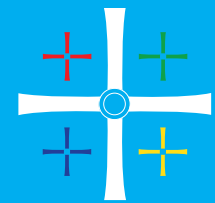


# Free for All



THE MAGAZINE OF THE VENTA GROUP

JANUARY 2020



## REFLECTIONS FOR 2020

The New Year can often bring a mixed bag of emotions and memories for many of us. Some may have just experienced the best year ever and look forward to an even greater one looming ahead. Others may have just trudged through one deep struggle after another. The fresh calendar year brings desperate hope for things to be better, with an ache for the still-fresh wounds to slowly begin their process of healing.

Whether you've just walked through the greatest year of your life, or are incredibly glad to see this one finally over, one truth still rings clear amidst it all. You are not alone. Not ever.

Our God is a "with us" God. On the heels of the celebration of the birth of our King, that reminder has the power to carry us right into a fresh, new start. He is Immanuel, God with us. And though things and people around us shift and change, our God never changes.

In the Venta Group we have had a great time with many of you joining us in celebrating the birth of Jesus Christ over 2000 years ago.

Opposite are some photos of the primary school children singing at the Stoke Holy Cross church carol service, Dementia Cafe members dancing at their Christmas Party and also Pam delivering our Samaritan's Purse shoe boxes.

We hope you have all enjoyed your Christmas time and we would love to welcome you to any one of our varied services on page 5



ARMINGHALL, CAISTOR ST EDMUND, STOKE HOLY CROSS with DUNSTON

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It's a funny thing, when you think about it, that one of the things that definitely isn't new about the New Year, is doing new things.

Doing new things has become a bit of a tradition, hasn't it?

With that in mind, I thought you might not mind if I spent a while talking about something new which we have been doing in our churches over the last few months.

Everyone knows about foodbanks now. These centres, many of them run by the Trussell Trust, are working to end hunger and poverty across the UK. In this country more than 14 million people are living in poverty, including 4.5 million children, and there are 1200 foodbank centres providing emergency food to people referred in crisis. The Norwich foodbank is working hard to do this too – the other week they supplied 3 days' worth of food to 84 people in just one afternoon. You might have donated to them at our local Tesco's or through school, or even at one of our carol services.

We have been collecting food with the hope of being able to support the Norwich foodbank, and as I write a little before Christmas the boxes are filling up ahead of going over there soon.

But that isn't really the main reason we are doing it. Part of our vision as churches is to transform community for good, and we would really like to provide for everyone who is in need in our local area, as well as resourcing a vital project in Norwich and beyond.

And the good news is that it is going really well. Loads of people are being very generous, and putting items of food in our boxes at the churches, the Church Hall, and in the school. It has been a brilliant and encouraging thing to see. But we are only halfway there.

It is a hope of mine that our churches would play a part in eliminating need in the villages. Of course this takes many forms, but one kind of need is hunger. People in our villages are hungry. We know the statistics, so we know they must be, but we don't hear about it. We can provide for people, and meet their need, but we are not sure who they are.

So maybe you can help us. If you are hungry, and in need, we would like to provide with some support to help you get back on track. Can you get in touch with me and let me know who you are? Or maybe you have a friend or neighbour who could do with help, and you could nudge them in our direction. It would be great for us if you did, because we would feel that our new thing was really bearing the fruit that we had hoped for.

You can find my contact details at the bottom of this page. Please get in touch.

*Happy New Year!*

*Rob*

### VICAR OF THE VENTA GROUP

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### CHURCHWARDENS

**Stoke Holy Cross & Dunston**  
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**Arminghall**  
Annie (495580)

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Jani (493572) & Lia (494137)

### ST GEORGE'S HALL BOOKINGS:

Joyce Williams 492143

### STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

### STOKE HOLY CROSS PAVILION BOOKINGS:

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.*

We would love to feature your village organisation

### IN A FUTURE MAGAZINE

*just get in touch and we will see what we can do!*

Email: [ventafree4all@outlook.com](mailto:ventafree4all@outlook.com)

### NEXT EDITION

Items for the next month's magazine please send by email to Henry and Eostre Caswell by email to

[ventafree4all@outlook.com](mailto: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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# 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

## Dementia Café Double Christmas Celebrations



We have been having a great time in December with a dinner and a party.

Our Christmas dinner on 2nd December at The Feathers was well attended by over 40 people and very much enjoyed by all.

We were very well looked after by the staff who managed to get all the meals out simultaneously and hot. Many thanks to the hardworking staff and Viv who organised meal labels so waitresses could spot who had which meal.

The venue was beautifully decorated and tables

laid with Christmas crackers. This all added to a lovely relaxed and jolly atmosphere.

And then on 9th December we had our Christmas Party at St George's Hall. As you can see from the photos our helpers and members all thoroughly enjoyed the party with music and songs provided by Stewart Hull.

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

Our dates for January are 13th when we are having a miniature pony visiting (weather permitting) and 27th.



## SERVICES FOR JANUARY IN THE VENTA GROUP

5th January

9.00 am Breakfast and Communion  
Caistor St Edmund Church

10.30 am Informal Holy Communion  
Stoke Holy Cross Church

12th January

9.00 am Traditional Holy Communion  
Arminghall Church

9.30 am Praise & Worship  
Caistor St Edmund Church

10.30 am Café Church  
Stoke Holy Cross Church Hall

19th January

9.30 am Family Service  
Caistor St Edmund Church

11.00 am Traditional Holy Communion  
Stoke Holy Cross Church

6.30 pm The Gathering  
Stoke Holy Cross Church

26th January

9.00 am Traditional Holy Communion  
Caistor St Edmund Church

10.30 am Sunday 4 Everyone  
Stoke Holy Cross Church Hall

## Caistor St Edmund Church

Please do come along to our Caistor Quiz Night in aid of St Martin's Housing Trust (helping Homeless people in Norwich) and Caistor Church funds

Where : Stoke Church Hall

When : Friday January 31st 2020 7.30pm

Teams of 6-8 people. If would like to come but don't have a team let us know and we can put teams together

Tickets: £5 per person.

We will provide nibbles and soft drinks.

Bring other food and beer/wine if you wish.

Book your places now - contact Jani Wymer 01508 493572,

or Lia Day 01508 494137.





## ARE YOU READY TO CELEBRATE THE NEW YEAR?

Do you know all the words to Auld Lang Syne and even what they mean in English? You could surprise your friends with your Scottish knowledge!!

*Auld Lang Syne by Robert Burns*

Should auld acquaintance be forgot,  
and never brought to mind?  
Should auld acquaintance be forgot,  
and auld lang syne?

### CHORUS

For auld lang syne, my dear  
for auld lang syne,  
we'll tak a cup o' kindness yet,  
for auld lang syne.

And surely ye'll be your pint-stowp!  
and surely I'll be mine!  
And we'll tak a cup o' kindness yet,  
for auld lang syne.

We twa hae run about the braes,  
and pu'd the gowans fine;  
But we've wander'd mony a weary fit,  
sin auld lang syne.

We twa hae paidl'd i' the burn,  
frae morning sun till dine;  
But seas between us braid hae roar'd  
sin auld lang syne.

And there's a hand, my trusty fiere!  
and gie's a hand o' thine!  
And we'll tak a right gude-willy waught,  
for auld lang syne.

### CHORUS

### English Translation

Should old acquaintance be forgot,  
and never brought to mind?  
Should old acquaintance be forgot,  
and old lang syne? (and times gone by)

### Chorus:

For auld lang syne, my dear,  
for auld lang syne,  
we'll take a cup of kindness yet,  
for auld lang syne.

And surely you'll buy your pint cup!  
and surely I'll buy mine!  
And we'll take a cup o' kindness yet,  
for auld lang syne.

### Chorus

We two have run about the slopes,  
and picked the daisies fine;  
But we've wandered many a weary foot,  
since auld lang syne.

We two have paddled in the stream,  
from morning sun till dine;  
But seas between us broad have roared  
since auld lang syne.

And there's a hand my trusty friend!  
And give me a hand o' thine!  
And we'll take a right good-will draught,  
for auld lang syne.



## Christmas Café Church

**W**ow! what a great time we had at our Café Church this month. This is a kind of "Messy Church" where we have a short talk, sing some songs the children know from school assemblies and do some craft activities based on the talk.

The hall is often pretty full with lots of children, parents and grandparents and we also enjoy breakfast together. Café church happens every 2nd Sunday in the hall and as you can see is for all ages meeting as one big family.

**Why not come along and join us** – if you are local you should see the big banner up on the hall as a reminder.



## Stoke Holy Cross Carol Service

**O**n Sunday 15th December Stoke church was full as lots of mums, dads and grandparents joined with many children to hear Rob talk about the difference between what our supermarkets seek to provide us with and what the baby Jesus came to us to give.

In the pictures you can see the Christmas present boxes appropriately labelled **PEACE, JOY, LOVE, LIGHT AND HOPE** which can only truly come from Jesus miraculously born as a human baby over 2000 years ago.

We loved having the children from Stoke primary school beautifully singing some of the carols to us. Some of the children lit the first 3 advent candles and two of the young boys read one of the Christmas messages from the bible.



Then most people stayed on to enjoy coffee, tea or juice with mince pies, of course, and fancy biscuits.

Our Christmas collections this year will all go to charities helping the homeless.





## Stoke Holy Cross Thursday Club

**O**n Thursday 5th December 2019 we held our last club day of the year.

Members were provided with a lunch of salad, new potatoes, cold meat and quiche followed by either trifle or fruit salad and cream for dessert. After this we were wonderfully entertained by Julie Dawn singing a lovely variety of country and Christmas songs for us all to join in with.

Everybody thoroughly enjoyed the afternoon and it was topped off with mince pies and tea or coffee.



## Happy New Year!

Why not come and join us in 2020...

and enjoy the lovely benefits of being a member of the "Thursday Club".

We enjoy outings each month from May to September, enjoy a buffet lunch with afternoon entertainment twice a year and also enjoy a lunch out each year to celebrate our birthday and at Christmas. We are always looking for new members. Come and relax in good company the first Thursday of each month, you will be made to feel very welcome.

Our first meeting of the New Year is on **Thursday 6th February, at 1.30pm.**

Carpet Bowls commences on **Wednesday 29th January, 2020 - 1.30pm** - cost for this is £2

And Bingo commences on **Wednesday 22nd January, 2020 - eyes down 1.30pm**

## Saint Mary's Church Arminghall

**A**t St Mary's on Sunday 15th December we had a great start to our Christmas Celebrations with a drop in at the church for 2 hours with carols, readings, mulled wine and lots of mince pies for everyone to experience the true spirit of Christmas.

Annie, Pam and Jim had done a great job in decorating the tree and the church with help from other local volunteers and it was a really nice village get together.

We are a very friendly bunch and would love to welcome you to our traditional services over Christmas and into the New Year. Details of all our services are on page 5.



### STOKE HOLY CROSS TUESDAY GROUP

The Tuesday Group are holding their New Year's Lunch on  
**Tuesday, January 14th,**  
In the Church Hall.

The time is **12.45**, and it is possible to book with Barbara Thomas, on **493486**.

The cost is £13.00 to include two courses, plus cheese, coffee or tea, and wine.

It represents marvellous value!

Any profits made will be donated to our Group Charity for 2020, 'Hearing Dogs for the Deaf'.

It seems unlikely that our total donation will exceed the £1000 we gave to the Air Ambulance last year, but we shall welcome you if you decide to help us try!

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If you would like to come along or find out more, contact us on  
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## Thank you for our Christmas Trees

We are very grateful to Mrs Coyne from Cawldwell Close, Stoke Holy Cross who kindly invited us to come and take away her garden Christmas Tree and this is now proudly displayed in St Mary's Church Arminghall as we needed a rather bigger one for the church hall.

The larger tree at the Hall came from our usual supplier, Applebee Orchard and Apiary, Bramerton Lane, Rockland St. Mary.



## Mount Kilimanjaro

We are so excited about our project with churches around Mt Kilimanjaro in Tanzania.

We will be welcoming Becky from Tearfund to meet us and tell us all about it our Stoke Holy Cross Café Church service at 10:30am on Sunday 12th January in the church hall.

Do come along and hear about the charity we are supporting in Tanzania. Everyone welcome and especially all those who took part in our in November BIG QUIZ NIGHT where you so generously kicked off our fund raising for the project.



## When I Say I am a Christian

(Source unknown)

When I say 'I'm a Christian',  
I'm not shouting that 'I'm clean living'.  
I'm whispering 'I was lost,  
But now I'm found and forgiven'.

When I say 'I'm a Christian',  
I don't speak of this with pride.  
I'm confessing that I stumble  
And need Christ to be my guide.

When I say 'I'm a Christian'  
I'm not trying to be strong.  
I'm professing that I'm weak  
And need His strength to carry on.

When I say 'I'm a Christian',  
I'm not bragging of success.  
I'm admitting I have failed  
And need God to clean my mess.

When I say 'I'm a Christian',  
I'm not claiming to be perfect.  
My flaws are far too visible  
But God believes that I'm worth it.

When I say 'I'm a Christian',  
I still feel the sting of pain  
I have my share of heartaches  
So I call upon His name.

When I say 'I'm a Christian',  
I'm not holier than thou  
I'm just a simple winner  
Who received God's good grace, somehow!

## New Beginnings Wordsearch



BEGINNINGS

FRESH

REBORN

BELIEF

GOD

RENEWED

CHANGE

HOLY

RESOLUTIONS

CHOSEN

HONOUR

RESPECT

COMMITMENT

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SINCERITY

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