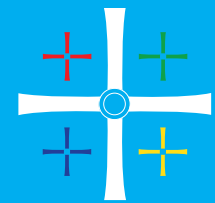


Free for All



THE MAGAZINE OF THE VENTA GROUP

JUNE 2018



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Friday 15th June 2018
7.30 pm

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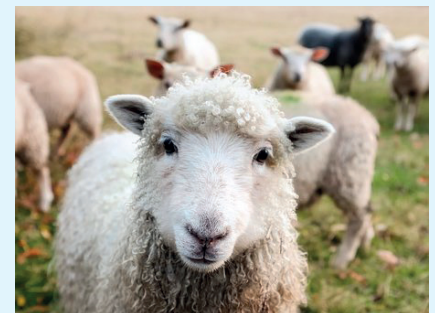
The Venta Group of churches

Arminghall, Caistor St Edmund, Stoke Holy Cross with Dunston
www.venta-group.org | www.facebook.com/ventachurches
rob@venta-group.org | admin@venta-group.org | 01508 492305



LOCAL SHEPHERD COMES TO CAISTOR ST EDMUND CHURCH

See page 3



**Saturday 9th June
Stoke Holy Cross
COFFEE MORNING
& PLANT SALE
10am to 1pm**

This will be at the Carringtons'
51 Norwich Road, Stoke Holy Cross
If you can contribute any plants please
ring Viv or David on 01508 493438

Proceeds in aid of Church Buildings Fund

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Recently we welcomed David Moore to Caistor church. I say welcome, because David is our local shepherd, and is busy around Caistor church more often than most of us are. In fact on the day he came, he had already been to visit 3 lots of sheep before he arrived, and was going to take another service afterwards. For all that we can read in the bible about God being like a shepherd, it was amazing to hear from someone who has really lived the story.

There weren't shepherds in the family when I was born; my parents didn't know one end of a sheep from the other, but now I have 2 daughters who are shepherds who work with me. It's been 47 years or so now that I've been keeping sheep.

The sheep put you through it. I went to the dentist recently, and she said my teeth were worn down. I said it's because I keep sheep and they are so awkward they make you grind your teeth!

The sheep hear their master's voice and follow them. People have commented that the sheep heard the Landrover coming and started to bleat before they see it. My daughter Rachel has lambed most of 400 this year and they know her voice. If she is lambing she talks to the ewe – she can call and heads go up and they come. She puts the new-born lamb in a pushchair and calls the sheep and the sheep follows her.

Looking after sheep brings the bible out in a remarkable way. Psalm 23 describes the things the good shepherd does to us. As a shepherd I know what the sheep need at each different time, and just at the right time I give it to them. I feel, as a follower of the Good Shepherd who loves me, he organises my life and he gives me everything that I need just at the right time. He's never too early, never too late, always

on time. It brings that out to me as I feed the sheep.

You have to look after the sheep. Sometimes there are dogs not on leads, or the sheep get in the river... with sheep you are on call 24/7. The Good Shepherd is always willing to hear our cry and our voice. It's wonderful.

We put this stuff on a sheep to protect them from pests, and we mark them with a sign like the sign of the cross, like Jesus's cross when he laid down his life for his sheep, Jesus's blood that covers us and protects us.

When a ewe loses her lamb, my daughter will skin it and put that skin over another lamb and give it to mum. Normally mum wouldn't take any notice of it, but if we put her lamb's skin on its back, mum will accept that lamb, and it is a picture for me of what Christ has done for me. When God looks on me he doesn't see me in my sinful state: he sees me with a robe of righteousness, which has been put on by Christ.

Being a shepherd you've either got it or you haven't – you don't look at your watch or think I'll have a day off today. Our sheep are shepherded every day of the week. God doesn't slumber: he's the good shepherd who watches over us.

Another illustration is when we turn the lambs out with the mums we put the lambs in the Landrover and the sheep in the trailer so the lambs don't get trampled. And when we put them out on the field here it is bedlam. Bedlam! How are they going to find each other? But you go back an hour later and they're all paired up; in the midst of it all mum hears that little voice. It reminds me how, in all the hubbub of life, and the stress of that, He hears our voice, and we can hear His still small voice, guiding and directing us.

VICAR OF THE VENTA GROUP

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Rob Baker, The Vicarage, Mill Road, Stoke Holy Cross, NR14 8PA
rob@venta-group.org 01508 492305


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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

FUNERALS

Geoffrey Charles Daniels
1st May 2018
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.

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

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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Your churchyard needs you!

DEAR STOKE HOLY CROSS RESIDENTS YOUR CHURCHYARD REALLY DOES NEED YOUR HELP PLEASE. SO DO COME AND JOIN US IF YOU CAN FOR OUR WORKING PARTY AND PICNIC NOW ON THE CHANGED DATE OF 22ND JULY AT 1.00PM

Because Stoke Holy Cross church has kept the churchyard open and available for further burials this means that looking after the churchyard still falls to the local church itself rather than the parish council. The churchyard is a delightful, peaceful place to visit, whether you have someone there to remember or not, and is a real haven for wildlife. But it does need looking after.



Could you spare a bit of time and energy to help keep the churchyard looking nice for all our visitors. It is a beautiful place to come and spend a little time doing a bit of tidying or expending some energy to help with the mowing. Maybe you could even help us to form a little gardening group to get together here? Please bring your gardening gloves and perhaps your favourite tools. We can provide hot and cold drinks. And there is a loo too!

But do remember to bring your own picnic lunch.



SERVICES FOR JUNE IN THE VENTA GROUP OF CHURCHES

3rd June 1st Sunday After Trinity

- 9.00 am** Traditional Holy Communion
Caistor St Edmund Church
- 10.30 am** Informal Holy Communion
Stoke Holy Cross Church
- 4.00 pm** Traditional Holy Communion
Dunston Church

10th June 2nd 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

17th June 3rd 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

24th June 4th Sunday After Trinity

- 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 Service
Arminghall Church

St George's Hall Dementia Support Cafe



If you are supporting someone with Dementia do come along and join us –
We have ample space and would love to welcome more people

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. For further details please ring 01508 493661 or 492938.

The group and café are proving to be a wonderful opportunity for those with dementia and their carers to enjoy a relaxing

time together to the benefit and enjoyment of all who come. If you know someone local with a form of dementia do mention the café and we are always pleased to welcome more volunteers to help too.

We had a wonderful celebration on St. George's day with flags and banners on 23rd April. One of the volunteers made a St. George's themed word search and we also had a quiz which was fun but hard. The next Café is 11th June and there will be a coach outing to Africa Alive on 25th June. 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

*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.

allstars club

after school for 4-11s

Games Crafts Snacks

Bible Stories, Videos & Songs

All Foundation-Year 6 children are welcome to join us at our brand new after-school club, as well as any older helpers who would like to join in! If you'd like to come along, or to find out more, contact us on admin@venta-group.org, or 01508 492305.

We really need to know in advance if you are coming to help us plan ahead, but please do just come along if you don't manage to get in touch for any reason. All children must be signed in and out by a responsible adult.

Thursdays 3.30-4.45 in the Church Hall
28th June 29th July

The Venta group of churches

STOKE HOLY CROSS TUESDAY GROUP

The attendance at the recent supper was incredible, and the decibels rose to (almost!) rave proportions as every one enjoyed themselves.

Our June meeting takes the form of a Strawberry Tea, to be held at the home of June Mann, 47, Caistor Lane, Caistor St Edmund, at 2 30 pm. You are very welcome to join us, and together we'll hope for good weather! The Group's Spring Supper, held in April in support of our chosen charity for 2018, the Dementia Café at St. George's Hall, was extremely well-attended, and we're delighted to announce that it made the incredible amount of £440. Our grateful thanks to all those members who cooked, arranged flowers, and generally helped in any way to obtain such a result.

MODERN SQUARE DANCE (and exercise class)

My name is Jan Motley and with my husband Richard we have started up a Modern Square Dance class at the School House (which used to be called the Nightingale Centre) Framingham Earl from 10:00 - 11:00am every Monday morning. This class aims to give gentle exercise to music and social fun to all ages. We teach all the moves you need and Richard guarantees to have you dancing and laughing within 10 minutes! The cost is £6 per session, but the first session is free! Please contact Jan and Richard 01508 495320.

Some more great family events coming up in the next little while in the Venta group of churches



BIG SCREEN WORLD CUP FOOTBALL

On Sunday 24th June we will be showing live England v Panama on a big screen in the Church Hall. Come along from 12.30pm for food, drink and football themed activities, kick-off 1pm on the big screen. Bring your own beer and soft drinks etc.

TEAM BUILDERS CHILDRENS' HOLIDAY CLUB

All primary school aged children warmly invited to join us at this year's Teambuilders Holiday Club on 30th, 31st July and 1st August at Stoke Holy Cross School. Invitations have gone out at Stoke School, but you can download one at venta-group.org and send it back to us.



ANNUAL CHURCH BARBEQUE

Our church barbeque will be coming up again in July (see the date in the next Free for All) Burgers, bangers, salad and lots of lovely puddings too.

Open to everyone from all the parishes and of any age. This is always a great family occasion.

St Mary's Church Arminghall

ST GEORGES DAY

The bell ringing was a great success. Over 35 people enjoyed a couple of hours ringing the bell, drinking English beer and having a good conversation.

Many thanks to Roger Ems from Bungay for bringing and playing his accordion.

St Mary's is a lovely church to visit which is often open and during much of May the bluebells in the churchyard were wonderful.



NORFOLK DAY CELEBRATIONS

On 27th July 2018 at 6.00pm we will be having a BBQ on the grass at the top of Church Close

Barbeque, burgers sausages and salad.

A barrel of Woodfordes specially created 'Norfolk Day Beer' has kindly been donated so this will be free. Maybe you had a go at naming the beer!

Tombola -- donations of prizes please.

Bowling for the pig. Cash prizes.

Jenga and various games.



Tickets in advance from Vera 493050 or Ann 491675, £5.00 each. Children under 10 £2.50. Children 5 and under free.

Please bring your own wine and soft drinks and glasses if you prefer.

Come and join us for a fun packed evening.



Adam's Gardening Tips for June

June is a month when crops are coming to fruition and gardeners are very busy both harvesting and sowing. Your early new potatoes may well be ready for harvesting. Scrape a little soil away to see if they are ready. Make sure all your potatoes are fully earthed up to prevent the tubers being exposed to sunlight and turning green. The asparagus harvest will be coming to end before the longest day. When any shoots appear after this leave them to grow into ferns which will feed the crowns putting strength into next year's crop. Last year April's asparagus was hit badly by asparagus beetle whose larvae feed on the asparagus fronds leaving the plants as dried up twigs. April went every day to kill these creatures by hand! Not a fully successful operation!

Strawberries will be in full swing this month and straw placed underneath the plants will keep the fruit off the ground. Remove any moulding fruits to prevent the spread of botrytis. Later in the month if runners start to appear peg them down to encourage rooting. These can be used to create new strawberry beds next year.

Salad crops will be coming into their own now and don't forget to keep the successional sowing of these to ensure continued supply. Early in the month you can plant out courgettes, marrow, cucumbers, runner and French beans, broccoli, kale and other brassicas.

If you have fruit crops such as apples, plums and pears which are heavily fruiting, it is a good idea to thin the fruit out in order to get a better quality harvest without putting too much strain on the tree.

Adam, when watering, likes to use a little homemade liquid manure. Take a half to

two thirds of a barrel of water, and hang a small hessian sack filled with farmyard manure into it until the water starts to change colour. When it is like weak tea, a cup full can be added to a watering can to boost plant growth. You can also soak comfrey leaves in water to create a fertilizer very rich in potassium. However, it is very smelly.

In the herb garden if some of the herbs are beginning to run to seed trim half of them down so that they will send out new growth providing you with fresh material. Weeds will unfortunately still be rampant and to discourage competition with your crops try to keep them down with regular hoeing.

Pea Soup

Pea soup is delicious at any time of year as it can be made with frozen peas but in the early summer fresh peas are especially delicious.

Small knob of butter or splash of olive oil.

Small onion, shallot or a few spring onions finely chopped.

About 450g of shelled peas (fresh or frozen)

750ml water or stock

Lemon juice

Chopped mint or parsley and crème fraîche to serve

Melt the butter/oil and sauté the onions until soft. Add the peas and stock and simmer for about 10 minutes. Puree the soup and then season with salt and pepper and the lemon juice to taste. Serve with the chopped herbs and a swirl of crème fraîche. You can try serving this soup hot or cold. (If you want you can add some bacon to the onions)

Lyn's Ordination



Wasn't that last year, I hear you say? Yes but there's more. In the Church of England there are two ordination services that normally happen in consecutive years. The first one is the ordination as a deacon and the second one is to the priesthood. On Saturday 30th June at 2:30pm our Curate Lyn Marsh will be ordained as a priest in Norwich Cathedral. Maybe some people will remember the lovely time we had seeing Lyn being made a deacon also at the cathedral by Bishop Graham but if you missed it, you've got a second chance, so why not come and celebrate with us this year. Everyone is once again invited to come

along and witness this important event in Lyn's journey to priesthood. To attend you don't need a ticket just a smile.

The next day (Sunday 1st July) everyone is also invited to a Group Service at Caistor St Edmund church at 9.30am when Lyn will take her first Holy Communion service.



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STOKE HOLY CROSS THURSAY CLUB

Our next meeting will be held on Thursday 7th June, 2018. 1.30pm for 2pm in St. Georges Hall Upper Stoke Holy Cross. Come along and meet new friends and enjoy all the benefits of being a member.

We are having an outing on Tuesday 26th June, 2018 to Dereham and then on to Bawdswell Garden Centre for lunch - cost for this is £20 - for further details contact Liz Smith on 01508493245

Our Bingo dates for June are Wednesday 6th and 20th - eyes down at 1.45pm

Our Carpets Bowls dates for June are Wednesday 13th and 27th - 1.30pm - cost £2

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THY KINGDOM COME

is a global prayer movement that invites Christians around the world to pray for more people to come to know Jesus. What started in 2016 as an invitation from the Archbishops of Canterbury and York to the Church of England has grown into an international call to prayer across all churches.

During 10 days in May the Venta Group churches family kept open the churches to allow everyone to come and pray for our friends, families, local communities and indeed for people around the whole world to come to experience the love of God. We want everyone to come to know, to experience the amazing love that Jesus has for each of us. He loves us all totally unconditionally and he loves us to bring our burdens and desires to him in prayer.

Many people simply came and sat quietly in one of the three open churches at Arminghall, Caistor St Edmund and Stoke Holy Cross, and enjoyed a peaceful quiet time of prayer. Caistor St Edmund and St Mary's churches are normally open during the day for quiet prayer.

In the churches we put out some aids to prayer such as a map of the area covering our Venta Group communities where people wrote prayers on post it notes and stuck these onto areas in our communities. At Stoke Holy Cross there was a prayer tree where prayer notes could be hung and at Caistor St Edmund there is always a place available where requests for prayer can be placed by anyone.

On 15th May the Archbishop of Canterbury, Justin Welby said on his Facebook page "It's day six of Thy Kingdom Come and the reflection today is about handing everything over to Jesus in prayer." The Archbishop reminds us that -

"Prayer is simply refusing to carry things ourselves. It is the practice of loading things that are too heavy for us onto the shoulders of Jesus.

And when we do, we find that there is not a burden, not a person, not a situation that he wasn't carrying already"

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us.

And lead us not into temptation,
but deliver us from evil.

For thine is the kingdom,
the power and the glory,
forever and ever.

Amen

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

LORD'S PRAYER WORDSEARCH

AMEN	HALLOWED
BREAD	HEAVEN
DAILY	KINGDOM
DELIVER	LORD
DONE	NAME
EARTH	OUR
EVIL	POWER
FATHER	PRAYER
FOREVER	SINS
FORGIVE	TEMPTATION
GIVE	TODAY
GLORY	WILL

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