

### **Prayer intentions this week**

Almighty Father,  
whose Son was revealed in majesty  
before he suffered death upon the cross:  
give us grace to perceive his glory,  
that we may be strengthened to suffer with  
him  
and be changed into his likeness, from glory  
to glory;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

(or)

Almighty God,  
give us reverence for all creation  
and respect for every person,  
that we may mirror your likeness  
in Jesus Christ our Lord.

#### **For the world**

For those who are devalued by others  
For a reduction in prejudice  
For fragile ecosystems  
For species at risk of extinction

#### **Those in need**

Sarah Davis	Kelly Sanderson
Stephen Milner	Eric Dunstan
Beverley Reaney	Ann Kuczak
Francis Berryman	Lindsay Richards
Margaret Johnson	Rebecca Ormian
Wendy Goodwin	Teresa Nicholls
Stephen Keeble	Richard Howells

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

Joan Margaret Pightling
Julia Rosemary Howarth

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

Ava Holly Gibbons	George Cowen
Gwendoline Wallace	

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

### **Nar Valley Benefice**

#### **Pew News**

**8<sup>th</sup>-14<sup>th</sup> February 2026**

#### **This Sunday 8<sup>th</sup> February** **Second Sunday before Lent (green)**

**9.30am at Castle Acre**

##### **Eucharist**

The scriptures are:  
Genesis 1.1-2.3 & Matthew 6.25-end  
Hymns: 510, 10 (omitting starred verses), 19  
Eucharistic Prayer: G

**11am at Pentney**

##### **Eucharist**

The Scriptures are:  
Genesis 1.1-2.3 & Matthew 6.25-end  
Hymns: 510, 10 (omitting starred verses), 19  
Eucharistic Prayer: G

**6pm at South Acre**

##### **Traditional Evensong**

The scriptures are: Psalm 148  
Proverbs 8.1,22-31 & Revelation 4  
Hymns: 123, 435, 563, 767

#### **Wednesday 11<sup>th</sup> February**

##### **Ordinary time (green)**

**9am in Narborough Church**

##### **said Eucharist**

The Scriptures are:  
1 Kings 1-10 & Mark 7.14-23

#### **Next Sunday 15<sup>th</sup> February**

##### **Sunday next before Lent (green)**

**9.30am in Castle Acre church**

##### **Eucharist**

The Scriptures are:  
Exodus 24.12-end & Matthew 17.1-9  
Hymns: 248, 190, 275 EP: G

**11am in Narborough church**

##### **Eucharist**

The scriptures are:  
Exodus 24.12-end & Matthew 17.1-9  
Hymns:248, 190, 275 EP: G

**6pm in West Acre church**

##### **Traditional Evensong**

The scriptures are: Psalm 84  
2 Kings 2.1-12 & Matthew 17.9-23  
Hymns: 349, 467

## 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.

## 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.

## 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**

Liz Collins (01760 337403)

Joan Upton (01760 337053)

### **West Acre**

Clare Levere (07709232851)

### **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.

**Mother Angela is building up her database of people's contact details.** Please fill in a form and put it in an envelope. Then hand it to her, her husband, or a churchwarden.

## Contact details

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

However, she is into retreat until Friday 13<sup>th</sup> February and it will not be possible to contact her during this time.

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

### **Castle Acre:**

Anne Loch 01760 755403

David Bowman 01603 483658

### **Narborough:**

James Stephenson 01760 337901

### **Newton:**

Tony Bell 01760 755506

Stephen Laing 01760 755455

### **Pentney**

Sue Neep 01760 338037

Andrew Smith 01760 755102

### **South Acre:**

Davina Barber 07967 369 573

### **West Acre:**

Henry Birkbeck 01760 755254

## Notices

Saturday 14<sup>th</sup> February 7-9pm **Valentine's Day Wine and Cheese Party** in the Church Rooms. Tickets from a churchwarden or from the Rectory. Donations for the wall.

Tuesday 17<sup>th</sup> February 5.30-6.30pm **Shrove Tuesday Pancake Party** in the Church Rooms. Tell the Rectory if you're coming.

Ash Wednesday 18<sup>th</sup> February. 9am in Narborough and 6pm in Castle Acre  
**said Eucharist with Ashing.**

Tuesdays in Lent (so February 24<sup>th</sup> to March 31<sup>st</sup>) **Simply Soup** lunches in the Church Rooms in Narborough 12.30pm. Followed by **Simply Spoken** – gently exploring some famous biblical speeches 1.30-2pm.

Thursdays in Lent (so February 19<sup>th</sup> to March 26<sup>th</sup>) **Simply Still** in Castle Acre Church 6-6.30pm. Time out sitting with meditative music playing in the background.

Saturday 28<sup>th</sup> February 6.30pm for 7pm **Pentney Pie and Mash and Games evening** at Little Abbey Farm. Bring your own drinks. Tickets £15 from Janet Beck 01760 337419  
All profits to Pentney Parish Church.