Free for All + +









THE MAGAZINE OF THE VENTA GROUP

SEPTEMBER 2019

round 30 children of primary school age had a great time with loads of helpers and our music group at the BACKPACKERS HOLIDAY CLUB in Stoke school.

We had lots of activities, crafts, sports talks and a mad drama series to keep everyone occupied over the 3 days. These are just some of the photos from the club and we will try to put the rest on our website.



We owe a big THANK YOU to everyone who prayed and worked so hard to make the Holiday Club such a wonderful success this year. We will be needing loads of helpers and children to join us next year for 27th –29th July 2020.

Save the dates in your diaries now!



R.B. COPPING FUNERAL SERVICE

Independent Family Funerals Directors Since 1935

For Personal Attention with Dignity and Respect

Private Chapels of Rest

Memorials & floral tributes supplied

Pre-paid funeral plans available



www.coppingfunerals.co.uk







125 The Street, Poringland, Norwich NR14 7RP 01508 494434

56 Langley Road, Chedgrave, nr Loddon NR14 6HE 01508 521159





Aylsham 01263 735161

Hethersett 01603 810022

Hingham 01953 850330

www.ivanfisher.co.uk

info@ivanfisher.co.uk



hat did you want to be when you grew up? What do you want to be when you grow up?

Some people turn out to be exactly what they wanted to be when they are little. Apparently Mark Zuckerberg, the Facebook guy, always wanted to be a computer programmer. But other famous people wanted to be sports stars, like lots of us; John Grisham and George Clooney had hopes as baseball players before they became writers and actors, and George Lucas would rather have been a racing driver than create the most famous film franchise of all time.

We had an amazing treat the other week when we went to watch Matilda at the Theatre Royal. Some of you will have been along as well, or maybe to London to see it there. Perhaps the most famous song in the play – and they are all amazing – is called When I grow up. It starts with the smallest children in the cast singing (and swinging) about what it will be like when they all grow up. Next come some bigger children. Their hopes are slightly different, but not much. They're all swinging, too: so far, so entertaining.

But then it gets really clever, because Matilda's teacher, Miss Honey, joins in, and it turns out she hasn't finished growing up either, and she

echoes one of the children: "I will be brave enough to fight the creatures that you have to fight beneath the bed each night to be a grown-up."

While it doesn't usually feel to me that the scary stuff is underneath my bed, waiting to jump out and get me, to be honest I know the feeling. Because I think we can all feel that one day, we won't be afraid of the things we are afraid of. One day, that stuff won't bother us any more. One day, we will all be grownups.

I wonder if the reason that things don't always work out as the children hope is because, like them, we become convinced that it is something we have to do: I will be brave enough. But what if we aren't?

For a long time I have found a lot of comfort in words like these from the bible: "The LORD will fight for you; you need only to be still." Plenty of other people do, too. When I started to type that sentence into Google the verse came up really quickly. It turns out lots of people like to remind themselves that they do not need to fight all their own battles (and presumably most of them are adults). Maybe it's less a question of who, or what we will be when we are grown up. Maybe it's more to do with knowing that the God who will fight for us is bigger than anything that might hide under our beds, however still we might lie on them.



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.

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

For any admin inquiries please email Freyja Mardell admin@venta-group.org

CURATE

Lyn Marsh, 8 Mill Green, Stoke Holy Cross, NR14 8PB

<u>Lyn@venta-group.org</u> 01508 493422

www.venta-group.org



CHURCHWARDENS

Stoke Holy Cross & Dunston Viv (493438) & Roy (493595)

> Arminghall Annie (495580)

Caistor St Edmund Jani (493572) & Lia (494137)

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

WEDDING

JOSCELIN BUTTERS & GEORGINA MCDONALD-BELL

Saturday 10th August

Caistor St Edmund

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.

Don't hesitate, decorate!



- Domestic & Commercial Decorating
 - Small Maintenance Works

CALL FOR A NO OBLIGATION QUOTATION

James 07834 612463 Peter 07834 612769

01603 418953

info@jandpdecorators.co.uk www.jandpdecorators.co.uk







cscs









Fully insured and NPTC qualified
Free estimates and advice

Chris Shelton and Jamie Matthews

 $01953\ 558907$ 07748572079

01603 615106

Woodland Management

07854782286

ecs.trees@gmail.com

MATHS TUITION

Exam preparation for GCSE, IGCSE and A-Level

Gregg Bontly MBA, B.Sc.(Hons)

13 Webster Close Stoke Holy Cross Norwich NR14 8LU

07905 916 685 greggbontly@hotmail.com

"Everyone can grow their maths ability"



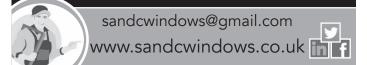
"There are only two lasting things we give our children....one is roots, the other is wings"

S&C Window Repairs taking the pane out of damaged windows

Repairs to double glazed windows, doors & conservatories Local independent business Free estimates, No call out charge

Steamed up windows, broken handles, hinges, replacement gasket, plus cat flaps, door panels and more

01603 520136 or 0800 1601932



PC ASSIST @ HOME QUALITY COMPUTER REPAIR SERVICE www.pcassistonline.co.uk 01508 471459

ASP WILLS

Wills, Lasting Powers, Probate, Trusts 01508 494315

www.aspwills.co.uk sales@aspwills.co.uk

Professional Website Design

Plus Computer Support, Help and Training Services
PSLWeb.co.uk 01508 491622

New Wine Christian Conference

hirteen adults and five children from Holy Cross church were fortunate to be able to go to the amazing Christian gathering of around 15,000 people of all ages mostly camping on the big East of England Showground at Peterborough. The annual New Wine conference provides several permanent or marquee venues for different styles worship with the largest main Arena building holding around 5,000. New Wine also puts on a large number of seminars

for anyone to learn more about faith in Jesus and how to lead our lives for the benefit of others. There are venues for all ages of children who have great fun as well as learning what God has in store for them. Plus there is a large covered market place with all manner of goodies, gift ideas, clothing and a big book stall as well as cafes, a food marquee and even some bars.

The photos are from the main Arena building and members of one of our local home groups who all found offsite accommodation near the site. And below of just a few of the comments from our church





"What a revelation New Wine was for me."

"I can't wait for next year to come round to go again."

"All the children had a wonderful time with a huge team of young helpers."

"We have already booked our cottage for 2020."

"We met lots of lovely people and had some great ministry times."

"So powerful to be worshipping with so many people at one time."

"We enjoyed taking part in some very good seminars."

"The speakers were excellent with some very encouraging and inspiring teaching."

Coming in September

Community Food Bank

To give or take away!

Staring in September you will be able to find

these boxes at Stoke at the church, the church hall and the primary school; at Caistor church; and at Arminghall church.

Please donate tinned and dry foods, toiletries and nappies—or if you are struggling, you will be invited take what you need from the box. If you know someone locally in need of this kind of support, please let them know about this box and suggest that they contact us (details below) so we can help them out.

Your donations will go to people in need in Stoke, Caistor, Arminghall and Dunston. Every few weeks we will give any surplus to Norwich Food Bank, so they can help others in the city. Organised by the Venta Group of Churches—Stoke Holy Cross, Dunston, Caistor St Edmund and Arminghall parish churches

www.venta-group.org | rob@venta-group.org | admin@venta-group.org | 01508 492305



SERVICES FOR SEPTEMBER IN THE VENTA GROUP

OF CHURCHES

1st September 11th Sunday After Trinity

10.30 am Informal Holy Communion Stoke Holy Cross Church

4.00 pm Traditional Holy Communion

Dunston Church

8th September 12th Sunday After Trinity

9.00 am Traditional Holy Communion

Arminghall Church 9.30 am Praise & Worship

Caistor St Edmund Church

10.30 am

Stoke Holy Cross Church Hall

15th September 13th Sunday After Trinity

11.00 am Traditional Holy Communion

Stoke Holy Cross Church

4.00 pm Family Celebration at the

Stoke Holy Cross Park

22nd September 14th Sunday After Trinity

9.00 am Traditional Holy Communion

Caistor St Edmund Church

10.30 am Sunday 4 Everyone

Stoke Holy Cross Church Hall Harvest Festival Service

3.00 pm Arminghall Church

Thursday 26th September

10.00 am Traditional Holy Communion

Dunston Church

29th September 15th Sunday After Trinity

10.30 am Group Harvest Service

With Holy Communion and Lunch

Caistor St Edmund Church

POST OFFICE

Stoke Church Hall. Mondays 9am-1pm, Weds 1.15-4.15pm

Note from Sept 11 the Wednesday opening will be 9:15am - 12:15pm



for 0 - 4 years old and their carers 10 - 11.30am Tuesdays

Sparklers is the place to be for children under 5 and their parents or carers on a Tuesday morning! We meet from 10-11.30am at Stoke church hall, with a room full of toys, games and activities, plus drinks and snacks for children and grownups.

STOKE HOLY CROSS TUESDAY GROUP

It's an extraordinary thing that the older one becomes, the summers seem to be shorter and the winters longer....as these notes are written, the wheat harvest is beginning, and if the dog is taken for a last walk at about 9 o'clock, it's already almost dark. But it's also a time of new beginnings, new terms at schools and universities, and a new year for the Tuesday Group. If you have moved to our village recently, let us give you a brief introduction.

As a group, we were founded many decades ago, and have enjoyed innumerable monthly meetings since – sometimes at the Church Room, with a speaker on some interesting subject, sometimes an informal lunch, dinner or barbecue. Funds raised from such functions support our annual charity, which we choose each year. We are not a young group, but we welcome new members of all ages. Our September meeting is the AGM, which is held at the Church Hall, This year it is on September 17th, (yes, of course it's a Tuesday!) at 7.30 pm.

The proceedings are not known to be either protracted or acrimonious. We have never been cited in the Guinness Book of Records as holding the quickest AGMs on record, but would probably become eligible if nominated....after the (fairly) formal proceedings, we partake of refreshments and catch up with news. As a group, we would be delighted to welcome you. If you would like more details, ring me on 01508 558182.

My name is Kate.

St George's Hall Dementia Support Cafe



ome along and join us on the 2nd and 4th Monday of each month for fun activities and refreshments for those suffering from dementia and for their careers.

We meet regularly from 10am to 12 noon at St George's Hall and also have subsidised outings. There will be our normal Cafe on 9th September. On 23rd September we will have our outing on the Broads.

For more details or information please ring 01508 493661 or 492938.

Heritage Open Day at Caistor Roman Town

n Sunday 15 September the Norfolk Archaeological Trust and Caistor Roman Project are holding a family activity day at Caistor Roman Town where we will be telling you more about the people who used to live at Venta Icenorum.

• Free guided tours at 10.30, 11.00, 11.30, 12.00 12.30, 14.00, 14.30, 15.00.

Tours on the hour will include more information and activities for children so great for families to

- Free Children's trails and activities around the site there will even be a trail for the adults!
- New interpretation signage to bring the Roman Town to life and tell you more about what it used to look like.
- Meet members of Caistor Roman Project who will be on site with lots of information on the archaeological excavations.
- See the town in Virtual Reality with a new App by the University of Nottingham.





Join us on Sunday 15 September between 10:00am - 4:00pm

Caistor St Edmund Church

Cream Teas at Caistor Church this summer has again been a great success. As I write this in mid-August the money raised has already exceeded that made in previous years and we still have 3 Sundays to go. A big ' thank you ' to so many people who have contributed to the success of the Cream Teas this year from baking scones to helping serve teas, from growing plants to baking cakes for the stall, from helping to set up each Sunday to washing all the table cloths - so much is done behind the scenes to make sure things go well and then of course we would like to thank you all for coming along to buy a Cream Tea and support us in our efforts . Many people have brought friends along to enjoy a summer treat and some people have been back week after week - thank you to you all.

Looking forward to Cream Teas in summer 2020 already! Jani Wymer

Harvest Festival Service

We will be having a joint Venta Group Harvest Service this year at Caistor church at 10.30am with Holy Communion and a shared lunch to follow.

Stoke Holy Cross Thursday Club

ur next meeting takes place in St. Georges Hall, Upper Stoke Holy Cross on Thursday 5th September, 2019. 1.30pm. Please come along and join us for a friendly afternoon of tea and chat, you will be made to feel very welcome.

We will be having an outing to Southwold and Dunwich for late lunch of fish and chips on Tuesday 10th September, 2019, the cost for this being £18 to include lunch. If you would like to join us on this outing please contact Liz Smith (secretary) for more details 01508493245

We will also be holding a jumble sale at St. Georges Hall on Saturday 21st September, 2019 1pm-3pm cost 20pence entry. Jumble can be left at the hall on the morning or contact Liz 01508493245 or Carol 01508 492132 to arrange to have it picked up.

Our dates for Bingo in September are - 4th and 18th

Our dates for Carpet Bowls in September are - 11th and 25th - cost for this is £2 -

commence at 1.30pm. All at St George's Hall, Upper Stoke.

The Nook

he wonderful new Children's Hospice at Framingham Earl is ready to open its

After starting the nook appeal in April 2014 and commencing the build in November 2017, the time has finally come for EACH to open the doors in September.



A huge thank you to all those who have supported the appeal. It is amazing to be able to have such a wonderfully equipped modern facility locally for so many dear children and supporters in years to come.

Harvest Festival Wordsearch

G	G	G	Ε	В	S	V	Н	F	В	С	W	Α	Ν	S
U	Ν	Q	Α	U	Α	Α	G	Κ	J	R	Ρ	U	0	Ε
S	Χ		S	Τ	R	R	С	Χ	Τ	Ε	Τ	Τ		Ρ
Χ	R	Ε			Н	0	L	С	F	Α	0	U	Τ	V
Τ	J	Ε	Ε		Т	Ε	R	Ε	J	Т	Υ	Μ	Α	G
Ε	Α	S	Μ	S	G	0	R	W	Υ		Α	Ν	R	Ρ
S	Т	Ε	Ε	R	Ρ	S	Κ	Ε	Ρ	0	D	Τ	В	V
W	Χ	V	Н	S	Α	Τ	Κ	С	D	Ν	Ν	Μ	Ε	J
W		L	Ν	W	Ζ	F	Υ	Ν	S	V	U	S	L	0
L	Ε	С	- [V	R	Ε	S	Τ	Α	Ρ	S	D	Ε	Α
Н	Υ	Μ	Ν	S	Ε	Ε			W	Н	F	Ε	С	Τ
С	Α	Τ	Τ	L	Ε	U	G	G	J	0	Τ	Ε	U	S
S	F	D	0	G	R	G	Χ	G	0		W	S	Χ	J
Ζ	U	Ρ	Α	F	Χ	R	Κ	D	S	R	F	L	Μ	Κ
\Box	- 1	F	- 1	F	F	F	ς	Т	- 1	\/	Δ	1	\mathcal{C}	R

BARLEY CROPS FIELD GOD LIVESTOCK SUNDAY CATTLE EGGS FOOD HARVEST OATS

THANKSGIVING

CELEBRATION FARMERS FRUITS HYMNS SEEDS WHEAT CREATION FESTIVAL GATHERED JESUS SERVICE

COMMUNITY HUB CAFÉ STOKE HOLY CROSS CHURCH HALL

Our vision is for the church hall to become thriving community meeting place for Stoke Holy Cross and beyond

WEDNESDAYS

(In school term time) 9.30 – 11 AM Please come and join us.

ALL ages are welcome!

Tea, coffee and cake served with a smile. Voluntary donations welcome but not necessary.

NEW MUMS

There will also be a dedicated area for infant feeding with information and breastfeeding peer support will be available, plus also advice from qualified healthcare professionals.



For more information:

admin@venta-group.org

01508 492305 www.venta-group. org Facebook:

Infant Feeding Café-Stoke Holy Cross

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!

> Thursdays 3.30-4.45 in the Church Hall 26th September 24th October 28th November

Want to be there? Need Information?

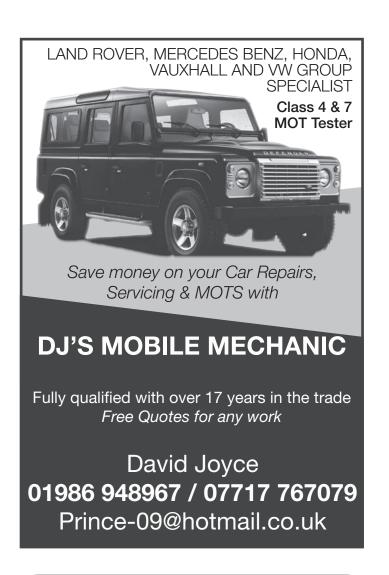
Contact us via the details below. To help us plan ahead, we really need to know in advance if you are coming, but if you can't contact us for any reason,

please do just come along.

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

admin@venta-group.org 01508 492305

www.facebook.com/ventachurches | www.venta-group.org





Surlingham Timeshare Swimming Pool

NR14 7AL

Are you interested in having an indoor heated swimming pool exclusively for yourself, family and friends?

If so please ring

Tim Mack (01508) 538206

or go to

www.surlinghamtimesharepool.co.uk

3, 6 or 12 monthly bookings for weekly slots available, "also one offs"

Open seven days a week 6.30am-10.00pm

We are 6 miles SE of Norwich between Surlingham and Rockland St. Mary

EAST ANGLIAN AIRPORT TRANSFERS CORPORATE TRAVEL AND WEDDING HIRE

LUXURY TAXIS FROM 4,7, 8 SEATERS ANYWHERE ANYTIME 24/7 365

Airport transfers from all major airports and seaports from Norwich, Yarmouth, Lowestoft, Ipswich, Colchester, Clacton-on-Sea

All drivers CRB'd & Police Checked. FREE QUOTES

Call us now! 01508 520257 or 07788 375440 eastangliaairporttransfers@mail.com

www.eaataxi.co.uk

S.W. Contractors

Groundworks & Gardening Services

Patios, Paths, Shedbases, Block Paving, Pipe Work, Fencing, Gates, Hedge Trimming, Tree Lopping & Pressure Washing, All other work considered

Simon Wells

Joynt House, Hallback Lane, Arminghall, NR14 8FE

Tel: 01508 495528 Mobile: 07974 303729

Servicing on your door step

MOBILE SERVICING AND REPAIRS FOR **CARAVANS MOTORHOMES TRAILERS HORSE BOXES**











E-mail caravanandtrailerservices@hotmail.co.uk

www.caravanandtrailerservicesnorfolk.co.uk

07949855380

Double Glazing Repairs Replacement Sealed Units Window Hinges, Handles Door locks • Cat flaps

www cooper home services.co.uk

01508 480551





real ale.

OPENING TIMES
Tuesday – Sunday lunch; 12pm – 3pm
Evenings from 6

with a good selection of wines, beers, Aspal Cyder or Woodforde's

01508 495611 www.theoldfeathers.com



Qualified Foot Health Professional



Lisa Marshall-Nichols MCFHP, MAFHP

Member of the British Association of Foot Health Professionals

HOME VISITS AND TREATMENTS

Tel: 07505131760 Email: Imarshnic9@gmail.com

Toe & finger nail cutting, treatment of corns, callus, verrucas & more

ANCHORAGE SWIMMING POOL, FITNESS CENTRE AND TENNIS COURT

Indoor Swimming Pool, Fitness Centre and Tennis Court In Upper Stoke Holy Cross For your health, fitness and leisure

The indoor pool is lovely and warm at a constant 31 degrees
With fully private half hour slots
Available everyday from 6am until 10pm

Our resident Personal Trainer invites you to our private gym to get fit and healthy and to improve your quality of life. Contact Malcolm Guymer on 07986 325282

Call 01508 494032 or 07519 507435
For Details and to book Pool and Tennis Court
Email: info@anchoragepool.co.uk

www.anchoragepool.co.uk

Here for you every hour of every day

Funeral Services

East of England CCOP

St Stephens Square, Norwich **01603 851560**

www.eastofengland.coop/funerals



Harvest Time

t this time of year I am taken back to my childhood, when both in our local school and church, we used to sing the well-known and much-loved harvest hymn 'We plough the fields and scatter' (reproduced below). Back then I am sure that I didn't ever realise how much time and effort was spent by farmers in producing the food which we ate. For in my early childhood the majority of food was either produced on local farms or in my parents' back garden, as my Dad was a keen gardener. Or was he a keen gardener? Perhaps it was it just a case that he had to sew the seeds and tend the plants in order to keep us fed? I'll never know the answer to those questions. I do know that, as he grew older, he also produced crops on his allotment - some successful, some less so.

Back to farmers and their hard work. Do we ever think of their successes and failures as they tend their crops? Perhaps now is a good time to thank somebody we know who farms in this lovely area of Norfolk in which we live. And at the same time, give thanks to God. For everything in heaven and on earth comes from Him.

Eostre

We plough the fields and scatter Traditional Hymn

We plough the fields and scatter
The good seed on the land,
But it is fed and watered
By God's almighty hand.
He sends the snow in winter,
The warmth to swell the grain,
The breezes and the sunshine,
And soft, refreshing rain.

Refrain
All good gifts around us
Are sent from heaven above;
Then thank the Lord,

O thank the Lord, For all his love.

He only is the maker
Of all things near and far;
He paints the wayside flower,
He lights the evening star;
The winds and waves obey him,
By him the birds are fed,
Much more to us, his children,
He gives our daily bread.

We thank thee then, O Father, For all things bright and good, The seed time and the harvest, Our life, our health, our food. Accept the gifts we offer For all thy love imparts, And what though most desirest, Our humble, thankful hearts.

Poringland and District W.E.A – Adult Learning Within Reach

Autumn Term 2019

"Drama before Shakespeare" given by Kate Jewell

This course offers an introduction to the vibrant drama of the medieval period and early 16th century. Starting with the Mystery Cycles of the northern cities, it then focuses on the drama of East Anglia which was very different but just as fascinating and spectacular.

Starting Thursday 19th September 2019 at 10.30 am At Poringland Community Centre, Overton's Way, Poringland, NR14 7WB

The course comprises 10 sessions of one and a half hours each, plus a short break for tea/coffee and biscuits

The cost is £57.75 for the course – free to those on certain means tested benefits

No tests or exams!

Come along to the first session and see if you like it!
You can enrol online at wea.org.uk or by phoning 0300 303 3464

For further information please phone Jane Walker on 01508 494381 or Sue Krey on 01508 492930

Do come along and join us!

Old Mill and Millgates Medical Practice Patient Participation Group

Welcomes you to a Free Open Evening About

UNDERSTANDING CANCER

Guest speakers will be from – Testicular cancer charity, Cancer research, MacMillan Cancer Care, The Big C and Pricilla Bacon Hospice.

Refreshments and tombola

EVERYONE IS WELCOME AT
Poringland Community Centre, Overtons Way, Poringland
NR14 7WB

Wednesday October 23rd 2019 AT 7.30pm

You do not have to be registered with the Practice to attend

FREE PARKING







Edith Cavell Day Centre Main Road, Swardeston, NR14 8DU

Providing quality care for older people in and around Mulbarton and the surrounding villages

We are open from 10.00am until 3.00pm on Monday / Wednesday / Thursday and we would be delighted to welcome you for a free day visit to see what we do (by appointment please).

For more information call the Day Centre on

01508 578826 or visit www.ecav.co.uk

FREE tiles from our tile range with every full installation

Working Showers On display
Wet Room Display in Our Showroom

Independent Family Business

COOPERS

Bathrooms and Wetrooms Ltd

- En-suites & Shower Rooms
- Bathroom to Suit Your Needs
- Level Access Walk in Shower Rooms
- Boiler & Gas Central Heating
- Supply Only or Full Installation
- Tiling, Plastering, Electrics, Plumbing
- Small Building Work
- All Work Guaranteed
- Grant Work undertaken
- Less Abled Wet Room Specialists



01603 400134

Visit Our Showroom





Unit 8, Elvin Way, Sweetbriar Industrial Estate, Norwich NR3 2BB www.coopersbathroomsandwetrooms.co.uk





LCINSTALLATIONS.CO.UK | Find us on: facebook.