



November 2023

The Newsletter

What is life about? What makes me who I am? Do you ever allow yourself to wonder - to reflect on the mystery of life? Everyday stuff like the miracle of vision – the ordinary sight by which we navigate the world? Or *language* – the ability to communicate by articulating and interpreting voices, or marks on a page? Or *memory* – the astonishing ability to recall things that happened years ago? Or *imagination* – to visualise a scene in your mind just through description?

Understanding the human condition isn't a luxury – isn't something just for clever people. Everyone needs to know what makes us who we are – otherwise we can't begin to realise who other people are or how to relate to them. We all need to know how to live together: we have just one planet - and there are a lot of us. Just now there is too much evidence humanity is not getting on terribly well with itself. Urgent reflection needs to be done - something we all need to do.

It can feel quite overwhelming. What can I do about war, catastrophe or injustice? So I also need to know what makes me different from everyone else. Who am I as an individual? What distinguishes me? What gifts, skills and relationships do I have? What is my contribution? I can't do everything, but there are things only I can do: only I have my particular circle of family and friends.

A lot of life is spent simply getting money in order to pay the bills. But money doesn't offer much illumination on the human condition. Nor is it easy to know where to begin with the great questions of life.

Faith is the business of looking beyond myself for a wisdom greater than my own. I open my bible at Jeremiah: "Stand at the crossroads, and look, and ask for the ancient paths, where the good way is; and walk in it, and you will find rest for your souls."

Paul

For all enquiries or pastoral matters, please contact the Rector:
Rev'd Paul Burr, The Vicarage, The Common, Swardston, Norwich NR14 8EB
Tel: 01508 570550 Email: pburr100@gmail.com

Churchwardens

Intwood & Keswick:	John Scotting 01603 452893	Richard Dannatt 01603 259537
Swardeston:	Andrea Pithers 01508 570802	Lynn Hewitt: 01508 578767
Ketteringham:	Mary Parker 01603 811330	
East Carleton:	No wardens — enquiries to Peter Riches 01508 571449 or to Vicar	

Coffee Morning

Book swap coffee mornings 7th and 21st November 10.30am to 12 noon. We meet in the Cavell Room next to Swardeston Church. All welcome. 01508 578767

Ketteringham & East Carleton History Group

The next meeting will be held at 10.30am on Saturday 11th November in the Village Hall. All welcome.

Norwich Foodbank

Thank you to everyone who contributed so much to the Foodbank, as part of the Intwood harvest festival. The box for donations will be at the back of Intwood church on Sunday 5 November.

Ladybelt Country Park

An evening with leading local arboriculturist Andrew Coombes - a talk on trees. Learn about the role of an arboriculturist, native and veteran trees, including trees at Ladybelt Country Park and their value to wildlife, the impacts of climate change and the introduction of pests and diseases. Thursday 23rd November, 7.30pm at Ketteringham Village Hall, High Street, Ketteringham, NR18 9RU. Refreshments provided.

Tickets £10.00 (Family ticket £20 children free over 12 years). Tickets and information via wegottickets.com/ladybeltpark or ladybeltcountryparkevents@gmail.com 01603 504400 Facebook/ladybeltpark All proceeds support Ladybelt Country Park.

East Carleton Church

We had a very successful **Harvest Festival** with a wonderfully decorated Church and plenty of local produce which was shared between The Grove Cheshire Home, Swardeston Day Care Centre and local people. The collection raised over £250 for Practical Action, and the Service was followed by a very enjoyable Harvest Supper.

Remembrance Day Service on Saturday 11th November at East Carleton War Memorial from 10.50 am followed by tea and coffee in East Carleton Church.

Concert by Clarinet Cascade, a group of local musicians led by Roger Miller, playing an assortment of clarinets with a varied musical programme - 2.30 pm on Sunday 10th December at St Mary's Church, East Carleton. Tickets will be by donation to include refreshments during the interval. Proceeds to be shared equally between St Mary's Church and our village charity for this year, Cancer Research UK.

Swardeston Parish Council

The police have been monitoring traffic on the B1113 with a speed gun for several weeks. This was part of a trial in 80 Norfolk villages. Covert traffic monitoring showed that 44% of traffic exceeded the prosecution threshold of 35mph. Some will now have received unpleasant surprises in their mail. The parish council are now in discussion with NCC Highways to find ways of reinforcing our speed limit along Main Road.

Swardeston Christmas Fayre

Our Christmas Fayre will be held on Saturday 2nd December in Swardeston Village Hall from 10.30am - 1.30pm. The event is being organised by Friends of Swardeston Common (FoSCom) and will comprise refreshments, raffle, tombola and a variety of stalls selling crafts, jigsaw puzzles, games, Christmas cards and gifts. Offers of cakes and savouries for the refreshments, and donations of raffle prizes would be most welcome as would offers of help on the day. Contact derek@enfield-house.co.uk or call 01508 570249 for details.

Swardeston Jubilee Club

We meet for refreshments and chat every second Tuesday (i.e. 14th November) in the Social Club Lounge at Swardeston Village Hall between 10am and 12 noon. This is an ideal opportunity to make new friends or reconnect with old ones. So just drop in for a cuppa and a slice of cake. There is no charge but donations welcome. If you would like to come along but need transport please contact derek@enfield-house.co.uk or call 570249 We'll assist if we can. Hope to see you there.

Save the Children Christmas Cards

Save the Children Christmas Cards will be on sale after Swardeston church services or call/email for a time to call round at Enfield House, Main Road, Swardeston – 01508 570249 or sylvia@enfield-house.co.uk General greetings cards for this charity are always available at the back of Swardeston Church.

Swardeston History Group

Swardeston History Group is struggling along collecting documents and information wherever we can but our website is desperately in need of updating and our archive requires organising to generate web content. We are desperately in need of more members. If you are interested in the history of Swardeston and would like to get involved please contact Derek - oldswardeston@talktalk.net or 01508 570249. No particular skills required - just some enthusiasm.

Church Services: November 2023

Wednesday 1st	7.30pm	Bereavement Service	Swardeston Church
Sunday 5th Nov.	9.30am	Harvest Festival	Swardeston Church
All Saints Day	11am	Holy Communion	Intwood Church
	3.30pm	Evening Prayer	East Carleton Church
Saturday 11th Nov.	10.55am	Act of Remembrance	E. Carleton War Memorial
Sunday 12th Nov.	9am	Holy Communion	Keswick Church Swardeston War Memorial Swardeston Church Ketteringham Church
Remembrance Sunday		and Act of Remembrance	
	10.55am	Act of Remembrance and All Age Service	
	10.55am	Remembrance Service	
Sunday 19th Nov.	9.30am	Morning Prayer	Swardeston Church
2nd Before Advent	9.30am	Morning Prayer	Keswick Church
	11am	Holy Communion	East Carleton Church
Sunday 26th Nov.	8am	Holy Communion	Keswick Church
Christ the King	9.30am	Holy Communion	Swardeston Church
	11am	Morning Prayer	Ketteringham Church

Daily Prayer

If you don't know where to begin in praying by yourself (or if you need some encouragement) try Lectio 365. Just download the app onto your mobile and then set aside a few minutes each day.

Prayer and Spirituality

We're starting a group for people wanting an introduction to Christian spirituality and prayer. If that interests you, please phone 01508 570550 and speak to the Vicar, Revd Paul Burr.

*Prayer is naught else but a yearning of soul...
it draws down the great God into the little heart;
it drives the hungry soul up to the plenitude of God;
it brings together these two lovers, God and the soul,
in a wondrous place where they speak much of love.*
Mechthild of Magdeburg c. 1207 – c. 1282/1294

To receive the Newsletter direct into your in-box, email your request to the editor at
thenewsletter@live.co.uk

Please email material for the next issue of the Newsletter to the editor by
Monday 20th November 2023 also at **thenewsletter@live.co.uk**