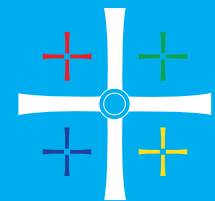


Free for All



the mAgAzine of the vEnt A group

AUGUST 2026

Summer Sundays in the Venta group of churches

Sunday 2nd August - 10.30am

Communion service for everyone
at Caistor St Edmund

Sunday 9th August - 10.30am

Communion service for everyone
at Stoke Holy Cross

Sunday 16th August - 10.30am

Communion service for everyone
at Caistor St Edmund

Sunday 23rd August - 10.30am

More traditional communion service at
Stoke Holy Cross

Sunday 30th August - 10.30am

Joint communion service with the
Poringland churches at Stoke Holy Cross

www.venta-group.org admin@venta-group.org 01508 492305

Caistor Cream Teas 2026



We will be serving Cream Teas at Caistor St Edmund Church again this summer on

Sundays

August 16th, 23rd & 30th 2026

&

Sept 6th 2026

2pm – 5pm

(cash and card accepted)

With plants, garden produce and cake 'bring & buy' stall

There will be 'Songs and Praise' on Sept 6th at 5pm –
do stay and join in after enjoying a Cream Tea!



See Rob's farewell note
inside on page 7.

Armingh All, Caistor St Edmund, Stoke Holy Cross with dunston

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Have you ever been a "church goer"

I wonder if, like me, you were brought up to go to church? My father was captain of the bellringers and sang in the church choir so I couldn't escape anything!

I continued as a "church goer" for a good many years, then life brought my husband and I and our little family to Stoke Holy Cross.

Not long after we became part of a small group who met together to share fellowship -a- churchy way of saying we sang and prayed together.

Then something unexpected happened and we suddenly understood that there was so much more than just being a "church goer".

We had a wonderful summer. I was asked to share my "testimony" - the story of my encounter with Jesus.

This is what I said.

Do you know the story behind the discovery of the tomb of King Tutankhamun in the valley of the kings in Egypt?

When the first opening was made in the entrance to the tomb, Lord Carnarvon (he who owned "Downton Abbey") who funded the expedition said to Howard Carter the archaeologist, "can you see anything?". The answer was, "YES WONDERFUL THINGS !! "

If you would like to find out a bit more about following Jesus why not come along to one of our services. The first Sunday in the month Café Church- All Invited might be a good place to start. This is beginning on Sunday September 6th at 10-30am in the Church Hall.

Viv Carrington

Church Warden
01508 493438

By the time you read this, Rob, Cathryn, Jonathan, Grace and Sam will have moved to Ashill.

The church family here at Caistor St. Edmund and Stoke Holy Cross with Dunston sends their thanks, love, prayers, and best wishes for their new adventure.

For all enquiries please contact:

Viv (493438) or Jani (07557 774520)

or email: admin@venta-group.org

**Search Facebook and Youtube for
"Venta group of churches"**

www.venta-group.org

 **@venta_group**

CHURCHWARDENS

Stoke Holy Cross & Dunston
Viv (493438)

Caistor St Edmund

Jani (07557 774520)

ST GEORGE'S HALL BOOKINGS:

Barbara Cutts 07739 663350
stgeorgeshall@venta-group.org

STOKE CHURCH HALL BOOKINGS:

Karen (07761 076954)
email: karenp1963@hotmail.co.uk

STOKE HOLY CROSS COMMUNITY HALL BOOKINGS:

email: shc.communityhall@gmail.com
<https://www.shc-communityhall.com>

FROM THE REGISTERS

We continue to pray for all those who have lost loved ones recently, or are remembering someone particularly at this time of year.

FUNERAL

DIANA FREDA GILES

19th July at Stoke Holy Cross church
with burial at Caistor St Edmunds

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.

We would love to feature
your village organisation

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St. George's Dementia Support Group



Wish you were here . .

I am writing these words on the Dorset coast while on a camping holiday. I am a swimmer and I love the water. The expanse of the sea is captivating, both when in tumult or when becalmed and I hold those who volunteer as lifeguards and those in the RNLI in high esteem, particularly since I was once rescued from the sea. In just 4 days we have read about and visited natural havens and sheltered bays that offer both the mariner and those playing in or on the water necessary refuge and safety.

I want to discuss the necessity of volunteers and a safe harbour with you. At St George's Dementia Café Support Group we endeavour to provide a safe and non judgemental space where those with dementia and their Carer can breathe, share and relate with others who are facing, or indeed have faced, similar concerns and experiences. The presence and skill set of our volunteers enables this to happen. We provide the venue and the opportunity for friendship and discussion.

We meet regularly on the second and fourth Monday mornings each month (except bank Holidays) at St George's Hall Upper Stoke Hoy Cross between 10am and 12 noon. Our August meetings will be on Monday 13th and 27th.

Volunteers set up early to prepare beverages and provide biscuits at low cost. Others organise tables for crafts, games and puzzles. We book regular entertainers offering live music&song, reminiscence sessions and seated exercise to music. Some volunteers arrange in-house quizzes which are brief but great fun and help to generate a bit of competitive spirit!

Since January we have had a talk on Home Fire Prevention from NFRS and an informal visit from our local police officers. St John Ambulance volunteers delivered a first aid/ CPR session and Norfolk Safeguarding Adults Board visited to discuss concerns and issues surrounding the topic of safeguarding vulnerable people.

Tonya Knights brought in her 3 wonderful owls (Hoot with Me) to answer everything from habitat to regurgitation of pellets. Nigel Howe from Taverham Lions called in with a supply of 'message in a bottle' containers to distribute amongst our members . . the bottle is another step in contingency planning for an unexpected emergency at home.

Our cafe has engaged with the School of Health at the UEA and several Carers have been involved in dementia related research.

We have recently had our charabanc outing to Great Yarmouth where we visited the Time&Tide Museum before lunch along the promenade. This all involves volunteers reconnoitring suitable venues, arranging entry fees, organising and booking the coach, ensuring we provide water onboard and carry first aid. It also requires someone to take names of those interested in coming and recording the nominal coach fee that we request from each member.

This is why we need YOU!

If the ratio of volunteers to those with dementia and their carer becomes unsafe then we will be forced to curtail some activities. We have recently initiated a waiting list for the first time in 11 years as our membership has grown and regular volunteer numbers have not.

If you are a good listener, kind and empathetic please get in touch. Perhaps you have organisational and administrative skills or you are tech-savvy, then call us. Do you have a predilection for serving drinks behind a hatch then we can provide that hatch free of charge. Whatever your skill or special power is, step forward and tell us.

For further information please call us on 01508 494742, 01508 495580 or 01508 443661 We're waiting for that 'phone to ring . . Have a great Summer, stay cool and hydrated.

STOKE HOLY CROSS THURSDAY CLUB

It's only 4 months till Christmas. I can't believe I'm actually saying that. This year is just going so fast like a jet plane passing overhead. Snap your fingers and it will be here. How are you all enjoying the hot weather. We know that for some it's too hot and can be exhausting so you will be glad when Autumn comes. Remember to drink a lot of fluids, also keep your curtains closed to prevent the sun shining through your windows. Rather than sit at home come and join us and you can chat about the British favourite subject - the weather. Of course that's not all, come and tell us about your family, your hobbies, your holidays to name just a few subjects that we would love to hear about. All this over a lovely cuppa and biscuits. You will be pleasantly surprised how friendly we are and how we like chatting about everything, it's amazing how many times we put the world to rights. We are at St. George's Hall, Long Road, Upper Stoke.

Put the following dates in your diaries and be prepared to enjoy yourself.

September 3rd - Club
(1.00/1.30pm)

September 10th - Bingo
(eyes down 1.30pm)

September 17th - Games afternoon
(1.00/1.30pm)

September 24th - Bingo
(eyes down 1.30pm)

We really look forward to seeing you

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DATES FOR YOUR DIARY

FRIDAY 11th September

FRIDAY 9th October

FRIDAY 13th November

Friday 11th December

Bike Ride Newsletter

It is now only two months until the 2026 Bike Ride, Walk & Drive on Saturday 12th September. Have you been thinking about how you can take part and fundraise for our wonderful old Norfolk churches

What inspires so many of us to participate are the medieval churches on every skyline, marking each village, town, and every part of the city of Norwich. They are a key part of the Norfolk experience for me especially at this time of year when Norfolk is at its summer best.

Why not join us?

See website for details.



Stoke Holy Cross Flower and Produce Autumn Show

Sunday 20th September 2026
Entries to Community Hall between
8.30 am and 10.45 am Sunday 20th Sept
25p per entry

Doors open for show at 2.00pm
Tea and Cake Available

For Further Information
Len Finch 01508 492253

Coffee and chat

Coffee, chat and company on Thursdays
10.30-11.30am at Stoke Church Hall
2nd & 16th April | 7th & 21st May
(at the Vicarage on 7th May)
4th & 18th June | 2nd & 16th July
6th & 20th August



Short communion service at 10am
right before Coffee & Chat
on the first Thursday of the month
(dates in white above)

www.venta-group.org | Facebook/YouTube "Venta Group of Churches" | admin@venta-group.org | 01508 492305





Dear friends

An enormous thank you to everyone who came to say goodbye to us, as we moved on from our ministry in the churches here after 14 years in this amazing place. We were so touched by your presence with us, your kind words spoken and written, your prayers, and your extraordinarily generous gift to us, which we will put towards having some time away together once we are all moved, and the exam results are in!

Even though we are not about, there is lots of great stuff coming up in the churches, and lots that God is going to do in you and through you in the years to come. More of that below! You will see that this email has come from the admin email address, which Jani and Viv are monitoring if you need to get in touch with anyone from now on.

As I said this morning, don't be a stranger, and do get in touch if you are passing Ashill and would like to drop in, or say hello when we bump into each other in the city one of these days. But most of all, don't be a stranger to Jesus like the lost sons in the story in Luke 15 we read this morning: draw close to him, and in his great goodness he will draw close to you.

With much love and thanks always





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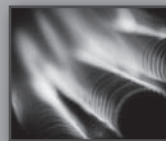
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'Learning Together'

To arrange a meeting with the Head Teacher, Miss Chaney, and have a tour of the school please email the school office at office@stokeholycross.norfolk.sch.uk or call on 01508 493132.

For places in Reception class in September 2027 please keep an eye out for details of our open mornings which will be taking place later this year.

Visit our website and Facebook page for a flavour of what life is like for children at Stoke Holy Cross Primary School.

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We are pleased to confirm that Stoke Holy Cross church has arranged for the Post Office to be open in the Church Hall from 9:45 to 10:45 every Thursday starting in August



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