



June 2026

The Newsletter

Hot weather at last! Perhaps too hot. A day for the beach. Lots of people thought the same. The wide sands were full of holiday-makers - and colourful windbreaks and beach tents.

Everyone loves holiday - break from work and routine, time not just for rest but for play, bucket and spade, hot sand and cold sea, creating shared memories, recollection of childhood.

Beautiful places, liminal spaces - we seek them out, they minister to our souls. They recall a dream deep down that drudgery can't destroy - what we call paradise, evoked by holiday brochures everywhere. The Bible says: 'God has made everything beautiful in its time: he has set eternity in our hearts.'

Holiday makes us do what we find so hard: to slow down, to just be ourselves, to look, to wonder, to contemplate. Or it does if we resist the habit of needing distraction, entertainment, consumerism. Holiday can tell us something about ourselves we need to know. So take the time. Jesus calls us to be contemplatives: 'Consider the flowers of the field...' - how realisation dawns we're not alone: we have a Father in heaven who knows all about us.

Life is not just about work, about being capable, independent, getting money to pay for things - and a continual striving for more. Going away forces me to limit my clutter, to consider what I must take, to leave what I can manage without. I must travel light if I want to travel free.

Distance lends perspective - a view on the life I'm living, the work I'm doing, the interests I'm pursuing, the place I'm inhabiting, the friendships I'm keeping, the longings I'm nurturing, the issues I'm neglecting. It discovers for me what matters - and what needs to change.

I can even choose to turn holiday back to 'holy day' - time not just escape routine but to offer a window on new possibility, to take '*me* time' and offer it back to God not just as thanksgiving for rest and recreation but to listen both to my own heart and to his, and so find the renewal he affords.

Paul

For all enquiries or pastoral matters, please contact the Rector:
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Churchwardens

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

Keswick Duck Race and Fete

Come to the Mill House Keswick on Sunday 14th June, 2.30-5.30pm for Keswick Village Duck Race and Fete and help raise funds for Keswick Church with the Friends of Intwood & Keswick. An event for all the family - duck race, barbecue, bouncy castle, raffle, auction, cash bar.

Norwich Foodbank

The box for Norwich Foodbank is in the church porch at Intwood for donations, or if someone needs food. Many thanks for your generosity.



Book swap coffee mornings

Book swap coffee mornings in the Cavell Room by Swardeston Church on 2nd and 16th June from 10.30am to 12pm - all welcome to call in for refreshments and share a small selection of books.

Pilgrim's Prayer

*GIVE me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.*

Sir Walter Raleigh 1552-1618

Swardeston Village Hall Summer Socials

Swardeston Village Hall Summer Socials: 4pm - 9pm 26th June, 17th July, 21st August, 25th September. Basil Pizza Van at all events. Bring your own chairs and blankets. Raffle and Teddy Tombola. Proceeds to Swardeston Village Hall Refurbishment.

Ketteringham & East Carleton History Group

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

Ladybelt Country Park Summer Viking Fayre

Ladybelt Country Park Summer Fayre: Sunday 7th June, 11am- 4pm.

Ordgar, a prominent Norfolk-based Viking and Saxon re-enactment group and part of the UK's largest early medieval society, brings Viking farming and daily life history to life by linking authentic, hands-on craft with immersive, high-standard living history display.

The focus of this year's summer community event connects us to East Carleton's past. In addition, there'll be food, drink and local beer, along with local history, and activities for children. Wymondham Archers will be there - and you can have a go. Additional parking available. Check Facebook / Ladybelt Park for updates. A free event. Volunteers wanted to help support and raise funds for Ladybelt Country Park.

Please contact Ingrid (01603 504400) or the Ladybelt Events team - ladybeltcountryparkevents@gmail.com

Daily Prayer App

Need direction? Want to learn how to pray? Try Lectio 365? Go to <https://lectio365.com/> - a free daily prayer app with morning, midday & night reflections to help you experience God's presence in your life.

Parable from the gospel

*The kingdom of heaven
is like a merchant looking for fine pearls.
When he found one of great value,
he went away and sold everything he had
and bought it.*

Church Services: June 2026

Sunday 7th June <i>Trinity 1</i>	9.30am	Family Service	Swardeston Church
	11am	Morning Prayer	Intwood Church
	6pm	Evening Prayer	East Carleton Church
Sunday 14th June <i>Trinity 2</i>	9.30am	Holy Communion	Swardeston Church
	11am	Holy Communion	Intwood Church
	6pm	Evening Prayer	Ketteringham Church
Sunday 21st June <i>Trinity 3</i>	9.30am	Morning Prayer	Swardeston Church
	9.30am	Morning Prayer	Keswick Church
	11am	Holy Communion	East Carleton Church
Sunday 28th June <i>Trinity 4</i>	8am	Holy Communion	Keswick Church
	9.30am	Holy Communion	Swardeston Church
	11.15am	Morning Prayer	Ketteringham Church
Sunday 5th July <i>Trinity 5</i>	9.30am	Family Service	Swardeston Church
	11am	Morning Prayer	Intwood Church
	6pm	Evening Prayer	East Carleton Church

A bit of poetry...

Remember the faith that took men from home
At the call of a wandering preacher.
Our age is an age of moderate virtue
And of moderate vice
When men will not lay down the Cross
Because they will never assume it.
Yet nothing is impossible, nothing,
To men of faith and conviction.
Let us therefore make perfect our will.
O God, help us.

From Choruses from the Rock, T S Elliott

To receive Newsletter direct into your in-box, email request to the editor at pburr100@gmail.com
Please email material for the July 2026 issue of the Newsletter to the editor by
Sunday 21st June 2026 also at pburr100@gmail.com