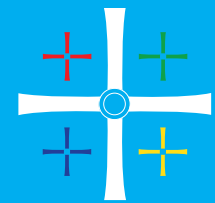


Free for All



THE MAGAZINE OF THE VENTA GROUP

MAY 2019



**IRENE AND TERRY CELEBRATE
60 YEARS OF MARRIAGE AT
STOKE HOLY CROSS CHURCH**



**EASTER TREE MADE AT
DEMENTIA CAFE**



Mothering Sunday at Caistor includes breakfast !

With Mothering Sunday falling on the 5th Sunday of the month this year, it gave us a great opportunity to celebrate this special occasion as God's family from around the churches. So not only did we have a lovely service for all ages led by Lyn, but the later start meant we could lay on breakfast beforehand. Here are a few pictures of everyone enjoying the spread – lots of thanks to everyone who came to serve or be served and enjoy the special occasion.

As you see from the pictures some lovely pots of spring flowers were created and given away to ladies. So much thanks needs to go to those who put these together and so nicely presented.



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We are really pleased to be putting on a prayer space in the primary school this month, partly to give the whole school community the chance to breathe a little before the SATS arrive the week after. Lots of you will be wondering what a prayer space is, so watch out next time and hopefully we will be able to print some pictures of what we have been up to as well.

Thinking about the prayer space got me wondering about the whole idea of making space to pray. Yes, it is a tricky thing in the busy life of a primary school, but what makes it difficult for you and me as well sometimes?

Well first of all, space is a place. At the school we are going to be transforming their fantastic outdoor classroom into our prayer space, but there is also the question of where we find it easiest to pray. Some people tell me that they like to pray while they are walking the dog. Others pop into the church. When I sat down with someone recently to reflect on my experience of prayer, and the struggles I sometimes have, her first question surprised me: "Where do you pray?" She reckoned that it was most important for me to have somewhere that I regularly sit. A place where you might not get disturbed. A place where you are not reminded, by looking round, of everything else that you ought to be doing. Where do you pray?

Second, time is space. There is always something else that we could all be doing. Just looking over at my Google tasks as I write this tells me that there are about 20 things I could be doing at the moment instead of praying, and nearly all of them are important. Will I ignore the lengthening list of jobs a little longer, and stop to pray? And when will I pray? I don't think it has to be the same time of day for everyone, but I am reminded that someone once advised me to "give God my best time." So because I am much more awake in the morning than I am in the evening, or especially in the afternoon, I try to give God time earlier in the day.

But there is something else about prayer space which is more important still, and is to do with what is going on inside our heads and our hearts. Because prayer is about allowing God space too. If I pray I am doing two important things. To begin with, I am recognising that I cannot manage everything myself, which is what the world is so very good at training us to do. Next, I am saying that when things happen that I cannot manage, which they do to all of us in the end, that I believe that God can do something about it, which is where faith comes in. Faith is a lot of things, but maybe it is partly allowing God the space to be Lord, and King, and make a difference in the world.

So how about making yourself a prayer space?

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FROM THE REGISTERS FUNERAL

Hazel Moore

Funeral service of Hazel Moore took place on Thursday 2nd May at Stoke Holy Cross Church

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.

We would love to feature your village organisation

IN A FUTURE MAGAZINE

just get in touch and we will see what we can do!

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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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Café Church

We all had a great time at Café Church at the Church Hall on Sunday 14th April. We learnt about Jesus riding on a donkey into Jerusalem for the Jewish celebration of "Passover" before he was arrested and sentenced to be crucified on what we now call Good Friday.

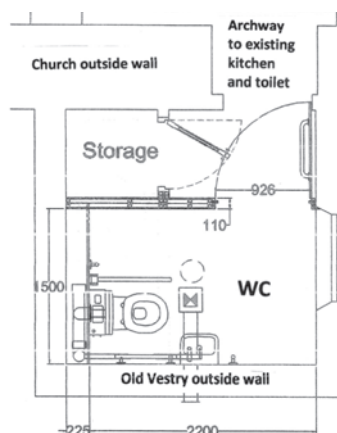
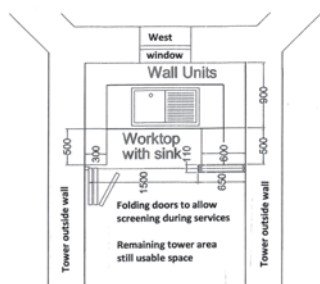
We do of course know that although he was crucified he rose from the dead on Easter Sunday so that is why Easter is such an important time of year and a time of celebration for Christians. Easter eggs came along much later reflecting the pagan celebration of Goddess of Spring.

Children and adults alike enjoyed our joyous singing together and doing lots of craft things based on Easter. We made little donkeys with clothes peg legs, Palm Sundaes with Jelly for the palm leaves, broken biscuits for the dusty road to Jerusalem, and a Hosanna flag like the crowds might have waved; plus we made paper cut out palm leaves with messages. Great fun to do while we reflected on what happened over 2000 years ago.

Stoke Holy Church gets a disabled friendly toilet

Holy Cross church are working towards having a much better toilet suitable for disabled people to use as we improve the church's facilities so it can be of greater use to our community. This also includes a better kitchen area in the base of the tower. But like all such improvements these things cost money and the church gets no outside help. We hope some grants may be obtained towards the cost but more is still needed.

We hope the improvements will make the church more accessible and that perhaps local people will want to contribute a bit. All sums are welcome however small - they all add up and will help us get it done sooner.



If you would like to help there are envelopes in the church hall - you can pop in while the post office is open there, on Wednesday mornings when the hub café is open or on Fridays when the Flower Pot Café is open. All the times are in the magazine.



SERVICES FOR MAY IN THE VENTA GROUP OF CHURCHES

5th May	3rd Sunday of Easter
9.00 am	Traditional Holy Communion <i>Caistor St Edmund Church</i>
10.30 am	Informal Holy Communion <i>Stoke Holy Cross Church</i>
6.30 pm	The Gathering <i>Mulbarton Church</i>
12th May	4th Sunday of Easter
9.00 am	Traditional Holy Communion <i>Arminghall Church</i>
9.30 am	Praise and Worship <i>Caistor St Edmund Church</i>
10.30 am	Café Church <i>Stoke Holy Cross Church Hall</i>
19th May	5th Sunday of Easter
9.30 am	Family Service <i>Caistor St Edmund Church</i>
11.00 am	Traditional Holy Communion <i>Stoke Holy Cross Church</i>
26th May	6th Sunday of Easter
9.00 am	Traditional Holy Communion <i>Caistor St Edmund Church</i>
10.30 am	Sunday 4 Everyone <i>Stoke Holy Cross Church Hall</i>
4.00 pm	Evening Service <i>Arminghall Church</i>

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, Lyn 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.

STOKE HOLY CROSS TUESDAY GROUP

Many of you will no doubt have undergone the annoyance of answering the telephone and being told that your phone service will be terminated within the next twenty-four hours, or that there are problems with your bank account.... messages are received, too, by e-mail, purporting to be from business addresses, often in the financial sector. To many they may be a nuisance, but to an elderly person, living alone, they can be the source of great worry, and often terrifying.

On Tuesday, May 21st, at 7 30 in the Church Hall, David Todd is coming to speak to the Tuesday Group on the subject of 'Computer and Phone Scams', and the meeting is, as always, open to everyone. Non-members are very welcome to attend, to hear more about how such things are set up, and to have their fears allayed. (A small payment of £2 is charged for the evening, which includes tea and biscuits). There is little formal business, usually a laugh or two, and you're not even required to sing 'Jerusalem'...



Irene and Terry Lear celebrate their 60 years of marriage

As part of our service on 7th April at Stoke Holy Cross church Terry and Irene Lear took the opportunity to give thanks for the 60 years of married life together. Terry and Irene met as teenagers in London in the summer of 1957 and were married at St Giles Church Camberwell on 4th April 1959. They have three children and have moved around East Anglia before finally settling in Stoke Holy Cross in 2001. Some of our readers may remember the popular 1970s TV game Mr and Mrs. It involved couples being asked questions about their partners. So what did Terry and Irene know about one another after all these years of marriage? Terry's favourite meal we learned is chips – but is it with eggs or fish? They couldn't agree. However what we do know is they love each other dearly and wanted to reconfirm their vows in some way at church. Friends and family members were able to take part in the service and support Irene and Terry as Lyn Marsh blessed them and their new wedding rings.

Our bible reading that morning from Philippians tells how Paul considered his privileged social background and position within Israel nothing compared to knowing Jesus. It takes time and commitment to get to fully know each other like Terry and Irene. And similarly to appreciate how truly knowing Jesus is possible for all of us if we are prepared to give time and commitment by reading the bible and praying regularly as well as learning from others.

STOKE HOLY CROSS THURSDAY CLUB

Our meeting for next month will be a week late on the 9th May, 2019 due to the elections

Why not come along and meet new friends. We meet on the first Thursday of each month 1.30-3.30pm in St. Georges Hall, Upper Stoke. Members enjoy a game of cards or domino's or just sit and chat and enjoy themselves over a cup of tea and biscuit. We have our table sale and raffle each month and enjoy outings during the summer months. For any enquiries please contact our chairperson Carol Flugge on 01508 492132 or myself Liz Smith on 01508 493245.

Our **Bingo** dates for May are the 1st, 15th and 29th - we commence at 1.30pm

Our **Carpet** Bowls dates for May are the 8th and 22nd - we commence at 1.30pm and the charge for this is £2.



Many children and adults had a great time at the Stoke Holy Cross park and pavilion on Good Friday afternoon with lots to do and also lots of lovely cakes and things to eat - see the next issue for more details and photos.



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St George's Hall Dementia Support Café

On the 2nd and 4th Monday morning of each month this is a great place to relax for those with dementia and for their carers. Come along and join us for fun activities and refreshments. There's always room for more people living with dementia and their partners or carers to join us, whether on our subsidised outings or at our regular cafe sessions from 10am till 12 noon in St George's Hall, Upper Stoke.

We had an excellent cafe on 8th of April with an Easter theme. Volunteers encouraged our guests to make Easter cards and decorate eggs and were given a decorated box containing Easter chocolate eggs to take home. The picture is of the Easter tree we decorated with some of our eggs. Easter themed word search from the magazine was also enjoyed by some members.

For more information please ring 01508 493661 or 492938, visit our website at <http://stgeorges-dementia-support-group.btck.co.uk/>

If you would like to come along but have transport problems in reaching the cafe one solution might be to contact the voluntary organisation 5+ Good Neighbours on 07934195724 or maybe one of a regular members can offer the occasional lift.

May Cafe dates are 13th May - no Cafe on 27th as it is a Bank holiday.



RANDOM FACTS ABOUT MAY

(taken from a
variety of sources)

The month of May was possibly originally named after the Greek goddess of fertility, Maia. However, it was also suggested by the Roman poet Ovid that the name May comes from the Latin word 'maiores', which means 'elders'.

No month of the year either begins or ends on the same day as May.

May is the month of autumn in the northern hemisphere and spring in the southern hemisphere.

A maypole was built in 1543 or 1661 that was over 100 feet high. (Different sources, not surprisingly, give different dates).

In 1644, Members of Parliament banned all festivities on May Day.

The two flowers of May are considered to be the hawthorn and the lily of the valley.

There used to be a saying, 'Don't cast a clout till May is out'. 'Clout' is an old word for clothing. And it was never clear whether 'May' referred to the month of May or the hawthorn, which is also called may.

The Empire State Building in New York was officially opened on 1st May 1931.

To finish – some things not to believe about May:

- There was an old Cornish belief that it was unlucky to buy a broom in this month. It was considered equally unlucky to wash a blanket.
- Another thing which was believed by some people was that, if you washed your face on 1st May in the May dew, it would remove all freckles and pimples. Thus you would have a great complexion!
- A further strange belief that babies born in May would be sick throughout their childhood. (Where on earth did that come from?)
- Finally, it was believed by some that cats born in May would not catch rodents but brought home snakes instead.

Obviously we can't be certain of all the above dates, facts and beliefs. We just hope you found them entertaining.

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Adam's Gardening Tips for May

FERTILIZERS

Fertilizers fall into two groups, organic and inorganic. Organic fertiliser is from plant or animal material that has been composted for example from manure or vegetable matter. Inorganic fertiliser is from minerals or from large scale chemical processes. Purists like to rely wholly on the organic.

The major nutrients are nitrogen, phosphates and potash (potassium). Nitrogen fuels growth and encourages healthy chlorophyllled leaves. A shortage of this can show itself in stunted growth or yellowish foliage. Care must be taken not to be tempted to overuse as this can lead to rampant weakened growth. Phosphorus is essential for promoting healthy roots and helps plants to establish well. Potash

enables the plant to make use of nitrogen and is associated with encouraging flowering and fruit maturity. The latter two tend to be held in the soil rather better than nitrogen which washes out (leaches) more readily. Other minor nutrients in the form of trace elements ie iron, magnesium, manganese and boron are also essential for plant health. Use a specialist guide to help with this.

Although the above are mostly applied to the soil another important way of getting nutrient into the plant is through foliar feeding. Seaweed extract for example can be sprayed directly onto the plant which will absorb the plant food through its leaves. This can be important after setbacks such as drought or some nutrient deficiency.

April has grown green manure crops for incorporation into the soil in the spring, for both the purpose of mopping up nitrogen which might leach out of the soil over the winter, and supplying nutrients to plants in the growing season as they break down in the soil. (It has the added bonus of keeping weeds at bay). Leguminous crops used in this way will enrich the soil with nitrogen which they fix from the air by root nodule action through a symbiotic relationship with bacteria.

Liquid manures are a very useful way of getting the nutrients to the plant roots especially in a dry time. Adam will be making

his liquid manure by hanging a small hessian sack of well-rotted farmyard manure in a large barrel of water and letting the nutrients infuse over a few weeks. A cupful of this liquid in a watering can will suffice. Comfrey leaves placed in a small mesh bag in a bucket of water for two weeks will also provide a nutritious liquid, which also needs to be diluted for use, but be careful. It smells!

ASPARAGUS SOUP

In May the asparagus is very good and UK grown. Buy it as fresh as you can and enjoy it steamed or in this very simple soup.

2 tbsp olive oil or butter
1 onion, finely chopped
400g asparagus, finely chopped and tips reserved
500ml hot chicken stock
salt and freshly ground black pepper
4 tbsp double cream

Melt the butter or heat the oil and fry the asparagus tips briefly to soften. Remove from the pan and set aside. Add the chopped onion and soften gently, then add the asparagus and cook for a few minutes. Add the stock and simmer gently for about four minutes until the asparagus is tender.

Liquidise or blend the soup until it is smooth, season and add the cream. Serve with the tips scattered over the soup.

PORINGLAND PLAYINGFIELD BOWLS CLUB

Our season has only just started on 27th April 2019 at the Memorial Playingfield on The Footpath.

The village Bowls Club would love to have some new members to come along and join us this season. Whether you are an experienced player or never played before you will be made very welcome. Why not come along and give bowls a try whether you are young or older.

We meet on Saturday afternoons at the playing field for a Club 'Roll Up' at 2.00pm. Do feel free to just come along and check us out or for further information please ring our Captain Sue Goddard (01508 493845) or Chairman John Fountain (01508 493036).

ALPINGTON & YELVERTON HISTORY SOCIETY

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Tuesday 14 May
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