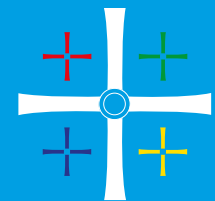


# Free for All



THE MAGAZINE OF THE VENTA GROUP

JANUARY 2019



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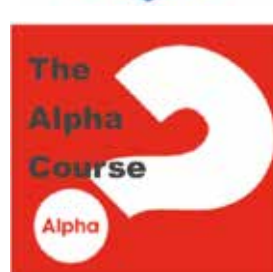
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If you would like to join us in the new year, our first session will be on Tuesday 8th January. For more details please contact Cathryn as below or just come along.

Cathryn Baker 01508 492305  
cathrynbaker@googlemail.com

Sparklers Stoke Holy Cross



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What will the New Year bring? Yesterday I was speaking to someone for whom 2018 has not been all that brilliant. For him, the promise of a new year, a new beginning, was a great relief. At the same time, as I write, way back on 12th December, we are waiting to hear whether or not the Prime Minister will survive the confidence vote of her fellow Conservative Members of Parliament. The result of it will have a big impact on whatever on earth happens with Brexit over the next few months, or even longer. For all of us, then, there is a lot of uncertainty about exactly what 2019 holds too.

For Christians, there is some certainty that we can stand on. Two footholds, if you like. First of all, there is the one in the past; the resurrection, where Jesus conquered sin and death, and assures us that we can all have life forever with him. The other one is in the future. This time of year (December, when I write, not January, when you read this!) is the one that the church calls Advent which, despite the Christmas calendars, more than anything looks forward to Jesus's promise that he would return for his people, and make right everything that is wrong. Sometimes these two things seem very strong and stable secure. At other times, they seem a long way apart, and standing on both of them at once gets to feel quite like doing the splits. And

unlike some of you, I really, really, can't do the splits.

In the meantime there is something that can help me. In the midst of the stretching uncertainty I sometimes feel, God has given me his Holy Spirit, who is always with me. It means that as I wait for Jesus, and the certainty of his promise for the future, I don't need to be afraid. Human as it is, I also don't need to doubt.

In Revelation, the last book of the bible, God gives us a picture of what it will be like as we get near to the time when Jesus will come again. Three times in the last chapter of that last book the same phrase comes back like the line of a song he is singing to us: "I am coming soon."

So today, as you read, you might be as excited as my friend was about the new beginnings this year holds, or you might be full of concern for the future. Brexit might have been sorted out much better than it looks to me writing today, or it might not. You might be troubled by the problems affecting people in different parts of the world, or the news might seem a little brighter now that 2019 has come. But all of us have Jesus's resurrection behind us, his return ahead of us, and his Holy Spirit with us. I can almost hear him singing: "I am coming soon."

Happy New Year!

### 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

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

Anita Rose (Parish clerk) 491709

### FROM THE REGISTERS FUNERAL

#### NOREEN FORMAN

18th December  
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!*

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

### NEXT EDITION

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

[ventafree4all@outlook.com](mailto: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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# Prayer for the turn of the year

## by Claire Musters

As one year closes and another opens up, I reflect on all that has gone before  
and the possibilities lying in wait in the months ahead  
So much from the last year was full and good  
and yet there were difficulties and heartache too  
But Lord, I want to thank you for your faithfulness  
I know you were walking through last year with me  
Every step that I took, you were by my side  
As I look forward now, knowing some but not all of what lies ahead  
It is such a comfort to realise that you are in control  
You know what each moment will contain;  
The tears and the laughter I will experience – with others but also alone  
And you will be by my side through it all again  
Whatever year, month, day or even hour it is  
I can face it with confidence  
Knowing my Heavenly Father is my guide  
Help me to acknowledge that, and to include you in every moment of this next year

Amen

## New Year - New Start - Three things we need for the year ahead

- Compassion: "Be kind for everyone you meet is fighting a hard battle". Write it down on a piece of card to go on the car dashboard, in your pocket or on the inside flap of your purse. Hold onto your compassion whatever happens.
- Boundaries: "Everyone needs boundaries or life gets in a mess". Beware of hard-and-fast rules or inflexible separations. Have at least two trustworthy friends from whom you keep no secrets.
- Laughter: "Learn to laugh at yourself". Grudges and resentments are damaging to the soul. Somehow we have to find a way to dissolve them and let them go. The very best thing for blitzing old baggage is laughter.



### SERVICES FOR JANUARY IN THE VENTA GROUP OF CHURCHES

- 6th Jan Epiphany**  
**9.00 am** Traditional Holy Communion  
*Caistor St Edmund Church*  
**10.30 am** Informal Holy Communion  
*Stoke Holy Cross Church*
- 13th Jan 2nd Sunday of Epiphany**  
**9.00 am** Traditional Holy Communion  
*Arminghall Church*  
**9.30 am** Praise & Worship  
*Caistor St Edmund Church*  
**10.30 am** Café Church  
*Stoke Holy Cross Church Hall*
- 20th Jan 3rd Sunday of Epiphany**  
**9.30 am** Christingle 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*
- 27th Jan 4th Sunday of Epiphany**  
**9.00 am** Traditional Holy Communion  
*Caistor St Edmund Church*  
**10.30 am** Sunday 4 Everyone  
*Stoke Holy Cross Church Hall*  
**4.00 pm** Evening Prayer  
*Arminghall Church*

### DO YOU FEEL A CONNECTION WITH ONE OF THE LOCAL CHURCHES?

- Do you like to come to some of our local services?
- Or maybe a family member was Christened or Married here?
- Or perhaps you like to visit a grave in the churchyard?

Would you perhaps, consider making a lasting gift to help look after them?

These wonderful historic buildings and graveyards are always in need of repair and looking after. Sometimes grants are available for major restoration works but the general running and upkeep of these important village features falls upon the churches themselves with no outside help.

One great way to give something is to by way of a legacy.

No matter how large or small, every gift that is left to your local church will make a lasting difference. A major legacy in the past enabled one of our churches to build a wonderful new extension with kitchen and toilet facilities, but a gift of just 1% of your residuary estate can make an enormous difference to the ministry of the local church.

You can discuss giving gifts in wills in complete confidence with Reverend Rob Baker or Reverend Lyn Marsh.

If you would like more information, please do contact us. — see page 3 for details

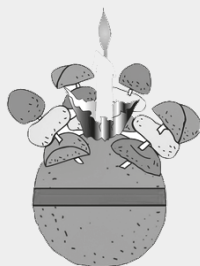
### Would you welcome a visit from one of our church team?

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.

All the contact numbers are on page 3.

## CAISTOR ST EDMUND CHURCH



### CHRISTINGLE SERVICE

Our Family Service on 20th January at 9.30 am will be a Christingle which is a lovely service with great activities for the children of all ages (and adults too). All welcome with coffee and refreshments afterwards.

### CHURCH DAILY OPENING

Once again the Vicar and Churchwardens would like to thank all who have helped last year with the daily unlocking/locking of the church.

It is quite obvious that with the church being opened this is appreciated by many many people not only locally but from far and wide. It is lovely to the comments in the visitors' book by people from many different countries visiting Caistor. We open the church Monday to Friday from 10am unlocking to locking up at 4pm in the winter and 5pm in the summer.

We are always looking for people to help with the unlocking/locking. If you might be able to help, Jani Wymer would love to hear from you. (tel. 493572)

Thank you again to all who helped in 2018 and we looked forward again to your help in 2019.

### CAISTOR ST EDMUND POPPY APPEAL RESULT

The house to house collection raised £369.21. From the static/unmanned boxes £377.27. The church offertory at the Remembrance Day service was £274.50 and donation for the wreath was £50. This means that a total of £1070.98 has been sent to the Royal British Legion Poppy appeal from Caistor. Thank you to those who gave a donation and made such a excellent result.

Thank you also to everyone who helped in any way with the collecting or having a box at your business premises, your support is greatly appreciated.

#### GRAHAM FORD

Hon Organiser for Caistor St Edmund



At Café Church in December we were learning about the amazing truth that Jesus was born for each one of us and that he loves each of us as individuals just as we are. Some of the activities we did together to remind us what Christmas is really about were:-

Making a Jesus star to take home and put up on your tree or around the house as you get ready for Christmas and remember the amazing light that he brings. He shines on us!

Take a wooden lollypop stick and draw some eyes at the top with a pen. Now glue your baby Jesus to the middle of a fabric "blanket". Wrap the fabric around him like a baby, and stick it down. Take a star and stick on some hay, then stick your baby Jesus on top. Finally attach a length of ribbon to your finished decoration, so you can hang it up at home as a reminder to hang on our tree.

Star Stones We were also busy putting stars onto stones to be hidden around the village for people to find and with an invite on them to come to our Crib Service on Christmas Eve. We wonder did you find one?

We all have a great time at Café Church which is normally in the hall at 10.30 on 2nd Sundays. We have a great team who serve teas, coffees and breakfast as we learn more about Jesus' love for us and how to respond. We would love you to come and join us on 13th January.



## Stoke Holy Cross Parish Council Elections

There will be elections in May for the election of Parish Councillors for the next 4 years. Stoke Holy Cross Parish Council is likely to have several vacancies as some of the existing councillors are retiring after over 60 years' service on the Parish Council between them.

An active and enthusiastic council is necessary to carry through to completion the New Pavilion at the Playing Field and to progress the Footpath to Upper Stoke.

With all the new residents in Broomefields and Harolds Place we feel sure there are residents with talent that will be useful for the future improvements to the Village facilities.

If you are interested and would like to find out more why not come to PC meeting to see how things work. The dates of the next meetings are at 7.30pm on January 10th and February 21st in the Pavilion and we would be very pleased to see you there.





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

We had a wonderful time at our Christmas Party on December 10th with Stewart Hull thoroughly entertaining us singing along with his guitar and encouraging some great dancing too – as you can see from the photos by Malcolm.

We have realised that one reason we are perhaps not getting new "customers" may be a transport issue. So please, anyone who would like to come along, do be aware that if you have transport problems in reaching the cafe one solution might be to contact the voluntary organisation 5+ Good Neighbours on 07934195724.

Our January meetings in the hall will be on 14th, when a Chiropodist will be visiting, and on 28th. We would love to see you there.

## Did you find a 'Follow the Star' Stone?

Many thanks to everybody who made their own 'Follow the Star' stones at December's Café Church in Stoke Holy Cross Church Hall. More were hidden round Stoke Holy Cross just before Christmas and hopefully you either found one (or know of somebody who did). On the back there was an invitation to the Crib Service on Christmas Eve in Stoke Holy Cross Church. It was lovely to see everybody there (as well as some 'Follow the Star' stones!) Of course, you didn't need to have found a stone to come to the service – a lovely celebration for children of all ages from the very young to the very old. Of course you don't need to have found a stone to come to any of the services in the New Year. You will find a warm welcome at all our churches within the Venta Group. (The Venta Group is the overall name for the churches in the villages which are reached by the Free for All magazine). The times of all the services for January, as well as the places where they are held, are shown on page 5 of the magazine.



### STOKE HOLY CROSS TUESDAY GROUP

The Group's January meeting will take the form of a New Year's Lunch, to be held at the Church Hall on January 16th, which just to confuse you, is a Wednesday! The time is 12.30 for 1 pm, and tickets are available from the Tuesday Group's Treasurer, Barbara Thomas, who can be contacted on 493486. The cause we are supporting this year with any profits raised is the East Anglian Air Ambulance, and it would be excellent, if we could to beat the contribution raised at October's Harvest Supper which amounted to a little over £247. Thank you to everyone who supported it in any way.

### STOKE HOLY CROSS THURSDAY CLUB

We hope you all had a great Christmas and are looking forward to joining us again in 2019.

We re-commence our regular meetings on Thursday 10th January, 2019 (weather permitting) at 1.30pm.

Bingo - we will re-commence on Wednesday 23rd January, 2019. Dates for February 2019 are 6th and the 20th

Carpet Bowls - we will re-commence on Wednesday 30th January, 2019, dates for February 2019 are 13th and the 27th - 1.30pm - cost for this is £2.

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NORFOLK  
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TRUST

The Norfolk Archaeological Trust and Caistor Roman Project have a number of volunteering opportunities at Caistor Roman Town in 2019. Perfect for those New Year's resolutions to try something new!

Also known as Venta Icenorum, this Roman town is the Romano-British predecessor of the modern county town of Norwich. Founded during the AD 60s at Caistor St Edmund in the valley of the River Tas, this was the largest and most important Roman centre of northern East Anglia. The Latin name means 'market-place of the Eцени', and Venta was the Roman administrative base for the area of Norfolk, northern Suffolk and eastern Cambridgeshire. This was the area which had been controlled in the Iron Age by the Eцени (or Icen) tribe. Venta Icenorum is one of only three major Romano-British towns which have not been buried or destroyed by medieval and modern towns and cities. Today you can visit for free and wander around what was once a bustling Roman town.

Since the conclusion of major excavations at the Roman town in 2012, Caistor Roman Project has continued to develop as a research organization in its own right,



## Volunteer and Help us Care for Caistor Roman Town

**INTERESTED IN LOCAL HISTORY? LIKE TO MEET NEW PEOPLE?  
WANT TO GAIN SOME NEW SKILLS?**

working in partnership with the University of Nottingham, Norfolk Archaeological Trust, South Norfolk Council and Norfolk Museums and Archaeological Service, with the aim of investigating the origins, development and demise of the Roman town and its relationship with the surrounding hinterland.

Join us and volunteer as a:-

**Tour Guide** – lead a tour around the Roman Town sharing the sites stories and archaeology

**School Guide** – run archaeology and

Roman themed activities on site or in school  
**Site Warden** – regularly walk around the site following a check list of things to look at

**Site Steward** – be on site for half a day in our main season to chat to visitors and keep the site tidy and safe

Full training and induction will be given in Spring 2019 and you can find out more about these roles at <https://www.norfolkarchtrust.org.uk/volunteering/current-opportunities> or by contacting Katie, our Volunteer Coordinator, at [natvolunteering@gmail.com](mailto:natvolunteering@gmail.com).

### NATURAL WAYS TO FIGHT WINTER COLDS

#### Sip an immune-boosting smoothie

– vitamin C helps ward off bugs. Use vitamin rich fruits in a blender: orange, strawberries, cranberries, kiwi fruit and blueberries. Add a banana for potassium, iron and prebiotics, and a slice of fresh root ginger (traditional immune booster and decongestant). Blend and enjoy.

**Try a ginger drink** - Long used for aiding digestion and relieving sickness and nausea, ginger is a potent immunity booster. Steep a few slices of fresh ginger root into boiling water at the first sign of a winter cold. It's also thought to improve circulation if cold fingers and toes are a problem in the chillier months, and it may also soothe muscle aches and painful joints due to its anti-inflammatory and pain-relieving properties.

Dear Gardeners - Please note  
Adam's Tips this month can be  
found on the [venta-group.org](http://venta-group.org) website

## New Year Wordsearch

P R A Y E R S G I F H P T L A  
B E G I N N I N G C R K X L Z  
D R O L Q A D A R A C B Q A N  
S U R T P O Z U I H H K R H O  
U S U U G L H S O V U P E G I  
S N O I T C E L F E R S S N N  
E X I R E L Y H R O C N O I U  
J Y V F C I S N M Y H M L M M  
T H A N K S G I V I N G U R M  
N C S O M T S T A I Z E T A O  
D N U M D E T S R O T S I A C  
E K O T S N F Y E A R G O W Y  
K R S E C I V R E S U N N E L  
I Y R A U N A J B X S O S N O  
W R U N R G C H O R U S E S H

ARMINGHALL  
BEGINNING  
CAFECHURCH  
CAISTORSTEDMUND  
CHORUSES  
CHURCH  
CROSS  
GOD  
HELP  
HOLY  
HOLYCOMMUNION  
HYMNS  
JANUARY  
JESUS  
LISTENING  
LORD  
NEW  
PRAISE  
PRAYERS  
PROMISES  
REFLECTIONS  
RESOLUTIONS  
SAVIOUR  
SERVICES  
SONGS  
STOKE  
TAIZE  
THANKSGIVING  
YEAR



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