



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

14.09.2025

Thirteenth Sunday after Trinity

Exodus 32.7-14

1 Timothy.12-17

Luke 15. 1-10

Collect

Almighty God

you search us and know us:
may we rely on you in strength
and rest on you in weakness,
now and in all our days;
through Jesus Christ our Lord.
Amen.

Dear friends

This Sunday is the 13th after Trinity, Holy Cross Day and Education Sunday: so much to reflect upon, and that can be said in response to the various readings.

What struck me today are some of the words in the opening collect- '*you search us and you know us , may we rely on you in strength and rest on you in weakness.*'

Words that indicate that we not only know our need of God, but that he knows us and we depend entirely upon him for our future.

Throughout our lives we experience relative times of strength and weakness. As we move through life, we move from being completely dependent upon our mother at birth as a vulnerable baby. Through loving, nurture and encouragement we grow to wanting to step

out and find our own way in life which can mean leaving the familiar family and fold, seeking out a new life for ourselves.

This was true in both of our readings today. The son and the sheep both left the familiarity of the fold to seek more exciting living; the world beckons, the grass can always seem 'greener on the other side'. We each stray from the fold and go our own way. I believe this is true of individuals but also of organisations, communities, nations.

Our God is a God of peace, justice and truth, love and forgiveness. It is only in the love of God that we will find true life, life in all its fullness. It is in trusting in him that we will find our way in life for he will make our paths straight. He asks us to follow him and he will guide us, lead us and provide for us. This does not mean that there will not be rockfalls, pot holes, distractions and barriers on our journey. At times we will wander off or even deliberately go in the opposite direction sometimes causing anguish and creating division, not only between those we love, but also with those who we are called to live with, who may be very different to ourselves.

Yet we are each made in his own image and called to be a reflection of that love which shines in the darkness. It is only in relationship with God that we can do that; the God who knows us better than we know ourselves and is always willing to receive us and forgive us when we come to him in faith.

Our families, our communities, our nations are in need of his compassionate love and forgiveness. Where we fail he never does, so may we ever be dependent upon him, '*may we rely upon him in strength and rest upon him in weakness*', that this world may know peace and reconciliation.

AMEN

Post Communion

God our creator,
you feed your children with the true manna,
the living bread from heaven:
let this holy food sustain us through our earthly pilgrimage
until we come to that place
where hunger and thirst are no more;
through 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

Worship and notices week beginning Sunday 14th September 2025
Services and Prayer

Sunday 14th September Education Sunday Family Service at 10am
Followed by brunch in the church hall

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

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.

Betty Charlton - Funeral Arrangements

Betty Charlton's funeral will be held at St Helen's church on Monday 15 September at 1pm. Betty took great comfort from the church and was extremely fond of those who joined her at the services. The family would be pleased to see her friends in church and to join them afterwards at Eslington Villa, Station Road, for refreshments and to celebrate Betty's life.

Pearl of Africa Children's Choir Saturday 20 September
in St Helen's church from 7pm Tickets £10

Please see attached poster

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 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



An exciting event is happening at St Chad's Community Project - the Grand Opening of St Chad's Market, our brand new community market in Bensham.

The event is taking place at St Chad's Community Project on Monday 15th September

3.30- 6pm, with the opening ribbon being cut at 4pm

by an exciting celebrity guest...

Si King!

St Chad's Market will be a space where local residents can access affordable and nutritious food within our building which has welcomed an average of 21,146 visits per year over the last three years.



“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](#)

St Helen’s Garden Afternoon 31 August

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

Visit to Holy Island Friday 26th September

Walk the Pilgrim Way across the Causeway. [See Helen or Yvonne](#)

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.



**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

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

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



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

The Food Coop is currently closed. We will be open for donations on Monday 15th September and open for members on Tuesday 16th September.

With thanks once again for your steadfast commitment.

Kind regards, Kath

With the Food Co-op being closed for a break from Tuesday 19th August until Tuesday 16th September, Citizens Advice has a comprehensive list of places that can be accessed for free or 'pay as you feel' food. Once an appointment is made then checks can be made to ensure the person is claiming all they are entitled to.

Support at Citizens Advice Gateshead

Address: The Davidson Building, Swan St, Gateshead NE8 1BG

Opening hours: Monday to Friday, 9am to 5pm.

Saturday and Sunday from 10am to 4pm.

Phone: 0808 278 7902 (free)

Email: advice@citizensadvicegateshead.org.uk

It is best to phone first during the week, but they operate a drop-in service at the weekends.



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 14th 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	
Vicky	Sister Janet Elizabeth OHP	
RECENTLY DEPARTED: Betty Charlton, Mr Oluwafemi Akinleye, Christine Shilton		

Anniversary of Death

Jan Gibbon	Isabella Annette Potts	
Edith Harrison	Barney Anderson	
Jennie Atkinson	Thomas Lamb	
David Watson	Doreen New	

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, Kelvon Grove & St Aidan's Primary Schools

St Helen's Church 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

Morning Prayer/Evening Prayer Readings – 14th September
Holy Cross Day

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 14th	John 12. 27-36a	146	1 Cor. 1. 18-25
Monday 15 th Cyprian, bishop, martyr, 258	Mark 8. 11-21	126	Acts 10. 34-end
Tuesday 16 th Ninian, bishop, apostle to the Picts, c.432; Edward Bouverie Pusey, priest, 1882	Mark 8. 22-26	132	Acts 11. 1-18
Wednesday 17 th Hildegard, abbess, visionary, 1179	Mark 8. 27 – Ch9. V. 1	119. v.153-end	Acts 11. 19-end
Thursday 18th	Mark 9. 2-13	143	Acts 12. 1-17
Friday 19 th Theodore, archbishop, 690	Mark 9. 14-29	144	Acts 12. 18-end
Saturday 20 th John Coleridge Patteson, bishop, martyr, 1871	Mark 9. 30-37	147	Acts 13. 1-12

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