



March 2026

The Newsletter

The past - and what to do about it... Easy to think the past can't be changed: what's done is done and that's the end of it. But life is not so simple. For the past is a contested country - as anyone knows who's had a car accident. Or watched politicians arguing. Or had a matrimonial dispute. Or just lived for a little while. But can the past can be undone?

In an age of scandal we're used to protagonists denying all wrongdoing. Blanket denial in the face of massive evidence is utterly implausible: no one is innocent of all wrongdoing. But it is a crude attempt to change the past - and one which gives police and lawyers and journalists work to do.

Most of us don't make the news - thankfully. But that doesn't mean our past can't be a problem. There's the wrong others have done to me - but there's also the wrong I've done to others. Both cause on-going problems if unresolved, and why de-cluttering my past is an important discipline.

Forgiveness is an ordinary way the past gets changed. Proper apology is acknowledgement both that what was done actually happened and that it was wrong. It means I take responsibility and recognise the hurt I caused. Apology gives the injured party opportunity to express forgiveness. So reconciliation becomes possible and the past is healed.

But sometimes the stakes are too high. Sometimes pride prevents contrition. Sometimes restitution is necessary. Sometimes the law has been broken. Sometimes criminal accountability is necessary.

You can't make other people sorry: you may find you don't *feel* terribly sorry yourself. But doing the right thing still matters. If I feel a persistent guilt or shame or fear, the power of the past can still be broken by first bringing it to God. That's the meaning of the cross and why Holy Communion gets celebrated week by week. Jesus makes forgiveness real - the sense of guilt and shame and hurt get lifted so I can live life free and face the future unfettered either by my own junk or the wrong others have done to me. A lot of people need to know this.

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

Intwood Church

Many thanks to all for your support for the Foodbank. The box is in the porch of Intwood Church and is there if anyone is in need and for people to donate items.

Intwood and Keswick Churches' Annual Parochial Church Meeting will take place in Intwood Church on Friday 17 April 2026, at 10am.

Keswick & Intwood Parish Council

Keswick & Intwood Parish Council will be meeting at 7pm at Keswick Reading Room on the following dates for the rest of 2026:

Wednesday 25th March

Wednesday 27th May

Wednesday 22nd July

Wednesday 30th September

Wednesday 25th November

Swardeston Day Centre

Swardeston Day Centre has been closed for 2 weeks due to a water problem at the premises which has now been resolved. We will be reopening on Monday 2nd March with our new manager Sinead Auker in charge. All queries or information tel 01508 578826 on Mondays or Wednesdays 10am to 3pm or email info@swardestondaycentre.org We welcome new clients, volunteers, and drivers, why not arrange a visit?

Ketteringham & East Carleton History Group

The next meeting of Ketteringham & East Carleton History Group will be held at 10.30am on Saturday 14th March in St Mary's Church, East Carleton.

A word in Lent

*In returning and rest you shall be saved;
in quietness and in trust shall be your strength.*

Lectio Course

Join us for our Lectio Course this Lent. (Free course.)

The Lectio Course is a five session video series from Prayer 24/7 International exploring the ancient practice of Lectio Divina, a way of reading the scriptures devotionally which opens up the life of prayer.

Each session includes discussion, video input and practical group exercise.

Join us in Swardeston Church's Cavell Room at 10am on Wednesdays

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| 25th February | 1. Introducing Lectio Divina |
| 4th March | 2. Read: Hearing God in the Bible |
| 11th March | 3. Meditate: Hearing God in our thoughts |
| 18th March | 4. Pray: Responding to God in prayer and prophecy |
| 25th March | 5. Contemplate: Hearing God in the whole world |

Contact the Vicar for more details: 01508 570550 or pburr100@gmail.com

Book swap coffee mornings

Book swap coffee mornings in the Cavell Room Swardeston Church from 10.30am - 12 noon on Tuesday 3rd and 17th March - all most welcome.

Wisdom for Lent

*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.*

*No one can serve two masters,
for either he will hate the one and love the other,
or he will be devoted to the one and despise the other.*

You cannot serve God and money.

Words of Jesus from Matthew 6.19-21, 24

Church Services: March 2026

Sunday 1st March	9.30am	Morning Prayer	Swardeston Church
<i>2nd Sunday of Lent</i>	11am	Holy Communion	Intwood Church
	3.30pm	Evening Prayer	East Carleton Church
Sunday 8th March	9.30am	Holy Communion	Swardeston Church
<i>3rd Sunday of Lent</i>	11am	Holy Communion	Intwood Church
	3.30pm	Evening Prayer	Ketteringham Church
Sunday 15th March	9.30am	Morning Prayer	Swardeston Church
<i>4th Sunday of Lent</i>	9.30am	Morning Prayer	Keswick Church
<i>Mothering Sunday</i>	11am	Holy Communion	East Carleton Church
Sunday 22nd March	8am	Holy Communion	Keswick
<i>5th Sunday of Lent</i>	9.30am	Holy Communion	Swardeston Church
	11am	Morning Prayer	Ketteringham Church
Sunday 29th March	10.30am	Holy Communion	Swardeston Church
<i>Palm Sunday</i>			
	11.30am	<i>War Memorial Dedication Service</i> at Swardeston War Memorial	

New War Memorial and Service of Dedication

A new memorial tablet to commemorate the men of Swardeston who died during World War II has been installed by the existing WWI memorial by the lych gate to Swardeston Church. A Service of Dedication at the war memorials is arranged for Sunday March 29th at 11.30am (after the 10.30am Morning Service in church). Refreshments will be available in the Cavell Room after the service.

Circle me, O God, encircle me with your presence.

Keep joy within, keep bitterness out;

Keep generosity within, keep greed out;

Keep love within, keep self-seeking out;

Keep light within, keep darkness out.

In the name of the Sacred Three, the Father, Son and Holy Spirit. Amen.

To receive Newsletter direct into your in-box, email request to the editor at pburr100@gmail.com
Please email material for the April 2026 issue of the Newsletter to the editor by
Sunday 15th March 2026 also at pburr100@gmail.com