



October 2025

The Newsletter

Freedom of speech. A contentious matter just now. Many are tired of being told what they can and can't say - feeling unable to think out loud without fear of being labelled, pigeon-holed, or called names. There are too many reports of people losing jobs, getting 'cancelled', or police being called just because they dissent from latest ideologies and dare say so.

Some eat and breathe politics: most of us don't. Politics is necessary for public decision-making - but I don't want to bump up against it everywhere I turn. I expect it in the news, but I don't want political ideology on buses, in hospitals, in shops, in law enforcement, in places of work, in schools - or in church. I don't want gender politics forced upon me or upon anyone - it's an ideology I don't believe in. Besides, I see the world differently.

God loves everything he has made - how else could anything exist? So he loves me just as he made me. His love for me isn't dependent on who I am or anything I've achieved - and doesn't diminish if I fail or mess up. God is my Father and his love is unconditional. That's the ground of faith, and it's transformative. The questions 'How should I live?' and 'How should I love?' are important but secondary. Jesus puts other questions first: 'How do I love God?' and 'How do I find him?' No one should be silenced for answering such questions: they're what believing in Jesus is all about.

Words can be used to do all sorts of things - what literature is all about. So not all words are true - but some are, and truth matters very much. Truth is ordinarily the correspondence of words to reality. Truth is not negotiable nor can it be privatised. Let go of truth and society descends into anarchy.

Christianity is not an ideology: it's a rule of freedom. Jesus said true freedom is found through trusting his word - 'and you will know the truth and the truth will make you free.' You can't force people to be free, and you can't *make* anyone believe in Jesus - (and nor should you try). But everyone should at least have the chance to hear about his secret of personal freedom, shouldn't they?

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

Edith Cavell 110th Anniversary

A weekend to mark the 110th anniversary of the execution of Edith Cavell at Norwich Cathedral - Saturday 11th and Sunday 12th October 2025 including:

- Graveside commemoration 11 October at 11am.
- A symposium *New Insights into Edith Cavell's Life and Legacy* 1.30pm to 4.30pm Free tickets for this bookable in advance via <https://cathedral.org.uk/events/edith-cavell-110/>. A recording of the symposium will be available on the web.
- Exhibition in Norwich Cathedral Library till the end of November.
- A special service of Evensong on Sunday 12th October at 3.30pm.

See more on: www.edithcavell.org.uk/recent-new-material-on-edith-cavell/

Harvest Festivals

Come to church to celebrate and give thanks at our Harvest Festivals:

- at East Carleton Church on Sunday 5th October followed by refreshments;
- at Swardeston Church on 12th October at 9.30am with coffee and cake;
- at Ketteringham Church on 26th October at 11am.

Do bring garden produce to decorate church for Harvest Festival as well as any tins, packages of dried foods, jams etc. Proceeds will go to Carleton House Care Home or the Norwich Food Bank. Many thanks.

Coffee Morning

Bookswap coffee mornings on 7th and 21st October, 10.30am-12 noon in the Cavell Room, Swardeston Church. All welcome.

Serenity Prayer

*God grant me
the Serenity to accept the things I cannot change,
the Courage to change the things I can,
and the Wisdom to know the difference.*

Swardeston Day Centre

It has been a busy month at the day centre, with lots of activities. Rev Paul Burr, our vicar, took the monthly service, we made very professional photo frames with Teresa, planted bulbs for spring, alongside games, quizzes, music and seated exercises. The windows in the main room at the Rugby club are now fully replaced and double glazed, making a huge difference to the warmth, and stopping the draughts just in time for winter. We have welcomed a few new members, but still have spaces on Mondays and Wednesdays, for more details contact Manager Lesley 01508 578826 Mondays or Wednesdays 10am until 3pm. E mail info@swardestondaycentre.org or look at the website - www.swardestondaycentre.org Voluntary drivers needed to transport members to and from home. Fuel allowance paid.

Ladybelt Country Park

Pop-Up Breakfast at Ladybelt Country Park, Sunday 19th October 10am–12:30pm. Tuck into a delicious breakfast roll with free-range bacon and eggs, mushrooms, Emmental cheese, or vegetarian/vegan options like avocado toast, overnight oats, fresh fruit, fresh coffee and muffins. Dog-friendly event.

Fungi Foray - Sunday 26th October, 10:30am-1pm. Tickets £10. Booking required at wegottickets.com/events/676205/ In addition, an autumn soup lunch, cake and refreshment after the event £5 booked with ticket offer. Join the Norfolk Fungus Study Group for a guided walk exploring local fungi. Learn to identify species and hear fascinating facts!

All proceeds support the park. Extra parking and toilets are available at events.

Request - Do you have any nature, wildlife or animal figurines or books you no longer want and would be happy to donate to the park for a fundraising project? Contact & Info: Email: ladybeltcountryparkevents@gmail.com Facebook.com/ladybeltpark Phone: 01603 504400

Save the Children Cards

A cheque for £56 for latest sales has been gratefully received by the charity. A good selection of cards is still available at the back of Swardeston Church. Please enter purchases on the list provided and place monies in the wall safe. Thank you so much for your continued support.

Ketteringham & East Carleton History Group

The next meeting of Ketteringham & East Carleton History Group will be held at 10.30am on Saturday, 11th October in the Village Hall. All welcome.

Church Services: October 2025

Sunday 5th Oct. Trinity 16	9.30am 11am 6pm	Morning Prayer Holy Communion Harvest Festival	Swardeston Church Intwood Church East Carleton Church
Sunday 12th Oct. Trinity 17	9.30am 11am 6pm	Harvest Festival Holy Communion Evening Prayer	Swardeston Church Intwood Church Ketteringham Church
Sunday 19th Oct. Trinity 18	9.30am 9.30am 11am	Morning Prayer Morning Prayer Holy Communion	Swardeston Church Keswick Church East Carleton Church
Sunday 26th Oct. Trinity 19	8am 9.30am 11am	Holy Communion Holy Communion Harvest Festival	Keswick Church Swardeston Church Ketteringham Church

**Those who trust in the LORD will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.**

Isaiah 40.31

The Prayer of St Francis:

**Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.**

To receive Newsletter direct into your in-box, email request to the editor at **pburr100@gmail.com**
Please email material for the November issue of the Newsletter to the editor by
Tuesday 21st October 2025 also at **pburr100@gmail.com**