



October 2026

The Newsletter

Why believe in Jesus? Here's one thing: to deal with personal spiritual junk - the stuff of regret which can bring deep sense of shame.

We have strategies of avoidance and denial - pretend not to have done it, blame someone else, or just keep schtum and hope it goes away. But the thing gnaws away and inner peace disappears. That drives a need for distraction, entertainment, drink - anything to shift the attention elsewhere.

Resolution isn't found that way. Spiritual wrongs require spiritual remedies. That means forgiveness. If it's a person you've wronged, you can seek their forgiveness. But what if they won't forgive? What if admission might cause greater hurt? What if time has passed and you've lost contact?

Wrongs aren't just against people: they're also against God. But who wants to deal with God? So we shut him out - even deny he exists. But what if God is the answer to my inner angst? If he made me, he can fix me. And nothing I've done can surprise him: he knows it all already.

Jesus famously forgave sins. He didn't ask people what they'd done - he didn't need to. Serious wrongdoing screws people up: Jesus knew the power of forgiveness - God's forgiveness. He released people the burden of guilt, the shame that erodes confidence, the woundedness that ruins relationships.

And he still does. That's what believing in Jesus is about - the beginning of it anyway. It isn't silly or embarrassing to need forgiveness - or to believe in Jesus. The first commandment is to love God, and the second is to love our neighbour. We all need forgiveness because we're not as good at loving as we need to be. No one is so good they don't need forgiveness.

Unforgiveness leaves me stuck - robs me of my freedom. If that's where I find myself, I need to find God's forgiveness for myself.

Jesus is the physician of the soul. Take time alone, get before him, go deep, acknowledge your wrong and your hurt, and don't give up till you find the peace - the freedom and the joy - that is your spiritual birthright.

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

Harvest Festivals

Do join us for Harvest Festival in church - a time of thanksgiving in song and reflection and prayer for God's goodness and abundant provision for us. You are welcome to bring harvest gifts of garden produce or packaged food or grocery items if you wish to - or just come to join in. All gifts will go to a local care home or to the Norwich Food Bank.

Harvest services this year are as follows:

- East Carleton Church - Sunday 4th October at 5pm
- Swardeston Church - Sunday 11th October at 9.30am
- Keswick Church - Sunday 11th October at 11am
- Ketteringham Church - Sunday 25th October at 11.15am

All welcome.

Book swap coffee mornings

Book swap coffee mornings in the Cavell Room at Swardeston Church on Tuesdays 6th and 20th October, 10.30am - 12 noon. All welcome.

Prayer of St Augustine

*Almighty God, in whom we live and move and have our being,
you have made us for yourself,
so that our hearts are restless until they rest in you;
grant us purity of heart and strength of purpose,
that no passion may hinder us from knowing your will,
no weakness from doing it;
but in your light may we see light clearly,
and in your service find perfect freedom,
through Jesus Christ our Lord. Amen.*

Ketteringham & East Carleton History Group

The next meeting of the Ketteringham & East Carleton History Group will be held at 10.30am on Saturday 10th October in Ketteringham Village Hall. All welcome.

Donations to Norwich Food Bank

Norwich Food Bank exists to help local people in crisis. For details see <https://norwich.foodbank.org.uk/> If you wish to make donations of packaged food or groceries you may leave them in the box for donations in the porch of Intwood Church. All donations appreciated.

Daily Prayer

Have you tried the daily prayer app? Go to <https://lectio365.com/> for morning, midday & night reflections. Listen, reflect and pray.

Help need to distribute The Newsletter

We need help with distribution of this publication. The Newsletter is edited and printed by the churches for the people of our parishes. Anyone with notices, events or items of parish news can send them to the editor - but no commercial advertising. It is published ten times per year and posted by hand throughout Swardeston, East Carleton, Ketteringham, and Intwood & Keswick.

Distribution is done entirely by volunteers - a generous commitment to parish and neighbourhood. But some volunteers are no longer able to deliver - so we're looking for help. If you'd like to help in your parish please contact the vicar who will put you in touch with the person in your parish who organises local distribution - Revd Paul Burr tel. 01508 570550 email: pburr100@gmail.com

Reflection

*"The beginning of love is the will to let those we love be perfectly themselves,
the resolution not to twist them to fit our own image.
If in loving them we do not love what they are,
but only their potential likeness to ourselves,
then we do not love them:
we only love the reflection of ourselves we find in them."*

— Thomas Merton

Church Services: October 2026

Sunday 4th Oct. Trinity 18	9.30am 11am 5pm	Morning Prayer Holy Communion Harvest Festival	Swardeston Church Intwood Church East Carleton Church
Sunday 11th Oct. Trinity 19	9.30am 11am 6pm	Harvest Festival Harvest Festival Evening Prayer	Swardeston Church Keswick Church Ketteringham Church
Sunday 18th Oct. Trinity 20	9.30am 9.30am 11am	Holy Communion Morning Prayer Holy Communion	Swardeston Church Keswick Church East Carleton Church
Sunday 25th Oct. Trinity 21	8am 9.30am 11.15am	Holy Communion Holy Communion Harvest Festival	Keswick Church Swardeston Church Ketteringham Church

‘Come to me, all you who are weary and burdened,
and I will give you rest.

Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.
For my yoke is easy and my burden is light.’

Words of Jesus - Matthew 18.28-30

*You can't go back
and change the beginning,
but you can start where you are
and change the ending.*

C S Lewis

To receive Newsletter direct into your in-box, email request to the editor at **pburr100@gmail.com**
Please email material for the November 2026 issue of the Newsletter to the editor by
Sunday 25th October 2026 also at **pburr100@gmail.com**