



February 2024

The Newsletter

I wasn't brought up to observe Lent - so Lent is something I've had to learn. Still learning. No bad thing because learning is one of the spiritual disciplines Lent invites us to.

Learning is basic to the spiritual life (but not cleverness or intellectual gymnastics). The things to be learnt are more a challenge to the will than the intellect. Kindness, compassion, prayerfulness, forgiveness, trust, forbearance, honesty, faithfulness, obedience, generosity — such things aren't just learnt out of books. They're about formation of character — the sort of person God can count on me to be. And that grows out of practice — lots of everyday choices where I decide to be the person Jesus calls me to be rather than just to find the easy way out.

A bit of reading is good. Try the Sermon on the Mount — open a bible at Matthew chapters 5 to 7. What is Jesus saying? How am I living? Do I like the person I am? Have I got some changes to make?

It's often said that what people do in private is nobody else's business. Jesus sees differently. For him what's done in secret matters very much. Personal integrity. No spiritual life without prayer - no spiritual authority.

Lent asks me to review the state of my spiritual integrity - to attend to narrowing the gap between what I am and what I ought to be. Everything I do and say springs from who I am deep down. I cannot walk with the Lord if I don't seek him out in the hiddenness of my heart.

People give things up for Lent: but Lent is really about renewing my life with God. That means prayer. So give things up if you must — but going deeper into prayer is really the purpose of it all. Prayer isn't just the saying of words — God invites us to silence, to stillness, to aloneness. It takes a decision of the will to set aside time for God, to slow down, to stop and say 'Speak, Lord, for your servant is listening.' Waiting on God isn't a feeling. A holy Lent is a space you make for God.

Paul

For all enquiries or pastoral matters, please contact the Rector:
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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

Snowdrops at Keswick

The Big Wood at Keswick, signed off Low Road, will be open for the Annual Snowdrop Walk on Sunday 11th February from 12 noon to 4pm. All are welcome - dogs on leads, please.
No charge but donations to Intwood and Keswick Churches greatly appreciated.

Book Swap Coffee Morning

Book swap coffee mornings 6th and 20th February 10.30 - 12 noon
Cavell Room Swardeston Church. All welcome to drop in.

Ash Wednesday Service

Ash Wednesday marks the beginning of Lent. This year it falls on 14th February — also St Valentine's Day (which pulls rather in an opposite direction). But join us for a service of Holy Communion with Ashing at 7.30pm in Swardeston Church. 'Ashing' is opportunity to receive the sign of the cross in ash on your forehead as a sign of a commitment to keep a holy Lent.

Lent Series

Do join us on Wednesday evenings throughout Lent for our Lent Series this year. We will seek to hear the message of the gospel afresh by reading a short letter of St Paul called 'The Epistle to the Galatians'. We meet in Swardeston Church's Cavell Room at 7.30pm from Wednesday 21st February. Reading, listening, discussion, prayer. And coffee and biscuits. No charge. Phone Vicar on 01508 570550 or just turn up.

How to pray

'The heart of the matter is: Stand with reverence before God, with the mind in the heart, and strive toward Him with longing.' - *Theophan the Recluse*

Swardeston Jubilee Club

We continue to meet for refreshments and chat every second Tuesday (i.e. 13th February) 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 we do depend on casual donations to cover our operating costs. If you would like to come along but need transport please contact derek@enfield-house.co.uk or call 01508 570249 and we'll try to assist if we can. Hope to see you there.

The Swardeston Edith Cavell Archive

An extensive archive of material on Edith Cavell is hosted in Swardeston. Its content is available on the web at www.edithcavell.org.uk/swardeston-archive. Nick Miller, who runs it, is interested in contact from anyone who might like to discuss getting involved in its maintenance and development. Contact Nick via enquiry@edithcavell.org.uk or on 01508 578468.

Ketteringham & East Carleton History Group Meet-

The next meeting of the Ketteringham & East Carleton History Group will be held at 10.30am on Saturday, 10th February in the Village Hall. All welcome.

Ketteringham Crib Service collection

The collection from the Crib Service at Ketteringham Church on Christmas Eve amounted to £195.20 and was gratefully received by the charity Embrace the Middle East. Thank you all who contributed so generously.

Clarinet Cascade Concert

This concert with ten clarinetists playing, and led by Roger Miller was a huge success, and greatly enjoyed by a large audience. After expenses it raised £305. This has been shared between St Mary's Church, East Carleton and Cancer Research UK which was the East Carleton Village Charity for 2023. In all over £3,000 was raised during the whole year.

Wisdom for Lent

But when you pray, go into your room,
close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret, will reward you.
And when you pray, do not keep on babbling like pagans,
for they think they will be heard because of their many words.
Do not be like them, for your Father knows what you need before you ask him.

Matthew 6.6-8

Church Services: February 2024

Sunday 4th February	9.30am	Morning Prayer	Swardeston Church
2nd Sunday before Lent	11am	Holy Communion	Intwood Church
	3.30pm	Evening Prayer	East Carleton Church
Sunday 11th February	9.30am	Holy Communion	Swardeston Church
Sunday next before Lent	11am	Holy Communion	Intwood Church
	3.30pm	Evening Prayer	Ketteringham Church
Wed. 14th February	7.30pm	Holy Communion <i>with Ashing</i>	Swardeston Church
Ash Wednesday			
Sunday 18th February	9.30am	Morning Prayer	Swardeston Church
1st Sunday of Lent	9.30am	Morning Prayer	Keswick Church
	11am	Holy Communion	East Carleton Church
Sunday 25th February	8am	Holy Communion	Keswick
2nd Sunday of Lent	9.30am	Holy Communion	Swardeston Church
	11am	Morning Prayer	Ketteringham Church

The Chosen

Something for Lent? Have you watched 'The Chosen'? An imaginative recreation of the life of Christ from the gospel. You might have seen an advert for the film coming to a cinema near you, but you can also find earlier sessions on Netflix and Prime and other platforms or at <https://watch.thechosen.tv/>

Lectio 365

Inspiration for prayer in Lent? Try Lectio 365 - a free app - a daily devotional resource to help you pray reflectively every day.

<https://www.24-7prayer.com/resource/lectio-365/>

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 March issue of the Newsletter to the editor by **Tuesday 20th February 2024** also at thenewsletter@live.co.uk