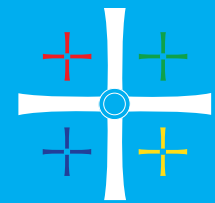


# Free for All



THE MAGAZINE OF THE VENTA GROUP

NOVEMBER 2018

## Ringling for Peace *Armistice 100*



SEE ST MARY'S CHURCH NOTICES



### 1960S VILLAGE FETE AT CAISTOR HALL

see inside for more about  
the Hall and an Invitation



## St George's Hall Dementia Support Cafe



We seek to provide 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. 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. We also often run subsidised excursions for everyone.

Over thirty folk from the group enjoyed their coach excursion to Wells-next-the-Sea on the  
*continued on page 5*



Stoke Holy Cross  
Primary School

### Christmas Fair Saturday 24th November

2 pm - 4 pm

Everyone welcome - Santa's grotto, raffle, tombola, games, crafts, stalls and much more



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The other week, to help with some leadership training I'm doing, I went and met some friends in Cambridge. (If you haven't been to Cambridge, it is worth a visit. It is nearly as nice as Norwich, but not quite.) We went out into the city, and tried to get chatting to people about church, and faith. We weren't trying to persuade people to believe: we wanted to see what they thought.

Between the four of us (we did it in two pairs) we met all sorts of interesting people, who had all sorts of interesting thoughts. They ranged from someone who was very much a Christian, who told us all about the things his church was doing, and what his faith meant to him, to others who didn't really know very much about church and Christianity at all. Of course, there were also a few people who didn't really want to chat, and that was fine too.

We asked people what they thought about church. We were pleased to hear that lots of people, whether they were regular churchgoers or not, were able to be really positive about lots of things the church was doing in their area, especially providing activities or events for their families or children (although one person stopped going at Christmas because he didn't like the things the Vicar was saying to the children about Santa). Some of the same people also seemed to value some of the moral guidance that the church offered. They talked quite a lot about respecting the church, even if it wasn't for them.

When we got to talking about faith, and about Jesus, things were a little different. One person who sees a lot of suffering in her job explained that it was hard to know what to think about why that stuff happened. Someone else said he thought there was something out there, and nothing he had met seemed better than the Christian faith, but that some of what it teaches is hard to believe. Another lady said she believed in Jesus, but it seemed like she wasn't sure what to do with it.

We know that a lot of people pray, even if they wouldn't say they believe in God, and most of the people we talked to said they did at least sometimes. Only one person said she never did. The questions got deeper, as we asked people what they would say if they were asked what life was all about. People mostly seemed to want to do good, and to enjoy life, which was very encouraging and understandable.

In the end, we asked them what they thought church leaders like us could be doing to connect better with people. Lots of people thought we were doing a good job, but others struggled to understand the basics of what Christian faith meant, or thought we should modernise a bit (that was the Santa chap again).

All in all, we had a really interesting time, and it has helped me to think a little more about talking to people in the villages about this kind of thing, or at least wondering what you think. So in case you want to get chatting to me, or one of the other folks from our churches, here are those questions again:

What do you think of the Church? Do you go? How often?

What do you think of the Christian faith?

What do you think of Jesus?

Do you pray? if yes, who are you praying to?

If you were asked (perhaps by a teenager) what is life all about, how would you respond?

When life has been hard on you, where have you turned for help?

How can we help you to connect more with Church and the Christian faith?

### VICAR OF THE VENTA GROUP

Stoke Holy Cross with Dunston, Arminghall and Caistor St Edmund  
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 [@venta-group](https://twitter.com/venta-group)

### 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

#### BAPTISM

##### MATILDA SPURGEON

Sunday 30th September  
Caistor St. Edmund Church

#### WEDDING

##### REBECCA SCHOFIELD

and

##### IAIN ROBERTSON

Friday 5th October  
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](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.



## THE FEATHERS RESTAURANT

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10th September. The outward trip was punctuated with a leisurely coffee break at Bawdeswell Garden Centre. On arrival, the coastal skies were grey but otherwise clear and dry. A brief stroll along the picturesque quayside, admiring the variety of yachts and other vessels moored alongside, helped to develop a healthy appetite for the lovely fish and chip lunch eaten at an award-winning restaurant just a few feet from the quay. After rounding off with tea or coffee, it was back out for another stroll to work off some of the excess calories! Some chose to browse in the individual galleries, boutiques and souvenir shops, others to explore more of the busy harbour for an hour or so.



Then, back on the coach for the return journey along a different route, viewing the very rural North Norfolk scenery in comfort. A few anxious moments in Stiffkey (pronounced "Stew-key" if you're a local) while the driver had to use considerable skill to squeeze past oncoming traffic along the narrow winding village street! Everyone eventually disembarked safely back in Upper Stoke after a very pleasurable trip.

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 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/>. Best of all, why not simply drop in and sample one of our regular cafe sessions at St George's Hall. You'd be made very welcome!

Our November Cafe dates are the Monday 12th and then the 26th when we hope to have Poringland school children coming to sing to us before at 12.30 we intend to go to the Old Feathers.

## The Nook Appeal Progress



The Venta Group of Churches are pleased to support THE NOOK new Children's Hospice being built now at Framingham Earl. Our Harvest Supper at St George's Hall in October raised another £200 to add to appeal fund. The September picture below shows the progress on the site.

As of Sep 25, 2018 The nook appeal has now reached £8,278,000 towards the target of £10,000,000 needed to build this much needed specialist children's Hospice.

## Ring for Peace *Armistice 100*

### St. Mary's Church Arminghall

At the church on Sunday 11th November we will be having our Armistice Day Remembrance Service at 6.30pm. And we will be ringing our bells at 7.05pm like lots of other churches around the country to join the Ringing for Peace Armistice 100. The Central Council for Church Bell Ringers have said -

More than 1,400 of our bell ringing community laid down their lives for peace in the 'war to end all wars.' We know in retrospect that wars were not 'ended', but we also know that there is an ever increasing movement to address this. Our fallen bell ringers came from all walks of life, as we ringers still do today (from skilled workers to academics to business people – you name it!), and today we are all united in wanting to ring out a message of peace around the world. So please do come along to mark this important anniversary.

#### COFFEE MORNING

Please do come and join us at the church for our Coffee Morning on Saturday 17th November, 10am to 12 noon. There will be lovely Home Made Cakes with Tea or Coffee and no doubt some excellent Home Made Jams too.



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

- 4th Nov 4th Sunday before Advent**  
**9.00 am** Traditional Holy Communion  
 Caistor St Edmund Church
- 10.30 am** Harvest Festival Service  
 Stoke Holy Cross Church
- 11th Nov 3rd Sunday before Advent**  
**10.30 am** Café Church  
 Stoke Holy Cross Church Hall
- 10.45 am** Group Remembrance Service  
 Caistor St Edmund Church
- 6.30 pm** Armistice Day Service  
 Arminghall Church
- 18th Nov 2nd Sunday before Advent**  
**9.30 am** Family Service  
 Caistor St Edmund Church
- 11.00 am** Traditional Holy Communion  
 Stoke Holy Cross Church
- 6.30 pm** The Gathering
- 25th Nov Christ the King**  
**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

*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.*

## STOKE HOLY CROSS TUESDAY GROUP

The speaker at the Group's November meeting has already spoken to us before, and is said to be extremely interesting. She is Christine Humphries, and is due to talk about 'The Life of a Norfolk Family in the 1900s'. What an intriguing subject! The President of the Tuesday Group was born in our village in 1940, at the home of her grandparents, James and Annie Hazell. James had a market garden at the bottom of the Long Lane, the land now occupied by the Chapel and the Manse, and the Vice-President of the same group cheerfully admits to scrumping his apples, which grew next to Norwich Road, on her way to school....a couple of parochial facts which make such talks as Mrs. Humphries' come alive! Visitors are always welcome at our meetings, and this one is on Tuesday, November 20th, at 7.30pm in the Church Hall, or, as James Hazell would have called it, the Reading Room!

At our October AGM, (which was of the abbreviated and painless variety,) we were delighted to hand our cheque for £800 to Dave Gudgin, in support of the St. George's Dementia Café. Our grateful thanks to everyone who has supported our various social functions during the last year – we were thrilled at the amount raised, and pleased that it's going to be used to provide music for those who attend the café's meetings. We also voted for a charity to adopt for the coming twelve months, and are delighted to tell you that it's going to be the East Anglian Air Ambulance. We invite you to help us in supporting such a supremely worthy cause.

## 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 after-school club, as well as any older helpers who would like to join in!

**29th November**

### Want to be there? Need Information?

Contact us via the details below. To help us plan ahead, we really need to know in advance if you are coming, but if you can't contact us for any reason, please do just come along.

*All children must be signed in and out by a responsible adult.*

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# Join us to welcome The Archbishop of Canterbury during his visit to Norwich

The Archbishop of Canterbury, the Most Reverend Justin Welby is coming to the Diocese in November, just a few days away from the 100th anniversary of the ending of WW1 and this, combined with his passion for reconciliation, has contributed strongly to the shaping of his programme.



On Wednesday 7 November the Archbishop will start his visit with a visit to St John's Roman Catholic Cathedral for an ecumenical act of worship at 12 noon. Everyone is welcome to attend the event. At 5.30pm the Archbishop will attend Evensong at Norwich Cathedral followed by an evening of exploration into the subject of reconciliation. In the context of the WW1 anniversary, the evening will highlight not only our world's need for peace today but also the fact that every single one of us is called to be a peacemaker. 'Blessed are the peacemakers', Jesus tells us. "Love your enemies". But what might this actually look like in your life and mine? We hope this event will offer lots of ideas. Everyone is warmly invited to all of it or as much as you can manage. It will begin at 5.30pm with Choral Evensong and end at 9.15pm after Compline by Candlelight. At 6.30pm, you will be able to spend time moving around some specially devised Stations of Reconciliation.

At 7.15pm, Bishop Graham will chair 'Reflections on Reconciliation' and we will listen to opening contributions from a richly diverse panel including Pastor Rolf Stahl from Koblenz, Norwich's German twin-town; Dr Marian Prinsley, President of the Norwich Hebrew Congregation; those who will speak about the need for reconciliation in a world peopled by homeless refugees and also in a divided Church. In response to these initial reflections, the Archbishop will make his own presentation before leading us into a time of gathered silence and prayer. There will then be more time for people to make their pilgrimage around the Stations of Reconciliation before Compline brings the evening to a close.

On Thursday 8 November there will be a unique opportunity to hear the Archbishop in conversation with BBC Look East's Andrew Sinclair about being a Christian disciple. Everyone is invited to come along to enjoy a light bite of fish and chips at Great Yarmouth Minster at 7.30pm. You may even be served your fish and chips by the Archbishop himself!

To book your free place at Great Yarmouth Minster go to [www.eventbrite.co.uk/e/archbishop-fish-tickets-49648794882](http://www.eventbrite.co.uk/e/archbishop-fish-tickets-49648794882)

## Stoke Holy Cross Church

### ANOTHER OVERGROWN CHRISTMAS TREE WANTED

Many people will know that Stoke Holy Cross Church love to put up a big Christmas Tree outside the church hall in the middle of the village and we also put up a bigger than average one in the church itself.

We do wish to thank Jill and Jim Hopper who have very kindly donated a large Christmas Tree from their garden to go outside the Church Hall this year.

We wonder if anyone has a bit smaller tree in their garden which they might like taken away and could donate it to go inside Stoke Church ready for the Christmas celebrations. If you can help please ring Viv on 493438.

### PLANT SALES FROM BEECH COTTAGE

We would like to thank everyone who bought plants from Viv's plant sale and stall this year. The money raised goes towards the maintenance of church buildings and church yard. More Pots Needed please - Viv would be grateful for any medium or large flower pots that you can spare.

### CHURCHYARDS TIDYING

We have been very fortunate over recent to receive help from individuals and from the Probation service, indeed they were to come this autumn unfortunately, however, they are no longer able to help.

If anyone is able to offer help to either Stoke or Dunston Churchyard would they please contact Viv 493438 or Roy 493595.





## Caistor Hall

This beautiful Georgian House, set in 30 acres of woodlands and gardens, is a Grade II listed country property dating from the early 19th. Century. Roger Watkins compiled the following history of the Hall and the estate of which it formed part from the 11th century.

The Domesday book of 1086 noted that a priest who served Caistor parish had the use of a parsonage with 11 acres of land which is analogous with the present site of Caistor Hall. King Edward the Confessor (1042-1066) had granted the church and the manor to the monks of Bury St. Edmunds but it seems at some point the property and the church were seized by the monks from Norwich Cathedral Priory and the Abbott of Bury had to obtain a writ from then King Steven to get Caistor restored to his Abbey. At the reformation Caistor passed to the crown until Queen Mary Tudor gave the manor and the patronage of the church to her godson.

In the 1720s a new parsonage was built on the site of what is now the north wing of the Hall. It is believed the vicar Horatio Dashwood rebuilt the parsonage between 1795 and 1797 in the time of King George III and this forms the main element of Caistor Hall today. The Hall was part of a large estate of 1300 acres by 1880s when the occupier Mr Harry Green became a noted breeder of prize cattle. It later passed the Rector of Tacolneston. His son became Rector of Caistor, inherited the estate and who, as an amateur archaeologist, is said to have played a significant role in the excavations of the Caistor St. Edmund Roman Town. It was on his death in 1944 that the estate was sold and by 1948 Caistor Hall had become hotel and country club.

The above two photographs are reproduced from the 1944 sale catalogue. The picture below is another picture of the 1960s Village Fete and a photo from 1940/41 of evacuees from London, John Eels, Robert and Mary Cheese and John Cross, who spent time at the Hall.

**Readers are all invited to come along to the Christmas Fair as well.**

**Caistor Hall's Christmas Fair**  
Free Entry 10am - 4pm // Saturday 17th of November  
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### CAISTOR ST EDMUND CHURCH

There will be the usual House to House collection in Caistor for the Royal British Legion Poppy Appeal. This will take place from 27th October to 10th November.

### REMEMBRANCE GARDEN

Following a lead from The EDP, Norwich Cathedral and the Minsters at Gt Yarmouth and Kings Lynn there will be a REMEMBRANCE GARDEN adjacent to the War Memorial at Caistor St Edmund Church. This will have 8 remembrance crosses, one for each of the names on the memorial who lost their lives in the First World War and we invite anyone in Stoke Holy Cross, Dunston or Arminghall also to place a remembrance cross in the garden to remember perhaps a family member or friend. Please do this before the 11th, Armistice Day. As part of Caistor's remembrance of the fallen there will be in the church the "THERE BUT NOT THERE" Tommy, on display, so please call in and take a few moments to remember those who lives were lost serving their country. ( The church is open everyday from 10.00am to 4pm.)

### REMEMBRANCE SUNDAY SERVICE. (11th Nov)

As in previous years the service will commence in the church at 10.45 am, we will process to the memorial for the laying of the wreath and the reading of names, including those from Stoke Holy Cross and Dunston, then to observe the 2 minutes silence at 11 o'clock. The service will then conclude back at the church. At 7.05pm on the 11th, churches all over the United Kingdom are invited to take part in the ringing of bell/bells, RINGING FOR PEACE. Caistor will be taking part in this very significant event to mark the end of the First World War.

### STOKE HOLY CROSS FUEL ALLOTMENT TRUST

#### How to apply for a grant

The Trustees of the above charity invite anyone living in the Parish of Stoke Holy Cross who is suffering from "need, hardship, or distress" to apply to the charity for a fuel grant or other assistance. Application forms are available in 'Lower Stoke' from either the Post Office, Stoke Church Hall (opening hours Mondays 9am - 1pm or Wednesdays 1:15 - 4:15pm) or Mrs Margaret Nudds, 77 Norwich Road, NR14 8NX and in 'Upper Stoke' from David Dobson, 25 Carol Close, NR14 8NN. Please note: applications must be received by **Friday 30th November 2018.**



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## STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held on Thursday 1st November, 2018 - we meet 1.30pm. There will be no meeting on the first Thursday of December as we are bringing that meeting forward one week to Thursday 29th November at 12 noon as we are having a buffet for members and entertainment.

We are a small club who meet once a month on the first Thursday in St. Georges Hall, Upper Stoke at 1.30pm. Our afternoons usually consist of a table top sale which items are brought in by members and also everyone brings a raffle prize which takes place during the afternoon. Members sit and enjoy either a game of cards, a game of dominoes or just sit and chat. We have outings during the summer months and celebrate our birthday and Christmas with a meal out. We have entertainment occasionally and sometimes have a fun quiz. To enjoy all this all you have to do is pay two six monthly amounts of £4 (March and September).

We are a very friendly group of both men and ladies some of whom don't get out very much and by coming here once a month it is something to look forward to. Our ages range from 55 to our oldest member who is 96. You will be made very welcome. Contact Susie Curson for details 01508493990

We are holding our **November Fayre** this year on Saturday 10th November, 2018 - 1pm to 3pm - come along and get your Christmas bargains. All the usual stalls, grand draw, tombola, cakes, preserves, nearly new and much more

Our dates for **bingo** are - 7th and 21st November, 2018 - 1.30pm start

Our dates for **carpet bowls** are - 14th and 28th November, 2018 - start 1.30pm cost for this is £2.

## MODERN SQUARE DANCE & EXERCISE CLASS

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Please contact Jan and Richard  
01508 495320.

# Adam's Gardening Tips for November

## PRUNING

Pruning is potentially a daunting task, but if one has an understanding of the way a plant grows and an idea of what is expected from the plant, then the method becomes apparent. There are basic principles which apply to most pruning tasks. At its simplest and particularly in young plants the formation of a framework and basic shape is the aim. To avoid spreading any diseases it is always better to use good clean sharp tools. This will leave the cut ends of wood less prone to infections. Make cuts above a bud and slanting away from the bud to shed rain water.

Fruit trees are winter pruned except plums, cherries and pears which are better pruned in the summer (April to July) to avoid Silver Leaf disease which is a fungal infection. Fruit trees can be pruned into many styles; a free standing goblet shape probably being the most common with a fairly open centre, but they also be trained as fans, espaliers or cordons against a wall or on a frame.

The following advice is mainly for standard fruit trees. Firstly, in any situation remove dead and diseased wood. In winter of course, all branches look dead! You can tell if they are alive by scraping the bark with your fingernail. If it is green it is alive, but if it is dry and brown it is dead! Then look at overlapping and rubbing branches keeping the ones that will give the better overall shape. Larger pieces need to be cut off flush with the trunk.

Fruit buds need to be identified. They are rounder and plumper in appearance than the potential leaf buds which are more slender and pointed. Depending on the variety of tree fruit buds can be on the tip or the sides of the branches. The leading bud on a young branch sends back growth inhibiting hormone which keep following buds in a state of dormancy. Therefore pruning off the tip (apical) bud allows two or three of the dormant buds behind to develop and grow on building up a framework.

Shorten the previous year's growth by about one third to an outward facing bud so that the new growth does not crowd the centre of the tree, but leave young laterals (side

shoots) which will become your fruit bearing branches in the following year.

The worst that can happen with over pruning is a lack of fruit the following year but the tree should recover and under pruning will lead to a cluttered framework which will poorly fruit. Neither situation is disastrous and can be remedied in time.

## RECIPE

### APPLE CAKE

This cake is easy to make and tastes delicious. Serve warm or cold with double cream.

2 dessert apples peeled, cored and cut into slim wedges  
1 tbsp lemon juice  
125g softened butter  
140g caster sugar  
3 beaten eggs  
225g plain flour  
2 level tsp baking powder  
pinch of salt  
5 tbsp milk  
1.5 tbsp demerara sugar  
0.5 tsp ground cinnamon.

1. Preheat the oven to 170C/150C Fan/Gas  
3. Butter and line a 23cm/9in round cake tin.

2. Coat the apple wedges in the lemon juice and set aside.

3. In a large bowl, beat together the butter and sugar, using an electric hand mixer, until pale and fluffy. Add the eggs and beat until smooth. Sift in the flour, baking powder and salt and mix well. Slowly add the milk, mixing well after each addition, until you have a smooth batter.

4. Transfer the batter to the cake tin. Arrange the apple slices, flat-side down, on the batter in a spiral pattern.

5. For the topping, mix together the demerara sugar and cinnamon. Sprinkle over the batter.

6. Bake in the middle of the oven for 40-45 minutes, or until a skewer inserted in the centre of the cake comes out clean and the top is golden-brown. Leave to cool for 15 minutes in the tin. Run a knife around the edges of the cake and turn it out of the tin onto a wire rack.

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