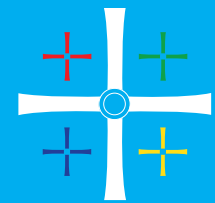


Free for All



THE MAGAZINE OF THE VENTA GROUP

JUNE 2023

STOKE HOLY CROSS PRIMARY SCHOOL PRAYER SPACE

From Wednesday 3rd to Friday 5th May, we held a prayer space at the school in the "outdoor classroom." The whole school came to use the space and try out our activities, which you can see pictured here.

We had great feedback like this from the children:

"This is the best place in the world!"

"I had a bad dream last night, and I drew my dream in the sand and then I wiped it away."

"I really like saying things and praying things to Jesus."

"Thank you God for the beautiful space."

"When I popped the bubbles it was like God was saying that everything is going to be okay."

Thank you so much to all the staff and pupils for visiting us and making space in their busy week, and to everyone who helped make it happen.



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SEE PAGE 6

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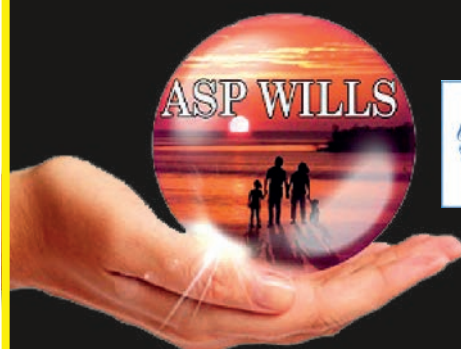
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How do you deal with disappointment?

You don't have to be a pessimist to know there are times in life when all of us feel disappointed. Some of us struggle with it a lot, but it's familiar to everyone. There are big, maybe crushing disappointments, and there are the little frustrations which are part of everyday life.

I am currently disappointed. On Friday all was ready, and I settled down to watch the first leg of the League One playoff final between Peterborough and Sheffield Wednesday. It was going to be a great evening. Sheffield Wednesday had only missed an automatic spot by 2 points,

and had scored the most points by any team ever not to go straight up. Across the season, Peterborough were 19 points worse. God's favourite team (could the editor check this for me?) were sure to get a good result, to be followed by a thumping second leg win at Fortress Hillsborough.

And we nearly did. We nearly scored first. Except we didn't, and then they did. They also scored second, and third. And also fourth. Only a last-minute save from our keeper prevented a splendid 5-0 thrashing.

Like last year, we seem almost certain to lose out in the playoffs, and are consigned to another 46 games next season attempting to drag ourselves out of the division. Worse still, a very insignificant rival team, Sh**ff**ld Un*t*d, have managed to get themselves back in the Premier League at only the second attempt. Sometimes comparing our disappointment with others' success just makes it even worse.

But there is still hope. There is just the chance – the slightest chance – we might still do it. Two weeks later you are in a better position to know than I am writing now! We could get 4 goals and more to overturn the most overwhelming of deficits. It's not quite impossible yet.

This all has the feel of Easter about it, to me. Looking back now, we can see why Good Friday was the first part of an amazing victory story, but that day, and the Saturday after, the disciples were staring into the face of a terrible defeat. Jesus was gone, and with it the last few years of their lives, and the sense of hope and purpose for the future. The disappointment was crushing. Two of the disciples meet the risen Jesus and, not realising who he is, they pour out what they are experiencing in one of the most haunting little phrases in the gospels: "We had hoped..."

Maybe for you, life at the moment, or for a long time now, feels that it could be summed up that way. Many things much worse than football might spring to mind to finish a sentence that begins "I had hoped..." We know that in this life some of those most painful disappointments might not be overturned. But the end of the story, Easter Sunday, reminds us that with Jesus, hope is not just for now: it's forever. So I try to look at my disappointments from the perspective of eternity, and recognise that they will pass. Maybe you could deal with them that way too.

Rob

VICAR OF THE VENTA GROUP

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Search Facebook and Youtube for "Venta group of churches"

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Viv (493438) & Andy (07777 675193)

Arminghall

Rob (492305) or Lyn (493422)

Caistor St Edmund

Jani (493572) & Lia (494137)

ST GEORGE'S HALL BOOKINGS:

Joyce Williams (492143)

STOKE CHURCH HALL BOOKINGS:

Karen (07761 076954)
email: karenp1963@hotmail.co.uk

STOKE HOLY CROSS PAVILION BOOKINGS:

Dan Ward (Parish clerk) 07563 044849

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your village organisation

IN A FUTURE MAGAZINE

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Email: ventafree4all@outlook.com

We're praying for your street!



Every week in our churches we give time to praying for specific areas in the villages here. We also often walk around them so you might see us about near you on those weeks.

Please say hello and let us know if you have anything you want us to pray for—or you could email admin@venta-group.org.

This month we are praying for:

Week 1 Caistor Lane from High Ash Farm/ Valley Farm Lane towards Poringland, including Southwood Drive and St Edmund's Close.

Week 2 Upper Stoke: Poringland Rd, Brickle Rd as far as Abbots Farm, Brickle Loke.

Week 3 Upper Stoke: Chandler Rd/Boudicca Way, Carol Close, Birkbeck Close & Pine Loke.

Week 4 All the residents of Arminghall.

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Henry and Eostre Caswell to
ventafree4all@outlook.com
By 10th of this month please.

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Lyn muses

Our conversation at Coffee and Chat last month about how long we'd lived in the village and the changes that had occurred in the village over our lifetimes, led me to thinking about my move to Norfolk. Yes, confession time, despite what I sound like, I was not born in Norfolk. I had to move to Norfolk, I had no choice. I was 8 years old and a week before my 9th birthday we made the move from Redhill in Surrey. My father had been made redundant and he decided that it would be best for us as a family to obtain employment in Norfolk rather than London (he was a printer by trade). What I remember most about the journey (50 years ago) was it was long – oh and I let the cat out of the bag, literally – much to my parents annoyance. The cat had been making such a noise that I decided it was kinder to let him out of his basket, trouble was that meant we literally had a cat scratching, meowing and roaming around/on passengers in our little, over-filled car.

That's very similar to what I am experiencing, and maybe others of you this year. I work part-time at UEA and at the beginning of this year staff were told of the financial situation of the university (the cat was out of the bag). This led to an angry response and a huge range of emotions which over the ensuing months has multiplied to affect everyone – students and staff. Unlike the half day journey of a car with an anxious cat inside it, those at the University have no end in sight and can't tell when or if or how it will be resolved. It's anxious times. Where can we turn?

I am reminded of an anchor. I need an anchor in life, something my father knew about as he was a sea cadet. As a ship needs an anchor, so do we. What's yours? What helps you through the storms of life? Do you know the anchor a faith in God can provide? I am clinging on to my heavenly Father: if you're facing the storms of life, perhaps you might too. The situation at UEA is not going to go away for a while but I pray I remain close to Jesus in these times and that his Holy Spirit may give all those involved wisdom and peace to get through this storm. The words of a hymn written over 100 years ago may help you think about your anchor more, and if you have any questions, come and see me at Coffee and Chat next month:

1. Will your anchor hold in the storms of life,
when the clouds unfold their wings of strife?
When the strong tides lift, and the cables strain,
will your anchor drift, or firm remain?

We have an anchor that keeps the soul
steadfast and sure while the billows roll;
fastened to the Rock which cannot move,
grounded firm and deep in the Saviour's love!

2. Will your anchor hold in the straits of fear,
when the breakers roar and the reef is near?
While the surges rage, and the wild winds blow,
shall the angry waves then your bark o'erflow?

Priscilla J Owens

Come for Coffee
normally runs on the
1st and 3rd Thursdays
of the month from
10.30am at the Church
Hall, with a short
communion service
at 10am on the first
Thursday

Dates for Caistor Cream Teas 2023

We are planning to serve Cream Teas at Caistor St Edmund Church

Sundays
July 23rd and 30th 2023

&

August 6th and 13th 2023
2pm – 5pm

With plants, garden produce and cake stall

We would love to have lots of plants to sell on our stall –
if you would like to help please start preparing now by taking cuttings etc



STOKE HOLY CROSS THURSDAY CLUB

Stoke Holy Cross Thursday Club for the over 55s meets at St. Georges Hall Upper Stoke Holy Cross the first Thursday each month
Thursday 1st June 2023 at 1.30pm

Bowls at 1.30pm on
Thursday 8th and 22nd - £2.00

Bingo at 1.30pm on
Thursday 15th and 29th
(Raffle prize please)

This month sees our first outing of
the year to Sheringham/Taverham
(Wednesday 7th)

If you would like to join us please
give Liz a ring on 01508 493245
to find out more details

SHOTESHAM OPEN GARDENS

Saturday and Sunday
July 1st and 2nd

A welcome return in 2023 to
Shotesham Open Gardens which
will be taking place on both
Saturday and Sunday July 1st and 2nd
between 10 and 4 each day.

The village will be full of visual delights
to enjoy with 18 varied gardens,
big and small. And this year includes
'open front' gardens.

Some gardens may have
Art & Craft displays or plant sales.

Plus there will be an
activity trail for children.

All Saints Church will be open and
decorated for the event.

Of course, there will be teas and
delicious 'edibles' in the Trinity Hall.

£7 entry per adult, this covers
both days and ticket sales will
be on the playing field.

The proceeds from this year's
Open Garden Event will support
the valuable work done by the
Motor Neurone Disease Association.

For more information contact
susan.astbury49@btinternet.com

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 2nd and 4th 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.

On the 24th of April we enjoyed a coronation themed café. Crowns and decorations were made with some of us reminiscing the last coronation in 1953.

It culminated in two members leading us in "God Save the King" See the photos kindly taken by one of our regular supporters.

We had our AGM meeting where present committee members agreed to stand again. Our bank balance remains very healthy and we are very grateful for the donations and bequests. Enormous thanks for our lovely volunteers who turn up twice a month. Appreciation was expressed for Emma and Neil for setting up the hall for us twice a month.

Our next meeting will 12th June Café session and 26th June when we go on a coach trip to Gorleston on sea with fish and chip lunch.

For information call, 01508 493661, 01508 494742, or 01508 495580
Website is www.st-george's-dementia-support-group.uk



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.

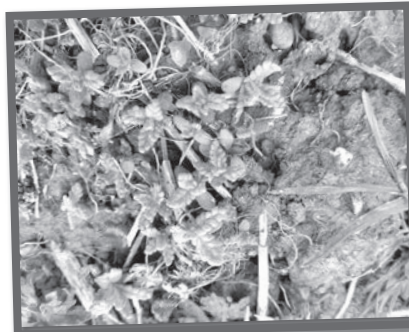
If you would like more information, please do contact us. — see page 3 for details



Jubilee Meadow plants: Yellow Rattle

This Easter, we were delighted to spot seedlings of Yellow Rattle (*Rhinanthus Minor*) starting to grow on the Jubilee meadow from the seed sown last summer, sourced from nearby High Ash Farm.

Yellow Rattle is an almost mystical plant, commonly known as the meadow maker due to its ability to inhibit the growth of vigorous grasses by parasitising them to gain nutrients. This effectively reduces the vigour of grasses allowing wildflowers to gain a foothold and establish a wild flower meadow.



The first signs of Yellow Rattle on the Meadow in April (photo Dave Jones)

Yellow rattle has a yellow flower in spring and early summer and then develops a seed pod which dries out so that the seeds rattle inside when the wind blows or they are brushed against, hence the name Yellow Rattle.

The yellow flowers appear between May and July on stems up to 50cm (photo by Elizabeth Dack)



Locally, yellow rattle can be seen at High Ash Farm, on the meadow at Saxlingham Nethergate, the field at Dunston and on Swardeston Common. Seed needs to be sown fresh and must have a period of chilling over winter for successful germination so it is not always easy to grow from seed.

We are encouraged to see plenty of seedlings on the Jubilee Meadow and hope that its reputation as the meadow maker proves to be true. Look out for the Yellow Rattle flowering on the Jubilee Meadow this summer.

Anna Lipp



Jubilee Meadow is provided for nature and the community by Stoke Holy Cross Parish Council

To find out more visit our website at www.stokeholycrosspc.info/wildflower-meadow



Jubilee Meadow Makers
making space for nature

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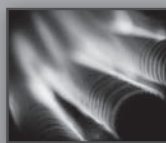
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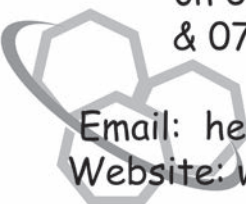
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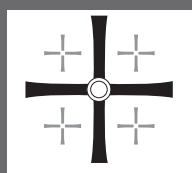
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WORSHIP, PRAYER AND COMMUNITY IN OUR VILLAGE CHURCHES

Tuesday-Saturday mornings

9am Tues-Fri
10am Sat

Zoom—contact us to join

**Prayer meeting
with Bible reading**

Thursday 1st June

10am

Stoke Church Hall

Simple Communion and Coffee

Sunday 4th June

9.30am
10.30am

Caistor St Edmund
Stoke Holy Cross

**Praise & Worship
Morning Worship** with children's group

Sunday 11th June

10.30am

Stoke Holy Cross

Morning Worship and Communion
with children's group
Listening to God

7.30pm

Zoom—contact us to join

Sunday 18th June

9.30am
10.30am
3.30pm

Caistor St Edmund
Stoke Holy Cross
Stoke Church Hall

**Holy Communion
Morning Worship** with children's group
All Invited for Father's Day

Sunday 25th June

10.30am

Stoke Holy Cross

Morning Worship and Communion
with children's group

Exciting advance notice about Sunday 2nd July!

9.30am
10.30am

Caistor St Edmund
Norwich Cathedral

4pm

The Vicarage

Praise & Worship
Ordination of Kirsty Long, our new curate
All welcome, no tickets required
Annual BBQ & baptism service
and welcome for Kirsty & Stuart Long
(BBQ booking available early June)

*Caistor church building is open about 10-4 daily, and Arminghall most Saturdays –
space to reflect, and to pray*

Coffee and Chat

10.30 - 11.30
Church Hall,
Stoke Holy Cross
on the following Thursdays

11 May

1 June 15 June
6 July 20 July

Communion at 10am
on first Thursdays

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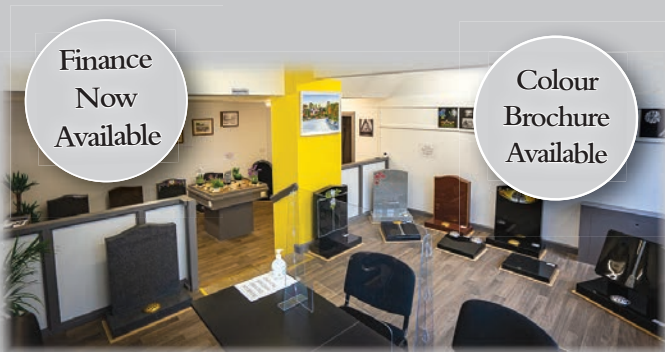
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