

**Prayer intentions this week**

Most merciful God,  
who by the death and resurrection of your  
Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on  
the cross  
we may triumph in the power of his victory;  
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.

*(or)*

Gracious Father,  
you gave up your Son  
out of love for the world:  
lead us to ponder the mysteries of his  
passion,  
that we may know eternal peace  
through the shedding of our Saviour's  
blood,  
Jesus Christ our Lord.

We beseech you, O Lord,  
pour your grace into our hearts,  
that as we have known the incarnation of  
your Son Jesus Christ by the message of an  
angel,  
so by his cross and passion  
we may be brought to the glory of his  
resurrection;  
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.

**For the world**

For all those who mourn.  
For all those who struggle to hope.  
For all those without belief.

**Those in need**

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

**Those who have recently died**

Neville James Kimmins
Stephen Charles Keeble

**Those in our year's mind**

Beryl Cunnington	Charles Baxter
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***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> March 2026**

**This Sunday 22nd March**

**Lent 5 (purple)**

**9.30am in Castle Acre**

**11am in Narborough**

**Eucharist**

The scriptures are:  
Ezekiel 37.1-14 & John 11.1-45  
Hymns: 563, 437, 777 EP: E

**6pm in West Acre**

**Traditional Evensong**

The scriptures are: Psalm 30  
Lamentations 3.19-33 & Matthew 20.17-34  
Hymns: 740, 820

**c6.50pm West Acre Annual Meeting of  
Parishioners.**

**Monday March 23<sup>rd</sup>**

**7pm at Castle Acre Church  
Stations of the Passion.**

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

**The Annunciation (gold or white)**

**9am in Narborough**

**4pm in Castle Acre**

**Eucharist**

The Scriptures are:  
Isaiah 7.10-14 & Luke 1.26-38  
**c5pm one item meeting of  
Castle Acre PCC.**

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

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

**Next Sunday 29<sup>th</sup> March**

**Palm Sunday (purple)**

**8.30am in West Acre**

**Traditional Said Holy Communion**

The scriptures are:  
Philippians 2.5-11 & Matthew 21.1-11

**9.30am in Castle Acre**

**Palm Sunday Liturgy**

The scriptures are: Matthew 21.1-11  
Philippians 2.5-11 & Matthew 27.11-54  
Hymns: 12, 640, 521, 556 (omit starred)

**11am in Pentney**

**Morning Praise**

The scriptures are: Psalm 118.19-24  
Philippians 2.5-11 & Matthew 21.1-11

## 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

**Beware** of scam emails claiming to come from Mother Angela.

The **Castle Acre draft rotas** are out. Volunteers please look at the back of church for your copy.

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.

Next week is **Holy Week**. See the Nar Valley News or the separate sheet for details of services and activities.

## Thanks

Thank you again to those who prepared the **Mothering Sunday** gifts. They were greatly appreciated and many asked after you.

As we hold the first 2026 election of **churchwardens** in the benefice, we give thanks for our amazing churchwardens and their self-giving. We pray God's guidance over this crucial ministry and those He calls.