (Fram) days. Others, like the ones looking after them all day, or those of you who were pretty much confined to the house, might not have enjoyed it as much at all. But as I sit here now, somewhere in the middle of March, it is warm and green and spring is in the air.

On Sunday 4th it was raining as we met at churches, and the snow was just beginning to melt away in different places. As it did, I was reminded again of The Lion, the Witch and the Wardrobe, where the snow and ice which have gripped Narnia for so long begin to melt away, and water starts to run again, along with the whisper – dare they believe it? – that Aslan is on the move.

As I shared that thought at our morning service, I reflected that the snow melting away is very real to us, but is actually no more than a picture of the way that Jesus has come bringing life, salvation and hope to the world. At the point that the murmurings about Aslan start, the evil which has gripped Narnia for so long is far from defeated, just as it was not entirely when Jesus was born, or when he began his ministry in Galilee and Jerusalem. But a little later – just as Easter is a little later this year than the Beast from the East – Aslan has been sacrificed, and then raised again to life by the Deeper Magic from before the Dawn of Time. In the same way, Jesus has been sacrificed, but raised to life again, so that all of us can be freed from the icy grip of evil, sin and death, and raised together with him.

When life has been as disrupted as it was by the snow this year, ultimately you are glad to see it go. With the weather, of course, we don't know quite when it might come again – as I write, they are threatening it as soon as this weekend! But with Jesus we know that things have changed, that he has bought and brought salvation for us, and offers life in all its fulness – once and for all. So yes, I am celebrating a return to something like normality outside my window, but most of all I am reminding myself, and thanking God, that Aslan is on the move.

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

FUNERAL

John Douglas Giles

Funeral service of Mr Giles took place on
Friday 23rd at St Faith 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.

WHAT DO YOU THINK OF THE NEW FREE FOR ALL?

We have now been producing and delivering the larger format Free for All for a whole year now and we would love to know if you have enjoyed the new A4 sized magazine. Please email us on the magazine email ventafree4all@outlook.com with your comments. Which bits have you especially enjoyed? Do you have some local interest you would like covered or perhaps you have some news about a local activity you are involved in that others might enjoy reading about. We are happy to consider any suggestions you may have for the various pages that we produce each month. We are sure you will appreciate that we do need to include the advertisements as these cover the costs of production by our excellent printers (Anglia Print Ltd).

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

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www.venta-group.org

 [@venta-group](https://twitter.com/venta-group)

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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Café Church meets in the Stoke Church Hall on 2nd Sundays at 10.30

Did you recognise the people in the funny wig on the front page? The pictures were taken at our Café Church in February. We had great fun as well as learning a bit more about Jesus. Below are some the messages from the service which were each linked to a craft exercise for us to do and with creations to take home. Why not come along to Café Church and see if it might interest you? Everyone is welcome from babes to oldies.

Do you feel like an impressive sort of person? Are you extraordinarily clever, or influential? Do people generally curtsy when they meet you??



Or do you sometimes feel small, and maybe not quite up to the job of following Jesus, or telling other people about him? Maybe you even feel a bit silly sometimes, like the people in the picture!

God chooses you and me. We don't need to be anything special - because he is the special one. When we are just ourselves, living our lives for Jesus, he shines through us.

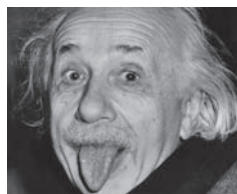
Do you always feel strong and brave? We can sometimes look around and compare ourselves to other people—they might look stronger or braver than us, more able to manage difficult things or doing better than us at school or work.

But God says that these things don't



matter. In fact, he chooses to use us when we are weak, showing his amazing power and strength through us. That way, people will notice that God is at work, as they know that it's coming from him, not little old us!! The Bible says that **"even the weakness of God is stronger than men"** (1 Corinthians 1:25). He is stronger than we can begin to imagine.

Do you know who this is in the photo? This is Albert Einstein, Nobel prize-winner in physics, who developed the theory of relativity and the formula, $E = MC^2$. People around the world recognise him as a genius, but in this picture he is happily looking rather foolish with his tongue sticking out!



God's upside-down message is that the world's idea of wisdom and cleverness isn't always what we're aiming for. People thought that Jesus dying on the cross was a crazy thing to happen—why would he die, if he was the King, if he was God? But his crazy sacrifice and generosity, dying for us, are wiser than they could understand.

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, Lyn or the churchwardens if you would like us to come and see you...



SERVICES FOR APRIL IN THE VENTA GROUP OF CHURCHES

- 1st Apr Easter Sunday**
9.00 am Easter Holy Communion
Caistor St Edmund Church
10.30 am Easter Holy Communion
Stoke Holy Cross Church
4.00 pm Easter Songs of Praise
Dunston Church
- 8th Apr 2nd Sunday of Easter**
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
- 15th Apr 3rd Sunday of Easter**
9.30 am Family Service
Caistor St Edmund Church
11.00 am Traditional Holy Communion
Stoke Holy Cross Church
7.00 pm The Gathering
Mulbarton Church
- 22nd Apr 4th Sunday of Easter**
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
- 29th Apr Vision Sunday**
10.30 am Venta Group
 Family Communion
Caistor St Edmund Church
 with breakfast from 9.30!

ST GEORGE'S DAY BELLRINGING

Come for a pull on the rope, a pork pie, (part of) a pint, and plenty of good company. Monday 23rd April from 6pm at Arminghall Church.

Easter Fun at the Park



Cakes and drinks
Easter crafts
Easter Egg Hunt

Family activities
in and around
Stoke Holy Cross
pavilion
Good Friday
March 30th 2018
2-4pm

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
26th April 24th May 28th June

The Venta group of churches

ROYAL WEDDING STREET PARTY

Calling all residents of Caistor St Edmund! The Parish Council and Caistor St Edmund Church invite you to a Royal Wedding Street Party, on the afternoon of Sunday 20th May. A separate invitation is included with venue and timings, but save the date, and prepare to get involved: we will need lots of tables and chairs, decorations, gazebos, children's activities, music, sandwiches and cakes, cups and plates and more. Don't miss out!

FAMILY DAY & FUN RUN



**Bank Holiday Monday 7 May 2018
10am - 3pm at Holkham Hall**

The Archdeacon's Charge is an annual sponsored fun run, walk and family picnic organised by the Diocese and open to everyone. This year the Earl and Countess of Leicester have kindly invited us to enjoy the grounds of Holkham Hall near Wells-next-the-Sea. The cost is just £5 per adult with under 18s entry and parking both free.

It's a great way to raise money for your local church, school or youth group as well as supporting the East Anglian Air Ambulance. The event was started in 2010 by the Ven John Ashe, Archdeacon of Lynn after the Air

Ambulance effectively saved his wife's life following a serious car accident in 2009 and has raised over £110,000, half of which has been donated to the Air Ambulance.

There will be a craft market; live music performances; classic cars; picnic and play area with refreshments available throughout the day. This year's fun run course is 5km long with a shorter route around the beautiful lake for those walking.

For more details and to book on line go to <https://www.eventbrite.co.uk/e/the-archdeacons-charge-picnic-2018-tickets-41947816047>



Venta Group Lent Breakfasts

Many members of our four churches enjoyed some excellent breakfasts during Lent as we journeyed through the "Pilgrim" course on Christian faith. Along with teaching there was much discussion on the subjects including Peacemaking, Being Citizens of God's Kingdom and Thirsting for what is Right. The pictures on the front page show two of our great cooks Pat and Brian with sausages and bacon being cooked at Arminghall and Porridge being prepared at Stoke Holy Cross. Two breakfasts were also held at Caistor Church later in March.



Colman's Mustard and Stoke Holy Cross Mill

Did you know that Jeremiah Colman produced his famous mustard for 50 years from a big industrial complex behind Stoke Mill from 1814? Power was originally provided by the water mill. To create a tangy flavour, Jeremiah Colman blended brown mustard (*Brassica juncea*) with white mustard (*Sinapis alba*).

It was only from about 1865 that production transferred to a large factory at Carrow Road on land bought from the Norfolk Railway where the firm still operates today.

In 1855 the firm introduced its distinctive yellow packaging and bull's head logo as seen in the Colman's railway sign shown on the front page. And in 1866 they were granted the Royal Warrant as manufacturers of mustard to Queen Victoria. We understand her Majesty's household still uses Colman's today.



Jeremiah James Colman was in his early 20s when he succeeded to control of the firm following the deaths of his great uncle and father both within the space of three years. Within little more than 50 years, Colman's and the mustard-making enterprise, originally established on the banks of the River Tas, had revitalised Norwich and become renowned around the world. Far and away Norwich's largest manufacturer and biggest employer, with an army of 3,000 workers, the business would be listed among the top 100 companies in the nation. This drawing indicates the sheer scale of the old factories along the river on the Norwich site.



Probably the most significant accomplishment of successive generations of the Colman family, was their steadfast commitment to social welfare that went hand in hand with their business operation. This was reflected in the creation in 1872 of a self-help medical club and dispensary that administered free health care and Carrow boasted the country's first industrial nurse on the company payroll.

From a single room in King Street, the Colmans had established a school for their workers children. The redoubtable Maria Cogman, who had been schoolmistress at Stoke, moved to Norwich with lessons beginning in 1857. By 1870 the number of children had risen from 22 to 324.

Jeremiah Colman was a keen supporter of both the Salvation Army and the YMCA. He would also go on to launch the EDP, as a Liberal newspaper for East Anglia. He had a political career too that took him from the local council to becoming the city's MP for almost a quarter of a century.

Sir Jeremiah's views are suitably summed up in an early letter to his future wife, Caroline Cozens-Hardy, in which he observed: "I hope we shan't lead an ideal selfish existence, for I am sure that it won't be a happy one if we do. Influence, position and wealth are not given for nothing, and we must try and use them as we would wish at the last we had done." What a wonderful message to us today!

Sadly in January this year, it was announced that Colman's were to leave its base in Norwich where the condiment has been produced for 160 years and would move its production to Burton-on-Trent and Germany.

STOKE HOLY CROSS TUESDAY GROUP

It's Spring! In the Tuesday Group, this is a time for socialising, with two differing events this month. On April 10th, a Coffee Morning will be held at the home of Barbara and Tony Thomas, 'St. Davids', Norwich Road. It commences at 10 o'clock, and there will be the usual book stall, raffle and 'bring and buy' items. It's all in aid of the charity 'Blood Bikers', whose wonderful work was explained to us in our March meeting.

Our Spring Supper, to be held in the Church Hall on April 21st, (Saturday), will support the work of our 2018 Charity, the Dementia Café at St. George's Hall, Upper Stoke. You are invited to this – 7 pm for 7.30 – and tickets are available from Barbara Thomas. She can be contacted on 493486, and the cost is £12.

STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held on Thursday 5th April at 1.30pm for 2pm in St. George's Hall Upper Stoke Holy Cross. Why not come along and join us for an enjoyable afternoon of tea, chat and card games. Your will be made very welcome. Contact Susie Curson for details on 01508 493990.

We will be holding a **jumble sale** on **Saturday 14th April, 2018** in St. Georges Hall 1pm - 3pm - entry 20p

Please leave any jumble on the day from 10am onwards.

Bingo dates for April are - 11th and 25th - eyes down 1.45pm

Carpet Bowls dates for April are - 4th and 18th - commence 1.30pm - cost for this is £2

STOKE HOLY CROSS with DUNSTON ANNUAL PARISH MEETING

The Annual Parish Meeting for Stoke Holy Cross with Dunston will be held at 7.30pm on Thursday 19 April in Stoke Holy Cross Church Hall

All parishioners are invited to attend to find out more about community groups and the work of the Parish Council in the last year.

Caistor St Edmund Church

Spring and summer will soon be here and Caistor church looks forward to welcoming old and new friends during May and June on Thursday morning between 10am and 12 noon for "Come for Coffee and Cake" and then for all the Sundays in July and August Cream Teas between 2-30 and 5pm.

So make a note in your diary and if you have not been then please come, it's an opportunity to meet old and perhaps make new friends.

Please note that Thursday 10th May is Ascension Day and at 9-30 there will be a short service, prior to Come for Coffee.



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ST GEORGE'S HALL DEMENTIA SUPPORT CAFÉ

A comfortable, caring and supportive social setting for people living with dementia and their carers meeting on the 2nd and 4th Mondays each month from 10.0am till noon (except bank holidays) at St George's Hall, Upper Stoke Holy Cross.

Newcomers are always welcome to simply drop in to the Café (or ring one of these numbers before if you wish 01508-493661 or 492938). Check out our helpful website below. We are naturally delighted to welcome new volunteers even if you can't make it every time.

There is a café run by volunteers plus a separate carers' meeting place adjoining the main room to relax and useful for sharing ideas, practical support and advice. Members greatly enjoyed the film "GIGI" shown 12th March and no doubt the Easter Crafts on 26th March.

Next meetings are
Mon 9th April
Sing-a-long with Stewart Hull
Mon 23rd April
Café

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

FREE FOR ALL HELP NEEDED WITH DISTRIBUTION PLEASE

I am sure all our readers are grateful for all the local volunteers who deliver the "Free for All" each month. But we really need a bit more help please with the first stage of the distribution when we deliver batches of the magazines to various houses in the parishes. Specifically at the moment we need someone to drive round to deliver batches to about 13 houses in Caistor and Upper Stoke- this will only take about an hour each month. Ideally we would like more than one person to offer then this will give us cover when others are away at crucial times. For more details or to offer help please contact Jani Wymer on 01508 493572 or email janiwymer@gmail.com.

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Mondays 9am-1pm,
Weds 1.15-4.15pm

Adam's Garden Tips for April

This time of year can be called 'The Hungry Gap' because there are so few crops available to eat. Only the hardy crops are in season at the moment. You may have spring cabbage to cut and we will discuss planting them later in the year. When you harvest the cabbage make a small cross on the remaining stump and new small cabbages should develop.

Clear the areas where last year's brassicas were growing and compost the vegetable matter. If the stems are very dense crush them to encourage decomposition. You can finish planting any remaining main crop potatoes by the middle of the month and find time to earth up the rows of the earlies to protect against late frosts.

Most of the usual crops can be planted now and it is sensible to protect carrots from the outset, from the effects of carrot root fly. These little creatures do not fly very high and it has been suggested that a barrier about 18 inches high around the carrot crop will have some effect in deterring the fly, but it is preferable to cover the crop with either fleece or enviromesh.

You can start planting aubergine, courgette, squash, outdoor cucumbers, French and runner beans, melons, sweetcorn and outdoor tomatoes under glass or other protection. Asparagus crowns can be planted in a well prepared bed, but remember this is a long term project and you will not be cutting the crop for at least a year if not two.

April is going to try growing chicory this year which she will sow indoors and then after hardening off plant out in June. These grow into a parsnip type root which is then harvested and the roots are forced indoors to produce the tender shoots for a winter salad.

Meanwhile Adam will be pulling rhubarb stems off the crown with a quick twist and not cutting them. Timperley Early is a good variety to kick off the year. If you have used a forcer, remove it soon to give the plant time to recover. If you have newly planted strawberry plants, pick off the flowers to prevent them fruiting in the first year.

This is also the time to propagate new globe artichoke plants, by cutting off new side shoots with a short bit of root from the base of an established plant and replanting them, trimming the leaves and watering well. You can also propagate herbs by dividing established plants such as chives, lovage, mint and marjoram and propagate thyme by layering to encourage new roots to grow.

Cauliflower Rice Recipe

Ingredients:

1 cauliflower (use as much as you need)

Last month's recipe was full of cream and potato so this month I am suggesting something very different. If you decide or it has been suggested to you that a low carbohydrate diet is good for you, and you miss eating rice, you could find things transformed by cauliflower rice which is an excellent but low carb alternative to the real thing. Use in place of rice for many dishes to reduce your carbs and increase your vegetable consumption.

Using the coarse side of your grater or you can use a food processor instead but I think that simply creates more washing up. Pulse the food processor until the cauliflower resembles grains of rice. It can be cooked in a variety of ways. 4 minutes or so in the microwave with a little water, boiled in a pan of water for 2-3 minutes or some prefer to sauté it in a frying pan with a little oil and then cover and cook gently for a few minutes.

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

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