



July/August 2026

The Newsletter

'He's not the Messiah' quips somebody - as Mr Burnham gets sworn in as MP. The laughter is ironic: adulation springs from desperation for a saviour of the party. It's no joke. Government is weighed in the balance and found wanting - MPs worry they'll lose their seats: the nation is in crisis.

Easy to blame 'the system'. But any system is only as good as those who run it - even the best is vulnerable to manipulation. Look at America.

Politicians are notoriously slippery. 'You can't please all of the people all of the time' - so words get minced. That breeds distrust. W B Yeats said:

The best lack all conviction, while the worst
Are full of passionate intensity.

All relationship is grounded in trust. But a trust not grounded in *truth* collapses sooner or later - no one wants to be deceived.

National life has a complicated relationship with truth - parties promise more than they can deliver, dissemble with statistics, dodge direct questions, deal in half-truth, deception, and downright untruth. Play with people's trust, dismiss their fears, break public promises - there'll be backlash. Yeats again:

Things fall apart; the centre cannot hold;
Mere anarchy is loosed upon the world...

Yeats' perception is acute. A nation which forgets its spiritual roots loses moral compass. Mediocrity triumphs, pragmatic fixes fail, crazy stuff gets normalised, bad law enacted, debt spirals out of control, disorder increases.

Another poet said 'human kind cannot bear very much reality.' But nor can a free society survive long where untruth goes unchecked and nonsense gets exalted. It isn't just the party that needs a saviour - we all do. His call echoes down the centuries and, for those who will hear, becomes an existential moment. I find I am known, called to follow, to learn, to serve. It's a way that's tested, trustworthy, and transformative, and gives me ground on which to stand in an age of such uncertainty.

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

Norwich Foodbank

Thanks to all who so kindly donate items. At present the Norwich foodbank is short of tinned veg, tinned fruit, rice and UHT milk. The box for donations, or for anyone in need to help themselves, is in the porch of Intwood Church.

Book swap coffee mornings

Book swap coffee mornings in the Cavell Room at Swardeston Church on 7th and 21st July 10.30am - 12 noon and also on the 4th and 18th August. All welcome.

Words of Jesus

“To what shall I liken this generation?

It is like children sitting in the marketplaces
and calling to their companions, and saying:

‘We played the flute for you, and you did not dance;
We mourned to you, and you did not lament’...

I thank You, Father, Lord of heaven and earth,
that You have hidden these things from the wise and prudent
and have revealed them to babes...

Come to Me,
all you who labour and are heavy laden,
and I will give you rest.

Take My yoke upon you and learn from Me,
for I am gentle and lowly in heart,
and you will find rest for your souls.

For My yoke is easy and My burden is light.”

From the Gospel according to St Matthew

Swardeston Village Hall Summer Socials

Swardeston Village Hall Summer Socials: 4pm - 9pm 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 11th July in Ketteringham Village Hall. All welcome. There will be no meeting in August.

Swardeston Day Centre

This month Swardeston Day Centre has welcomed five new members, and a new volunteer. In July the Day Centre celebrates it's 40th anniversary. In that time making many friends, and enriching the lives of elderly and housebound people from Swardeston, Mulbarton, Cringleford and surrounding villages.

Helpers, drivers and fundraisers are always needed. Come and visit if you are looking for a few hours of volunteering a week, and think this could be for you. Telephone the Manager, Sinead on 01508 578826 on Mondays or Wednesdays 10am-3pm or info@swardestondaycentre.org

Daily Prayer App

Have you tried Lectio 365? Go to <https://lectio365.com/> - a free daily prayer app with morning, midday & night reflections. Listen, reflect and pray.

Reflection

*“To live a spiritual life
we must first find the courage to enter into the desert of our loneliness
and to change it by gentle and persistent efforts into a garden of solitude.
The movement from loneliness to solitude, however,
is the beginning of any spiritual life
because it is the movement from the restless senses
to the restful spirit,
from the outward-reaching cravings to the inward-reaching search,
from the fearful clinging to the fearless play.”*

— Henri J.M. Nouwen

Church Services: July & August 2026

Sunday 5th July Trinity 5	9.30am 11am 6pm	Morning Worship Holy Communion Evening Prayer	Swardeston Church Intwood Church East Carleton Church
Sunday 12th July Trinity 6	9.30am 11am 6pm	Holy Communion Holy Communion Evening Prayer	Swardeston Church Intwood Church Ketteringham Church
Sunday 19th July Trinity 7	9.30am 9.30am 11am	Morning Worship Morning Prayer Holy Communion	Swardeston Church Keswick Church East Carleton Church
Sunday 26th July Trinity 8	8am 9.30am 11.15am	Holy Communion Holy Communion Morning Prayer	Keswick Church Swardeston Church Ketteringham Church
Sunday 2nd August Trinity 9	10.30am	Holy Communion Benefice Service	Swardeston Church
Sunday 9th August Trinity 10	10.30am	Holy Communion Benefice Service	Intwood Church
Sunday 16th August Trinity 11	10.30am	Holy Communion Benefice Service	East Carleton Church
Sunday 23rd August Trinity 12	10.30am	Holy Communion Benefice Service	Ketteringham Church
Sunday 30th August Trinity 13	10.30am	Holy Communion Benefice Service	Keswick Church

*O gracious and holy God,
Give us wisdom to know you,
Intelligence to understand you,
Diligence to seek you,
Patience to wait for you,
Eyes to behold you,
A heart to meditate upon you,
A life to proclaim you.*

Through the power of the Spirit of our Lord Jesus Christ, Amen.

Prayer of St Benedict 480-543

To receive Newsletter direct into your in-box, email request to the editor at pburr100@gmail.com
Please email material for the September 2026 issue of the Newsletter to the editor by
Sunday 23rd August 2026 also at pburr100@gmail.com