

Free for All



THE MAGAZINE OF THE VENTA GROUP

MARCH 2021



The Beauty of Spring
coming to life



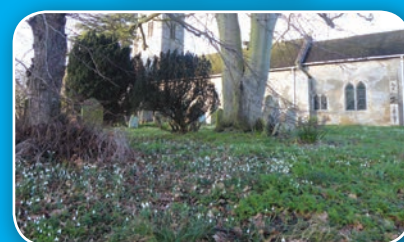
MEMORIES OF
JIM HOWLETT



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HER HHOG BOOK



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I don't know what you're up to at the moment – pretty much the same as yesterday, probably – but in our churches we are thinking about going deeper in our faith. I like 'deeper' for a few reasons, but one of them is because with God, we can always go deeper. It's a bit like being at the seaside; we might be sitting on the beach just looking and wondering; standing on the shoreline dipping our toes in; or swimming around half a mile out; but all of us can go deeper.

We started off thinking about going deeper into the Bible. I might ask if you have ever read it, but you might equally wonder why you should. I've been looking at Psalm 19, which talks all about the Scriptures, and I

think it depends on what you want.

We might think that what drives us most as humans is what we believe, or how we think or feel, but what if it is something different? What if it is what we love, what we long for... what we want? I wonder now, locked down again, a year almost since the first one, what you really long for?

Here's a few possibilities. We might want not to be worn out. We might want to have an idea of what to do. We might want to be happy; to see clearly; we might want something that lasts: something we can trust.

Well the fascinating thing is that those are exactly what Psalm 19 promises us that we will find in the Bible. I want not to be worn out. "God's law refreshes the soul." I want to know what to do. "God's law makes wise the simple." I want to be happy. "God's precepts give joy." I want to be able to see clearly. "God's commands give light to the eyes." I want something that lasts. "The fear of the Lord endures for ever." I want something I can trust. "The decrees of the Lord are all righteous."

Do you want some of those? Do you know someone who wants one of those? Or put the other way round, do you know anyone who doesn't want one of those? You are promised that you will find all of them in the Bible.

In our house we have two letters from the Queen. Written a generation apart, one says that the Queen commanded that it be written; the other, a bit more 2020 than 1989, says that she wished that it be so. We have the bible (as a favourite song lyric of mine goes) because "the King has given words to us to tell us what he's like." It was God's command and his wish that it be written.

And what's he like? Well it sounds to me that he wants us to be refreshed; to have wisdom; to be happy; to see clearly; to have something lasting and trustworthy. That's what he's like; that's what he wants. And it's in the Bible that he promises it will be found. Time to go deeper, don't you think?

Rob

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IN A FUTURE MAGAZINE

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FROM THE REGISTERS FUNERALS

7th February
JAMES HOWLETT
Arminghall Church

22nd February
IVY SMITH
Stoke Holy Cross Church

25th February
JUDITH KING
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.

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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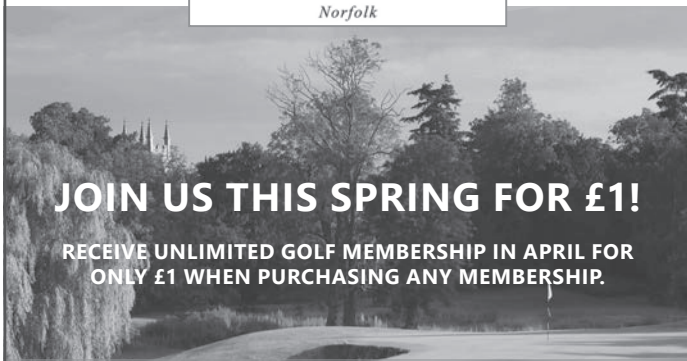
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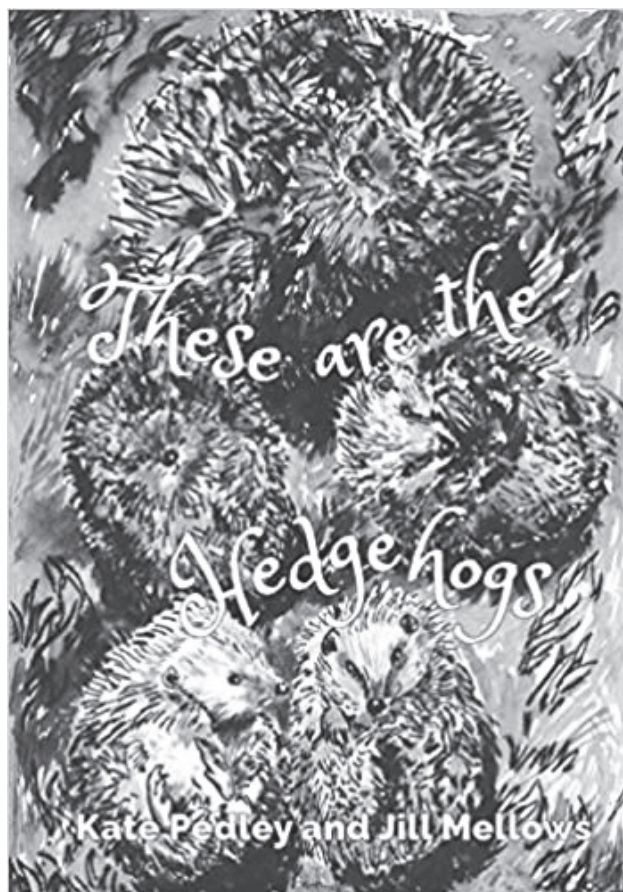
Local artist and wildlife lover Kate publishes her book about Hedgehogs.

I have always liked drawing and painting, especially God's creation. We need to use the gifts He gives us, if we can discover what ours are. Encouragement is an important one at the moment. So, encouraged by Lyn's article which mentioned hedgehogs in her garden, and by Laura's lovely photos, I decided to write one.

Lockdown gave me a chance to Do Something with some paintings of hedgehogs I had done in 2009. When I lived in Norwich I belonged to the Gardens for Wildlife group, and did some drawings for their newsletter. A lady liked one I had done of a mouse and asked if I could illustrate a book she was writing to encourage children's interest in hedgehogs. I spent a long time working on them, but we never got it published and then the lady died.

I found the paintings while sorting out my studio. I mentioned them to a friend who wrote a lovely poem to go with them, and her daughter said she could publish it on Amazon. So, many emails and drafts later, there it is! (The link is www.amazon.co.uk/dp/B08N51CN3R). Any profits I make go to Hodmedod's Hedgehog Support charity.

Hedgehogs do visit our garden, but we don't see them as often as we would like. It may be because we are near farm land so they have plenty of other places to forage. They leave their visiting cards (ie poops). We once found two prickly balls under the woodpile at the back of the shed (so we quickly covered them up again). They don't need to come so near the house now as they can drink out of the other result of lockdown – our wildlife pond, which my husband created last summer – but that's another story ..



FACES by Lyn

How do you react when you look in the mirror and see your face? Or if you have a passport, how do you react when you look at your passport photo? I must admit I wince a bit and as I get older I peer a bit more and get more critical of what I'm seeing. I also struggle looking at photos of myself, my lazy eye(s) are so obvious and I don't like them – but I do like my nose!

We live in a world that still emphasizes looks and that how we look is important. First impressions still count. But how can I accept myself? How can I come to terms with my wonky eyes? How can I get the right outlook on myself?

Samuel in the Old Testament, was searching for a new king and he went to Bethlehem and looked at Eliab and thought, surely this is the one. God said to him I don't look at the things humankind looks at. Humans look at the outward appearance but I look at the heart. What is my heart like? Is it kind or unkind? Is it loving or unloving? Is it graceful or graceless? Is it merciful or merciless? More ready to give than to receive. More ready to serve than expect service. Is my heart like Jesus? We don't know what Jesus looked like physically but we do know his heart was kind, loving, graceful, merciful and that in service he gave himself for us. If you need to know how you really look like, turn your eyes upon Jesus – he will look behind your face, to your heart. Open what's inside you to him and let him operate on you rather than yourself. In this world – whether on Facebook, at work, in the supermarket, wherever we take our face, we need good hearts to show.

God help me to spring into Spring with a new view. Jesus help me to see myself as you see me and Holy Spirit make love flow into my heart and out of me to those I meet. Amen



QUIZ TIME!

Join us online for a fun packed evening for all the family.
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Sunday 27th March 2021
STOKE HOLY CROSS CHURCH

Christ as a light

Christ as a light, illumine and guide me

Christ as a shield, overshadow me.

Christ under me;

Christ over me;

Christ beside me on my left and my right.

This day be within and without me,

Lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;

In the mouth of each who speaks unto me.

This day be within and without me,

Lowly and meek, yet all-powerful.

Christ as a light; Christ as a shield,

Christ beside me on my left and my right.

The Beauty of Winter



Lord, I am afraid of being still

Of those times when nothing seems
to happen and there is no growth, nor
movement

Help me to learn that, in your wisdom,
you gave times of rest to your creation.

Thank you for the beauty of winter

For frozen lake, the leafless trees, the
white frost

Bringing into delicate relief each blade
of grass.

Take from me the fear of being still.

Help me to see its necessity and its
beauty.

Teach me to rest in your love, as you
prepare me for all that is ahead.

*The photo was taken one very cold
afternoon on our way to collect some
food - Henry and Eostre*

Caistor St Edmund Church drive.

Many people park in the drive at Caistor St Edmund Church - to visit the church or the graves, or just to go for a walk. We are lucky to have such beautiful surroundings and it has been great to see people enjoying their walks during the pandemic.

However, the drive was in need of a facelift, so recently we got together to spread a few loads of gravel over the surface. Thank you Earsham Gravel for giving us a good deal - we got an extra load for free.



It was a cold day but we soon got warm spreading the gravel with rakes and shovels, and it looks much better.

Just a reminder: during the current lockdown the church is open on Wednesdays and Sundays. We also have a Foodbank box in the porch where you can leave gifts or take food away if you are in need. If you would like us to pray for you there is a box to leave a request. We thank you for sharing these with us.

Rechargeable Batteries

I have been having to learn a lot about rechargeable (Lithium) batteries recently because I'm using extra bright bicycle lights.

We are all used to the idea of recharging lead-acid batteries in cars - nowadays they are kept charged by the car and we don't have to worry about them but years ago most car owners would have a charger for giving their car a boost if starting was difficult in cold weather.

And we have all got used to mobile phones and digital cameras etc needing charging. Most of these used to need their own unique charger - I have a box in the garage with lots of chargers that belonged to particular equipment that I no longer use. There has been a movement toward USB chargers becoming more standardised which saves some wastage.

Because we used a lot of AAA and AA batteries for TV remote controls, watering system timers etc I started buying rechargeable AA batteries. But they are not all the same - there used to be NiCad and then NiMH which needed different voltages and currents. Now Lithium batteries are overtaking all the other technologies - but there are different Lithium batteries - Lithium Oxide, Lithium Sulphate, Lithium Polymer, and now Lithium Iron Phosphate and even Lithium Titanate.

They have huge lifetimes - tens of years, but they have slightly different voltages and currents and they each need special chargers. You mustn't mix them up as that could ruin them.

Two weeks ago Lia and I watched the 60th anniversary of Songs of Praise with Aled Jones and Pam Rhodes. They played some hymns chosen from their list of 100 best hymns as voted for by thousands of viewers. They had "How deep the Father's love for us" by Stuart Townsend - not that old though it sounds quite traditional, followed by "Guide me O thou great redeemer". We were singing along at the tops of our voices and getting quite emotional.

Afterwards I realised I had been recharged - by a recharger that suits me. We are all different and don't all get recharged in the same way but we need our own specific charger at least sometimes if we are to keep ourselves in top condition.

Brian Day

JAMES (Jim) FREDERICK HOWLETT

Born 24.04.1949 Died 24.01.2021

James was born in Reedham in Norfolk but at the age of three the family moved to Stag Farm Bedingham. James went to Woodton Country Primary school where he passed the 11+ exam, he then went to Bungay Grammar School for the rest of his education and while there he played cricket for the school team.



When he left school, he went to work at Holden Motors in Norwich, they then opened another company HLH Commercials and took on the ERF Trucks franchise, James moved there to run their stores for more than 25 years.

During this time, he joined Stoke Holy Cross Young Farmers where he became chairman and won the Chairman of the year award. He also played anchor in the tug of war team and goal keeper in the hockey team. He had to give up playing goalie after an accident at work dropping a lorry stub axle on his foot caused him to lose his little toe - so he took up refereeing instead. He loved his sport and was a great supporter of the Canaries and spent many Saturday afternoons watching them play.

When his father retired the family moved to Arminghall. Eventually his parents and Raymond passed away but James remained living in the bungalow on his own and decided to join the Wheel of Fortune at Alington Cribbage and Petanque teams, this is where he met Pat as she and her husband also played in the cribbage team. After Pat's husband died, James and another couple used to take turns to take her to the away matches and anything else relating to the team. When Christmas time approached Pat decided to invite them for a meal to say thank you for what they had done and that's how they got together. Eventually Pat moved into the bungalow and they got married where they lived for the rest of their days.

Jim did so much behind the scenes in Arminghall – buying pork pies and beer for St Georges Day, food for Lent Breakfasts and church lunches together. He was a trustee of the Arminghall Fuel Allotment Trust. He was the church Treasurer. He (and Pat) opened the church up for visitors and he helped and supported church members by giving lifts and doing practical things for them and the church building. We have lost a gentle giant, a best friend, a quiet servant of the community but he missed Pat and now they are reunited.

May he rest in peace.



STOKE HOLY CROSS TUESDAY GROUP

There has not been a great deal to report on the Tuesday Group front since my last notes appeared in the December issue of Free4All. Finally free of the horrors of 2020, we wished our members and readers 'Happy New Year', via telephone, email, or the pages of the magazine. A huge 'plus' for the New Year is that the longed-for vaccine has arrived, and the colossal task of vaccinating a large proportion of the population is under way, with the UK firmly in the lead among European countries. Now, there's a reason to give rather more than three hearty cheers! And it says much for this country that you can receive your vaccine from a nurse, a doctor, a member of your practice's medical team, a team from the Armed Forces, or a consultant surgeon on their day off, such is the desire to get the job done.

One day, hopefully not too far distant, we shall have some notes to report the Group's next meeting or social function. In the meantime, the dogs Vyrnwy and Jakke have been steadily gaining sponsorship to boost the Group's efforts to support 'Hearing Dogs for the Deaf', our current sponsorship project. They've reached around £25, plus the extra gifts they've been given. Over £40 in all, and we're still ploughing on, adding to our total each time we see someone with their dog, or simply taking a walk, when we ramble around the fields and footpaths. The marsh is always exciting, and we've counted extra donations for buzzards, herons, and our magical pair of barn owls. Today, as I write, it's snowing....how many points for starting off the afternoon walk as two collies and their Missus, and ending up as the Yeti, x3?!

We wish you all well, as the days lengthen, and we plod onwards towards what has been termed 'normality'. I'll settle for sitting next to a friend at a Tuesday Group meeting, and giving members a hug!

Can we pray for you?



We meet online every day to pray, and we would be really glad to include anything that's on your mind at the moment. Let us know by filling in a slip and posting it in the box at the Church Hall or at Arminghall, Caistor and Stoke churches, or email us on venta-prayer-chain@googlegroups.com.

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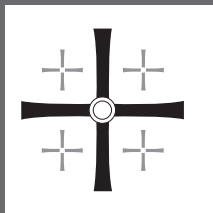
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LightHouse family sessions

9.30am on our Youtube channel every Sunday, or catch up later

Going deeper this March...

Saturdays

9.30am

zoom.us/j/978718212

Zoom Meeting ID 978 718 212

Lent 'breakfasts':

Deepening Discipleship

We're looking forward to Easter and the resurrection, and there'll be more news of this next month—please keep checking our website, Facebook and so on for details. It's a little tricky to be certain at the moment as you know!

Caistor church is normally open from 10-4 on Wednesdays and Sundays.

Please get in touch if we can help you in any way.



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Palm Sunday Wordsearch

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DISCIPLES	KING	SPRING
JOURNEY	CLOAKS	HOPE
JERUSALEM	PALM	FESTIVAL
DONKEY	LEAVES	BRANCHES
COLT	ROAD	BLESSED
CROWDS	STONES	LORD
HOSANNA	TRIUMPHAL	
REJOICE	CHRIST	

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