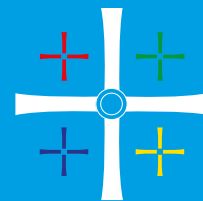


Free for All



THE MAGAZINE OF THE VENTA GROUP

OCTOBER 2017



Stoke Holy Cross Flower and Produce Show

10th September 2017

The day of the show always starts early. Competitors were out loading up their wheel barrows and baskets with huge marrows, dainty beans, lovely brown skinned onions, and dahlias of all types. Others were still in their kitchens, baking bread, scones and sausage rolls; the jams and chutneys having been made a few weeks ago.

The doors opened at 8, but things really got busy after 10.30, the deadline for entries being 11 o'clock. It was close today with the final entries being made as the judges were arriving. Even to the untrained eye the enormous pumpkin that had to be wheeled in in a barrow lined with a carpet was going to be a winner. There was a lot of competition in the onion and potato classes and the raspberry section seemed crowded. The judges were left to their decisions.

Returning at 2 o'clock brought a flurry of activity as entrants scour the hall to check if they have a red (1st), blue (2nd) or yellow (3rd) card beside their produce. The 11 foot

sunflower and the vegetable monster were won by the Hunt Family. Jim Hopper put in a magnificent showing and won the Most Points in Show Cup (with other prizes as well). Best in Show were a wonderful trio of carrots grown up at the allotments by Brian Carlick and the most misshapen vegetable was also a carrot!

Ian Himpleman had high praise from the drinks judge who said his beer was 'As good as Adnams and the tea and cakes were delicious. The jam entries were of a high standard, but the only loaf entered was a bit too solid for a red card. (It got a 3rd). We would like to thank all the judges and especially Peter Hunt who does such an expert job in judging the vegetables, fruit and flowers. He is also a great source of advice as to how competitors can improve for next year. Of course we must also thank Len Finch who did such a grand job on organisation for show.

Fenella Bhaskar

A BIG THANK YOU TO RAY DACK

Ray Dack has been looking after the churchyard burial ground at Stoke Holy Cross pretty well single handed for several years now but feels it is time to retire later this year. If you have ever been to the Churchyard you will know what a large area it covers. Ray has given his time willingly and I would like to thank him for all the hard work that he has done. I am sure that many other people appreciate the way the areas around the many graves have been lovingly kept. Whenever I (and I'm sure others) have seen Ray working he has always had time to chat and spend a few minutes of his time with you. We all hope you will enjoy the extra time you have Ray and thank you once again.

Elaine

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Gratitude and Generosity

By the time you read this magazine, we will have celebrated our harvest services on 24th September; the allotment association had their show a few weeks before us, and you will probably have seen some of the tremendous entrants in the pictures on the cover. They confirm for me a long-held suspicion that I am not a natural gardener!

Harvest is a great time of year, because it gives us an opportunity to be thankful. Life can be so full of things to do, people to catch up with, or plans to make, that we can lose track a little of all the good stuff that is going on in the midst of it all. Sometimes, of course, it is the opposite problem: if we are lonely or bereaved, or life is a struggle for different reasons, we can find it hard to see the things to be thankful for amongst the difficulties too.

One of the big ideas of the Christian faith is that gratitude produces generosity. I have always felt that one of the signs of how grateful I am to God for all that he has done for me, is how much my instinct is to respond to the need I see in the world, including in people close to me, with generosity. (I'm not suggesting at all, by the way, that only Christians are generous, but I am suggesting that all Christians should be.)

As well as our Harvest services, which often offer an opportunity to give to those in need around us, later on this autumn we will be having our shoebox service at Arminghall, which is happening this year as a joint event for our whole group of churches on Sunday 29th October at 10.30am. It is a great opportunity to show gratitude for all that we have, by offering generosity to those who have very little. All it takes is an old shoebox, a few little bits from the shops (which you can start to collect now), and a little donation to send it on its way. You can pick up a leaflet from one of the churches, or google 'Operation Christmas Child'. If you would rather just drop off a few items to be packed into a box, then you can get them to the Vicarage or to Annie at Bluebell Lodge, Arminghall Lane by the middle of October. Finished boxes can be brought along to the service, or dropped in with Annie or at the Vicarage.

One of my favourite verses in the Bible says, 'Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us. God's generosity gives us so much to be thankful for, and makes us generous in our turn.'

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 01508 492305

CHURCH ADMINISTRATOR

For any admin inquiries please email admin@venta-group.org
or call Rob on 01508 492305

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Lyn Marsh, 8 Mill Green, Stoke Holy Cross, NR14 8PB
Lyn@venta-group.org 01508 493422

www.venta-group.org

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CHURCHWARDENS

Stoke Holy Cross & Dunston
Viv (493438) & Roy (493595)

Arminghall

Pat (492622) & Annie (495580)

Caistor St Edmund

Jani (493572) & Graham (493430)

ST GEORGE'S HALL BOOKINGS:

Joyce Williams 492143

STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

STOKE HOLY CROSS PAVILION BOOKINGS:

Barbara Cattermole (Parish clerk)
530739

FROM THE REGISTERS

CONFIRMATION

Louise Collins

Sunday 10th September
Poringland

FUNERAL

Adrian Aitken

Monday 11th September
Earlham Crematorium

INTERMENT OF ASHES

Michael Barrett

Friday 29th September
Stoke Holy Cross

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

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.

NEXT EDITION

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

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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Cream Teas at Caistor St. Edmund

As in previous years, Cream Teas at Caistor proved highly popular again. Many people returning who had been other years and quite a number coming several times this year. To all of you we say thank you for your support and we know from comments that you had a lovely afternoon.

The amount raised £2,950.00, was beyond what we had expected. This will be used to help to maintain the ministry at St Edmund's as well as the day to day expenses of the church and maintenance of the churchyard.

We must also thank all those who helped to "put on" the cream teas. The ladies who made the scones for each afternoon, this would mean preparing and cooking these on Sunday mornings. Also thank you to people who gave cakes, jams, honey, fruit, vegetables, handmade local cards and plants for the produce stall. This is always a popular stall for folk to buy local fresh produce. Not forgetting of course all the people who took the orders and served at table, the kitchen staff washing up and preparing the teas, a big thank you to you all, you know who you are.

Framlingham Earl Singers

Are seeking a new Musical Director and Accompanist

We are a community choir of about 50 people who rehearse weekly at Framlingham Earl High School. We perform our concerts at The Central Baptist Church in Norwich because of its excellent acoustics. We also sing at Christmas services, weddings and charity events in local churches.

Sadly, both our Musical Director and Accompanist have decided that they have now reached an age where they need to take life a bit more gently. So we are looking

to find two local people who could fill these positions starting in January 2018 to offer continued progress with this enthusiastic and happy choir from the firm foundation laid by our retiring MD.

If you might be able to help please contact Amanda Lockett email amandalockett@btinternet.com Mob: 07775777404 or Melanie Belmont email jimbelmont@outlook.com Tel: 01603 622199 for more details.

We would love to feature your village organisation
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SERVICES FOR OCTOBER IN THE VENTA GROUP OF CHURCHES

1st Oct	16th Sunday after Trinity
9.00 am	Traditional Holy Communion Caistor St Edmund Church
10.30 am	Morning Worship with Baptism Stoke Holy Cross Church
4 pm	Traditional Holy Communion Dunston Church
5 pm	Taize Service Caistor St Edmund Church
8th Oct	17th Sunday after Trinity
9.00 am	Traditional Holy Communion Arminghall Church
9.30 am	Praise and Worship Caistor St Edmund Church
10.30 am	Café Church Stoke Holy Cross Church Hall
15th Oct	18th Sunday after Trinity
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
22nd Oct	19th Sunday after Trinity
9.00 am	Traditional Holy Communion Caistor St Edmund Church
10.30 am	Sunday 4 Everyone Stoke Holy Cross Church Hall
29th Oct	20th Sunday after Trinity
10.30 am	Venta Group Shoebbox Service Arminghall Church

*We always do our best to come
and say hello to new people
moving into the villages where
possible, and are happy to come
and visit if you would like us to
pray God's blessing over your new
home, for example.
Please be in touch with Rob or the
churchwardens if you would like us
to come and see you...*

STOKE HOLY CROSS THURSDAY GROUP

Our next meeting will be held on Thursday 5th October, 2017. 1.30pm for 2pm. Please come along and join us for an enjoyable afternoon of tea, chat and cards. You will be made to feel very welcome. We have a table sale and raffle at each meeting. During the summer months we arrange outings for our members. If you would like to join us please contact either Susie our chairperson or Liz our secretary. 01508493990 or 01508493245.

Our dates for Bingo are the 13th and 27th - eyes down 1.45pm

Our dates for carpet bowls are the 14th and 28th - 1.30pm start - cost £2

STROKE INFORMATION EVENING

Organised by Old Mill & Millgates Medical Practice Patient Participation Group. On Wednesday 25th October 2017 7.30pm at Poringland Community Centre, Overtons Way, Poringland, Norwich, NR14 7WB.

Symptoms of a stroke

The main symptoms of stroke can be remembered with the word **F.A.S.T.**:

Face – the face may have dropped on one side, the person may not be able to smile, or their mouth or eye may have dropped.

Arms – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in one arm.

Speech – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.

Time – it's time to dial 999 immediately if you see any of these signs or symptoms.

Come along and learn from the speakers & chat to them at the end of the evening. Raffle & Refreshments

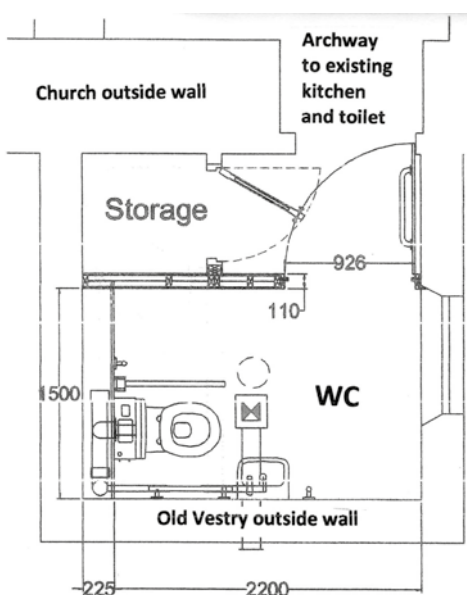
For more information please contact Old Mill & Millgates Medical Practice 01508 492929 or email Jeanette Armstrong oldmillppg@gmail.com. You do not have to be a patient of the practice all are welcome to attend.

Our Churches Open Day and Gift Day on 23rd September

All our churches wish to thank all those who came along to see the buildings and who made some suggestions as to how we might be more involved with everyone in the communities. Thank you also very much to those who decided you did wish to help us look after the lovely old buildings plus the parish graveyard burial grounds and also to continue our ministry within the parishes. If you are still thinking about how you can help we would love to hear from you and you can download the leaflet about the day on our website with a gift aid form.

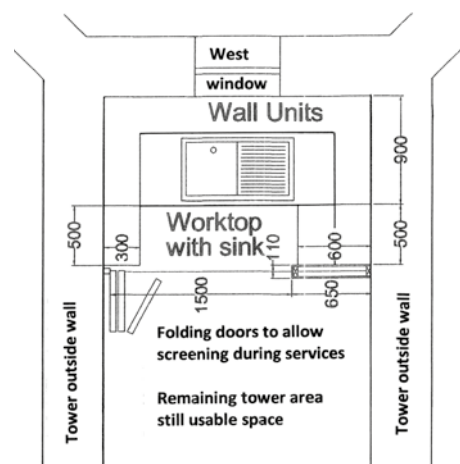
For those who were not able to come and see us, below are the plans we have in mind to improve the facilities at Stoke Holy Cross church with which we would love help.

Proposed Improvements to the Kitchen and Toilet facilities at Stoke Holy Cross Church



The current kitchen at the church is a very tight space difficult to use and with very limited storage. The existing toilet is cramped and totally unsuitable for a disabled person. Plus its access is through the present kitchen adds to its inconvenience (excuse the pun).

The church initially proposed a small extension off the present kitchen but this was criticised by the diocesan advisory committee who recommended we should



consider putting the kitchen into the area at the bottom of the tower.

With the help of local architect Danny Barake of Achidite Ltd these proposals have been drawn up which we now hope to be able to implement once we have raised adequate funds.

The improved kitchen facilities and disabled friendly toilet will enable the church to be available for more community uses so we hope the whole village will benefit from them with the church being used more as a whole community resource.

Please do consider if you can help us achieve the improvements.

Looking after the parish church graveyard burial grounds

Are you aware that the church members are also responsible for the upkeep and maintenance of the graveyards and burial grounds around the churches. We have been very fortunate in the last few years to have Ray Dack (see the thank you on the front page) to do a lot of work looking after the burial ground at Stoke. But at the same churchyard we have recently had a major limb fall from the old cedar tree in the graveyard. Further works, we are now believe, need to be carried out soon to preserve the safety of the tree. The tree works are estimated to cost around £1800 which is money we simply do not have in our buildings fund.

Maybe you feel you could help us a bit with this cost.

POST OFFICE
Stoke Church Hall,
Mondays 9am-1pm,
Weds 1.15-4.15pm

Stoke Holy Cross Parish Council keeps an email list of residents who have agreed from time to time to receive notices and information from the Council. If you wish your name and contact details to be added to the list for occasional emails please contact the Clerk; stokeholycross.pc@tiscali.co.uk. Your details will be kept confidential and not shared with anyone else and you may unsubscribe at any time.



Twinning with Holy Cross Church – Palermo

On 21st at our Caistor Lane Home Group we "met" with folks from our proposed twinning church of the same name in Palermo Italy via Skype. We all introduced ourselves and started by chatting together about the weather - both here and there, as a good ice breaker, so to speak. We talked about our respective churches and church activities within the communities. It seems that worship practices in both places always involve cake of some kind! Food also is high on the agenda both for the church and reaching the community. Holy Cross Church Palermo

is a very different type of church; they have congregations from all over the world as Palermo is a place where visitors come. Stoke Holy Cross is rural and set in a small village, so our situation is quite different. However, what is not different is that we all meet to worship Jesus and to live and work to introduce Him to the community in our different ways. We said we would "meet" again when the Holy Cross Church we are all back after the summer. It is hoped that a new beginning with a bright future will emerge for both Holy Cross Churches.

St George's Hall Dementia Support Cafe

A comfortable, caring and supportive social setting for people living with dementia and their carers meeting on 2nd and 4th Mondays of each month (not Bank Holidays) from 10am till 12 noon at St George's Hall, Long Lane, Upper Stoke Holy Cross, NR14 8ND.

We run occasional subsidised excursions. Also included is a separate carers' meeting place providing an adjoining space to relax and useful for sharing of ideas, practical support and advice. The Café is run by a team of dedicated and caring volunteers, and funded entirely by donations, grants

and fund-raising activities. Dates for October are the 9th and the 23rd both dates at St George's Hall. For further details of the trip ring 01508493661 or 01508492938.

Newcomers are always very welcome to simply drop in to the Café (or ring one of the above numbers before to learn more if you wish). And we are naturally delighted to welcome any new volunteers, even if you can't come every time.

www.stgeorges-dementia-support-group.btck.co.uk



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Friday 6th October

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Maureen on 01508 494358

Or Carol on 01508492630

Doors open 7pm film starts 7.45pm

STOKE HOLY CROSS FUEL ALLOTMENT TRUST

The Trustees of the above charity invite anyone living in the Parish of Stoke Holy Cross who is suffering from "need, hardship, or distress" to apply to the charity for a fuel grant or other assistance. Application forms are available in 'Lower Stoke' from The Mill Store, or in 'Upper Stoke' from David Dobson, 25 Carol Close, NR14 8NN.

Please note: applications must be received before 30th November 2017

PARISH CLERK

Due to the retirement of our current Clerk at the end of this year, Stoke Holy Cross Parish Council is seeking to appoint a new Parish Clerk and Responsible Finance Officer for 10 hours a week.

Further details can be obtained from the Parish Council website at:

www.stokeholycrosspc.co.uk

The closing date is 31 October 2017.

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PORINGLAND AND DISTRICT W.E.A - LEARNING FOR LIFE!

Autumn Term 2017

"Our Star System and Beyond"

given by Glenn Barrett

What amazing objects make up our star system and can we see them? We shall consider our nearest neighbours and then move out into our galaxy and beyond.

No scientific knowledge required!

Starting Thursday 14th September 2017, 10.30 am at Poringland Community Centre, Overton's Way, Poringland, NR14 7WB. The course comprises 10 sessions of one and a half hours each, plus a short break for tea/coffee and biscuits. The cost is £54.00 for the course – free to those on certain means tested benefits. No tests or exams! Come along to the first session and see if you like it!

You can also enrol online at
www.wea.org.uk/eastern

For further information please phone Jane Walker on 01508 494381 or Sue Krey on 01508 492930

Do come along and join us!

Some really bad jokes which I did not write. Henry.

Who Makes the Coffee??

A married couple were arguing who is making the coffee, the wife said that in the Bible it says that men should make the coffee and the husband asked her where it said that. The wife opened the Bible and said: "Right here in HEBREWS!"

Amen!

Q: Why do they say 'Amen' at the end of a prayer instead of 'Awomen'?

A: The same reason they sing Hymns instead of Hers!

Going Down!!

As the storm raged, the captain realized his ship was sinking fast. He called out, "Anyone here know how to pray?" One man stepped forward. "Aye, Captain, I know how to pray." "Good," said the captain, "you pray while the rest of us put on our life jackets - we're one short."

Adam's Topical Garden Tips + Recipe for October

'People don't do enough gardening in the autumn' a nurseryman said to me many years ago and he is quite right.

In spring, people become very enthused with the onset of warmer weather, but tend to have neglected jobs which can be done in the autumn.

I have a friend, April, who enjoys a 'manure safari'. This involves covering the boot of the car with a plastic sheet, and driving around the local manure haunts to buy a few bags of whatever manure is available. (Take small change!) A timely warning however, if horse manure is used it must be very well rotted otherwise grass and weed seeds will infect the garden. If you wish, you could use this make your own manure pile at home.

At this time of year the garden has lots of plants dying back, therefore it is a good time to make a compost heap. Don't forget to chop the material into small pieces and mix fresh and woody plant material. Your manure could be incorporated into this.

Lots of vegetables at this time of year are available for harvest but don't forget that some, like parsnips, are best left until the frosts come, to enhance the flavour. It is also a time for hard wood cutting. For example, fruit bushes like black or red currants. Take a cutting about 10 inches long, and insert into a slit in the ground for about half its length and it will be rooted by spring. This technique can also be used for roses.

Later in October broad beans can be sown. Unfortunately for April last year the mice found them before they germinated and she had to protect them with a net dug into the soil. I on the other hand, suggest growing them in small pots and planting out once they are a few inches high.

While you have plenty of onions try this delicious soup.

OCTOBER'S RECIPE

600g onions -sliced
3 cloves garlic-crushed
oil
1 tablespoonful of flour
1 litre of well flavoured stock
Chunky bread
Strong, hard cheese-grated

Fry the onions in the oil until they are soft and deeply golden. This may take some time. Add the garlic and cook for a couple of minutes. Stir in the flour, and let it cook for a minute or two. Then add the stock (and white wine if you want) and simmer for about 20 minutes. Season if necessary. Toast the bread and then and sprinkle it with some of the grated cheese.

To serve, ladle the soup into bowls and top with the toast and cheese, place under the grill to melt and slightly brown the cheese. Enjoy!

Happy October gardening

Church Administrator

The Venta Group of churches is seeking to appoint a new administrator for 8 hours a week to help manage the work of the church office.

Are you interested in engaging with people?
Are you sympathetic to a Group of Church of England churches seeking to bear witness to Jesus Christ?

If so, this vacancy could be for you.

Further details of how to apply and a job description can be obtained by emailing the vicar Rob Baker at

rob@venta-group.org
or telephoning 01508 492305.

Application closing date: 31st October 2017.

Calling all primary school children!

You are invited to our 2017 Light Party! Fun and games, food and drink, craft activities, sweets and goodies. Come in your shiniest and brightest outfit. (Younger children are welcome if an adult stays with them.)

Sunday 29th October, 5-6.30pm in the Church

Hall; email admin@venta-group.org or call 492305 to join in.

Get in touch if you would like to help – anyone from 11+ is welcome! Come to a planning meeting on Sunday 8th October, 7.30pm at the Vicarage.

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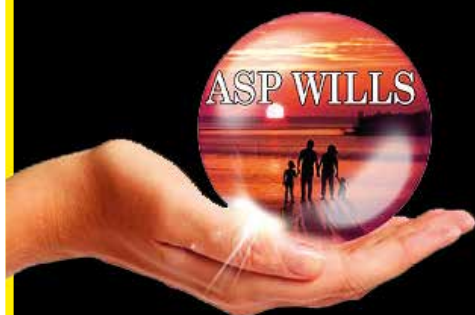
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