

**Prayer intentions this week**

Almighty God,  
whose Son Jesus Christ fasted forty days in  
the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in  
obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
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. Amen.  
(or)  
Heavenly Father,  
your Son battled with the powers of  
darkness,  
and grew closer to you in the desert:  
help us to use these days to grow in wisdom  
and prayer  
that we may witness to your saving love  
in Jesus Christ our Lord. Amen.

**For the world**

For all those struggling with temptation  
For those who are hungry  
For those who rule nations  
For those who are famous

**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
Neville James Kimmins

**Those in our year's mind**

Norman Endersby	Peter Eagling
Vivienne Bartlett	Elizabeth Starling
Ruth Chase	Douglas Cundell

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

**Nar Valley Benefice**

**Pew News**

**22<sup>nd</sup> - 28<sup>th</sup> February 2026**

**This Sunday 22<sup>nd</sup> February**

**Lent 1 (purple)**

**8.30am in West Acre**  
**Traditional said Holy Communion**  
The scriptures are:  
Romans 5.12-19 & Matthew 4.1-11

**9.30am in Castle Acre**  
**Eucharist**  
The scriptures are:  
Romans 5.12-19 & Matthew 4.1-11  
Hymns: 202, 152, 556 EP: E

**11am in Pentney**  
**Morning Praise**  
The Scriptures are: Psalm 32  
Romans 5.12-19 & Matthew 4.1-11

**Wednesday 25<sup>th</sup> February**

**Ember day in Lent (purple)**

**9am in Narborough**  
**Said Eucharist**  
The Scriptures are:  
Jonah 3 & Luke 11.29-32

**Thursday 26<sup>th</sup> February**

**Lent (purple)**

**6-6.30pm in Castle Acre**  
**Simply Still**

**Next Sunday 1<sup>st</sup> March**

**Lent 2 (purple)**

**8.30am in Newton**  
**Traditional said Holy Communion**  
The scriptures are:  
Romans 4.1-5, 13-17 & John 3.1-17

**9.30am in Castle Acre**  
**Morning Praise**  
The Scriptures are: Psalm 121  
Romans 4.1-5, 13-17 & John 3.1-17

**11am in Narborough**  
**Eucharist**  
The scriptures are:  
Romans 4.1-5, 13-17 & John 3.1-17  
Hymns: 19, 772, 574 EP: E

## 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) Her rest day this week is Friday.

**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

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 speeches in Acts 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.

**Mothering Sunday March 15<sup>th</sup>** our Sunday services are designed to be particularly easy to invite others to. They will be:  
9.30am Eucharist in Castle Acre.  
11am Morning Praise in Narborough  
6pm traditional said Holy Communion in South Acre.

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.

## Thanks

As we feel the absence of flowers for Lent, we give thanks for the creativity and work of the flower arrangers who enrich our worship and church buildings.