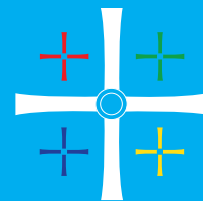


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MAY 2025

## Some Easter pictures from the Venta group of churches



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## How was your Easter?

I'm writing only just after a lovely weekend in our churches, and having spent good time with family, and hope that you might have enjoyed some of the same. Maybe you had roast lamb; perhaps there were Easter eggs, or even the odd hot cross bun?



Speaking of odd hot cross buns, I noticed this year that Marks and Spencer have pushed even the chocolate flavour ones to a whole new level. This one contains a dippy egg filling (it is apparently sweet and gooey chocolate rather than the sugary stuff inside those more famous eggs, presumably for legal reasons). It has a very yellow cross on the top, which looks a bit like it is made of marzipan, but probably isn't. The bun itself is "luxuriously soft and rich", partly thanks to the cocoa in it. Being M&S, we are assured that it is "not just a hot cross bun". I can't confirm this myself, because when I went in the Norwich shop on Easter Saturday looking for them, purely for article research purposes, I couldn't find any.

My attention was grabbed by a few different phrases in the advert. First, without denying anyone their right to a little treat at Easter, I got to wondering about how much you can associate the words luxurious, soft, rich, sweet or gooey with the cross. You don't have to know much about the crucifixion story to recognise it is much more the opposite: suffering rather than luxury; endurance rather than softness; poverty rather than riches; bitterness rather than sweetness; gore rather than goo. Now I don't pretend those would be easy buns to sell, but I think they are words worth you just pausing over for a moment, and reflecting again on what Jesus did for you.

Second, I noticed not just the famous "not just a hot cross bun" phrase in the text, but also in the big slogan at the bottom: "this is not just food." Putting aside the fact that it is obviously just food, I did end up reflecting on Jesus's words about himself, and especially that he was "the bread of life." Jesus said this as he was speaking about the miracle of the 5000, where he had provided bread enough for 5000 people (and fish besides). This bread, of course, was daily bread, to meet human needs after a long day following Jesus, but Jesus is explaining that he is the bread of life – eternal bread. He is not just food the way we think about it, whether that is something simple to keep us going, or a special treat which will end up digested the same way as everything else!

And finally, perhaps in a bid to inspire controversy as there somehow always seems to be with hot cross buns, there is the slogan: "Cross on top, magic in the middle." You'll know where I'm going by now (and thanks very much for still being with me) when I point out that the extraordinary thing about the cross, is that it is a victory. Everyone intended it to be a defeat, but on the cross Jesus won. And at the heart of the Easter story isn't magic, but a miracle, and the amazing truth that Jesus was raised from the dead because it was impossible for the grave to keep hold of him.

Please don't mistake me. Please eat whatever hot cross buns you like whenever you'd like to, and I hope you really enjoy them. But perhaps as you do, you will stop to think about the cross, and all that it means, and stop to thank Jesus, who really is so much more than just food.

Rob

### VICAR OF THE VENTA GROUP

Stoke Holy Cross with Dunston, Arminghall and Caistor St Edmund.

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

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### 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

### JANET CHEESEMAN

Tuesday 8<sup>th</sup> April

at St Faith's Crematorium

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.

## FOR ALL COPY PLEASE

send by email to Rob to

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

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

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# What's in a day?

One day this month has been the focus of much publicity, VE Day 80 commemorations – 8 May. This is also World Red Cross day – an organization whose work is still needed today, helping people. But did you also know about these days: 5 May International Day of the Midwife, 14 May National Receptionists Day or 29 May International Day of United Nations Peacekeepers which this year also falls on Ascension Day. The day when churches celebrate Jesus' ascending into heaven.

I don't know if you will celebrate any of these days or whether this month will turn out to be a blur because of exams or work pressures or medical appointments or life experiences or celebrations. However, whatever happens in life Jesus offers us peace, a peace beyond understanding, a peace possible when life is tough, a peace possible when life is full on. After 50 days after Easter when Jesus rose from the dead, 50 days of hearing and experiencing appearances of Jesus, the disciples must have been settling down to the hope that things were returning to normal. They had peace of mind. However, God's ways were not their ways and are not our ways. Instead Jesus promised them the Holy Spirit and left earth to return to his Father. The disciples stared into the sky when Jesus ascended and were asked by some angels why they were doing that. The disciples then returned to Jerusalem and spent their time in constant prayer, along with the women who had followed Jesus and Mary, the mother of Jesus and Jesus' brothers. The church in 2025 will also spend several days in prayer (the theme being Thy Kingdom Come). Praying for the world, for those who do not yet know Jesus. Keep an eye open for opportunities locally when you can join with churches to pray Thy Kingdom Come.

On 29<sup>th</sup> of May 2025 let us pray for Peacekeepers worldwide but let us also pray for peace in our own lives, maybe using the following words if you're not sure how to pray for yourself.

God draw near to me. May I not be anxious about anything, but instead in every situation I present my requests to you. And so may the peace of God, which transcends all understanding, guard my heart and mind in Christ Jesus. Amen

*Lyn*



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**Church Hall**

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**Club Night & Cooking**

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**8th May**  
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## Stoke Holy Cross Thursday Club, St. George's Hall, Upper Stoke

Are you stuck indoors, bored, lonely and just want to socialise, come to our Club to meet some like minded people.

We meet on the first Thursday of every month at St. Georges Hall, Upper Stoke from 1pm onwards.

Join us for a cup of tea/coffee and biscuits.

Play cards, dominoes, scrabble etc or just chat and catch up on all the news.

On the other Thursdays of the month we either meet to play bingo or play games.

During the year we go out for meals locally or have an afternoon tea with entertainment.

We would love to see you and to learn about all your life experiences.

We bet you have many tales to tell and it would be great to hear all about them.

Don't be shy you will be warmly welcomed the moment you step through the door.

Put a note in your diary for our

Club day on May 1<sup>st</sup> 1-1.30pm.

Bingo - May 15<sup>th</sup> and 29<sup>th</sup>, eyes down 1.30pm.

Games afternoon 8<sup>th</sup> and 22<sup>nd</sup> May, start 1-1.30pm.

If you require any more information please do not hesitate to call our treasurer on 01508 494544.

# St George's Dementia Support Group

**A**pril 2025 marked a very special moment for St George's Dementia Support Group since it was ten years ago that it was established and started operating in April 2015. Since when it has gradually grown to the point where nowadays every fortnightly session is a bustling hive of activities and a hubbub of lively conversation. Every table is usually well populated with folk doing crafts, playing games or just plain catching up with others - all refreshed and lubricated with plenty of hot drinks and biscuits, sometimes cakes too! Many of our sessions include special items like live music and sing-along, reminiscence, keep fit and seasonal crafts. It's a well proven mixture with something for everyone and we continue to look for other kinds of offerings to add to our programme.

We chose the 7<sup>th</sup> April as the best available date to celebrate our achievements over the past decade and hold an anniversary party for our volunteers, supporters and the special people we're here to try and help, along with their carers. A wonderful and plentiful supply of buffet food, including lovely celebration cakes with the number "10" on top, made by a local lady. It was a very successful event, catering for over 60 people with live music by the Squee Gees, a popular duo we've had a number of times, playing music from the 50's and 60's. Some of the more adventurous ventured onto the dance floor! The smiles on the faces in the accompanying photographs speak for themselves...

## Our next dates are:

28 April Cafe (including Bingo with Johnny)

12 May Cafe (including The Cats Music Group with 50s/60s music)

26 May NO CAFE - SPRING BANK HOLIDAY

09 June Cafe (including "What Is It?" Quiz Game with Mary)





# Vintage Church



3rd Thursday of the month at 10.30 am  
At Stoke Holy Cross church Hall  
17th April 15th May 19th June  
All welcome

# Coffee and chat

Want to meet others?

Come and join us and chat over a drink every Thursday morning except Vintage Church weeks (below)

10.30-11.30am at Stoke Church Hall

3rd, 10th & 24th April

1st & 22nd May

5th & 26th June

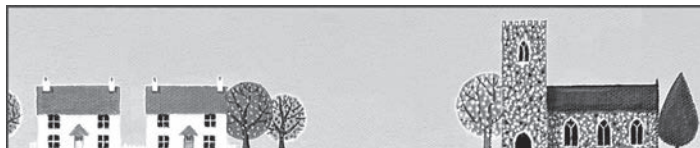


Short communion service at 10am right before Coffee & Chat on 3rd April, 1st May, 5th June

Join us for Vintage Church:

17th April, 15th May, 19th Jun—see separate posters etc

[www.vinta-group.org](http://www.vinta-group.org) | Facebook/YouTube "Vinta Group of Churches" | [lyn@vinta-group.org](mailto:lyn@vinta-group.org) | 01508 493422



# South Yare Art Trail

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

Saturday 7th & Sunday 8th June 2025

Open 10am to 4pm - Free Entry



There will also be an art workshop, demonstrations, exhibition, open gardens & refreshments to enjoy along the trail.

Please see our website to plan your visit.

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

# SAVE THE DATE!

# Open Gardens in Stoke Holy Cross



Sat. 7th and Sun. 8th June, 12-5pm

Programmes and refreshments in the Church Hall (Family activities available from 2-4pm on Sunday)

Stoke Holy Cross allotments and Jubilee Meadow also open

If you'd like to provide homemade cake, or help serve refreshments please contact Kirsty [kirstylong204@gmail.com](mailto:kirstylong204@gmail.com) / 07878 047289

If you'd like to be part of the welcome team at the hall, please contact Rob [rob@vinta-group.org](mailto:rob@vinta-group.org) / 01508 492305

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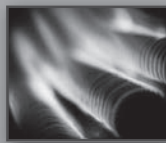
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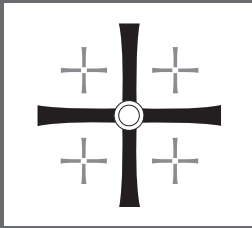
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*\*Look out for more information about gathering to pray from 29<sup>th</sup> May—8<sup>th</sup> June*

## *Sunday mornings at Caistor St Edmund*

4 <sup>th</sup> May, 9.30am	Praise & Worship
18 <sup>th</sup> May, 9.30am	Holy Communion

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

4 <sup>th</sup> , 18 <sup>th</sup> May	Morning Worship with children's group
11 <sup>th</sup> , 25 <sup>th</sup> May	Morning Worship with communion and children's group

## *Sunday afternoons in May*

11 <sup>th</sup> , 25 <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*

1 <sup>st</sup> May	10am at the Hall followed at 10.30am by	Communion Coffee and Chat
7 <sup>th</sup> May	7.30pm at the Church Hall	Time to pray together
8 <sup>th</sup> May	7pm at Rockland Church	Deanery service with Bishop Graham
15 <sup>th</sup> May	10.30am at the Hall	Vintage Church
22 <sup>nd</sup> May	10.30am at the Hall	Coffee and Chat
29 <sup>th</sup> May	10am at Dunston	Ascension Day Service

*Caistor church building is open about 10-4 daily -  
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