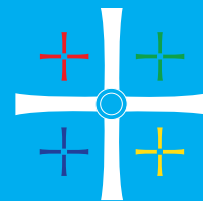


Free for All



THE MAGAZINE OF THE VENTA GROUP

JUNE 2021



*All things bright and beautiful
All creatures great and small
All things wise and wonderful
Our God that made them all*

*Each little flower that opens
Each little bird that sings
He made their glowing colours
He made their tiny wings*



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Visit much-loved gardens in Stoke Holy Cross, Get some gardening and plant inspiration, meet your friends and neighbours and raise funds for the Nook, East Anglia's Children's Hospice.

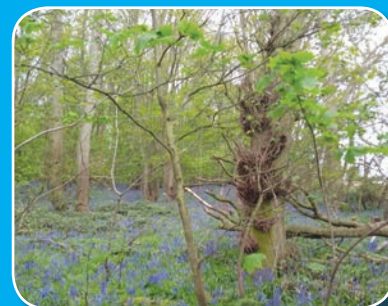


26th & 27th June
12pm - 5pm



Tickets on the day from Stoke Church Hall. Limited parking at St Georges Hall for Upper Stoke Gardens, Pavilion and Church car park for Lower Stoke Gardens. Everyone is welcome. If you would like to open your garden with us or would like any further information please contact Anna Lipp - 07896943173 anna@lipp.org.uk

**We're looking forward to
seeing you there!**



**Just some of the
Bluebells at
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It will be June by the time you read this, but I am writing it at the point of the next step in the government roadmap.

It is a probably a bit of a stretch to imagine that you are reading this sitting in a café, but you never know. Perhaps you have had a couple of friends in the house, or you are going to go to a restaurant for the first time since Christmas. Maybe you will hug a few family or close friends.

For our churches it is an important time, because we decided at that point on the roadmap to begin to meet in person again every week, and so this month is the first following a pattern which we hope will continue for some time. (We are carrying on online as well.)

But even now, with lots of news of the Indian variant in parts of the country, we

do wonder, don't we, if things will progress quite as we hope they might. Most of us by now have had a vaccine or two, but will that be enough to keep to the plan?

The trouble is we are creatures of habit, really. We want lots to be familiar and the same, and it helps our brains not to get tired by working out new things all the time. To some degree, we want to be in control, and when that doesn't happen it unsettles us a lot.

This weekend coming, as well as celebrating meeting together in person again, we are remembering Pentecost, and the amazing gift of God's Spirit coming on his church. It was an extraordinary time, as people gathered for the annual routine of a Jewish religious festival were overwhelmed by the presence and reality of God. Expectations about God being interested only in certain people or certain places or certain ways of doing things were blown away by an amazing wind of change. Followers of Jesus came to realise that God wanted to live in each of them as they chose to follow him, and that it was a promise for everyone.

This year we have seen a lot of change, most of it out of control, and none of us has liked it very much (unless you have shares in Zoom, or Amazon, or hand sanitiser, in which case there is a link to our giving platform on our website). So we can easily forget that God made us to change, and grow, and it is the most positive and natural thing to do that.

And Pentecost is just a day when we remember an amazing change we can all make any day of the year: choosing not to hold onto what is familiar, or we can control, but recognising how God sent his Holy Spirit for everyone, and Jesus is for everyone. It's a change you can make that no-one else can unmake or go back on, because God always keeps his promises.

Rob

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Maybe you have questions you would
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may fit into your life?

To find out more please contact
Rob at the Vicarage

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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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Curate's Egg article from Lyn

Well that's it, the final episode of Line of Duty. For those of you who watched it, were you amongst the many viewers who were disappointed. Reaction to the episode on social media and elsewhere often said reviewers were disappointed. But why? After all we got to know (supposedly) who was H, the fourth man, the one who was in the middle of it all. Loose ends were tied up. Even the final captions, told us what had happened in the lives of the characters in the series and yet left it open for us to think there was room for another series.

As lockdown restrictions ease, it won't be seen as a disappointment to many. After all, it's an opening up. A return to doing things and being with people missed – isn't it? Well yes, however, if you've learnt a new skill or enjoyed doing things as a family, these might not continue – that might be a disappointment. For those who have been furloughed – will there be a sense of disappointment in returning to work or having to find new work? Some of our lives, and the last 15 months, will be resolved, loose ends will be tied up. However, it won't be in many ways.

There are still some to be vaccinated. Across the world there is a long way to go to beat COVID-19. For those who have lost a loved one or a close friend, who is no longer around to join in life with them now the restrictions are easing, there will be sadness and disappointment. I am reminded however, that throughout life we face disappointments. Life doesn't turn out how we would like it or intended it to be. We get a job, and it doesn't turn out to have the job prospects we expected. We move house, and it doesn't turn out to be the home we expected. We get into a relationship, and it seems far from loving. We receive a diagnosis, and it isn't what we wanted, in fact it was what we dreaded. Life is disappointing. In fact, you might get to the point that you are disappointed with God. Well join the club.

The bible is full of people who were disappointed with God. They expected God to act in a certain way and God "lets them down" because he doesn't. Instead, they are left with questions. But to me, these questions voiced are good, it's just they tend to be difficult! Questions about suffering, death, destruction and disease such as: Why is there so much killing in the bible? Why did Joseph's brothers turn on him and he ended far from home? Why did Job's children die? Why were Israel's kings so awful at reigning? Why did Israel keep on doing wrong things and not living as God told them to? Why did Jesus' disciples leave him to face death on his own? Why did Jesus die? A good man, who loved people, cared for them, healed them. Line of Duty had scenes of suffering, death, destruction and dis-ease – it echoed life. And maybe that's why some of us were disappointed, we want things all sown up, all sorted but in our way. The way we want it to be, the way we think it should be. The bible says For my thoughts are not your thoughts, neither are your ways my ways (Isaiah 55 verse 8). I only see my small corner, God has the bigger picture, God has the whole world in his hands. He sent Jesus his Son, to give us hope when life is disappointing; he sent Jesus his son, to show us love when life is disappointing and he sent Jesus his son to bring us peace when life is disappointing. My prayer for you dear reader is:

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your heart and strengthen you in every good deed and word. Amen

It rained and rained and rained.....

It rained, and rained, and rained, and then the boiler house at Stoke Church flooded, doing extensive damage to the boiler.

In the course of pumping out the water our hardworking "fabric officer" discovered that, the moment that he stopped the pump, the water went straight back into the boiler house.

It was time to investigate the drainage system. What he discovered was amazing. The original terracotta pipes were fractured and were crammed full and blocked with tree roots. They were no longer fit for the purpose for which they were intended.

This got two friends thinking. Do we sometimes become choked and damaged by mistakes, regrets, disappointments, and our own reactions to life's challenges – especially during these last months?

Are we no longer fulfilling the purpose for which we were created?

Fortunately, we are not beyond repair or improvement as we have access to a God who, if we will allow, can comfort us, remould us from within, can make us a new creation, and we can let the love of God flow through us to others, just as the rain water now flows through the new drainage pipes.

Written by two friends of long standing who speak and write from their own experience.

If this piece of writing strikes a chord with you, and you would like to speak to someone please feel free to contact:

The Rev Rob Baker 492305 or the Rev Lyn Marsh 493422



SOME INTERESTING FACTS ABOUT THE NUMBER 10 IN THE BIBLE

Old Testament

God gave Ten Commandments.
Exodus ch. 20 vv 3-17

David took ten loaves of bread and ten cheeses to his brothers who were fighting the Philistines
1 Samuel ch. 17 v17

There were ten basins, ten gold candlesticks and ten tables in the temple
2 Chronicles ch 4 vv 6-8

Haman, from the book of Esther, had ten sons
Esther ch 9. v14

A ten acre vineyard will produce only a bath of wine, or about six gallons
Isaiah ch 5 v10

New Testament

Jesus told a story about ten virgins who were waiting for the bridegroom
Matthew ch 25 v1

Jesus told about a woman who had ten silver coins and lost one
Luke ch 15 v8

Jesus told another story about a man who gave ten minas to ten servants
Luke ch. 19 v13

Jesus healed ten lepers
Luke ch.17 v12

There are probably more facts about ten in the Bible.
Do let us know if you find some!

SOME RANDOM FACTS ABOUT JUNE

It is the first month of the summer season.

No other month begins on the same day as June.

In the Roman calendar, it was the fourth month and only had 29 days.

The first day of summer in the northern hemisphere is June 21st.

It depends where you are standing on whether June 21st is the longest or shortest day of the year! Northern or southern hemisphere)

And in the UK it is 'National Smile' month.

Our wildlife featured on the front cover

Having been asked to submit a few photos for this month's magazine, I have attached some that maybe some of you may not have come across or have seen recently, as they aren't all local to our villages.

Brown Hare. These creatures are a lovely sight to see. The best time is early in the morning. This hare was sitting in a field of Bluebells which really complemented it. Sometimes if you are lucky, you may see them boxing when they are pairing up. I think they have the most beautiful eyes. When scanning a field looking for them you may only see their two ears with black tips. They will keep low down as not to be spotted! When they see you, they will use their long, strong hind legs and run very fast. You will notice this when they chase each other. Their young are called Leverets.

Bullfinch. This photo a male is a stunning looking bird with its salmon pink chest and grey/black wing and back feathers. They are extremely fond of the nutritious developing buds that appear in Spring, where they are often seen at the top of trees. This makes them unpopular with fruit farmers and gardeners.

Swallow Tail. This is the largest butterfly in our country. The only place you can see them is in Norfolk around the Norfolk Broads as this is where the Milk Parsley grows which is their main food source. They lay one egg on each leaf. The egg turns into a tiny back caterpillar which looks like bird dirt! This camouflage stops birds eating them. As they grow, they are a bright green caterpillar with orange and black bands, they are very attractive as a caterpillar as well as the stunning butterfly it later turns into.

Nightingale. This is a bird which is difficult to see. They are a warm brown colour with a creamy white breast. We are very lucky if they arrive here in Norfolk/Suffolk. Woodland scrub is their preferred habitat. They have the most beautiful, mellow and varied song. Their diet consists mainly of insects, spiders, woodlice, snails, earthworms and berries. I was very excited to hear this bird and get a good photograph of it so I could share it with others to see. Not something you come across very often.

Fox cubs. I had a fabulous time recently watching a family of a Vixen with her four cubs in a private wood. They were running around playing and fighting with each other like little puppies. One of them found a stick and kept throwing it into the air. Another was a lot smaller. I don't really like to call it a runt, it was a lot smaller, the others three were unkind to it, chasing it away and not letting it get the food when the mother brought it in for them. The Vixen (mum) noticed this and would bring something else back and take it to another spot to spend time teaching it how to tear its food and eat it. It was much darker and still had blue eyes, the others cubs' eyes had started to turn green. This behaviour impressed me as the Vixen looked in beautiful condition. I thought she may have been a young new mother with her first litter. I loved observing them. As with all nature people have different opinions about these lovely mammals.

Bitterns. These are a rare sight to see. You need to go to the reedbeds where they live and skulk around looking for food which is mainly small fish. They cling to the reed stems as they move around the reed beds. When not moving they stretch up straight to blend in with the reeds and their surroundings. This makes seeing them very difficult with their feather giving them brilliant camouflage. The males boom in the breeding season. This booming sound can be heard up to three miles away depending on the wind direction. They were thought to be extinct in the UK until a lady called Emma Loisa Turner born in 1867, discovered a Bittern's nest at Hickling Broad in 1911 with the help of the marshmen. She photographed this which proved they were here. This was a big story back in the day. I could write a lot about her but I think you may like to find out about her for yourselves. Back then being a female ornithologist and photographer was not common. Please Google her name and read more about her. I think you may find it interesting.

Liz Dack.

An update from Mount Kilimanjaro



Across Tanzania Dioceses, like the Diocese of Mount Kilimanjaro, are helping local churches and communities transform day to day life using the Church and Community Mobilisation Process. In the above photo, a person travels the rough road to Dodoma and a village where the Diocese of Mpwapwa are leading people through the process

Stoke Holy Cross Church has, through Tearfund, been helping to support churches and local communities in the Diocese of Mount Kilimanjaro in Tanzania. We have just received the following prayer update.

Since 2016 the Anglican Church of Tanzania's Diocese of Mount Kilimanjaro has been helping eleven communities work through the Church and Community Mobilisation Process. This training series, which is designed to help people come together to identify key local issues and tackle poverty, can be transformative. It is helping communities address both physical needs, as well as emotional and spiritual. As a result of their collaboration people have started new ventures such as poultry projects, goat-keeping and calf-rearing initiatives, and poetry making.

We are asked to pray for the following:

For those leading and facilitating the Church and Community Mobilisation Process. Pray for health, safety and wisdom as they share the principles which can bring about whole-life transformation. Pray for change that sees flourishing across all areas - physical, material, emotional and spiritual.

For the eleven churches implementing the Church and Community Mobilisation Process in the Diocese of Mount Kilimanjaro. As these churches work with their local communities to unpack different ideas for tackling poverty, pray they are continually inspired and encouraged. Pray for visible, positive changes and that they see poverty eradicated as they implement their ideas. Pray too that the tools and techniques they learn through the process remain valuable, long into the future as they assess and reassess the needs of those around them.

For the advice being given around access to safe water and sanitation, climate-smart agriculture and climate change mitigation methods this year. Pray that the information provided, through small, self-help groups, enables people to expand their ventures and improve day-to-day life even more.

For Tanzania's new president. On the 17th March 2021 Tanzania's president John Magufuli died suddenly. His vice-president, 61 year old Samia Suluhu, who was first elected with Magufuli back in 2015, will be serving as president for the remaining term, which is due to end in October 2025. As she steps into this new role please pray for God to guide her, give her wisdom, strength and insight.

Please pray for the church and the government as they respond to COVID-19. Tanzania has not shared data on its COVID-19 situation since May last year. Since the pandemic took hold, the country team has been working with partners to raise awareness about prevention measures and dispel myths. 245 hand-washing stations have been installed at local churches and 250,455 people have been reached directly with COVID-19 hygiene and sanitation education.

WHAT IS LOVE

by Emma (age 6)

Love is when you're missing
some of your teeth
but you're not afraid to smile
because you know your
friends will still love you
even though some of you
is missing.

(Found on Facebook)

VIVIAN'S GARDEN NURSERY IS OPEN AGAIN

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Verbena bonariensis, Euphorbias,
Acanthus spinosa. Stachys, Kniphofia
(yellow), Bay trees.

Do visit and call in to ask Viv what else
she may have, and later after the frosts
there should be Lupins, Penstemons,
Delphiniums and Nicotianas, plus many
more.

And PLANT POTS ARE NEEDED if you
have any 5 inches upwards. I am running
very short.

RANDOM JOKES

Why should the number 288
never be mentioned?
It's two gross.

Why are lift jokes so good?
They work on many levels.

What type of sandals do frogs wear?
Open toad.

What do you call a rabbit with fleas?
Bugs Bunny

Contributed by a member of
Caistor Church

Children and families in our churches



We're really excited that, following lots of different activities for children and families online over the last year, we are beginning to meet in person in a few different ways again!

On alternate Sunday afternoons we are having a family session at the church, with activities and stories and music and a lot more: best of all, we just get to be together again. It's called LightHouse Live, which is the same name we have used for all our family sessions throughout the lockdown. The best way for us to run these in a Covid secure way at the moment is for us to put each family group at a separate table.

At the same time we are getting started again with in-person sessions for our amazing Sparklers toddler group, meeting on Tuesdays at 10am during school term. We are so excited that this is happening again. Covid regulations only allow 15 adults (and any number of pre-school children) at the moment, so again we have to ask people to book and we're doing that weekly at the moment.



Once the summer comes, we are really hopeful of being able to offer our Wonder Zone holiday club for all children at Stoke school. Lots of the Covid restrictions should be lifted in June, in plenty of time for our planned dates of 26th - 28th July.

At the same time we are doing lots of thinking and planning about our family events, because we don't just want to go back to doing what we were doing before the pandemic when it might be best for families for us to do some different things. So we'd love you to get in touch with us to let us know what you think might best help families to connect with what we are doing, both on Sundays and through the week.

So if you'd like to let us know what you think, or let us know you are interested in Sparklers or our Sunday sessions, just email cathryn.baker@gmail.com and let her know.



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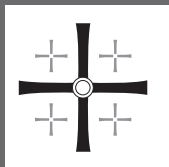
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Morning Prayer meeting

10am Sat

Zoom Meeting ID: 385-426-921

with Bible reading

Sunday mornings at Stoke Holy Cross

10.30am

In person and online

Morning Worship with

fortnightly Holy Communion

This service is streamed online every week. You are welcome to join us on Zoom at <https://us02web.zoom.us/j/706580961> or use the Zoom number 706-580-961 in the app.

If you do not have internet you can join the service by phone—please get in touch for help. Everything will also be available live or later on our YouTube channel “Venta group of churches”.

Caistor St Edmund services this month

6th June, 9.30am

In person only

Praise and Worship

20th June, 9am

In person only

Holy Communion

Arminghall services this month

27th June, 4pm

In person only

Songs of Praise in the churchyard,
bring your own picnic

LightHouse family sessions

From the beginning of June, family sessions will be happening in person at the Stoke Holy Cross morning services.

You can see we are hoping to gather together a lot more in June, but please keep checking our website, Facebook and so on for details. It's a little tricky to be certain at the moment as you know! Caistor church is normally open from 10-4 on Wednesdays and Sundays.

Please get in touch if we can help you in any way.



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

Some Events in Moses' Life Wordsearch

PLAGUES
BOILS
LOCUSTS
COMMANDMENTS
ANGEL
TEN
FIRE
GNATS
WATERS
SNAKE
STAFF

EXODUS
MOSES
PHAROAH
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