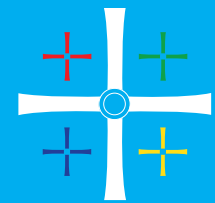


Free for All



THE MAGAZINE OF THE VENTA GROUP

OCTOBER 2018



TEAMBUILDERS

These are just some of
the photos from the
great time enjoyed at
Teambuilders

we hope to put all the
photos on our website

allstars Club
after school for 4-11s

Light Party

THU, 1 NOV, 2018,
3:30pm - 5:30pm

@ Stoke Holy Cross Church Hall

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 find out more, contact us on admin@venta-group.org, or 01508 492305.

Games, Crafts & Snacks,
Bible Stories, Videos & Songs

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.

Contact Rob for more details -
01508 492305

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



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Weds 1.15-4.15pm

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Here are a few thoughts Cathryn and I have had over the summer, about how the church is here for the whole family, and a way we can serve our village communities in the months to come...

Writing this in the middle of September, I'm having to admit that our long hot summer might be finally over. It has been an amazing one in so many ways, and if I had to sum it up in one word, it would be "family". I don't just mean my own family, though we did have lots of fun enjoying the sunshine together. Over the last couple of months we have been able to spend time with people in our community from every generation, and it has been fantastic!

When I look at the Bible, I notice that Jesus talks a lot about family. He calls God "Father" and says that when we follow him, we become his brothers and sisters and part of that family. When people bring children and babies to him, he welcomes them with open arms... and when older people need his help and support he takes special care of them too; he brings a widow's son back to life and even has time for Peter's mother-in-law!

Here in the villages the summer holidays kicked off with TeamBuilders holiday club, where 30 children had a noisy and energetic few days starting to think about being Jesus' friends. Then we have thought about being God's child as we baptised a lovely baby a few weeks ago, and started a new term at Sparklers toddler group with lots of new babies and children.

At café church each month we see the oldest and youngest members of the church family joining in together with activities that help us connect with each other and with God. Just last week St George's Dementia Support Group went on a lovely outing to the coast.

All of these things together, and lots more that is happening in our villages, are helping us to get to know each other, create stronger and stronger community ties between us, and hopefully helping us recognise that whatever age we are, there is a place for each of us in God's family. But sometimes there might be something else we can do to help with that...

At our prayer meeting and PCC meeting in Stoke in the last few weeks we have been thinking about whether, with the shop being closed at the moment, and fewer buses running into the city, people might be feeling a bit more in need of a bit of community here in the village. We wondered about whether a sort of weekly community hub in the Church Hall, providing space to catch up over a coffee, but also the chance to buy a few of the bits you might be missing from the shop, would be a good thing for you, your neighbours, or your family – and a place to be family together. We'd love you to get in touch and talk some more if you think it might be a good idea, and especially if you'd like to be involved in getting something started!

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

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Lyn@venta-group.org 01508 493422

www.venta-group.org

 [@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

DOROTHY COOTE
Sunday 2nd September
Stoke Holy Cross Church

FUNERAL

JANE ISABELLA (BELLE) WILSON
Friday 21st September
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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Evenings from 6

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St. John Ambulance Stoke Holy Cross Cadet and Badger Division

Unit Cadet Leader Calum Hardy welcomed District Volunteer H/R Lead Lynford Brunt and Area Manager Ben Wise along with parents and friends to the Annual Presentation and Enrolment evening at Framingham Earl High School.

Isobel Adams, Dolly-Mae Weston, Milly and Poppy Goodbody-Mason and Harry Leeder were enrolled as Badgers by Ben Wise. Lynford Brunt enrolled Miguel Del Rosario and Emily Healy as Cadet Members.

Anna Leaberry, Travis Parker and Oli and Tom Rose were presented with their Bronze Awards and Tom Leaberry his Silver Award. Many Certificates were presented for First Aid and various Proficiency Subjects.

Badger Subject Certificates for Eco, First Aid and Caring were also presented. The Badger Trophy for kind and committed Badger was awarded to Olivia Culley and Milly Goodbody-Mason.

For the Cadets, Travis Parker received the Uniform Shield and Ruby Sington, in her absence, was awarded the David Warren Trophy. As best newcomer the Ann Green Trophy was presented to Miguel Del Rosario.

If you are between the ages of 7 and 16 and are interested in joining us on a Tuesday evening at St. George's Hall, Upper Stoke, or if you can assist in any way please contact Margaret Peters 01508 492360 for further information.

Caistor St Edmund Church

CREAM TEAS

Our Cream Teas in July and August proved a great success again thanks to the hard work by many people on the Sunday afternoons. Hot weather and possibly some big sporting occasions did reflect on the number of people coming during July, but in August more people came and this years total of £2,314.00 was raised. This goes towards maintaining the ministry of the church and upkeep of the church building and churchyard.

A big thank you to all who helped each Sunday, making scones, serving, washing up, looking after the produce table selling cakes, plants, fruit, jams, and more, all which had been so generously given by many people. Finally, thank you also to all who came and supported the Cream Teas, many of you coming on several different Sundays, we hope you all had and enjoyable afternoon.

CAISTOR HARVEST FESTIVAL

A big thank you to all the ladies who had decorated the Church for the Harvest Festival held on the 9th September. A big thank you also to all who brought a large variety of gifts; vegetables, apples, pears, plums, pineapples, grapes, jams, honey, biscuits and various other harvest products. After the service these were taken back to Elizabeth House in Beccles as two of the young boys and a member of staff had joined us for the service. As part of her talk Rev Lyn had us guessing which country some of the gifts came from, which in some cases proved more difficult than first thought.

CAN ANYONE IN CAISTOR LANE PLEASE HELP US WITH DELIVERY OF THE FREE FOR ALL MAGAZINE IN THEIR LANE?

There are 34 copies starting at number 60 Caistor Lane and going towards the Bungay Road stopping at number 18. Then crossing the lane to start at number 37 and to include Heath Farm, and then

finish at number 1 St Edmund Close. (this is opposite where you started from). Perhaps 2 volunteers could job share this? Offers please to Graham Ford 01508 493430. Thank you.



SERVICES FOR OCTOBER IN THE VENTA GROUP OF CHURCHES

- | | |
|-----------------|--|
| 7th Oct | 19th Sunday After Trinity |
| 9.00 am | Traditional Holy Communion
Caistor St Edmund Church |
| 10.30 am | Harvest Festival Service
Stoke Holy Cross Church |
| 4.00 pm | Traditional Holy Communion
Dunston Church |
| 5.00 pm | Reflective (Taize) Service
Caistor St Edmund Church |
| 14th Oct | 20th Sunday After Trinity |
| 9.00 am | Traditional Holy Communion
Arminghall Church |
| 9.30 am | Praise & Worship
Caistor St Edmund Church |
| 10.30 am | Café Church
Stoke Holy Cross Church Hall |
| 21st Oct | 21st Sunday After Trinity |
| 9.30 am | Family Service
Caistor St Edmund Church |
| 11.00 am | Traditional Holy Communion
Stoke Holy Cross Church |
| 28th Oct | 22nd 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 | Shoe Box Appeal 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

In October, instead of the conventional Meeting, we have a Harvest Supper on offer. It is due to take place on Saturday, October 20th, at 7 pm for 7.30 in the Church Hall. Although it seems a long time since Harvest was finished, in this year of blazing sunshine, it is never too late to celebrate, as generations of Norfolk people have done since time immemorial. We can promise you a very fine supper, in good company.

Tickets are obtainable from Barbara Thomas, who can be contacted on 493486, and the cost is £12.

STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held in St. Georges Hall on Thursday 4th October, 2018. We commence at 1.30pm. Please come along and give us a look, you will be made very welcome.

We are having an outing on Tuesday 16th October, 2018 to Ipswich, if you are interested in joining us please contact Liz Smith on 01508493245 for details.

Our **November Fayre** is being held on Saturday 10th November, 2018, 1pm - 3pm. entry 20p

Our dates for **Bingo** are 10th and 24th October, 2018 - eyes down 1.30pm

Our dates for **Carpet Bowls** are 3rd, 17th and 31st - 1.30pm start - cost for this is £2.

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

Dorothy Coote becomes the 23rd child to wear the same baptism gown



On Sunday 2nd September Dorothy was baptised at Stoke Holy Cross church with many of her family there to share in and celebrate the occasion.



Dorothy was wearing a lovely Edwardian long off-white gown which had been worn for some 22 other baptisms in her family.

Present to witness the ceremony was Aubrey Rayner now 92 who was the first to wear the gown 91 years ago when it had been given by his Granny Paterson for the Christening of her first grandson.

Aubrey's son Stephen was there too having worn the gown for his Christening and so as well was Kitty Loft who had also worn the gown as did five of her own children. Kitty thinks the gown may well have been made by Whitmans of Bungay back in 1927.

The time at the church was much enjoyed by many family members and little Dorothy was a real star making no complaints at all.



ALL PROCEEDS IN AID OF EACH NOOK APPEAL

Harvest Supper

You are warmly invited to

St George's Hall

Upper Stoke Holy Cross NR14 8ND

Friday 5th October at 7pm

FOR A QUIZ, CONVERSATION AND TASTY FOOD

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www.venta-group.org - Facebook: ventachurches

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



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.

Dates for October are 8th when there will be a film show and 22nd with our usual cafe activities.

www.stgeorges-dementia-support-group.btck.co.uk

ADAM AND FENELLA'S CHICKEN WITH SAFFRON AND HERBS

This may seem to have a lot of ingredients but it is very delicious.

About 1.5 kg of chicken pieces

2 tbsp olive oil

1 tsp fennel seeds

1 tsp coriander seeds

2 red onions peeled and finely sliced

1 dried red chillies or a few chilli flakes

1 tsp saffron threads

4 garlic cloves peeled and crushed

2 fennel bulbs trimmed and quartered

250 ml white wine

2 x 400g tins of tomatoes

zest of one orange

3 Bay leaves and 3 sprigs of thyme

salt and pepper

1. Season the chicken pieces and heat the oil in a large casserole. Brown the chicken and set aside. Pour off any excess oil until one tablespoon is left.

2. In a separate pan warm the fennel and coriander seeds until you can smell their fragrance and then crush in a pestle and mortar or use a bowl and a rolling pin.

3. In the casserole add the onions and cook gently until they are translucent, add the ground seeds, chilli, saffron and garlic. Season, stir well and add the fennel bulbs.

4. Add the wine, and reduce for a couple of minutes, mix in the tomatoes, then return the chicken to the pan with the zest and herbs. Put the lid on the casserole and cook for about 40 minutes or until the chicken is cooked.

Enjoy.



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ST MARY'S CHURCH ARMINGHALL

Venta Group Shoe Box Appeal Service



Our shoe box appeal service this year will be at 4.00pm on 28th October at St Mary's.

It would be wonderful if you can bring along your ready wrapped and filled Shoe Box with the £5.00 that the charity require with every box for the box to be sent off. The boxes are then collected and the £5 goes towards distributing them across the world to poor and suffering children. Please look at the Samaritan's Purse website to see the items that are OK to put in the boxes. www.samaritans-purse.org.uk

Donations of suitable items for the boxes can be brought to the church with your £5.00 donation and these can be sent on to the charity for them to pack and send on. But you can also bring along your box, wrap it and pack it at the church again remembering to bring your £5.00 too. Last year we managed to send off some 97 boxes - wow

CAISTOR ST EDMUND FUEL ALLOTMENT CHARITY

Registered Charity No 209105

The purpose of this Charitable Trust is to make grants for financial assistance to families or individuals who have been living in the parishes of Caistor St Edmund or Markshall for at least a year, who are in need or distress. Grants are made annually and the Trustees welcome applications from anyone who thinks they might qualify for help.

Application forms may be obtained from the Clerk to the Trustees (call 01508 494198). These should be completed and returned to the Clerk before 26 October 2018.

MODERN SQUARE DANCE & EXERCISE CLASS

School House, 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
The cost is £6 per session, but the first session is free!

Please contact Jan and Richard
01508 495320.



Early Autumn Show

The 2018 Early Autumn Flower and Produce Show was held in the Stoke School Hall on Sunday 9th September.

As usual the hours leading up to the show were filled with challenges as entrants decided which of their produce would be fit to enter into the show. Finding the required number of say, beans or potatoes, which are of similar size and quality is no mean task!

Cake and quiche makers are up early to produce the freshest selection they can create. Entries for drinks, pickles and jams have usually been done well in advance. Those exhibiting flowers will have been considering how to select and display their blooms to their best advantage.

There were 198 entries this year and we had a wide selection of floral entries especially dahlias on show. There was stiff competition in jams and pickles and as usual many potatoes and onions being shown despite the drought conditions earlier in the year. Elaine Bounds was awarded a cup for the most cookery points and the Best in Show was a magnificent purple cauliflower grown by Mim Clarke. Once again the star of the show was Jim Hopper winning the overall cup for the most points in the show. He

enters vegetables, fruit, jam, homemade drink and other classes all at a high standard. His success is well deserved.

In the children's section Eddie Hunt's sunflower at over 11 feet was the winner for the tallest sunflower grown. Louisa Himpleman's Vegetable Monster won a coveted red certificate. (First Prize). In the 'Guess How Many Beans in a Jar' competition Arthur Corke (6) guessed 720 beans only 13 under the true total. Amazing! The children from school entered a drawing competition and the standard of work was very high. Well done to all who took part. We would love to see more children's entries so do think about vegetable monsters, and tray gardens for next year.

We would like to say a big thank you to the main judge Peter Hunt who has been the judge since the first show. He is always happy to explain his awards and give advice on how to improve. Also thanks to the other judges and to Len Finch and Jill Hopper for all their organisation.

(If you would like to be on the mailing list for the schedule next year please email fbhaskar@hotmail.com).

ADAM'S GARDENING TIPS FOR OCTOBER

Please note that this will be placed on the venta-group.org website this month.

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

FRUIT AND VEGETABLES IN THE BIBLE WORDSEARCH

ALMONDS	LEeks
APPLES	LENTILS
BEANS	MELONS
CUCUMBERS	OLIVES
DATES	ONIONS
FIGS	PISTACHIOS
FRUITS	POMEGRANATES
GOURDS	RAISINS
GRAPES	VEGETABLES

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