



Pastoral Letter and Church Notices **ST. HELEN'S CHURCH, LOW FELL**

21.09.2025

St Matthew

Proverbs 3. 13-18

2 Corinthians 4. 1-6

Matthew 9. 9-13

Collect

Mericful God,
your Son came to save us
and bore our sins on the cross:
may we trust in your mercy
and know your love,
rejoicing in the righteousness
that is ours through Jesus Christ our Lord.
Amen.

A prayer for peace

We pray to you O God
the lover of all
for those whom we have named our enemies.
Deliver us from the hardness of heart that keeps us locked in confrontation.
Deliver us from the hatred that binds us in old ways.
Grant unto all your people the blessing of your love.
And grant unto us such transformation of our lives
that we make peace with our enemies
and that together we might make this world
a safer, kinder place for all.
In Christ's name we pray.

Amen (*seen in Durham Cathedral*)

Post Communion

Lord God, the source of truth and love,
keep us faithful to the apostles' teaching and fellowship,
united in prayer and the breaking of bread,
and one in joy and simplicity of heart,
in Jesus Christ our Lord.
Amen.

Safeguarding Contacts

To discuss any safeguarding concerns please contact either

- the Parish Safeguarding Churchwarden 07505105184

- the Parish Priest, Rev Yvonne Greener on

0191 4911317 greener.yvonne@gmail.com

***Concerns can also be raised with the Diocesan Safeguarding Advisor, Mrs
Beth Miller***

Email: beth@bethmillerisw.co.uk or beth.miller@durham.anglican.org

Mobile: 07968 034075.



INEQE independent safeguarding audit

Please see attached information and link to the full report.

A Prayer for Peace from Sanctuary Foundation

Lord God protector of widows and orphans, may you bring your comfort to every family and every child that is grieving, frightened or homeless because of the conflict in Israel and Gaza.

Jesus wonderful Counsellor, may you give the wisdom and grace to all
who are working to find a peaceful resolution.

Spirit of peace may you change people's hearts and minds so this conflict can end quickly
for your names sake.

Triune and Almighty God, help us to trust you at this time and serve you by showing
compassion to all those around us.

Amen

Oluwafemi Akinleye R.I.P

Many of you will know the sad news that we received of Femi's sudden death from a heart attack. As a church we are deeply saddened and want to support Abi, his wife, and Precious, his 5 year old daughter through the sad and difficult days ahead.

They are now staying with family in London.

As an expression of our care for them there will be a collection plate in church this Sunday should you wish to make a donation in support of their future. Alternatively, there is the opportunity to make a donation electronically via St Helen's website.

May Femi rest in peace and rise in Glory.

Revd Canon Yvonne

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Worship and notices week beginning Sunday 21st September 2025

Services and Prayer

9.30am Sunday Service 21st September at St. Helen's

Eucharist at St Helen's on Wednesday 24th September 12noon

(Ember Day)

10.30am Eucharist each Sunday at Bensham and Teams, St. Chad's

All are welcome to join in worshipping at St.Helen's and St.Chad's, we hope to see you soon. We will offer wafers and wine (optional) during the Eucharist and will, for the time being, stay in our places and share the Peace in non-physical ways.

There are services of morning and night prayer available on the website with attached readings and prayers. Alternatively, you may participate in worship with Songs of Praise BBC1 at 1.15pm or Morning Service with BBC Radio 4 at 8.10am.

Prayer and Evening Prayer

We usually meet each Wednesday, Friday and Sunday morning for morning prayer in church, you are welcome to join us from 8.45am, to begin at 9am, and at 3.45pm, to begin at 4pm.

Pearl of Africa Children's Choir Saturday 20 September **in St Helen's church from 7pm**

Tickets £10 for adults. No charge for children.

Performing with the Low Fell Singers

Tickets available on the night at the door

Refreshments in the church hall during the interval

Raffle prizes would be appreciated please



**St Helen's Family Service
Sunday 5th October
Harvest Festival**

with the uniformed organisations.
Service at 10am followed by brunch
in the church hall.
Everyone is Welcome!

**Harvest Faith Supper Saturday 11th October
at St Chad's Church from 7pm**

Please bring food to share (savoury and/or sweet) and a
donation for the Food Coop
Tea and coffee provided and....

A Quiz!

St Chad's Church

Saturday 18th October: Autumn Coffee Morning - 10am-12pm

*Please contact Revd Hannah Richardson if you would like to book a stall
or volunteer to help at the events*

Please come along, everyone is welcome.

Mob: 07788 295437 Email: revdhannahrichardson@gmail.com

Drop-Ins at St Chad's Church

Grab a cuppa. Have a look around and pray.

On the following Saturdays 2-4pm

11th October 1st November

6th December

Thursday Luncheon Club at St. Chad's

Rawling Road Bensham

Thursday Luncheon Club Time 11am -1pm

Join us each Thursday for a freshly cooked two course lunch

Cost £6.00

Tea, coffee and biscuits on arrival

Each week there is a quiz, coffee and a game of bingo.

A chance to meet people and enjoy different company.

All are welcome

Contact Ron Bellinger 07847096709



“From Gardens to Gatherings”

a vibrant celebration of our borough’s growing community food movement, is taking place in Saltwell Park this September. The event will platform the power of food to connect people across cultures and backgrounds, reduce inequality and improve wellbeing, enhance our environment, and support sustainable local economies.

Gateshead Food Partnership's flagship event will be a chance to eat good food together around banquet-style tables, share recipes, learn new skills and celebrate food heritage and a diversity of tastes in Gateshead. Around 25 different organisations across Gateshead Food Partnership will be showcasing their work towards food system change in Gateshead.

Free for the whole family, come along on Sunday 21 September from 11am until 4pm to enjoy:

- Live music
- Live cooking demonstrations
- Entertainment including performances and short talks
 - Creative family activities
 - Hands on workshops

And most importantly, a delicious range of foods, which will be available at low cost to all attendees.

This event is funded by UK Government Shared Prosperity Funding, North East Combined Authority, the RHS, and Gateshead College. Students from a range of courses at the college including catering, event management, photography and digital journalism will be getting involved in the build-up and on the day.

Press release: [Community food festival to bring crowds to Saltwell Park this September - Gateshead Council](#)

More information: [From Gardens to Gatherings: A Celebration of Community Food in Gateshead](#)

Thank you to everyone who helped in the garden. Good progress was made.

Visit to Holy Island

This has been **postponed** from Friday 26 September and will be re-arranged for a date in 2026, when hopefully more people can attend.

Wednesday Warm Welcome Drop In at St Helen's

Every Wednesday morning 10am-12noon - there will be tea and coffee freely available and a warm welcome at St Helen's church hall for any who wish to come in for a cuppa and a chat, or who simply want a warm space to relax in for a few hours.

No need to be at home alone, you will be made welcome at St. Helen's. We are pleased to be part of Gateshead Council's Warm Spaces Charter.

There will be a variety of opportunities on offer for you to join in with if you come along to this Drop In.

Crafts

You are welcome to join us for crafts and projects in the Warm Welcome Drop In from 10am. each Wednesday in the hall. Everyone is welcome.

St Helen's Church Hall – For hire

A reminder that the church hall is available to hire for birthday parties/events on Saturdays and Sunday afternoons. We also have space for regular bookings (exercise classes, book club, craft activities etc) during the week. For further information contact :

office.sthelenschurch@gmail.com

St Helen's Toddler Group

St Helen's now has a thriving toddler group which meets every Friday afternoon from 1pm-3pm. It is very much appreciated by families, carers and, of course, the children.

Joan and Elaine have helped this group to grow, offering a warm welcome and building relationships with all who come along.

We would really value more help for this group, if you might have a couple of hours to spare on a Friday afternoon and are interested to volunteer, please be in touch via email:

office.sthelenschurch@gmail.com



We Buy Vintage Tuesday 7 October 11.30am to 5.30pm

We are pleased to welcome We Buy Vintage back to the church hall for a third visit.

Bring along your unwanted valuables to convert into same-day cash!

No need to book, just turn up!

**Halloween Event with Jen,
the Cookie Fairy
Friday 31st October in
St Helen's Church Hall 5-6pm**

***Come along to make
spooky chocolate lollipops!***

See poster for information on how to book



A vertical poster for a Halloween event. It features illustrations of a green dinosaur, a girl with a jack-o'-lantern, and a witch. Text on the poster includes: 'COSTUMES ENCOURAGED!', 'JOIN JEN, THE COOKIE FAIRY, FOR FAMILY SPOOKY CHOCOLATE LOLLIPOP MAKING AT ST HELEN'S CHURCH HALL', 'FRI 31ST OCT - 5PM TILL 6PM', '£12 (SNACKS & JUICE INCLUDED, PLUS GIFT BOX TO TAKE LOLLIPOPS HOME)', 'To Book: Call/text/WhatsApp: Jen 07792545178 or find me on: The Cookie Fairy thecookiefairy43', and 'BELLE VUE BANK, LOW FELL, NE96BR'. There are also social media icons for Facebook and Instagram, and a circular logo for 'The Cookie Fairy'.

Breathe – Meditation and Mindfulness

Mondays at 2pm Thursdays at 7pm (term time)

Meditation is easy to learn and has proven benefits in improving health and emotional well-being.

Sessions are **Free of Charge** and open to people of all faiths and none.

No previous experience is necessary.

at St Andrew's Church Leam Lane Everyone is welcome

For more details please contact Rev Rupert Kalus on 7485 766752

rupert.kalus@btinternet.com

Or simply turn up on the day

Exploring Life and Faith Together

**Being
With**

being-with.org

**Begins 29th September at 7:00pm
At St Andrew's Church, Leam Lane
All Welcome**

For Information Contact

Revd Rupert Kalus

07485 766752 rupert.kalus@btinternet.com

Being With is for anyone who's curious about faith - or wondering if the Christian faith has something meaningful to offer. No special knowledge needed.

Just what you have learned in life so far.



Dear Supporters

We were welcomed back warmly by all who joined us today. Members were keen to pass on their news and stay and chat in the tea and coffee area. Sixty-one couples/families and 42 single people attended the Food Co-op to choose and collect food (152 adults and 112 children). All members were well supported by the 16 volunteers who came throughout the morning. They all have specific responsibilities, but will willingly act as translators and take on a variety of tasks including cleaning and hoovering at the end of the session.

Donations were received from several local churches, Food Waste Champions and individual supporters, including fresh vegetables from allotment gardens. The allocation from Fareshare included carrots, potatoes, spring onions and cabbages which meant that all members left with fresh fruit and vegetables, despite the high numbers. Thank you for all these donations that enable us to continue to provide food for people in need in our community. It is very much appreciated by members and volunteers. Thank you.

With thanks for your continued commitment.

Kind regards, Kath

THE PARISH GIVING SCHEME A BETTER WAY TO GIVE

The Church of England, in the Diocese of Durham, has a vision to Bless our Communities in Jesus's name for the transformation of us all. This means having a Christian presence in all our communities.

In turn, your church blesses our community by sharing our faith and values, worshipping together through our wonderful buildings. For the Church to grow and plan for the future we rely on your regular gifts.

If you would like to consider joining the Parish Giving scheme, which runs as a monthly direct debit, please see **Tony Gunning Churchwarden**

Our Christian Giving

We express our Christian Discipleship in part through the financial support of our Church Family. The life, work, witness, and ministry of our Parish costs £762.00 every week, our weekly income does not currently reflect this.

If you value the witness, worship, and support that we offer please help us to enable this to continue by giving generously.

Forms to set up regular giving can be found near the church door or from

office.sthelenschurch@gmail.com

One-off donations are always welcomed, no matter how big or small, and can be deposited by electronic transfer to St Helen's bank account:

Sort code. 20-33-51 Account number 70684449 Account name. P.C.C. of St. Helen's or into the in-wall church deposit box, by the door. Thank you.

Intercessions Sunday 21st September 2025

| Sick | Sick | Sick/Other needs |
|--|----------------------------|------------------|
| Maria Barrell | Amelia Grace | Lena |
| Mark Adams | Lesley Baister | Sarah Hamilton |
| Lucy | Felicity | Maryam |
| Diane Telfer | Margaret Clayton | Sienna |
| Roger Barrell | Joyce Tindale | Atila |
| Joyce Rowell | George Lackenby | Michael |
| Ann | Emily | Joe |
| Stan Conway | Ollie Sutcliffe | Jimmy White |
| Niraj | Tom Spence | Jessica Johnson |
| Revd Bernice Broggio | Sharok | Pauline |
| Rowan James Johnson | Les Gibson | Doris |
| Vicky | Sister Janet Elizabeth OHP | |
| RECENTLY DEPARTED: Betty Charlton, Mr Oluwafemi Akinleye, Christine Shilton | | |

Anniversary of Death

| | | |
|-------------------------|--------------------|----------|
| Raymond Tunstall | Colin Clifton | Tom Lamb |
| Gillian Robinson | Georgina Patterson | |
| Flo Baker | Albert Livick | |
| William Robert Hewitson | Dennis Smith | |

Church

Please pray for our current Deanery vacancies

Local Projects

Gateshead Care Homes, Bensham Food Co-op, Gateshead Food Bank, Oasis, Changing Lives. Kells Lane, Kelvingrove & St Aidan's Primary Schools

St Helen's Church Monthly Diary September 2025

Saturday 6th Drop In St Chad's Church 2-4pm

Sunday 7th Twelfth Sunday After Trinity St Helen's Eucharist 9.30am

Revd Stephen Herbert presiding

St Chad's Eucharist at 10.30am

Wednesday 10th St Helen's Eucharist 12noon

Visit to Durham Cathedral and attendance at Evensong. Meet for coffee 2.30pm, Evensong at 5.30pm

Friday 12th St Helen's Social and Pastoral Committee 11am

Sunday 14th Thirteenth Sunday After Trinity **Family Service Education Sunday** at St Helen's 10am, followed by brunch in the church hall
St Chad's Eucharist at 10.30am

Monday 15th Deanery Chapter Meeting St Andrew's Lamesley for 9.45am

Wednesday 17th (Hildegard, abbess, visionary, 1179) St Helen's **Eucharist** 12noon

Saturday 20th September Pearl of Africa Choir with Low Fell Singers. St Helen's church. 7pm.

Sunday 21st Matthew, Apostle and Evangelist, Fourteenth Sunday after Trinity
 St Helen's **Eucharist** 9.30am
St Chad's Eucharist at 10.30am

Wednesday 24th (Ember Day) St Helen's **Eucharist** 12noon

Sunday 28th Fifteenth Sunday After Trinity St Helen's **Eucharist** 9.30am
Baptism at St Helen's 11.30am Heidi Annabel Robinson & Phoebe Lottie Robinson
St Chad's Eucharist at 10.30am

Monday 29th September St Helen's PCC meeting 6pm Church Hall

Morning Prayer/Evening Prayer Readings – 21st September 2025
Trinity 14 (proper 20)

| Day/ Date | Morning Prayer | Psalm | Evening Prayer |
|--|------------------|------------|----------------------------|
| Sunday 21 st Matthew the Apostle | Rev. 14. 1-5 | 130 | John 7. 14-36 |
| Monday 22 nd | 2 Tim. 3. 14-end | 49 | Matt. 19. 16-end |
| Tuesday 23 rd | Mark 10. 1-16 | 5 | Acts 13. 44- Ch.14. v 7 |
| Wednesday 24 th Ember Day | Mark 10. 17-31 | 119 v.1-32 | Acts 14. 8-end |
| Thursday 25 th | Mark 10. 32-34 | 15 | Acts 15. 1-21 |

| | | | |
|--|-----------------|----|----------------------------|
| Lancelot Andrewes, bishop, 1626; Sergei of Radonezh, monastic reformer, 1392 | | | |
| Friday 26 th Wilson Carlile, founder of the Church Army, 1942; Ember Day | Mark 10. 35-45 | 19 | Acts 15. 22-35 |
| Saturday 27 th Vincent de Paul, founder of the Lazarists, 1660; Ember Day | Mark 10. 46-end | 23 | Acts 15. 36- Ch.16. v 5 |

Here is the QR code for St Helen's church website



To contact St Helen's church to book a baptism, wedding, book the church hall or for all enquiries please email:
office.sthelenschurch@gmail.com