



April 2026

The Newsletter

Some of life is easy. But what about the difficult bits? You can live as if adversity is an aberration or misfortune - as if bad stuff won't happen. But that leaves you unprepared. Everyone knows that difficulty and disappointment (and sorrow and suffering) are also part of the human condition. What's to be done about such things?

Not all suffering is evil - but a lot is. Just look at the news. There is such a thing as human wickedness. Much human suffering springs from injustice, cruelty, selfishness. We long for adequate answers - but there are rarely simple solutions to abuse of power.

And then there are accidents - and illness and health problems. The NHS isn't perfect, but most of us are hugely thankful for it and have benefited from the extraordinary care and ability of medical practitioners. But not every condition can be fixed. And science hasn't solved the inevitability of ageing. So we all need to get our head around the business of mortality. And that's a matter of spirituality. Otherwise you risk chronic shallowness or anxiety.

Lesser difficulties can just be treated as inconveniences or irritations. Or you can throw money at things to get someone else to fix it. How different things can look if treated as opportunities for prayer. Inviting God into a situation immediately changes perspective. It can change your attitude: it can even change the outcome.

Easter's coming up. But first comes Holy Week - time to recall the Last Supper, the betrayal of Jesus, his unjust trial, and his humiliation and crucifixion. You don't have to, but re-reading the story, or watching it (e.g. *The Chosen*), is a way of engaging with vulnerability in the face of both personal and institutional corruption and callousness. It's also where (most surprisingly) God is found - and found to be doing astonishing things. The story of the cross is not easy, but it changes seeing gross injustice and suffering from being just painful and pointless to becoming the means of the most astonishing redemption and renewal.

Paul

For all enquiries or pastoral matters, please contact the Rector:
Revd Paul Burr, The Vicarage, The Common, Swardston, Norwich NR14 8EB
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 Parochial Church Meetings

Every year parish churches hold a Meeting of Parishioners to elect churchwardens, usually followed the Annual Parochial Church Meeting at which members are elected to the Parochial Church Council (PCC), annual reports presented and parish accounts received. Every parishioner may attend.

The Annual Parochial Church Meetings of the benefice are as follows:

Swardeston: Thursday 16th April at 7.30pm in Swardeston Church's Cavell Room (with PCC meeting to follow).

Intwood with Keswick: Friday 17th April in All Saints' Church, Intwood at 10am (with PCC meeting to follow).

Ketteringham: Sunday 26th April at 12 noon in St Peter's Church, Ketteringham (after the morning service).

East Carleton: Monday 27th April at 10am in St Mary's Church, East Carleton (with PCC meeting to follow).

Any enquiries to the vicar or to churchwardens (see contact details above).

Book swap coffee mornings

Book swap coffee mornings in the Swardeston Church's Cavell Room on Tuesdays 7th and 21st April 10.30am - 12 noon. All welcome.

Foodbank box, Intwood

The foodbank box is in the porch at Intwood church, either for donations or if you are in need. All donations gratefully received.

Funerals

The funeral of Olivia Candish will take place at Swardeston Church on Maundy Thursday, 2nd April 2026 at 1.30pm.

The funeral of Ian Francis is fixed for Monday 13th April 2026 at 1.30pm in Swardeston Church.

To reflect upon

If you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

The Gospel According to St Matthew 5.14,15

Ladybelt Country Park

Pop up Breakfast on Sunday 19th April from 9.30am to 12.30 pm

Enjoy an alfresco breakfast with good company and support the Park's first fundraising event of the year. Fresh coffee, tea, orange juice, local produce, breakfast rolls, fruit salad, overnight oats and homemade muffins. Or take a storytelling walk with 'The Yarnsmith of Norwich', Dave Tonge, on the day. Dogs welcome, additional parking and toilet available.

Ladybelt Country Park Viking Fayre - volunteer for Sunday 7th June

Ordgar, a Norfolk-based Viking and Saxon re-enactment group, brings Viking farming and daily life history to life by linking authentic, hands-on craft with immersive, high-standard living history display. The Park's event team would love the support of local volunteers to help out with our additional food, drink and games stalls. Wymondham Archers will be there too.

Please contact Ingrid (01603 504400) or email ladybeltcountryparkevents@gmail.com

Swardeston Village Hall

Swardeston Village Hall Trustees Annual General Meeting is on Wednesday 22nd April 2026 at 6.30pm at Swardeston Village Hall. All welcome.

Coffee & Cake morning

Saturday 25th April 2026, 10am-12 noon in Swardeston Village Hall. Please come along. All proceeds raised will go towards the refurbishment appeal.

Swardeston Day Centre

New faces have been welcomed to the Day Centre this month - including our new manager Sinead Auker. Members have enjoyed a full programme including, crafts, chair exercises, spring bulb planting, lots of music and a very special visit from the Wymondham Ukulele Band. We welcome new members, volunteers, and we particularly need more drivers (mileage paid). For all information please contact Sinead on 01508 578826 Monday or Wednesday 10am-3pm or info@swardestondaycentre.org or see www.swardestondaycentre.org

Everyday wisdom

"Life is this simple: we are living in a world that is absolutely transparent and the divine is shining through it all the time. This is not just a nice story or a fable, it is true."

— *Thomas Merton, 1915–1968, Trappist monk.*

Church Services: April 2026

Thursday 2nd April <i>Maundy Thursday</i>	6pm	Maundy Communion	Ketteringham Church
Friday 3rd April <i>Good Friday</i>	2pm	An Hour at the Cross	East Carleton Church
Sunday 5th April <i>Easter Day</i>	9.30am	Easter Communion	Swardeston Church
	11am	Easter Family Service	Intwood Church
	6pm	Easter Communion	East Carleton Church
Sunday 12th April <i>Easter 2</i>	9.30am	Holy Communion	Swardeston Church
	11am	Holy Communion	Intwood Church
	6pm	Evening Prayer	Ketteringham Church
Sunday 19th April <i>Easter 3</i>	9.30am	Morning Prayer	Swardeston Church
	9.30am	Morning Prayer	Keswick Church
	11am	Holy Communion	East Carleton Church
Sunday 26th April <i>Easter 4</i>	8am	Holy Communion	Keswick Church
	9.30am	Holy Communion	Swardeston Church
	11.15am	Morning Prayer	Ketteringham Church

Prayer

Thanks be to you,
my Lord Jesus Christ,
for all the benefits which you have given me,
for all the pains and insults which you have borne for me.
Most merciful Redeemer, Friend and Brother.
may I know you more clearly,
love you more dearly
and follow you more nearly,
day by day.
Amen.

St Richard of Chichester, 1197-1253

To receive Newsletter direct into your in-box, email request to the editor at pburr100@gmail.com
Please email material for the May 2026 issue of the Newsletter to the editor by
Sunday 19th April 2026 also at pburr100@gmail.com