

All donations are secure and sent electronically to Cancer Research UK. If you are a UK taxpayer, Justgiving will add an automatic 28% bonus to your donation at no cost to you. Many thanks!



Very many thanks, also, to all who worked so hard beforehand and on the day for **Swannington Produce Show last Sunday**. Even the sun shone, for once – and as a result we have raised a splendid **£539** for church funds. Well done!

Once again at Swannington today we will be singing some of the pieces from **Dick le Grice's *Small Mass***, and there will be a short music practice at the start of our service. As you may remember, it uses the 'traditional' (i.e. thee and thou) versions for some of the words – so here they are if you need a refresher –

*Holy, holy, holy, Lord God of hosts,
heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.*

*O Lamb of God,
that takest away the sins of the world,
have mercy upon us.*

*O Lamb of God,
that takest away the sins of the world,
have mercy upon us.*

*O Lamb of God,
that takest away the sins of the world,
grant us thy peace.*



Sunday 14 September 2008
HOLY CROSS DAY
10:00 am Swannington

Collect:

Almighty God, who in the passion of your blessed Son made an instrument of painful death to be for us the means of life and peace: grant us so to glory in the cross of Christ that we may gladly suffer for his sake; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

New Testament Reading: Philippians 2.6-11

Christ Jesus, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Gospel: John 3.13-17

Jesus said to Nicodemus: 'No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved

the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'



All weekday services will be at their usual times this week, except that there will be **no** Evening Prayer in Swannington on Saturday.

All this week we pray particularly for those who live at **Deighton Hills** in Attlebridge.

Please continue to pray for the sick & those in need:

Alan Beardsmore; Alic, Anthony & Ben Bowen; Bev Hutchins: the Roe family; Susan; George Williams.

Saints this week:

Tues Cornelius and Cyprian, Pope and bishop, martyrs (died 258)

Weds Hildegard, abbess, teacher, visionary (died 1179)

Fri Theodore, archbishop of Canterbury,
inventor of the parish system (died 690)

Events this week

Tue 3:30 pm After-School Club begins again at Great
Witchingham School

Fri 1:30 pm Great Witchingham School Harvest Service
in St Mary's church

7:30 pm Great Witchingham Fuel Allotment Charity
Trustees meet at The Pightle

Next Sunday

8:00 am The Eucharist for Harvest Thanksgiving at Swannington

9:00 am Holy Communion (1662) for St Matthew's Day at Ringland
(Bishop Tony Foottit)

10:00 am Holy Communion (1662) for Harvest Thanksgiving
at Great Witchingham

10:00 am Children's Service for Harvest Thanksgiving at Swannington

6:00 pm Evensong for St Matthew's Day at Alderford

Future Events

Tues 23rd 7:30 pm Alderford with Attlebridge PCC meets
at Mortonray

Sat 27th 4:00 pm Baptism at Weston Longville

Sunday 28th September:

8:00 am Holy Communion (1662) for St Michael and all Angels
at Great Witchingham

10:00 am The Eucharist for Harvest Thanksgiving at Alderford

6:00 pm Evensong for Harvest Thanksgiving at Ringland. Afterwards
the **Harvest Supper** takes place in church; tickets £5 adults,
£2 children; available from Dian, Elaine or Selwyn.

Cassie writes: In May 2007, I startled everybody (not least myself) by running 5K. I have run a total of five 5K races since then; that first one took me 39 minutes, and the most recent was a proud 31:45. Despite a very boring break from running last winter, when I injured my ankle, I've managed to keep up my training, and my next target is to manage a 10K (that's 6.2 miles in old money).

So later this month I'm running for Cancer Research, who sensibly provide a series of 10K charity races for those of us who were bitten by the running bug in the Race for Life. This event takes place at Sandringham (only the best!) on the morning of Sunday 28th September. I've never run a 10K before, so there's nothing in my running log to compare it with. If I need to walk occasionally, I'll do that - but failing to complete the course simply isn't an option...

I was absolutely bowled over by the generosity of your sponsorship for my first 5K - I raised over £1,000, plus reclaimed tax. So, sixteen months later, I'm asking for your help again.

As I've been incredibly fortunate and have not lost any close relations to this disease, my race will be mostly dedicated to the folk I know who have survived it, in the hope that there will be many more of them through the work of Cancer Research. It's also offered as a huge thanksgiving that I have the health and the opportunity to do something like this, which makes such a difference to my life. If you could sponsor me in my attempt, I'd really welcome your support. Please visit my sponsorship page at: <http://www.run10ksponsorme.org/norfolkbroad>