



September 2025

# The Newsletter

Success - not just in particular tasks, but in life as a whole. The media is full of it - not just the preoccupation with those who've made it in business, entertainment or politics, but also in advertising. Money, property, power, privilege, influence, beauty: these are the things people want, these are the symbols of success.

It's easy to feel dazzled or intimidated - or feel the pressure to join the race to achieve and acquire. But many work very hard yet still find success quite elusive. You can just feel inadequate, left behind.

All of us need meaning and purpose. But striving for a goal I set myself can't guarantee the sense of fulfilment I crave. And though it's nice to achieve something people recognise, my personal worth does not turn on the opinions of others. There is something quite ridiculous about trying to impress people I don't even know. So what am I to do?

To be human is to be made in the image of God. Our fears may tell us God is against us. But Jesus taught us to see God as our father in heaven. That means God is *for* me. At least, he is if I want him to be. God may seem against me if I'm shutting him out, doing my own thing, going my own way. But I don't have to live like that - and even if that's how I've lived up until now, I can change and say sorry and choose to live differently. New life is always possible: that's what believing in Jesus is about.

The more God matters to me the less do the opinions of other people. I find I'm freed from the burden of expectation where money and status and success defines who matters and who doesn't. I'm at peace knowing what really matters are compassion and kindness, truth and integrity, justice and mercy, love and contentment - the sorts of things that spring from a life rooted in a trust in God. Then I can walk tall as a child of God alive upon the earth - and if I'm known by God, who cares what anyone else thinks of me? And once it dawns what life is really about, who cares tuppence for the success they think we all should be chasing?

*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:	Richard Dannatt 01603 259537
Swardeston:	Lynn Hewitt: 01508 578767
Ketteringham:	Mary Parker 01603 811330
East Carleton:	No wardens — enquiries to Peter Riches 01508 571449 or to Vicar

## Historic Churches Bike Ride

If you like cycling - or even if you don't! - why not join in the Norfolk Churches Bike Ride on Saturday 13th September? Most parish churches will be open - including all in this benefice - 9am-5pm - a chance to check out ancient places of worship that are beautiful and atmospheric.

Everyone is welcome to participate in fund-raising for historic churches - go to <https://norfolkchurchestrust.org.uk/bike-ride-walk/> Last year's event raised £122,118 for the maintenance of church buildings. And you can nominate which church should benefit from your sponsored fund-raising (split 50:50 with Norfolk Churches Trust).

And you don't have to cycle - you can walk (in central Norwich the easiest way to visit churches) or take the car. Have a look on line and plan your day.

Volunteers are needed to cycle, sponsor and welcome cyclists. Details available from Margaret Riches on [cm.riches1@gmail.com](mailto:cm.riches1@gmail.com) or from the Vicar. Hopefully the gates at Ketteringham Hall will be open for safer cycling between churches.

## Ketteringham & East Carleton History Group

The next meeting of Ketteringham & East Carleton History Group Meeting will be at 10.30am on Saturday 13th September in Ketteringham Village Hall. All welcome.

## The Chosen

Have you seen *The Chosen* - an imaginative TV series on the Jesus of the gospel? - <https://www.thechosen.tv/en-us>, and on Netflix.

## Swardeston Day Centre

The members have had a lovely August celebrating birthdays and joining in with lots of activities. We made biscuits, painted coasters, enjoyed musical afternoons including choosing our own Desert Island Discs, played bingo, and had a Summer Holiday reminiscence session, not forgetting our chair exercises to keep everyone fit! We have a few vacancies on Mondays and Wednesdays in the Autumn, so come along for a free taster day in a welcoming and caring environment. Further details from our manager Lesley 01508 578826 when the centre is open, or email [info@swardestondaycentre.org](mailto:info@swardestondaycentre.org) or see [www.swardestondaycentre.org](http://www.swardestondaycentre.org) Volunteers especially drivers always needed. Contact as above.

## **Romans - video course**

Do join us as we continue our video course on St Paul's 'Letter to the Romans' - perhaps the most influential letter ever written. Sent to the church in Rome in the first century it contains his fullest statement of the gospel.

It's about what's wrong with the world - and what to do about it. It's about personal mess and muddle - and what can be done about that. It's about finding freedom and purpose, new meaning and identity, and being empowered to make a new start whatever life has looked like up till now.

Each session has video input and group discussion around key questions. Free event. For more details contact the vicar - 01508 570550 - or email [pburr100@gmail.com](mailto:pburr100@gmail.com) for a link to an introductory video.

## **Heritage Open Day at Ladybelt Country Park**

Heritage Open Day at the Ice House, Ketteringham: Saturday 20th September | 11:00 am – 4:00 pm. Free Entry | Refreshments by donation

Discover the fascinating history and architecture of Ketteringham's Ice House. Try your hand at making a model of the Ice House, using LEGO, papier-mâché or any creative or digital material! Bring your creation and enter the fun competition, open to all ages - prizes to be won! Enjoy coffee, tea, cake, and time to share your own stories about the Ice House.

## **East Carleton Harvest Festival**

East Carleton Harvest Festival is on Sunday 5th October at 6pm at East Carleton Church with refreshments afterwards. All welcome. Collection for Practical Action.

## **Norwich Foodbank**

Intwood Church collects donations of groceries and necessities for the Norwich Foodbank. The box for contributions will be at the back of Intwood Church on 7th and 14th September. All contributions welcome.

## **Daily Prayer App**

If you need some focus or encouragement for prayer, try Lectio 365 - a free daily devotional app that helps you pray the Bible every day:

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

## **Reflection**

'The greatest trap in our life is not success, popularity, or power, but self-rejection... Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the 'Beloved'. Being the Beloved constitutes the core truth of our existence.' Henri Nouwen 1932-1996

## **Church Services: September 2025**

Sunday 7th Sept. Trinity 12	9.30am 11am 6pm	Family Service Holy Communion Evening Prayer	Swardeston Church Intwood Church East Carleton Church
Sunday 14th Sept. Trinity 13	9.30am 11am 6pm	Holy Communion Holy Communion Evening Prayer	Swardeston Church Intwood Church Ketteringham Church
Sunday 21st Sept. Trinity 14	9.30am 9.30am 11am	Holy Communion Harvest Festival Holy Communion	Swardeston Church Keswick Church East Carleton Church
Sunday 28th Sept. Trinity 15	8am 9.30am 11am	Holy Communion Morning Prayer Morning Prayer	Keswick Church Swardeston Church Ketteringham Church

Words of Jesus:

***Do not lay up for yourselves treasures on earth,  
where moth and rust destroy  
and where thieves break in and steal,  
but lay up for yourselves treasures in heaven,  
where neither moth nor rust destroys  
and where thieves do not break in and steal.  
For where your treasure is,  
there your heart will be also.***

From the Sermon on the Mount

A prayer:

*Lord teach us to number our days,  
that we may apply our hearts unto wisdom.  
Lighten, if it be thy will  
The pressures of this world's cares.  
Above all, reconcile us to thy will,  
and give us a peace which the world cannot take away;  
through Jesus Christ our Lord.*

Thomas Chalmers, 1780-1847

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Please email material for the October issue of the Newsletter to the editor by  
**Tuesday 23rd September 2025** also at **[pburr100@gmail.com](mailto:pburr100@gmail.com)**