

# Free for All



THE MAGAZINE OF THE VENTA GROUP

OCTOBER 2025

## Concert

Come and listen to local musicians play

**Saturday 25<sup>th</sup> October 2025 - 6:30pm**

*Natalia Stepanova (Soprano, Piano)*

*Tatiana Belousova (Mezzo-soprano)*

*Andrii Stepanov (St Mary's C of E Junior Academy, Long Stratton)*

*Blonska Daria (Norwich School)*

*Veronica Wilson (Piano)*

*Tas Valley String Quartet - Zbys Kaznowski,*

*Maurice Manning, Steve Allen & Anna Lipp*

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Proceeds for

The Stoke Holy Cross playground equipment fund

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As I write, I'm looking ahead to this weekend, and like every year, remembering back to September 1999. It was the first time I went and visited Christoph and his parents in Germany, after I got to know him when he spent some time at our school in England. At that point my German was particularly bad, so I didn't really understand what his Mum was saying to me that first evening, but I was fairly sure she was talking about watching something on the television. "Lassneit!" she kept saying, with increasing exasperation. "Lassneit! Lassneit! Lassneit of the Proms!"

Suddenly we were both speaking the same language again, and we settled down for the usual combination of old favourites, strange modern classical music, and all those famous songs that everyone really looks forward to.

The Bible is full of famous songs, in books like the Psalms, but some of the most amazing singing comes towards the end, in Revelation. While sometimes

reading it can seem like engaging with a foreign language, or listening to some very strange and unfamiliar themes, in the end the bits of the book we remember are those famous words about what we have to look forward to.

It's not really surprising that in the Messiah, surely one of the best pieces of classical music ever written, the climax comes with one of Revelation's amazing songs: "Worthy is the Lamb who was slain." I'm just putting it on again to listen as I type this bit. As they sing over and over "forever and ever", the music going higher and higher, it's as if my eyes and my heart lift with them, to look at Jesus, seated on the throne in heaven. And as I do, I agree with the choir that he is worthy of all power, and riches, and wisdom, and strength, and honour, and glory, and blessing.

What is so very striking of course, is why – why is Jesus worthy? – and there again, the song, and the Scriptures, are clear. It is because he is the Lamb who was slain, giving himself up for all of us. And this is for everyone: it's not a choir just of Norfolk villagers, but a great multitude of tribes and tongues and peoples and nations.

That evening I spent in Germany all those years ago, finding something we had in common in spite of our differences, has stayed with me ever since. But you and I can look forward to something that is not just for an evening, or for once a year, but forever. One day we will be with Jesus, who is seated on the throne, forever. And ever. And ever. Amen...

Rob

## VICAR OF THE VENTA GROUP

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

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Search Facebook and Youtube for "Venta group of churches"

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## CHURCHWARDENS

Stoke Holy Cross & Dunston  
Viv (493438)

## Arminghall

Rob (492305) or Lyn (493422)

## Caistor St Edmund

Jani (07557 774520) & Lia (494137)

## 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)

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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.

## BURIAL OF ASHES

BERYL CORDWELL

15<sup>th</sup> September at Caistor

## FUNERAL

DEREK BALES

17<sup>th</sup> September at Stoke

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.



# Give Your Wellbeing a Boost!

**Are you always looking out for other people?**

**Do you sometimes feel stressed and overwhelmed?**

Take some time out for yourself, and give your wellbeing a much needed boost!

Adult Learning have a wide range of courses to calm, destress and relax, all whilst having fun and making new friends! From arts and crafts to health and fitness.

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## The God of all Comfort

A couple of weeks ago my youngest child packed most of her belongings into the car before we drove to York and unloaded them all again into the room she will be living in for the next year on the university campus. We spent a couple of hours emptying the different boxes and bags until it resembled a room very much like the one she had left behind. After we had made her bed she reached into her rucksack and took out this scruffy, old pink rag doll whose arm was falling off and placed it on her pillow.

This doll she has had since she was first born and was called Rattle Doll because that's what it did, and it went everywhere with her in her early years. Since she has been older this doll would only appear in her hand when she was worried, scared or upset about something and it has brought her a great deal of comfort over the years. A comfort which she still seeks from it even now she is an adult and has moved out of home.

However, there is only so much comfort a stuffed doll or other comfort objects can give us when we are anxious, fearful or upset. In the bible in his second letter to the Corinthians Paul tells us that 'God is the father of all compassion and the God of all comfort, who comforts us in all our troubles' (2 Corinthians 1:3) So, whatever we may be facing, however big or small it is, if we turn to God, he will give us comfort. The fear, anxiety or sadness may not go away but we feel comforted similar to how my daughter's rag doll comforts her but in a much more powerful way. Are you facing anything now that God comfort you from? If so, why don't you turn to him and ask him to bring comfort and peace into the situation you are in.

Paul goes on to say that 'God comforts us in all our troubles so that we can comfort those in any trouble with the comfort we ourselves receive from God' (2 Corinthians 1:4). So, in other words just as God comfort us, we can comfort others who are worried, scared or sad. So, when we face difficult times of fear, anxiety and sadness and turn to God and he comforts us and makes us feel a bit better, we then should share the comfort we have received from him with others facing similar situations. We can show God's comfort in many ways, for example by sending a comforting text or listening to someone, popping round and having a cup of tea with someone or sending an encouraging card or inviting someone over for dinner or buying a gift to name but a few. In what ways can you comfort someone who you know is facing a time of trouble today.

May God comfort you through all your trouble and help you comfort others as they face trouble too.

*With Love*

*Kirsty*



**All Invited  
in 2025:  
Everyone's Welcome**

**Sundays from 3.30 - 5pm**

**12<sup>th</sup> Oct, 9<sup>th</sup> Nov at the Church Hall**

**26<sup>th</sup> Oct & 23<sup>rd</sup> Nov at the Vicarage**

**Christmas special at the Church Hall on 7<sup>th</sup> December!**

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

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### STOKE HOLY CROSS THURSDAY CLUB

Are you over 55 and need something to look forward to then Stoke Holy Cross Thursday Club is the place to be.

Christmas is just around the corner and we know that some of you are not looking forward to it. It can be a very lonely time of year. This year why don't you come and join us for a cuppa and chat or join in one of our games eg cards, scrabble or dominoes.

Please don't be shy or nervous we will give you a very big welcome and introduce you to like minded people.

We meet on the first Thursday of every month (except January) commencing at 1.00pm and we also get together during the month for bingo afternoons and on alternative weeks a games afternoon.

#### NOVEMBER FAYRE

November 8<sup>th</sup> is our big event of the year with lots of things to do and buy.

Have a go at our large Tombola (over 100 prizes), treat yourself to a jig-saw or book to while away those dark evenings.

Browse our bric-a-brac stall and when you finished that wander into the main hall and buy a few early Xmas presents.

Then treat yourself to some cakes/ sausage rolls/pickled onions/ homemade marmalade etc to take home.

Have a go at Guess the Weight of the Cake, How Many Sweets in a Jar etc etc. And of course purchase a few raffle tickets for our famous raffle with over 70 prizes to be won.

To finalise a lovely afternoon sit down for a welcome cup of tea/coffee and cake to chat to your fellow visitors to compare purchases while the raffle tickets will be pulled.

Good Luck.

Make sure you put November 8<sup>th</sup> in your diaries, doors open at 1.00pm.

Here are the dates for our November gatherings:

6<sup>th</sup> November is our monthly Club day starts at 1.00pm.

Bingo is 13<sup>th</sup> and 27<sup>th</sup>, eyes down 1.30pm and last but definitely not least our Games afternoon is 20<sup>th</sup>.

*We really look forward to welcoming you*



## Cream Teas at Caistor St Edmund

We served cream teas again this summer during four weekends in August and September. Many people came to enjoy the homemade scones and meet up with friends. On the last Sunday we had over 100 people which must be a record! The stall selling fresh produce, home bakes cakes and plants was an added attraction.

We finished with a service of Song of Praise which was very well attended, and we enjoyed singing some of our favourite hymns.



We want to say thank you to all the helpers who worked tirelessly to bake, serve and wash up - the kitchen helpers deserve a special mention as it was very busy at times and there were mountains of washing up. There was a real buzz and people were clearly enjoying the occasion.

In total we raised over £2000 which will be divided between church funds for the running and upkeep of our beautiful church, and our chosen charity, Hope into Action. They provide homes, friendship and support for homeless people in collaboration with local churches. It was lovely to welcome some of their workers to one of the afternoons.

### Old Mill and Millgates Surgery Patient Participation Group (PPG)

**What is it?** The PPG is a voice for patients of the practice.

**Why is it there?** To improve the experience of patients and staff at the practice by meeting doctors, nurses, managers and staff to discuss what works well and what doesn't.

It is open to all patients of the practice to be involved.

**If you'd like to be involved** - Currently, a small group of volunteers meet every couple of months with the surgery team. Whilst there are a number of specific problems from time to time, overall things are going relatively well. A recent survey showed over 90% patient satisfaction and recent comments to Healthwatch are very positive about the attitude and attentiveness of staff members.

If you are registered at the practice and wish to know more or to join the group, contact us on omandmppg@gmail.com and one of the team will get back to you.

John Joyce - Group Chair Email – omandmppg@gmail.com

### CAISTOR ST EDMUND FUEL ALLOTMENT CHARITY

Registered Charity No 209105

The purpose of this Charitable Trust is to make grants for financial assistance to families or individuals who have been living in Caistor St Edmund or Markshall for at least a year, who are in need or distress.

Grants are made annually and the Trustees welcome applications from anyone who thinks they might qualify for help.

Application forms may be obtained from the Clerk to the Trustees (call 07963 448753 or email jeanetteutting@aol.com)

These should be completed and returned to the Clerk before 31 October 2025.

## St George's Dementia Support Group



We warmly welcome people living with dementia and their carers to our regular Café sessions in St George's hall, Upper Stoke Holy Cross on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month (except bank holidays) at 10am to 12 midday. There are fun activities also entertainment to enjoy along with good conversation, helpful support and information we also have two subsidised outings a year.

There are no joining fees, just a small charge for refreshments and no referral is necessary. We are pleased to welcome anyone wishing to become a volunteer, a very rewarding thing to do, and a place to meet new friends.

### Dates for October 2025

13<sup>th</sup> October. Angela Reminiscence Session ("Communication - Then & Now")

27<sup>th</sup> October. Squee Gees Duo Music from 50s/60s  
+Committee Meeting - 12.00pm

For information call, 01508 494742, or 01508 495580, 01508 493661 - Website is [www.st.george-s-dementia-support-group.uk](http://www.st.george-s-dementia-support-group.uk)

## Caistor St Edmund House to House Poppy Collection

- For over 50 years there has been a house to house collection for The Royal British Legion Poppy Appeal in Caistor.
- It has become increasingly difficult to cover all the houses in Caistor, as age and mobility catches up with us all in time. A big thank you to all who have been able to help in past years.
- The money from the Poppy Appeal supports the many different needs of personnel who have served in our Armed Forces such as care homes, families living with dementia, and other welfare support.
- It would be good if we in Caistor can carry on supporting the RBL, so if you can spare some time please with the House to House collection then this would be greatly appreciated.
- The collecting date starts on Thursday 16<sup>th</sup> October and ends on Armistice Day Tuesday 11<sup>th</sup> November, so if you are able to help with perhaps just a few houses around where you live please contact me, and I can bring the poppies and collecting box to you. Thank you.
- Graham Ford - 01508 493430 or mobile 07814 478711.

### Stoke Holy Cross Primary School



### Open Mornings

### September 2026 Admissions

Tuesday 16th September 2025 9.15am  
Tuesday 30th September 2025 2.15pm  
Thursday 9th October 2025—9.15am  
Friday 24th October 2025 9.15am  
Tuesday 4th November 2025 2.15pm  
Thursday 20th November 2025 9.15am  
Wednesday 3rd December 2025 9.15am  
Thursday 18th December 2025—9.15am  
Tuesday 6th January 2026 2.15pm

Our open mornings will be led by a member of our senior leadership team and include a tour of the school and an opportunity to meet our pupil school council. Tours should last no more than 1 hour.

Please book a visit on 01508493132 or by emailing [office@stokeholycross.norfolk.sch.uk](mailto:office@stokeholycross.norfolk.sch.uk). Spaces are limited to 20 adults per tour. (Tours are designed for adults).

We look forward to seeing you.  
[www.stokeholycross.norfolk.sch.uk](http://www.stokeholycross.norfolk.sch.uk)

## MODERN SLAVERY CONFERENCE

10.00am - 4.30pm - 10 October 2025

Salvation Army Citadel  
36 St Giles St, Norwich, NR2 1 LL

### Conference Tickets

Price - £15 (includes light buffet lunch)

Acquisition - Scan the QR Code or use the shortlink.

Link - <https://fundraising.rotaryeastanglia.co.uk/modern-slavery-conference>

Monies raised by the Conference will be donated to The Salvation Army, Unseen UK (Modern Slavery Helpline), Bakhita House (Refuge for Survivors of Slavery) and Rotary Foundation.

The Rotary Club of Norwich St Edmund invites attendees to learn about the true nature and extent of modern slavery and the way the public can help to end this obnoxious crime against humanity.

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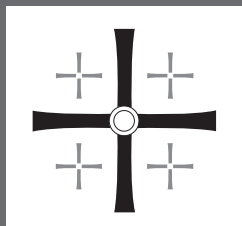
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# OCTOBER 2025

WORSHIP, PRAYER AND COMMUNITY IN OUR VILLAGE CHURCHES

Join us to pray in person and online in October!

8.30am in person on Tuesdays (more formal morning prayer)

7<sup>th</sup> @ Church Hall    14<sup>th</sup> @ Caistor    21<sup>st</sup> @ St George's Hall    28<sup>th</sup> @ Arminghall

6.30pm informal prayer online on Sunday evenings—

contact us for connection details

*Morning Worship at Caistor St Edmund at 9.30am*

5 <sup>th</sup> October	Praise and Worship
19 <sup>th</sup> October	Holy Communion

*Morning Worship at Stoke Holy Cross at 10.30am*

5 <sup>th</sup> , 19 <sup>th</sup> October	Morning Worship with children's group
12 <sup>th</sup> , 26 <sup>th</sup> October	Morning Worship with communion and children's group

*Sunday afternoons in October*

5 <sup>th</sup> October	Evening Worship at Dunston 4pm
12 <sup>th</sup> October	All Invited at the Church Hall from 3.30-5pm Food, fun and faith for all ages
26 <sup>th</sup> October	All Invited at the Vicarage from 3.30-5pm Food, fun and faith for all ages

*Midweek gatherings in October*

1 <sup>st</sup> October	7.30pm at the Church Hall	Time to pray together
2 <sup>nd</sup> October	10am at the Hall	Communion
	followed at 10.30am by	Coffee and Chat
16 <sup>th</sup> October	10.30am at the Hall	Coffee and Chat
23 <sup>rd</sup> October	10.30am at the Hall	Coffee and Chat

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

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

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