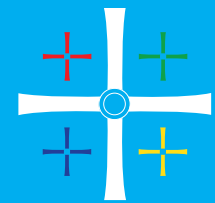


# Free for All



THE MAGAZINE OF THE VENTA GROUP

MAY 2026



Thy Kingdom Come

## God with us

14<sup>th</sup>-24<sup>th</sup> May 2026

[thykingdomcome.global](http://thykingdomcome.global)

SEE OUR WEBSITE AND FACEBOOK FOR ALL OUR SPECIAL EVENTS THIS YEAR



Thank you so much to everyone from around Caistor St Edmund and Arminghall who took part in the litter pick this year, and who were rewarded with a very well-earned dinner at Caistor church afterwards. It is great to see so many people involved with taking care of our villages in so many ways.



ARMINGHALL, CAISTOR ST EDMUND, STOKE HOLY CROSS with DUNSTON

# R.B. COPPING FUNERAL SERVICE

Independent Family Funerals Directors Since 1935

For Personal Attention  
with Dignity and Respect

Private Chapels of Rest

Memorials & floral tributes  
supplied

Pre-paid funeral plans  
available



[www.coppingfunerals.co.uk](http://www.coppingfunerals.co.uk)

125 The Street, Poringland, Norwich NR14 7RP

01508 494434

56 Langley Road, Chedgrave, nr Loddon NR14 6HE

01508 521159



Do it with

# Style!

FENSA

ESTABLISHED 1980

SUPERIOR WINDOWS & CONSERVATORIES LTD

[www.stylewindows.co.uk](http://www.stylewindows.co.uk)



SHOWROOM  
OPEN 7 DAYS  
A WEEK



Contact Martin Dennis on **T: 01603 477936**

on mobile: **07901 898769** or E: [martin@stylewindows.co.uk](mailto:martin@stylewindows.co.uk)

3-4 Station Way, Brandon IP27 0BH

**FINANCE AVAILABLE** From 10.9% APR Representative

Spread the cost of your windows and doors over 3 – 10 years with Phoenix Financial Consultants

Phoenix Financial Consultants Ltd (Company No 7436334) is authorised and regulated by the Financial Conduct Authority (Financial Services Register No 539195). Phoenix is a credit broker not a lender and offers finance from its panel of lenders.



Visit our website

Free for All



Where are you off to?

This is a question I am being asked quite a lot at the moment, as we continue to get ready to move on to new things in the summer. It's a funny mixture of excitement at something new, and recognising how much we are leaving behind, and how much there is still to do.

"Where are you off to?" is a question that we meet in the bible as well, in different places and in different ways. At this time of year, just after Easter, two disciples are walking on the road out of Jerusalem to a place called Emmaus. They meet a man on the road whom they don't recognise, but who turns out to be Jesus. The question is, what are they doing there?

They *should* be in Jerusalem. Jesus is alive, and word is getting around, but these men have not seen it, maybe don't believe it, and certainly don't feel it. So it is that faced with this mixture of confusion and disappointment, they decide not to stick around, but head out of town.

It's here, heading in entirely the wrong direction, that Jesus meets them. "What are you talking about?" They explain to him that they have been talking about the events of Easter weekend, but the whole description is tinged with their uncertainty: they talk about Jesus in the past tense; they list reasons not to believe; most poignantly of all, they explain how "we had hoped."

It's not the obvious place for Jesus to reveal himself, when you think about it: two people are struggling to believe, even when the evidence for faith is strong, and they are heading in the wrong direction. But it is exactly here that Jesus allows himself to be seen.

Isn't that so encouraging? It tells us that Jesus isn't here for heroes of the faith, or people who doubt or struggle to hope. It tells us that he is even here for those of us who end up heading in the wrong direction. The story (which you can read in Luke 24 in the bible) is not completely comfortable, because Jesus does call the men foolish for not realising what has happened, which we might not like to be confronted with, but it ends in a glorious place. The men describe how their hearts burned within them as Jesus explained that everything had happened just as their friends had told them. And best of all, they turn round and head back to Jerusalem, full of confidence about where they are off to, and the wonders that await them when they get there.

Rob

## 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](mailto:rob@venta-group.org) 01508 492305

For all administrative enquiries please contact [admin@venta-group.org](mailto:admin@venta-group.org)

Search Facebook and Youtube for "Venta group of churches"

[www.venta-group.org](http://www.venta-group.org)

[@venta\\_group](https://www.facebook.com/venta_group)

## CHURCHWARDENS

Stoke Holy Cross & Dunston  
Viv (493438)

Arminghall

Rob (492305)

Caistor St Edmund

Jani (07557 774520)

## ST GEORGE'S HALL BOOKINGS:

Rob Baker (492305)

## STOKE CHURCH HALL BOOKINGS:

Karen (07761 076954)

email: [karenp1963@hotmail.co.uk](mailto:karenp1963@hotmail.co.uk)

## STOKE HOLY CROSS COMMUNITY HALL BOOKINGS:

email: [shc.communityhall@gmail.com](mailto:shc.communityhall@gmail.com)

<https://www.shc-communityhall.com>

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, 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)

## FOR ALL COPY PLEASE

send by email to Rob to

[admin@venta-group.org](mailto:admin@venta-group.org)

By 10<sup>th</sup> of this month please.



## FREE\* Construction Courses in Norfolk

-  Tiling
-  DIY
-  Bricklaying
-  Plastering
-  Carpentry & Joinery
-  Electrical

Courses run throughout the year in Norwich and King's Lynn

[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)  
0344 800 8020 (option 5)



\* If you earn less than £25,750 a year or receive an income related benefit

### STOKE HOLY CROSS THURSDAY CLUB

How are you all enjoying the warmer weather? Flowers are blooming, trees are green, birds are busy feeding their young, crops are growing and the bee's are making all that lovely honey. We know the cost of living has increased dramatically but forget all this for a few hours by joining the Stoke Holy Cross Thursday Club, Long Lane, Upper Stoke. You can forget all the trials and tribulations by having a laugh with new friends and of course don't forget the cup of tea and biscuits or coffee if you prefer. You deserve to spoil yourself and our club is the ideal way to start. The door is always open at 13.00 every Thursday so just walk in and be welcome with a smile. Let this be a start to a whole new group of friends.

Put the following dates in your diary:

- May 7<sup>th</sup> (sorry closed for elections).
- June 4<sup>th</sup> - Club Day
- May 14<sup>th</sup> - Club Day
- June 11<sup>th</sup> - Bingo
- May 21<sup>st</sup> - Games afternoon
- June 18<sup>th</sup> - Games afternoon
- May 28<sup>th</sup> - Bingo
- June 25<sup>th</sup> - Bingo

Café at Stoke Holy Cross  
Community Hall  
1<sup>st</sup> Saturday every month  
12pm 'til 4pm  
Everyone welcome



If you would like to volunteer, please come and talk to us at the café.

### CRAFT FAIR

**SATURDAY MAY 23<sup>RD</sup>**  
**10AM - 3PM**  
**AT STOKE COMMUNITY HALL**

Tombola, gifts, cards, cakes, local honey, guess the name of the teddy etc  
Come along and enjoy a cuppa and cake  
Proceeds to NNUH Cancer Unit & Community Hall

### BUENA VISTA SOCIAL CLUB

AT PORINGLAND COMMUNITY CENTRE

Dates for your Diary  
Film Nights- Friday 1<sup>st</sup> May  
For more information phone  
John on 01508 494358  
Or Carol on 01508 492630

### PORINGLAND COMMUNITY CINEMA

AT PORINGLAND COMMUNITY CENTRE

### RENTAL FAMILY

**FRIDAY 8<sup>TH</sup> MAY**

TO BE CONFIRMED - SEE POSTERS

CERT 12 - Drama/Comedy - Stars Brendan Fraser

Tickets £5 on the door (includes tea or coffee)

Doors open at 6.45pm  
Film starts 7.30pm



Saturday 6th & Sunday 7th June 2026  
Open 10am to 5.30pm - Free Entry

37 Artists open their studios to the public where you can see, experience & buy art.

Art Trail | Exhibition  
Open Gardens | Demonstrations  
Refreshments

Please see website to plan your visit

[www.SouthYareArtTrail.co.uk](http://www.SouthYareArtTrail.co.uk)

## Is Stoke Holy Cross open for nature

### Open for nature in Stoke Holy Cross

is a new community group aiming to support Stoke Holy Cross Parish Council's Biodiversity Policy with a programme of activities and events to make our village more nature friendly ... but before we do anything we want your help to find out what is already happening to encourage nature, what you would be interested in and how you want to get involved

Please take a few minutes to complete our short survey by using this QR code.

If you would like some help or would like a paper copy we'll be present at the Community Cafe in the Community Hall on Long Lane on SATURDAY 2nd MAY 12 to 4 pm  
The survey will be open until FRIDAY 15th MAY  
email: [openfornatureshx@gmail.com](mailto:openfornatureshx@gmail.com)

COMPLETE OUR SHORT SURVEY TODAY



## 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](http://www.venta-group.org) | Facebook/YouTube "Venta Group of Churches" | [admin@venta-group.org](mailto:admin@venta-group.org) | 01508 492305

YEARS 5-11

# embers

youth club

Thursdays 7.30 - 9 pm  
Stoke Holy Cross Church Hall

April  
16th: Club Night  
23rd: Time Capsule  
30th: Gaming Night (Main Mission)

May  
7th: Club Night  
14th: Treasure Hunt  
21st: Theme Night: influence

For more details contact:  
Gary Watson on [gwatson@norwichyfc.co.uk](mailto:gwatson@norwichyfc.co.uk)

Norwich YOUTH FOR CHRIST | [@stoke.embers](https://www.instagram.com/@stoke.embers) | Venta Group of Churches

## Open Gardens for St. John Ambulance 2026

Home-made Refreshments • Free Parking

Sunday 10<sup>th</sup> May Open 12 - 5pm  
**ELMHAM HOUSE & SILVERSTONE FARM**  
North Elmham, Dereham, NR30 5JY and NR20 5EX  
Adults £10 for both gardens: Children Free.  
Dogs on leads welcome.

Sunday 17<sup>th</sup> May Open 12 - 5pm  
**BESTHORPE HALL**  
Attleborough, NR17 2LJ  
Adults £6: Children Free. Dogs on leads welcome.

Sunday 31<sup>st</sup> May Open 12 - 5pm  
**HOE HALL**  
Hoe, Dereham, NR20 4BD  
Adults £6: Children Free. Guide dogs only.

Saturday 6<sup>th</sup> June Open 12 - 5pm  
**ELSING HALL**  
Elsing, Dereham, NR20 4DX  
Adults £8: Children free. Guide dogs only.

Sunday 12<sup>th</sup> July Open 1pm - 4.30pm  
**THE BISHOP'S HOUSE**  
Bishopgate, Norwich, NR3 1SB  
Adults £5: Accompanied under 16s & wheelchair users free.  
Assistance dogs only.

Sunday 6<sup>th</sup> September Open 12 - 5pm  
**SEVERALS GRANGE**  
Wood Norton, NR20 5BL  
Adults £6: Children free.  
Dogs on leads welcome.

Organised by St John Ambulance Norfolk and Waveney  
Registered charity no. 1077265/1  
[C-Norfolk-and-Waveney@sjamb.org.uk](mailto:C-Norfolk-and-Waveney@sjamb.org.uk)  
For more information on gardens contact  
[Georgina.holloway@sjamb.org.uk](mailto:Georgina.holloway@sjamb.org.uk)



## All Invited in 2026: everyone's welcome

Sundays from 3.30-5pm  
10th & 24th May, 14th June at the Church Hall  
28th June at the Vicarage followed by BBQ

Activities, crafts and games for all ages Space to reflect and time to chat  
Community Pantry: help yourself or contribute  
Pop in for cakes, drinks and chat, or stay and eat together

Venta Group of Churches: Stoke Holy Cross, Caistor and Arminghall | [rob@venta-group.org](mailto:rob@venta-group.org)



## Surlingham Timeshare Swimming Pool

NR14 7AL

Are you interested in having an indoor heated swimming pool exclusively for yourself, family and friends?

If so please contact

**Tim Mack (01508) 538206**

[info@surlinghamtimesharepool.co.uk](mailto:info@surlinghamtimesharepool.co.uk)

or go to

[www.surlinghamtimesharepool.co.uk](http://www.surlinghamtimesharepool.co.uk)

3, 6 or 12 monthly bookings for weekly slots available, "also one offs"

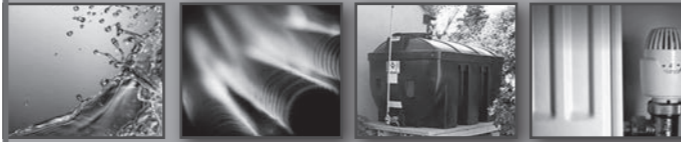
Open seven days a week 6.30am-10.00pm

We are 6 miles SE of Norwich between Surlingham and Rockland St. Mary



## TOWNSEND LTD

OIL • GAS • HEATING SERVICES



- Boiler Replacement
- System Upgrade & Maintenance
- Power Flushing
- Oil Tank Replacement
- OFTEC & Gas Safe Registered
- All at competitive prices

Call today for more information and a free estimate

Matthew Townsend: 07771 732397

Office: 01508 550838



[www.jandmtownsendltd.co.uk](http://www.jandmtownsendltd.co.uk)



## Adopt a Redwings horse or donkey

Adopt and make a new friend today...

Sponsoring a horse, pony, or donkey at Redwings is a fantastic way to support our charity and make a new friend in the process - it's the next best thing to owning your own!

Many of our residents have endured terrible starts in life, so sponsoring an Adoption Star **from just £2 a month** ensures they continue enjoying a safe, happy and forever home at Redwings.



SCAN ME

[redwings.org.uk/adoption](http://redwings.org.uk/adoption)  
**01508 505246**

Est. 1984

REDWINGS HORSE SANCTUARY

Stoke Holy Cross Ofsted: 254295 Charity: 1033659

High quality local childcare for 2 1/2 to 4 year olds

Pre-school

## PLACES AVAILABLE

For this current school year and next

Contact us:  
email: [manager@shxpreschool.co.uk](mailto:manager@shxpreschool.co.uk)  
tel: 07305 617153  
[www.shxpreschool.co.uk](http://www.shxpreschool.co.uk)

The Pavilion, Long Lane, Stoke Holy Cross, NR14 8LY

## COOPER HOME IMPROVEMENTS

Double Glazing Repairs  
Replacement Sealed Units  
Window Hinges, Handles  
Door locks • Cat flaps

[www.cooperhome.com](http://www.cooperhome.com)

**01508 480551 07982 711499**



### PC or Mac Running Slow?

Bailiwick IT Ltd. **Got A Virus? Wi-Fi help?**

For a friendly, professional & prompt IT service, please call Joe Richards on 01953 718421 & 07928 326008

Email: [help@bailiwickit.com](mailto:help@bailiwickit.com)  
Website: [www.bailiwickit.com](http://www.bailiwickit.com)



### Louise Cartwright (M.Ost), Professional Osteopath

Registered with The General Osteopathic Council, 15 Years Experience

**For the treatment of Neck, Back and Joint pain, Sports injuries and Rehabilitation.**

Rookery Park Golf Club, Carlton Colville, NR33 8HJ, 07876255168

Please book online at [www.greenviewtherapysuite.co.uk](http://www.greenviewtherapysuite.co.uk)

Also available Tuesdays at Saxon Wellbeing, Beccles, 01502 717417 [appointments@saxonwellbeing.co.uk](mailto:appointments@saxonwellbeing.co.uk)

## Citrus

SHARP SECURITY SHREDDING  
[citrussecurityshredding.co.uk](http://citrussecurityshredding.co.uk)

Please contact us on 01508 528477

This is what we are here for...Citrus destroy millions of confidential documents for residents & businesses in East Anglia



### S & C Window Repairs

Free estimates, no call out charge  
Local independent business

Repairs to double glazed windows, doors and conservatories  
Steamed up windows, broken handles, hinges, gasket, plus cat flaps, door panels and more...

01603 520136 | 0800 1601932

[sandcwindows@gmail.com](mailto:sandcwindows@gmail.com)

[www.sandcwindows.co.uk](http://www.sandcwindows.co.uk)



99 Yarmouth Road, Ellingham, NR35 2PH  
Opening Times:  
Mon - Fri: 8:30 - 5pm  
Sat: 9 - 5pm

Equestrian • Pet Food • Livestock  
Fishing • Shooting • Clothing



### DELIVERY SERVICE

Need something but can't get into shop?

We have a very reliable delivery service which has been running for over 20 years.

No matter how big or small in the whole store we're happy to help...

01508 518400 | [www.crosswaysofellingham.co.uk](http://www.crosswaysofellingham.co.uk)

## WAVENEY STOVES, FIREPLACES & RANGE COOKERS

Range Cookers; Oil, Electric, Gas & Woodfired.  
Multifuel, Woodburning & Electric Stoves,  
Electric Fires, Fireplace Surrounds

**01508 518863**

Opening Hours: Tues - Sat 9.30 - 4.30  
123a Old Yarmouth Road, Ellingham, NR35 2PG

[www.waveneystoves.co.uk](http://www.waveneystoves.co.uk)



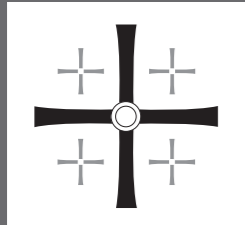
## RCS PLASTERING AND DRYLINING SERVICES

Est 1997

Call Richard - 07940888040 - Anytime

Would you like to advertise your business in this space?

Contact Kellie on  
01603 629291 or [kellie@angliaprint.co.uk](mailto:kellie@angliaprint.co.uk)



# MAY 2026

WORSHIP, PRAYER AND COMMUNITY IN OUR VILLAGE CHURCHES

We are meeting to pray every day from 14<sup>th</sup>-24<sup>th</sup> May - see our separate Thy Kingdom Come posters and flyers for more details

### Morning Worship at Caistor St Edmund at 9.30am

3<sup>rd</sup> May Praise & Worship  
17<sup>th</sup> May Holy Communion

### Morning Worship at Stoke Holy Cross at 10.30am

3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Informal Morning Worship with children's group (Holy Communion on 10<sup>th</sup> May)  
24<sup>th</sup> May More traditional communion service

### Sunday 31<sup>st</sup> May Joint Service at Poringland at 10am

### Sunday afternoons in May

10<sup>th</sup>, 24<sup>th</sup> May All invited at the Church Hall from 3.30-5pm— Food, fun and faith for all ages

### Midweek gatherings in May (not including extra Thy kingdom come meetings)

Every Wednesday at 8.30am (except 27 <sup>th</sup> )	Morning Prayer at the Vicarage
6 <sup>th</sup> May 7pm online	Monthly evening prayer meeting
7 <sup>th</sup> May 10am at the Vicarage	Holy Communion
	Coffee and Chat
14 <sup>th</sup> May 11am at Dunston	Ascension Day Service
21 <sup>st</sup> May 10.30am at the Church Hall	Coffee and Chat

Caistor church building is open about 10-4 daily - space to reflect, and to pray



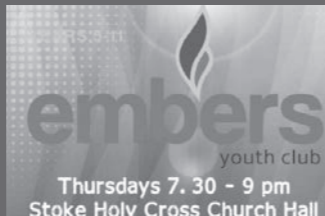
Join us for Communion and Coffee and Chat on Thursday mornings — see above for all the times and dates

## Sparklers

Craft, fun, singing and friendship for 0-4s and their parents, grandparents and carers.

Email [cathryn.baker@gmail.com](mailto:cathryn.baker@gmail.com) or find us on Facebook

Every week in school term—just drop in and join us



Thursdays 7.30 - 9 pm  
Stoke Holy Cross Church Hall



Sign up for email updates here



# KITCHEN SENSE of Harleston

Beautifully Designed, Expertly Crafted

- Free design & quote service
- 40 years of transforming homes
- Family business
- Visit our showrooms in Harleston
- 01379 852592, [www.kitchen-sense.co.uk](http://www.kitchen-sense.co.uk)
- Monday- Friday, 9am-5pm.
- Saturdays by appointment only

62 London Road, Harleston, Norfolk, IP20 9BZ

For all your DIY and gardening tasks

## J's Maintenance Services

- ◆ Painting internally / externally
- ◆ Gutter clearing and repairs
- ◆ Fence repairs
- ◆ Roof repairs
- ◆ Door repairs
- ◆ Garden tidy

FULLY INSURED

07746 375349  
51najacques@gmail.com

More Care, Less Cost  
Local independent memorial specialist to Beccles & surrounding areas...

11 Hungate, Beccles, NR34 9TT  
01502 219300  
[howshameast@gmail.com](mailto:howshameast@gmail.com)

[www.howshammemorials.co.uk](http://www.howshammemorials.co.uk)

# Up to 25% off Selected Blinds



Call 01508 828010  
**norwichsunblinds**

T's & C's apply | [www.norwichsunblinds.co.uk](http://www.norwichsunblinds.co.uk)



## Coopers Bathrooms & Wetrooms Ltd

Since establishing our family run business in 2000, we have been striving to make your dream a reality!  
To find out what we can do for your home today, contact us to get a free home design visit, and allow us to help you create the beautiful new bathroom or kitchen you've been dreaming of.  
So what are you waiting for?



**FREE tiles from our range with every FULL installation!**

En-Suites - Shower Rooms -  
Bathrooms - Wetrooms -  
Kitchens - Cloakrooms

**Supply Only - Supply and Install**

Tiling - Plastering - Electrical -  
Plumbing - Small Building Works  
Grant Work Undertaken



Unit 1, Taverham Nursery Centre  
Fir Covert Road  
Taverham  
Norwich  
NR8 6HT  
tel: 01603 400134  
[coopersbandw ltd@hotmail.com](mailto:coopersbandw ltd@hotmail.com)  
[www.coopersbathrooms.com](http://www.coopersbathrooms.com)

### Opening Times

Monday - Friday: 09:00 - 17:30

Saturday: 10:00 - 14:00

Sunday: CLOSED