Pastoral Letter and Church Notices

ST. HELEN'S CHURCH, LOW FELL

15.03.2026

Mothering Sunday

Readings

1 Samuel 1. 20-end

Colossians 3 12-17

John 9. 25 – 27

Collect

God of love,
passionate and strong,
tender and careful:
watch over us and hold us
all the days of our life;
through Jesus Christ our Lord.
Amen

Dear Friends,

Do join us this Mothering Sunday as we come together in worship remembering and giving thanks for those who care for us.
Brunch will be served after the service in the main hall, all are welcome.
There will be a bring and buy cake stall after the service as we raise funds for Embrace the Middle East and their continuing work, seeking to maintain community and bring hope and sustenance to the most vulnerable in the most difficult of circumstances.

We look forward to seeing you there.
Every blessing
Revd Yvonne

Post Communion Collect

Loving God,
as a mother feeds her children at the breast
you feed us in this sacrament
with the food and drink of eternal life:
help us who have tasted your goodness
to grow in grace within the household of faith;
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

Safeguarding Contacts

To discuss any safeguarding concerns please contact either
the Parish Safeguarding Churchwarden 07505105184
or the Parish Priest, Rev Yvonne Greener on 0191 4911317greener.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.

THE CHURCH OF ENGLAND
DIOCESE OF DURHAM
BLESSING OUR COMMUNITIES IN JESUS' NAME

INEQE independent safeguarding audit

Please see attached information and link to the full report.

Worship and notices week beginning Sunday 15th March 2026
Services and Prayer

Sunday 15th March Mothering Sunday
Family Service at 10am followed by brunch in the church hall
Everyone is Welcome

Access will be through the Vestry Door to the right of the church whilst the building work to make our church more accessible is taking place.

Wednesday 18th March

Cyril, Bishop of Jerusalem, teacher, 386

Eucharist 12noon St Helen's - access to the church as above

PLEASE NOTE THE CHURCH WILL BE CLOSED TO THE PUBLIC ON WEDNESDAYS AND FRIDAYS DURING THE BUILDING WORK

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

Revd Margaret Mackay presiding

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, or on line each weekday and Sunday via Durham Cathedral worship online www.durhamcathedral.co.uk

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. **However, due to building work please join Durham Cathedral on line as above.**

Stations of the Cross

Do join us for Stations of the Cross each Friday in St. Helen's Church at 12 noon.

Lent Group

Next meeting: Monday 16 March in St. Helen's Upper Hall at 5.45 pm.

Session 3 Desire: What are you looking for?
Session 4 Home: Where are you staying?
Session 5 Glory: Meeting God in John

Please see information and poster above.

Holy Week and Easter Services at St Helen's 2- 5 April

Please see attached poster

Songs of Praise at Durham Cathedral Sunday 15th March

Songs of Praise will be held at Durham Cathedral on Sunday 15 March at 3.30pm, for anyone who wants come and join in at our Cathedral.
If you have a hymn request please write to the Cathedral with your suggestion.

Visit/Pilgrimage to Holy Island

PLEASE NOTE THIS DATE IS TO BE REARRANGED

Please look out for a new date to be confirmed soon

Deanery Confirmation 9th May 2026

We will be holding a Deanery Confirmation on Saturday 9th May.
If anyone wishes to be baptised or confirmed or want to know more about this, do speak with Reverend Yvonne.

The Upper Room – The Last Supper

Wednesday 25 March 6.30pm Beacon Lough Baptist Church

Storyteller, photographer and violin player, Christian Stejskal walked in the footsteps of Jesus Christ and phographed the cultural landscape in Israel and Egypt in search of biblical visual symbols and metaphors, illustrating the 'Upper Room' – the Passover meal Jesus celebrated with His 12 disciples before going to the Cross. Experience the faithful memorisation of the Gospel of John (Chapters 13-17) while listening to original solo violin pieces and viewing black and white photographs from the Middle East on a screen.

Embrace the Middle East

As we no longer receive a hard copy of the magazine from Embrace the Middle East, please follow this link to read the newsletter and view other resources.

Resources from Embrace — Embrace the Middle East

Beyond Food Banks Summit 2026

Communities Together Durham and Food Durham are co-hosting a Food Summit on 14 March 2026. The Summit will explore alternative food provision which goes 'Beyond Food Banks' and gives churches and charities a menu of opportunities to investigate different approaches to meet the local needs of those experiencing food insecurity.

Third Course – The Food Summit Saturday 14 March 2026 9.30am The Sjovoli Centre, Framwellgate Moor

https://www.eventbrite.co.uk/e/beyond-food-banks-summit-tickets-1436758917599?aff=oddtdtcreator

Full details are available if you follow this link – including directions, parking, a list of workshops etc.

St Helen's Church Celebration of 150 years – Save the Date!

Saturday 14 March Fun with Flowers for Mothers Day *(see below)*

Saturday 18 April St Helen's Church Hall Users and Open Day (*(more details to follow)*

Monday 11 May Pie and Pea Supper with a Quiz and Bingo. At the Gateshead Arms from 7pm. (*more details will follow)*

Sunday 17 May Durham Cathedral Choir in St Helen's Church from 3.30pm

Saturday 6 June Grainger Singers in St Helen's Church from 7pm*(Further details will follow)*

Saturdfay 13 June St Helen's Church Summer Fair

Wedding Dress Exhibition

As part of the 150 Anniversary Project we will be hosting a Wedding Dress exhibition in Church between 11th – 13th September, to coincide with Open Heritage week. We are looking for anyone who was married at St Helen's and still have their wedding dress or photographs/ memorabilia from their special day and would be willing to lend us these items for display.

Please contact Lynn Oliver Mob: 07902648959 email kevlynoliver58@outlook.com. Please ask your friends/relatives for any items. Thank you.

Sunday 8 March

This event was well attended and enjoyed by all. A wonderful performance by this teenage choir, with a wide ranging selection of songs and vocal talent.

A huge 'thank you' to the choir, to those who came along and to everyone who helped to stage the concert.
Approximately £330 was rasied for church funds.

St Helens Church Low Fell

Fun with Flowers for Mothers Day – Saturday 14 March
Drop in between 1pm and 3pm

This is an event for children of all ages to come and make a small posy and card for Mother's Day
No charge for materials or activity
Refreshments available for sale – proceeds to Project150

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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 078470967

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

Extension of Warm Welcome Space

As part of our warm welcome work we have agreed to invite the community to join us for coffee after church every Sunday without the requirement for them to come to the service. There are already some people who do this occasionally linked to our congregation. Please make any visitors welcome when they do join us and ensure they are aware that the coffee is donation only as they can afford.

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 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
Do please also remember the ministry to family and young people in your prayers.

Bensham Community Food Co-op

Dear Supporters,

This week 92 people representing 60 families/couples and 32 single persons attended the Food Co-op (143 adults and 106 children). A steady session that was facilitated by a team of reliable and loyal volunteers who distributed the food, assisted with various translations, helped in the café area and cleaned and tidied at the close.

Donations were gratefully received from several churches, a primary school, Gateshead Foodbank (bread), a Food Waste Champion and individual supporters. Thank you for your faithful generosity. We also extend our appreciation to all who have kindly donated Easter Eggs. We intend to distribute these on the 31st of March.

We will close for the Easter break after the session on the 31st March and re-open on Monday 20th April for donations and Tuesday 21st April for the Food Co-op.

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, in worshipping together in 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 15th March 2026

Sick	Sick	Sick/Other needs
Maria Barrell	Amelia Grace	Sarah Hamilton
Mark Adams	Felicity	Michael
Lucy	Margaret Clayton	Maryam
Roger Barrell	Ollie Sutcliffe	Sienna
Joyce Rowell	Tom Spence	Eddie Clark
Ann	Les Gibson	John T
Stan Conway	Carole	Helen
Niraj	Pauline	Gordon
John	Joe	Rowan
Ritchie Robson	Sharok	
Valsa	Sonny	

Anniversary of Death

Jennifer Kirsten Llewellyn-Shorter	Austin Clark Fenwick	Peter Ming
Peggy Turner	Mary Selby Hunt	Margaret Freda Snowball
Basil Jones	Barbara Nye	
Irene Atkinson	William Murray	

Church
Please pray for our current Deanery vacancies
Bensham and teams St. Chad
Eighton Banks St. Thomas
Gateshead St Edmund and St James and St Bede

Local Projects
Gateshead Care Homes, Bensham Food Co-op, Gateshead Food Bank, Oasis, Changing Lives. Kells Lane, Kelvingrove & St Aidan's Primary Schools.
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St Helen's Church Monthly Diary March 2026

Sunday 1st March Second Sunday of Lent St Helen's 9.30am Eucharist
St Chad's Eucharist at 10.30am *(Archdeacon Katherine Bagnall presiding)*

Monday 2nd March Lent Course Session 3 Desire: What are you looking for?
St Helen's Church hall from 5.45pm.

Wednesday 4th March St Helen's 12noon Eucharist

Friday 6th March St Helen's Social and Pastoral Committee 11am in the church hall
St Helen's Stations of the Cross 12noon

Sunday 8th March Third Sunday of Lent St Helen's 9.30am Eucharist
St Chad's Eucharist at 10.30am *(Revd Canon Yvonne Greener presiding)*
Swing Bridge Singers 2pm-4.30pm St Helen's church with interval refreshments in the church hall, and raffle.

Monday 9th March Lent Course Session 4 Home: Where are you staying?
St Helen's Church hall from 5.45pm.

Wednesday 11th March St Helen's 12noon Eucharist

Friday 13th March St Helen's Stations of the Cross 12noon

Saturday 14th March Fun with Flowers for Mother's Day 1-3pm St Helen's Church Hall

Sunday 15th March Mothering Sunday St Helen's 10am Family Service, followed by brunch in the church hall.

St Chad's Eucharist at 10.30am *(Revd Dorothy Snowball presiding)*

Monday 16th March Lent Course Session 5 Glory: Meeting God in John
St Helen's Church hall from 5.45pm.

Tuesday 17th March St Helen's 150th Anniversary Meeting 6pm in the upper church hall

Wednesday 18th March St Helen's 12noon Eucharist

Friday 20th March St Helen's Stations of the Cross 12noon

Sunday 22nd March Fifth Sunday of Lent St Helen's 9.30am Eucharist Service
St Chad's Eucharist at 10.30am (*Revd Margaret McKay presiding)*

Monday 23rd March Lent Course Session St Helen's Church hall from 5.45pm.

Friday 27th March Social & Pastoral Committee 11am in the church hall
St Helen's Stations of the Cross 12noon

Sunday 29th March Palm Sunday St Helen's 9.30am Eucharist
St Chad's Eucharist at 10.30am (*Clergy tbc)*
11am St Helen's APCM in the church hall

Morning Prayer/Evening Prayer Readings – Sunday 15th March
4th Sunday of Lent (Mothering Sunday)

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 15th	Eph. 2. 8-14	19	Mic. Ch. 7
Monday 16th	Heb. 9. 1-14	77	John 9. 18-end
Tuesday 17th Patrick, bishop, missionary, patron of Ireland, c.460	Heb.9. 15-end	79	John 10. 1-10
Wednesday 18th Cyril, bishop of Jerusalem, teacher, 386	Heb. 10. 1-18	90	John 10. 11-21
Thursday 19th Joseph of Nazareth	Matt. 13. 54-end	25	Matt. 2. 13-end

Friday 20th Cuthbert, bishop of Lindisfarne, missionary, 687	Heb. 10. 26-end	102	John 11. 1-16
Saturday 21st Thomas Cranmar, archbishop of Canterbury, Reformation martyr, 1556	Heb. 11. 1-16	32	John 11. 17-27

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

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

To make initial enquiries or book a baptism or a wedding please come along to a Sunday service – check our website for times.