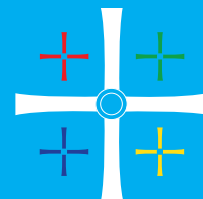


# Free for All



THE MAGAZINE OF THE VENTA GROUP

JUNE 2017

## Sunday 4 Everyone



Church with a difference  
with a place for everyone

Please come and join us on 25 June at Stoke for our new style of service  
or see page 5 for other services in the Venta Group

Sunday 4 Everyone is at 10.30am 4th Sundays at the church hall

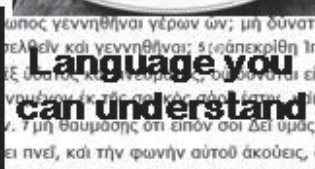


Good

A place for questions



New ways  
to pray



Language you  
can understand



Contemporary  
music



See more about this Ugandan School on Page 6



### Come for Coffee at Caistor St Edmund

We are open for Teas, Coffee and Cake  
every Thursday morning during June  
from 10.00 am to 12 noon.

This is a very informal opportunity to  
meet up with friends, make new friends  
and get together as a community. Do  
please call in for a chat and you are  
welcome to bring the dog too if you are  
walking him or her.



POST OFFICE

Stoke Church Hall,  
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Once when I visited my grandparents when I was growing up, my Grandad told me the story of a local eccentric, 'Mad' Jack Fuller. He was famous for building follies – buildings with no real purpose. One of these was a replica of the local church spire which he put in the middle of one of his fields. The story goes that Jack had had a bet with a friend that they could see the (real) spire from his house, and it turned out that they couldn't, and he lost. He was determined never to lose a bet like that again, so he just built one that he could see.

In the churches this month we have been thinking about what it means to 'be church'. We use this expression because church is, above all other things, people, not a building. I often remind people that the building where we meet is named after us, and not the other way round. In one of few passages in the New Testament where the church is described as a building, Peter writes that the people are like living stones, being built together into a dwelling place for God.

This building, unlike Mad Jack's folly, is a building with a purpose: to be a holy priesthood. This building – this group of

people, Peter says, is to become more like God, and be a sign of God for people.

One of the brilliant things about the church is that it isn't designed to reserve particular jobs for particular people, unlike the kings or the priests in the Old Testament. All of God's people are called to be holy, becoming more and more like Jesus in the things they think and say and do. All of God's people are called to be priests, sharing Jesus with people through the things that they think and say and do. And as they do this, Peter writes, they are declaring God's praise – the praise of the One who has called them out of darkness, and into light. All of us can be these living stones, being built into a place for God to dwell; all of us can be part of his chosen people, his royal priesthood, his holy nation. We just have to want to belong.

**Rob adds...** a very quick note to say a big thank you to Angela Bell, who is leaving her post as Church Administrator having worked so hard for us over the past four years and more, including putting together the Free For All for more than 2 years. We wish her and her family all God's blessing for the future.


## 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](mailto:admin@venta-group.org)  
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## CHURCHWARDENS

**Stoke Holy Cross & Dunston**  
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### 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

### BAPTISM

*Ella Stone*

Sunday 7th May  
Holy Cross Church  
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.

## FREE FOR ALL JULY 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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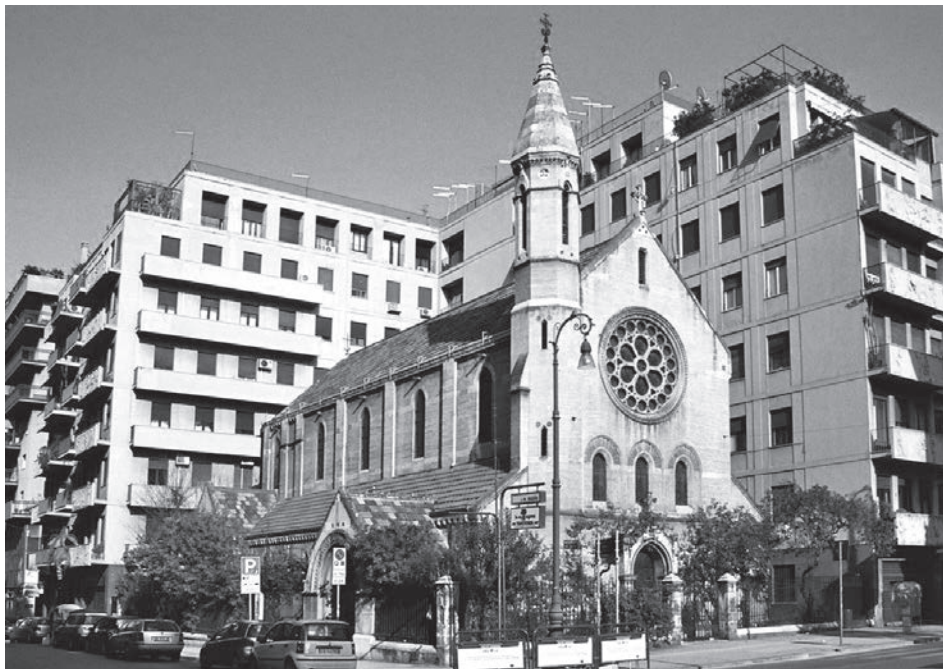
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## Proposed Church Twinning of Stoke Holy Cross Church with Holy Cross Church Palermo Sicily

**W**e are just embarking on the fascinating idea of forming a twinning relationship with a sister church in the ancient city of Palermo. Local retired Bishop Richard Garrard has recently introduced us to a church he has known well for many years situated right in the heart of the lovely old city of Palermo. We are hoping that our congregations can establish close links as fellow Christians despite the clear differences between our rural and city locations.

## Lyn's ordination, celebration service and Barbecue



**Y**ou are welcome to come along to Norwich Cathedral at 10:30 on July 1st to join in the service where Lyn Marsh will be ordained. (Free parking is available in Brown's Meadow, off Recorder Rd – no tickets required for the service.) Lyn will then be able to wear her clerical dog collar even as she plays her guitar still in some of the services in the Venta group of parishes. We will be holding a celebration service and barbecue for Lyn's ordination in the afternoon of Saturday 1st July at Stoke School; the service is at 4pm, and the BBQ will follow from 5pm. Everyone from around the villages is welcome to the ordination, the service at the school, the BBQ, or all 3! If you

are coming to eat in the evening, please email [admin@venta-group.org](mailto:admin@venta-group.org) or call 01508 492305 and let us know exact numbers in your group by Sunday 11th June. We ask everyone coming to the BBQ to bring something to drink, and a salad or pudding to share, and to let us know of any dietary requirements on booking. We are so excited about this special day, and look forward to seeing you somewhere on 1st July!



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

4th June	Day of Pentecost Whitsunday
9.00 am	Traditional Holy Communion <i>Caistor St Edmund Church</i>
10.30 am	Informal Holy Communion <i>Stoke Holy Cross Church</i>
4 pm	Traditional Holy Communion <i>Dunston Church</i>
11th June	First Sunday after Pentecost Trinity Sunday
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>
18th June	Second Sunday after Pentecost
9.30 am	Family Service <i>Caistor St Edmund Church</i>
11.00 am	Traditional Holy Communion <i>Stoke Holy Cross Church</i>
6.30 pm	The Gathering <i>Stoke Holy Cross Church</i>
25th June	Third Sunday after Pentecost
9.00 am	Traditional Holy Communion <i>Caistor St Edmund Church</i>
10.30 am	Sunday 4 Everyone <i>Stoke Holy Cross Hall</i>
4.00 pm	Evening Service <i>Arminghall Church</i>

*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 PRIMARY SCHOOL SUMMER FAIR

Friday 23 June 2017 3.15-7pm

Lots of fun games, an inflatable track with did cars, gladiator duel, live music, BBQ, raffle - everyone is welcome



## STOKE HOLY CROSS

# PICNIC in the PARK

Everybody welcome



17TH JUNE @ 3PM

On the Playing Field

Join in the fun on Saturday 17 June from 3pm Stoke Holy Cross playing fields celebrating The Great Get Together in the memory of murdered MP Jo Cox. Everyone welcome. Bring a picnic, a red gingham picnic blanket, if you have one, and any outdoor games. Let's have some fun together and show that love and friendship is stronger than hate. Please ring Lee Cozens on 07767057302 for more details.


## ST REMIGIUS CHURCH DUNSTON



Our traditional Holy Communion at Dunston church will continue at 4pm on 1st Sunday of each month until October. The next one is on 4th June so please do come along and join us at this lovely little church in the woods.

## SPARKLERS

Sparklers welcomes all babies, toddlers and pre-schoolers with their parents and carers. Tuesdays 10-11.30 during school term. Stoke Church Hall.

Contact Cathryn 01508 429305, [cathrynbaker@googlemail.com](mailto:cathrynbaker@googlemail.com),  
 Sparklers Stoke Holy Cross.  
 Just turn up and join in!



# Okunguro and All That!



New Wine and Tearfund Change a Nation initiative we felt it gave us a fantastic opportunity to be directly connected to a Ugandan village and help to change peoples' lives. The thinking and praying behind this was that the money would be used to fund a person to work with the church to train people using biblical principles, not only to believe in Jesus with their heads, but to be 'whole life disciples' – making use of the skills and resources God had given them to bless the whole community.

Three years ago, when we started sponsoring Pastor Robert and his congregation at the Okunguro Church, we committed ourselves to raising £3000 a year for three years. This seemed like a huge mountain to climb in the beginning but by breaking into three amounts of £1000 a year, it seemed much more achievable. £1000 was committed by Stoke Holy Cross's Parish Church Council from the church's income, as we regularly already donated money to charities (this income is entirely separate from fundraising for church building). We also felt that £1000 could be raised by individuals giving monthly amounts of around £15 a month with the final £1000 to be achieved by fundraising.

Over the three year period, we have twice-yearly updates from Pastor Robert. In that time their church has been involved in setting up a school (making the bricks themselves) and other enabling initiatives.



Over the last three years some of you will have heard people talking about Okunguro, raising money for Okunguro or perhaps praying for people in Okunguro. At Stoke church we have just finished our twinning with this village in rural Uganda, so the following is an account of our journey.

When Rob Baker, our vicar, initially introduced the idea of twinning Stoke Holy Cross church with a rural church in Uganda, through the



For example, many individuals continued to use what resources they had available to start income generating activities, including farming and some starting a savings group. One particular family particularly inspired Okunguro church as a whole - Mr Okurut's drinking was so bad that his wife planned to commit suicide. But since he began taking part in the church training process, he now has a successful venture farming rice and repairing bicycles.

in the local trading centre. And the couple have rededicated their marriage with a church wedding. Such a life-changing account motivated us all even more in our efforts to raise funds to support the work going on in Okunguro.

Back in Stoke, the aim was always for the whole church community to be involved. The children in the church had been encouraged to get involved right from the beginning and wrote letters to the children in Okunguro. We made display boards about Okunguro, which were put up in Stoke Holy Cross Church and the Church Hall and regularly updated everyone on how we were doing. We often had tables of craft goods, cards and jam for sale in the church and one homegroup's members committed to giving £1 each time they met.

Through our various efforts we raised the first two years' target and then, towards the end of 2016, we put in a really big effort to raise the final amount of money needed by holding a Christmas craft fair and coffee morning just before Christmas. Cakes were baked by people of all ages, crafts made by others and the event was well-attended by young and old. It was very much a joint effort by the whole church community and raised over £600, which was widely celebrated. Shortly after this, Tearfund contacted us to tell us that our support was no longer needed as the initiative had been successfully achieved. Playing a part in changing lives in a rural village in Uganda has been a huge encouragement for us all. In fact, one child recently asked why we had to stop supporting Okunguro and who could be sponsored next.

Many thanks to all those who have supported the fundraising efforts in so many different ways, whether through financial support, prayers or making cakes or donating goods for sale. You have all been instrumental in changing lives in Okunguro, a small village in Uganda. (The joke answer is of course SNAP).

## Congratulations Stoke United's Under 8 football team

The season has drawn to an end for Stoke United Football Club. It has been another great season for the club with over one hundred and twenty players training and playing for the club on a weekly basis.

Established in 2007, the club plays in the Norfolk Combined Youth and the Norfolk Christian Football leagues. We have flourished and grown every year, becoming an FA Chartered Standard club recognized being well run, sustainable, and a safe place with good child protection with quality coaching and safety. amount.aswith local footballers of aged four to sixteen playing for the club on a weekly basis.

All age groups throughout the club have enjoyed the season with lots of enjoyment, team work, progression and success.

A special mention needs to be made of the Stoke United U8's team who worked hard throughout the whole of the season to win the Norfolk League South District Cup Final on 29th April 2017. Congratulations to the team on such a great achievement!

Stoke United are currently recruiting within the Mini-Kickers age group of 4 and 5 year olds (Reception class for 2016/17). There are also other opportunities within different age groups for boys and girls so please feel free to contact the relevant club contact through their website ([www.stokeunitedfc.com](http://www.stokeunitedfc.com))

We are still in touch with the Okunguro church in the previous article and Stoke United Football Club have very kindly offered to let us have their last season's kit from their 9 to 10 years team along with a couple of footballs plus a pump and this will be sent out to the Okunguro children. No doubt the kit and balls will be much used and greatly appreciated.

*We would love to feature your village organisation in a future magazine with an article of this kind – just get in touch and we will see what we can do!*  
Email [ventafree4all@outlook.com](mailto:ventafree4all@outlook.com)



### CAISTOR DATES FOR YOUR DIARIES

For each Thursday in June we open the Caistor St Edmund church from 10.00am to 12.00 noon. Do please call in for coffee, cake and a chat.

This is a very informal opportunity to meet up with friends, make new friends and get together as a community. Bring the dog too if you are walking him or her.

On Friday 4th August 2017 there will be another of the special 'Picnic to Music' evenings in the Caistor Old Hall Gardens, again by kind permission of Ann and Antony Jarrold.

One of Norfolk's top singing entertainers, Stacy Collins, will bring her mix of music with the fabulous Simon Brown on piano. An evening not to miss - so please 'save the date.'

This will be our third picnic in the Old Hall Gardens, the previous two being most sociable and enjoyable, so do please plan to join us. Tickets will go on sale in June and will be the same price as before, only £15, which includes a glass of fizz on arrival. The event is from 7pm but gates will be open from 6pm for early picnickers. It would be great if you could bring some friends along and to encourage small parties you will can buy 10 tickets for the price of 9 (ie £135 for 10). Call Jani on 01508 493572

### STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held on Thursday 1st June, 2017 - 1.30pm for 2pm -- St Georges Hall Upper Stoke Holy Cross

We will be having an outing to Lowestoft on Tuesday 20th June, 2017. Coach commences picking up in Trowse at 9.30am. To book a seat contact Liz Smith 01508493245. Cost for this is £8.

Bingo dates for June are 7th and 21st - eyes down 1.45pm

Carpet Bowls dates for June are 14th and 28th - cost £2

### PORINGLAND COMMUNITY CINEMA

We take a break for the summer so our next film will on Friday 8th September.

### BUENA VISTA SOCIAL CLUB

We also take a break for the summer so our next meeting will on Friday 1st September.



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## GOOD CHILDREN'S JOKES NEEDED

Hello to any  
Stoke Holy Cross school children.  
Can you help?

We wondered if any of you had a favourite new simple joke you would like to share in the next edition of the Free 4 All.

If so please send them by email to [ventafree4all@outlook.com](mailto:ventafree4all@outlook.com) and yours just might get picked to appear.

One of you sent in this joke ...

*What games do Crocodiles play?*

If you can't think of the answer it is hidden in the Okunguru article on page 6.

## CAISTOR CREAM TEAS

Summer is not far off and we are already planning for the Cream Teas at Caistor Church. This year they will be served on Sundays only in July and August. There will be a special "Afternoon Tea" event on a Saturday, date to be announced, which will be pre-bookable and payable in advance. More details next month.

## STOKE HOLY CROSS TUESDAY GROUP

We would like to thank everyone who took part in our Coffee morning in April which raised £300 for the NOOK hospice appeal and who came to our Spring Supper in April which raised £316 for the charity Nelson's Journey.

Our meeting in June is our Theatre Trip on 14th but tickets have now all been sold.

## STOKE HOLY CROSS DEFIBRILLATOR

A lifesaving defibrillator had been placed in the BT payphone box at the junction of Brickle Road and Chandler Road.

In case of emergency please ring 999 for the ambulance service and they will supply the code to access the AED box and give instructions for its use.

An information and training session is being arranged, so please look at the notice boards and on the Parish Council website for further details of this.

Any member of the Parish will be welcome to attend the training.

# Saint Mary's Church Arminghall

We are still collecting used stamps for The Hearing Dogs For Deaf People charity. Please keep your used stamps, there is a collecting box in the church or give them to Pat.

It will soon be time for the shoebox appeal, time goes so quickly. Please start collecting or knitting so we can beat last year's 54 boxes.

We have a "Church Open" banner on the roadside outside the church & there are still plenty of jars of preserves to purchase in the church. The church is open daily from 9.00am to 5.00pm. Please come & look round & enjoy the peace & quiet reflection.

We had a very pleasant evening celebrating St Georges Day. After the special service 26

people, mainly from Arminghall, rang the bell, enjoyed pork pie, mustard & English beer. We hope to continue this event next year.

Operation Christmas Child (Shoebox Appeal) will be taking place soon. Please start knitting or collecting items such as face cloths, toilet soap, tooth brushes & toothpaste. small drawing books, colouring books, pencils etc and small toys to fit into shoe boxes. There will be a special service probably at the end of October & a packing day on a Saturday before that. More details later.

This week we shall be sending about 4lbs of used stamps to "Hearing Dogs for the Deaf. Thank you all for your effort and do please keep the stamps coming.

# 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 June are 12th and 26th. On the 12th we will have a Boat Trip on the broads at Wroxham. For further details of the trip ring 10508 493661 or 492938.

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.

# Caistor St Edmund Community Governance Review 2017-18

Caistor St Edmund Parish Council invites you as a resident of the Parish to have your say on the South Norfolk Community Governance Review 2017-2018.

TO HAVE YOUR SAY PLEASE COMPLETE THE SURVEY; <http://www.smartsurvey.co.uk/s/communitygovernancereview1/>

This will only take a short space of time only

11 questions in total and if you are happy with your current Parish arrangements only 7 questions to complete. Closing date for responses is 12th June 2017. Further information can be found on the Parish Council noticeboards or website.

If as a resident you would like to be kept up-to-date with Parish Council News please provide your e-mail address to the Parish Clerk @ [csepc@hotmail.co.uk](mailto:csepc@hotmail.co.uk).



# Worried about your home and assets?



## What is a Family Asset Preservation Trust and how do they work?

Just like a safety deposit box, assets can be added and removed from the Trust during your lifetime, most people will protect their home and their savings. You are named as the "Principal Beneficiary" of the Trust and retain full control of the assets within the Trust while you are alive and have mental capacity. You are free to move home, or release equity from the trust at any time. As the Principal Beneficiary of the Trust, you have a guaranteed right of occupation in the Property for the remainder of your life.

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### Consider these five things:

- Re-marriage
- Large probate fees
- Unreliable children
- Incapacity
- Care costs

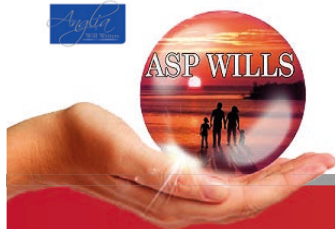
### Did you know that...

Currently, one in three women and one in four men go into some sort of care? If you have assets of £23,250 (*this includes your home*) or above you must fully fund all of your care fees.

To find out more about setting up a Family Asset Preservation Trust, Lasting Powers of Attorney or a Will call

**01508 494315**

email [sales@aspwills.co.uk](mailto:sales@aspwills.co.uk) | [www.aspwills.co.uk](http://www.aspwills.co.uk)



ASP Wills 29 Spruce Crescent, Poringland, Norwich, Norfolk, NR14 7UA



## Edith Cavell Day Centre Main Road, Swardeston, NR14 8DU

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We are open from 10.00am until 3.00pm  
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and we would be delighted to welcome you  
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(by appointment please).

For more information call the Day Centre on

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for the elderly or vulnerable

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- Just £3.40 a week and installation fee of £30
- Your alarm fitted within 3 working days of contacting us (requires suitable plug sockets and 2 local contacts)



Get in touch with any questions:

**0800 917 4680**

or **[contactcare@saffronhousing.co.uk](mailto:contactcare@saffronhousing.co.uk)**

Website: **[www.contactcarelifeline.co.uk](http://www.contactcarelifeline.co.uk)**



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