



November 2025

The Newsletter

Prayer. How do I pray? What do I do? What do I say? Everyone knows about *perfunctory* prayer – telling God my wants, my needs, my views on life, my demands that he re-organise the world in the light of my wisdom.

But there's also prayer of a quite different sort: *mental* prayer – the descent of the mind into the heart, waiting on God, seeking his presence, standing before him, acknowledging my own frailty, and listening. Going deep takes preparation - except when tragedy hits. Bereavement, loss, divorce, betrayal, hurt or wounding, grievous illness - such things open up the depths and I just want to escape and return to the shallows.

I may also become aware of the depths when I've done wrong – guilt and shame bring stirrings within, turmoil, restlessness. There are strategies like denial, self-justification, and distraction – like entertainment or drink. Or just assuring myself I'm not too bad compared to others.

But such strategies have serious consequences: they harden the heart so deep prayer becomes difficult and God seems silent or non-existent. For I become less sensitive: conscience becomes muffled, indistinct – and my judgement becomes unreliable. Down that road lies loss of moral compass – easy to spot in others, like in public life. But what if it's me?

I have to go deep. The depths have little appeal - avoided because there I encounter my past, the junk of my life, my hiddenness and shame. I cannot bear to let God into such chaos and disorder.

But in the spiritual life those who are sick of their mess have a head start on those who seem to have got their act together. Cry out 'God have mercy' and tell him how it is. The only rule in deep prayer is absolute sincerity. Jesus hears the cry of the heart - he knows me better than I know myself.

That's how peace and forgiveness are found, how joy is re-discovered, how sensitivity is restored in place of hard-heartedness, how brokenness gets healed, how new hope become possible, new identity, new belonging – and all that Jesus means.

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

Annual Meeting of Friends of Keswick & Intwood

The Friends of Intwood and Keswick Charitable Trust AGM will be at 2.30pm on 7th November at the Reading Room, Keswick. All are welcome. For more details please contact jujuvail@icloud.com

Ketteringham & East Carleton History Group

The next meeting of Ketteringham & East Carleton History Group will be held at 10.30am on Saturday 8th November in the Village Hall. All welcome.

Bell ringing at Intwood

Holt and Wiveton bellringers have arranged to ring Intwood church bells on Saturday 8th November from 3.00- 3.45pm.

Coffee Morning

Book swap coffee mornings in the Cavell Room, Swardeston Church on Tuesday 4th and 18th November 10.30am - 12 noon. All welcome.

Used stamps wanted

If you don't save used stamps for your own charities, please save yours from now on and leave them at the back of Swardeston church near the Save the Children cards. Sylvia Barber (01508 570249) will send them off to raise funds for Guide Dogs for the Blind. Thank you.

Commemoration of nurse Edith Cavell

The proceedings of a symposium 'New Insights into Edith Cavell's Life and Legacy' held on Saturday 11th October are available on YouTube: see <https://edithcavell.org.uk/recent-new-material-on-edith-cavell/>

A free exhibition 'Edith Cavell in her own voice' is open in Norwich Cathedral Library, Tuesdays to Thursdays, 10am-4pm, till Tuesday 23rd December - see <https://cathedral.org.uk/events/edith-cavell-exhibition/> Jack, Edith's faithful dog, features along with hitherto undisplayed material lent by the Gahan family. (The Revd Stirling Gahan spent an hour with Edith on her last night...)

Swardeston Day Centre

The Day Centre has welcomed some new faces this month - good to see more gentlemen joining and enjoying each other's company. Everyone loved the Guinea pigs visit, an afternoon of reminiscence with Gill, and a "Bake Off" with Teresa, to add to our musical afternoons, seated exercises, bingo, quizzes, and arts and crafts. Why not have a free session to see if you would enjoy a day out with home cooked lunch, plenty of refreshments and lots of socialising? For more details and to book contact Manager Lesley 01508 578826 on Mondays or Wednesdays 10am-3pm. Email info@swardestondaycentre.org or website at www.swardestondaycentre.org Volunteers and drivers needed, if you can help, please telephone Lesley as above.

Ladybelt Country Park

Norfolk Folk Tales - Yarnsmith of Norwich: Saturday 29th November 2.30pm. Award winning author and historian Dave Tonge presents an afternoon for young and old. Learn something of this most special county, its places and people, its strange and wondrous dialect in a collection of stories. From dark dangerous dogs and wily wicked worms, to poor penniless pedlars and lanky, long-limbed lads, Norfolk is steeped in stories.

Venue: Ketteringham Village Hall, High St, NR18 9RU

£8 Adult Children £6 (age 10 yrs +) Tickets : wegottickets.com/event/680968/
[Facebook/Ladybeltpark](https://www.facebook.com/Ladybeltpark); ladybeltcountryparkevents@gmail.com; 01603 504400
All proceeds support the park. Refreshments and raffle will be available.

Harvest Festival at East Carleton

Harvest Festival at East Carleton was very well supported. The church was wonderfully decorated with a wide variety of seasonal produce which was distributed to Carleton House, the Day Care Centre, people in the village and the Feed Community supermarket and cafe on Hall Road. The collection raised the magnificent total of £480.65 for Practical Action to support farmers in Nepal, Malawi and other countries. A great many thanks are due to all those who helped with the decoration and organisation of the service and food afterwards. Particular thanks are due to Paul and Laura of the Red Lion in Eaton who cooked the delicious pork for us and provided apple sauce, and Paddock Farm Shop who generously donated produce for the church decoration.

Church Services: November 2025

Sunday 2nd Nov. <i>4th before Advent</i>	9.30am	Morning Prayer	Swardeston Church
<i>All Saints Sunday</i>	11am	Holy Communion	Intwood Church
	3.30pm	Evening Prayer	East Carleton Church
Sunday 9th Nov. <i>3rd before Advent</i>	9am	Holy Communion with Act of Remembrance	
<i>Remembrance Sunday</i>			Keswick Church
	10.55am	Remembrance Service	Swardeston Church
	10.55am	Remembrance Service	Ketteringham Church
Sunday 16th Nov. <i>2nd before Advent</i>	9.30am	Morning Prayer	Swardeston Church
	9.30am	Morning Prayer	Keswick Church
	11am	Holy Communion	East Carleton Church
Sunday 23rd Nov. <i>Last before Advent</i>	8am	Holy Communion	Keswick Church
	9.30am	Holy Communion	Swardeston Church
	11am	Morning Prayer	Ketteringham Church
Sunday 30th Nov. <i>Advent Sunday</i>	10.30am	Holy Communion	Swardeston Church
			<i>Benefice Service</i>
Sunday 7th Dec. <i>Advent 2</i>	9.30am	Morning Prayer	Swardeston Church
	11am	Holy Communion	Intwood Church
	3.30pm	Evening Prayer	East Carleton Church

Remembrance Day

On Tuesday 11th November at East Carleton War Memorial a short Act of Remembrance with readings and prayers. Please gather by 10.55am in readiness for the national 2 minute silence at 11am. Refreshments afterwards in E Carleton Church. Do join us.

Have mercy on me, O God,
according to Your unfailing love;
according to Your great compassion
blot out my transgressions...

Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Do not cast me from Your presence
or take Your Holy Spirit from me.

Restore to me the joy of Your salvation
and grant me a willing spirit to sustain me.

From Psalm 51

To receive Newsletter direct into your in-box, email request to the editor at **pburr100@gmail.com**
Please email material for the December/January issue of the Newsletter to the editor by
Tuesday 25th November 2025 also at **pburr100@gmail.com**