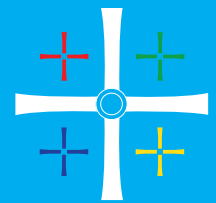


Free for All



THE MAGAZINE OF THE VENTA GROUP

OCTOBER 2024



OUR
DEMENTIA
SUPPORT
GROUP
ENJOYED
THEIR DAY
OUT TO
PENSTHORPE



CAISTER CREAM TEAS WERE AGAIN
VERY SUCCESSFUL

SOME PHOTOS OF STOKE
FLOWER AND PRODUCE SALE
SEE REPORT INSIDE



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If you read this quite often it probably wouldn't surprise you to know that some months it feels that there is something obvious to write, and other times a bit less so. You wouldn't normally get away with not writing about Christmas in December, or Easter in the spring, so at least then you don't have to decide on a theme, although you do have to work out how to say something a bit different from what you said in the 12 previous years!

Perhaps that's part of why it is sometimes tricky: 12 ½ years or so, minus three months of sabbatical, adds up to about 150 of these articles, which is at least 60,000 words of content – the lower word limit for a PhD thesis. It's a lot of ideas.

But maybe October is particularly tricky because sometimes in churches there is a bit less happening. It's often after Harvest and before Remembrance and then Christmas, so it can feel a bit like normal service – if you can excuse the obvious and

awful pun. And because of that, October is when the Church of England counts people. If you want to know who is there week in, week out, not just for special occasions, then October is apparently when to do it.

Some vicar friends and I were talking just the other day about counting. We get wary of it for lots of obvious reasons. Small numbers might make us feel depressed; big numbers might make us complacent: all the obvious things. Like lots of you, we don't work for an organisation where numbers are the best way at all of measuring success, and most of us in Christian ministry don't really think success is the best thing to be measuring anyway.

But - and those of you who for some reason have read 150 of these could hear this coming, couldn't you? – there is a place for counting, I think. When Jesus gathers people – his disciples, or a bigger crowd, or somewhere in-between – the numbers are counted. In the Book of Acts, as we watch the exciting and explosive growth of the early church, someone was there keeping count. It wasn't meant to be something for a special occasion; every day, every week, every month was supposed to be part of the church seeing God "adding daily to their number those who were being saved." Even October.

So if you feel that this October might be the month that you want to be counted in that number, why don't you get in touch and have chat with one of us? We'd love to find time to do it: it's a quiet month, after all.

Rob

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Arminghall

Rob (492305) or Lyn (493422)

Caistor St Edmund

Jani (493572) & Lia (494137)

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Rob Baker (492305)

STOKE CHURCH HALL BOOKINGS:

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

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FROM THE REGISTERS

We continue to pray for all those who
have lost loved ones recently, or are
remembering someone particularly at
this time of year.

FUNERAL

BONITA RICHARDS

Wednesday 11th September
at Waveney Crematorium

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.

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By 10th of this month please.



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It ends with us!

A couple of weeks ago I went to the cinema and saw the film 'It ends with us.' It is a film about a young woman, Lily, who recognises certain things within her relationship being like that of her parents which was abusive towards her mum and at times herself. After having a child herself Lily makes the decision that things must change so that her daughter is not subject to what she was as a child. By making this decision, Lily in affect puts a stop to this type of behaviour continuing through to the next generation.

This then made me think about how different things that we do in our lives can impact the next generations, within our families, our workplaces and social groups in both positive and negative ways. Do we behave in ways that impact our children, grandchildren, work colleagues, friends and acquaintances positively? Or do we behave in a way that influence others to also act in not such a positive way or impact their lives in a negative way. This may be as simple as the language we use, or the things which we eat and drink, or how we choose to spend our free time or the things we watch or games we play.

Sometimes the bad or unhealthy behaviours we inhabit develop over time and we do not notice we are doing them until they become ingrained in us, and they begin influencing the lives of those closest to us. Whereas some of these behaviours we have learnt in our childhood and have always been part of us.

Whatever may be the case we can always make the decision to put an end to these negative behaviours so that they stop with us and do not continue into future generations. Changing our behaviour is never easy to do and will usually require hard work and self-control and at times we may become tired and weary and feel as if we can't do it alone.

In the bible, Isaiah says that God 'gives strength to the weary and increases power to the weak' (Isaiah 40:29) and Paul in his letter to the Philippians writes about God saying 'I can do all things through him who strengthens me.' (Philippians 4:13) God will give each of us that strength too, if we turn and put our trust in him so that we can overcome any bad and unhealthy behaviours which are embedded in us.

May God bless you and give you strength today

Kirsty

STOKE HOLY CROSS THURSDAY CLUB

We are a friendly local group of over 55's meeting at St. Georges Hall Upper Stoke Holy Cross on the first Thursday in the month at 1.30pm and run Games and Bingo alternate weeks.

ADVANCE NOTICE of NOVEMBER FAIR
Saturday November 9th
at 1 to 3 pm.

Games afternoons
at 1.00pm on the 17th and 31st
and includes refreshments - £2.00
(Please bring your own games to share with friends).

Bingo
starts at 1.30pm sharp
on 10th and 24th
(Please bring a raffle prize)

St. John Ambulance Stoke Holy Cross

Jack Prior Unit Leader welcomed everyone to Stoke Holy Cross Primary School for the Unit's Presentation evening.

Sarah Hoggett, Unit Manager for Norwich Central enrolled Hannah Bury, Coby Carter and Carina Davies as members of St. John Badgers. Chloe Collins, Badger Leader presented Bronze Awards to Carina Davies and Indiana Wall and Silver Awards to Everly Davies and Joey Loveridge.



The Badgers were also presented with Certificates for the following subjects, All About Me, First Aid Badger, Caring and Active.

Indiana Wall was awarded the Badger Trophy for being an engaging and dedicated badger.

District Safeguarding Officer, Trudie Needham enrolled Harry Ball, Maija Harvey and Darcey Mitchell as members of St. John Cadets. Bronze Award Certificates were presented to Samantha Clare and Jasper Foan and Alfie Robinson received his Gold Award.

The presentation evening was on 9th July at Stoke Holy Cross Primary School. I have 1 photo. Unfortunately we are missing quite a few Cadets who were on a school trip to France. Proficiency Certificates were presented for the following subjects, Have Your Say, Cadet [10 hours] First Aid, Casualty Simulation and Society.

Divisional Trophies were presented to Max Hill for the Best Uniform, Harry Ball received the Ann Green Trophy for Best Newcomer and Abby Lewis was awarded the David Warren Trophy for Cadet of the Year.

The evening came to a close with Jack thanking his team of Annika Abbott, Caitlin Mapes, Sam Neale, Chloe Collins and Millie Barnes.

Jack was thanked for leading the Unit for the past five years by Annika Abbott who from September will be taking over the position of Unit Leader.

Margaret Peters - Unit HR Lead

Stoke Holy Cross Flower and Produce Show 2024

The Produce Show was held on September 1st at the Church Hall. As usual when the produce is all in one place it looked wonderful. Highlights were the very large fuchsia which seemed to have a flower at the end of every tip, and which won Best in Show for Jim Hopper, and the fantastic home baking. The flowers were beautiful as ever with wonderful arrangements and posies. All the vegetables in their vibrant colours were looking good too.

Next year the section for bread and cakes will have to be expanded because there were many entries and a reminder that no growing is needed to enter the show. The food judge advised us that food judging has a subjective element and that it is a matter of taste. There were three large fruit cakes in competition as well as various types of bread and decisions were 'kneaded' in each case.

The judges of the home baking also judged the drinks section.

Various sloe gins were sampled to find the best and it was topped off by the cheery brandy. That's a real perk of the job.

Heather Fitzsimons won the Vegetable Trophy and Elizabeth Dack was awarded the Drinks Cup. She also took pictures of the afternoon and the prize winners.

Do remember it is a show for all and no gardening expertise needed, so think about nurturing your house plants and practising your baking for next year.



Vintage Church



3rd Thursday of the month at 10.30 am
 At Stoke Holy Cross church Hall
 17th Oct 21st Nov 19th Dec
 All welcome

The Big Quiz Night

Saturday 16th November
 7pm
 Stoke Holy Cross Church Hall
 Suggested donation £5 per person
 Bring your own drinks and nibbles
 All proceeds to Tearfund

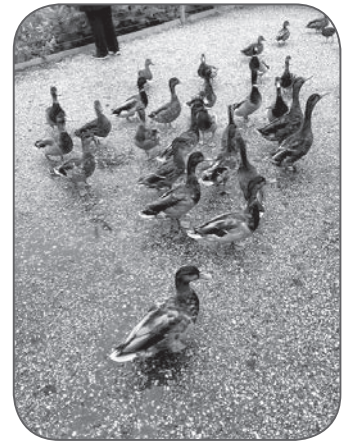
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St George's Hall Dementia Support Group



The trip to Pensthorpe went well in spite of rather damp weather to start but thankfully rain cleared and we were all able to enjoy the birds with the flamingos being quite popular.

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.

Meeting dates for October are

14th October with Angela giving us a Reminiscence session, always lots of fun and

28th October normal cafe session.

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, a very rewarding thing to do, and a place to meet new friends.

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



Caistor Church Cream Teas



We served cream teas again this summer during four weekends in August and September. It has remained popular - lots of people came to enjoy the lovely scones and cream and to chat with friends and neighbours. The stall selling fresh produce, home bakes cakes and plants was an added attraction.

In total we raised £1933 which will be divided between church funds for the running and upkeep of our beautiful church, and our chosen charity, Hope into Action. They provide homes, friendship and support for homeless people in collaboration with local churches. It was lovely to welcome some of their workers to one of the afternoons.

We want to say thank you to all the helpers who worked tirelessly to bake, serve and wash up. It got very busy at certain times with people sitting in the pews, and there was quite a buzz!

"Adult Learning Within Reach"

Poringland and District W.E.A Branch is running 2 short courses this Autumn Term 2024. First course -

"Earth on Fire" given by Charles Lewis

This course offers a comprehensive introduction to volcanoes, exploring their locations, mechanisms and profound impacts on both life and landscapes. Starting Thursday 3rd October 2024 at 10.30 am in Poringland Community Centre, Overton's Way, Poringland, NR14 7WB

The course comprises 4 sessions of two hours each, including a short break for tea/coffee and biscuits.

The cost is £33.60 for the course - free to those on certain means tested benefits.

Places are limited. You can enrol online at wea.org.uk or by phoning 0300 303 3464, quoting course no. Q00018002

Second course -

"A Moving Story" given by Mary Fewster

This course explores the evolution of road, water and rail transport in East Anglia from the Middle Ages to the 20th century.

4 sessions and starting on Thursday 7th November.

The cost of the course is £33.60

For more information, or to enrol, go to wea.org.uk or phone 0300 303 3464 quoting course no. Q00019038

Do come along and join us!

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239)

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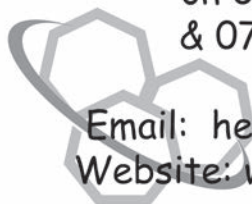


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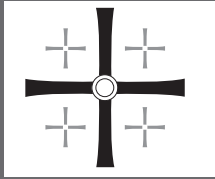


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Tuesday to Saturday mornings

9am Tue-Fri 10am Sat	Zoom—contact us to join	Prayer meeting with Bible reading
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Sunday mornings at Caistor St Edmund at 9.30am

6 th October 20 th October	Praise & Worship Holy Communion
---	--

Morning Worship at Stoke Holy Cross at 10.30am

6 th , 20 th Oct 13 th , 27 ^h Oct	Morning Worship with children's group Morning Worship with communion and children's group
--	--

Sunday afternoons in October

6 th October	All invited for Harvest at Arminghall Harvest tea and activities for all ages from 3.30pm, time to worship together from 4.30-5pm
20 th October	All invited at the Church Hall from 3.30-5pm—Food, fun and faith for all ages - Followed by time to sing together—all welcome!

Midweek gatherings in October

2 nd October	Arminghall church open for refreshments from 2pm, finishing with prayer at about 3.30	
3 rd October	10am at the Hall followed at 10.30am by	Communion Coffee and Chat
17 th October	10.30am at the Hall	Vintage Church —new for Autumn 2024!
24 th October	10.30am at the Hall	Coffee and Chat

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

Join us for Communion,
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mornings —
see above
for all the
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and dates

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