

### Prayer intentions this week

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.

Most glorious and holy God,  
whose servant Hildegard, strong in the  
faith,  
was caught up in the vision of your heavenly  
courts:  
by the breath of your Spirit  
open our eyes to glimpse your glory  
and our lips to sing your praises with all the  
angels;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **Those being licensed as lay ministers**

Saturday 20<sup>th</sup> September  
in Norwich Cathedral

### **Those in need**

Sarah Davis	Kelly Sanderson
Stephen Milner	Eric Dunstan
Roy Wallis	Ann Kuczak
Beverley Reaney	Lindsay Richards
Francis Berryman	Rebecca Ormian
Margaret Johnson	Teresa Nicholls

### **Those who have died recently**

Stella Rimmington
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### **Those recently laid to rest:**

Jack Clarke
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### **Those in our year's mind**

Wendy Howes
Eric Gill
Chris Jenney

*Rest eternal grant unto them O Lord; and  
let light perpetual shine upon them*

## **Nar Valley Benefice**

### Welcome to all

We are always welcome in God's house and  
greet one another with joy.  
Just before worship, we quieten ourselves  
to be met by God in prayer, word, and  
sacrament.

### This Sunday 14<sup>th</sup> September Holy Cross Day (red)

**9am at Pentney**  
**CW said Eucharist**

The scriptures are:  
Numbers 21.4-9 & John 3.13-17

**10.30am at Castle Acre**  
**CW sung Eucharist**

The scriptures are: Numbers 21.4-9  
Philippians 2.6-11 & John 3.13-17  
Hymns 740,820,521,437(not starred verses)

**6pm at South Acre**  
**BCP Evensong**

The scriptures are: Psalm 110  
Isaiah 63.1-16 & 1 Corinthians 1.18-25  
Hymns 563,36,627,340

### Wednesday 17<sup>th</sup> September St Hildegard Abbess of Bingen (white)

**9am at Narborough**  
**CW midweek Eucharist**

The scriptures are:  
1 Corinthians 2.9-13 & Luke 10.21-24

### Next Sunday 21<sup>st</sup> September 2025 is St Matthew Apostle and Evangelist (red)

**9am at West Acre**  
**BCP Holy Communion**

The scriptures are:  
2 Corinthians 4.1-6 & Matthew 9.9-13

**10.30am at Narborough**  
**CW sung Eucharist**

The scriptures are: Proverbs 3.13-18,  
2 Corinthians 4.1-6 & Matthew 9.9-13  
Hymns 119,340,382,337

### **Children?**

We love it when babies or children of any age come to church. We do not expect them to impersonate adults. Please feel relaxed if they wander about. In both Castle Acre and Narborough there are dedicated children's spaces in the worship area and quiet rooms at the back of church. Do use them if they are a help to you.

### **Use hearing aids?**

There are hearing loop systems in Castle Acre, Narborough & Pentney Churches

### **Safeguarding**

We are committed to safeguarding children, young people and adults from harm. We follow the House of Bishops' guidance and policies. Each church has its own Parish Safeguarding Officer (PSO). Their contact details are :

#### **Castle Acre**

Dr Ilga Chakrabarti (01760 755368)

#### **Pentney**

Andrew Smith (01760 755102)

#### **Narborough & Narford**

Joan Upton (01760 337053)

#### **West Acre**

Henry Birkbeck (01760 755254)

#### **South Acre**

James Stephenson (01760 337901)

#### **Newton**

Tony Bell (01760 755506)

Contact our Diocesan safeguarding team  
[safeguarding@dioceseofnorwich.org](mailto:safeguarding@dioceseofnorwich.org) or  
01603 882345

Sue Brice, diocesan safeguarding advisor  
[sue.brice@dioceseofnorwich.org](mailto:sue.brice@dioceseofnorwich.org) or  
07958377079

If you have immediate concerns about the safety of someone, please contact the police and your local authority's children or adult social care services.

### **Contact details**

**Mother Angela** is very happy to be contacted on her landline **01760 338552** or by email [narvalleyrector@hotmail.com](mailto:narvalleyrector@hotmail.com)  
Her usual rest day is Friday.

**Father Richard** balances a full-time job with being a priest. He is usually happy to be contacted on his mobile **07802432594** or by email [richardgranthowells4@gmail.com](mailto:richardgranthowells4@gmail.com)  
But is resting until Tuesday 23<sup>rd</sup> September.

**Churchwardens** for each church may be rung at home. They are all volunteers.

#### **Castle Acre:**

David Bowman 01603 483658

Anne Loch 01760 755403

#### **Narborough:**

James Stephenson 01760 337901

#### **Newton:**

Tony Bell 01760 755506

Stephen Laing 01760 755455

#### **Pentney**

Sue Neep 01760 338037

Andrew Smith 01760755102

#### **South Acre:**

Davina Barber 01760 755618

#### **West Acre:**

Henry Birkbeck 01760 755254

### **Present and future events**

Please note that **Father Richard** is taking **rest time** until Tuesday 23<sup>rd</sup> September

**Diocesan Clergy Conference** in Norwich  
Monday 22<sup>nd</sup> – Wednesday 24<sup>th</sup> September

**West Acre PCC** in the Estate Office at 4pm  
on **Thursday 25<sup>th</sup> September**

**Gratitude and Generosity Novena**  
Nine days of prayer **Saturday 4<sup>th</sup> October – Sunday 12<sup>th</sup> October**

Our **annual gift morning** for the Nar Valley churches is 10am-noon on **Saturday 11<sup>th</sup> October**

**Tickets** are now on sale for the Pentney pie, mash & games evening on **Saturday 18<sup>th</sup> October**. Ring Janet on 01760 337419

### **Recent events**

Congratulations to all those involved in the **Castle Acre Village Show** and the **Castle Acre Village Fete** last weekend. They were two very successful events, and it was great to see so many church people actively involved.

Many thanks to all those who participated in the **Norfolk Churches Trust bike ride, walk, drive** yesterday – whether as sponsored church visitors or as church hosts or as organisers.