



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

05.07.2026

Fifth Sunday after Trinity

Readings

Genesis 24.34-38, 42-49, 58-end

Romans 7.15-25a

Matthew 11.16-19, 25-end

Collect

Almighty God,
send down upon your Church
the riches of your Spirit,
and kindle in all who minister the gospel
your countless gifts of grace;
through Jesus Christ our Lord.

Amen

Post Communion Collect

Grant, O Lord, we beseech you,
that the course of this world may be so peaceably ordered by your governance,
that your Church may joyfully serve you in all godly quietness;
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

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.

St Helen's Church contacts:

Churchwardens: Helen Jones Mobile: 07505 105184

Tony Gunning Mobile: 0786 695115

Parish office: office.sthelenschurch@gmail.com

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Worship and notices week beginning Sunday 5th July 2026

Services and Prayer

St Helen's

Sunday 5th July 9.30am Eucharist

Revd Alexander Jones presiding

Sunday 12th July

**Family Service 'Sea Sunday' at 10am, followed by brunch in the
church hall**

Revd Barry Abbott presiding

Wednesday 8 July
St Helen's Eucharist 12 noon – NO SERVICE

Wednesday 15 July
St Helen's Eucharist 12noon
Revd Barry Abbott presiding

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

Sunday 5th July
Service of the Word

Sunday 12th July
Archdeacon Katherine Bagnall 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

Intercessions

Thank you very much to those who have agreed, or who have expressed an interest, in leading the Intercessions at St Helen's. It will be great to have more members of the congregation taking on this important role in our services. Ray and Helen will meet with those of you who are able on **Monday 3rd August at 7pm** in the church hall to discuss with you what is required. This is an open meeting for anyone who's interested. If you can't make this date please let Helen know.

Inclusive Church

At their meeting in July the PCC will discuss joining the inclusive church network and deciding whether this is the right thing for St Helen's.

Joining this network means that we agree to the statement below which commits us to welcoming people of all kinds to our church.

The Inclusive Church Statement

"We believe in inclusive church – a church which celebrates and affirms every person and does not discriminate.

We will continue to challenge the church where it continues to discriminate against people on grounds of disability, economic power, ethnicity, gender, gender identity, learning disability, mental health, neurodiversity, or sexuality.

We believe in a Church which welcomes and serves all people in the name of Jesus Christ; which is scripturally faithful; which seeks to proclaim the Gospel afresh for each generation; and which, in the power of the Holy Spirit, allows all people to grasp how wide and long and high and deep is the love of Jesus Christ."

More information can be found about this on the Inclusive Church website

<https://www.inclusive-church.org/>

Ordination at Durham Cathedral Sunday 28 June

Last Sunday at Petertide, 10 of our Congregation from St Helen's went to Durham Cathedral to see John Hinton being ordained as Deacon.

What a wonderful service this was and it was great to see Revd Yvonne again.



Visit by the Bishop of Durham

The Bishop of Durham will attend the service at St Helen's on 20 September. Bishop Rick will meet the congregation, bless the new church doors and celebrate our 150th Anniversary. *Further details will follow*

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](#)

Donate a bike for a refugee

Communities Together Durham is appealing for donations of unwanted bikes in good condition that can be recycled, repaired and given new life. The bikes will be given to refugees to enable them to access education, volunteer opportunities and social activities. In particular they need bikes for men and children.

They are also looking for people who have skills in bike maintenance who may be willing to help with refurbishment and maintenance.

If you can help us please contact info@communitiestogetherdurham.org.uk.

Heritage Walk Saltwell Park 29 July



Join Michael Turner for a Heritage Walk in Saltwell Park on **Wednesday 29 July from 10am** (walk takes approx. two hours).

Explore the historic structures of the park, during its 150th anniversary year.

Meet at the Saltwell Park entrance opposite the Little Theatre. **Cost: £5. Please bring cash for payment.**

Organised as part of St Helen's 150th Anniversary celebrations

Dates for Your Diary

Events in the church and church halls

Monday 17 August Summer Fun Day for Children & Families 1-3pm

Weekend 11-13 September Wedding Dress Exhibition - timings tbc

Saturday 3 October Pre-Loved Table Top Sale 1-3pm

Saturday 14 November Christmas Fair 1-3pm

Sunday 22 November Performance by Scott Slapin from 2pm

More details will follow

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.



**Come and join us for
Coffee and Company at
St Helen's Church Hall**

**Sundays from 10.30am to 12noon.
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.

Congratulations! Lindsay Blair Gateshead Volunteer of the Year



Well done to Lindsay who runs the Breastfeeding Group at St Helen's church on a Wednesday morning. She was named Volunteer of the Year at the annual Gateshead Awards. A wonderful achievement!

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



Dear Supporters,

This week 58 families/couples and 30 single people attended the Food Co-op (142 adults and 101 children). A steady session with all members leaving with a good choice of dried, tinned and fresh food. First thing, before opening, we welcomed a couple who attended over 7 years ago. They brought with them an amazing donation including pasta, rice, a 25kg bag of sugar, and nappies. When they were initially accommodated in Bensham they attended regularly to collect food. During Covid the husband frequently collected food when bags were distributed from the door as mum had given birth to their second child. We have kept in touch as they shared their news, were given assistance with forms and when they set up their home after receiving leave to remain. With them working they were very keen on paying back. Although we never expect this, it is most encouraging when it occurs.

There was an excellent turn out of volunteers. Several of the volunteers are working and come on their days off. We also welcomed one of the volunteers whose wife – also a volunteer- has recently had a baby. Dad was greeted by all with everyone keen to see photos of the new arrival. We could not operate without the volunteers and are grateful for their willingness to assist, tidy up and their good humour and banter that cuts across any language barrier.

This week we received donations from several churches, Gateshead Food bank, a local school and individual supporters. All are appreciated and enable us to continue operating in the local community.

With thanks for your continued support,

Kind regards,
Kath

THE PARISH GIVING SCHEME A BETTER WAY TO GIVE

Are you able to contribute financially each month to ensure our church's abiding presence in this place and enable our mission and ministry to continue and grow?

Many enjoy our free toddler group, our breastfeeding mums group and our Wednesday warm welcome drop in. Your support is valued.

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**

QR CODES ON OUR WEBSITE AND A CHURCH NEAR YOU [St Helen's Low Fell Gateshead - A Church Near You](#)

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 5th July 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	Ian
Ann	Les Gibson	John T
Stan Conway	Carole	Helen
Niraj	Pauline	Gordon
John	Joe	Rowan
Ritchie Robson	Sharok	Joyce Tindale
Valsa	Ali Hsami	Robert Reay
Ruth	Kirsty	Linda Richardson
Jennifer Elliott	Elsie Johnson	
Joe Huddleston	Susan Gaddess	

Anniversary of Death

John Davis Brooks	Florence Parker	Annie Thompson
Charlie Jones	Yvonne Turnbull	
Violet Wakefield	Jean Lydia Mack	

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
 Low Fell St Helen's

Local Projects

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

St Helen's Church - Monthly Diary July 2026

Wednesday 1 July St Helen's 12noon Eucharist NO SERVICE

Henry, John and Henry Venn the younger, priests and evangelical divines, 1797, 1813, 1873

Sunday 5 July St Helen's 9.30am Eucharist *Revd Alexander Jones presiding*

St Chad's 10.30am Eucharist *tbc*

Wednesday 8 July St Helen's 12noon Eucharist NO SERVICE

Sunday 12 July Family Service Sea Sunday St Helen's 10am followed by brunch in the church hall. *Revd Barry Abbott presiding*

St Chad's 10.30am Eucharist *Archdeacon Katherine Bagnall presiding*

Wednesday 15 July St Helen's 12noon Eucharist *Revd Barry Abbott presiding*

Swithun, bishop of Winchester, c.862; Bonaventure, friar, bishop, teacher, 1274

St Helen's 9.30am Eucharist *Revd Barry Abbott presiding. Including baptism at*

11.30am **St Chad's** 10.30am Eucharist *tbc*

St Helen's PCC at 6pm in the church hall

Wednesday 22 July St Helen's 12noon Eucharist – *tbc*

Mary, Martha and Lazarus, companions of Our Lord

Friday 24 July St Helen's Social and Pastoral Committee 11am in the church hall

Sunday 26 July St Helen's 9.30am Eucharist *Revd Margaret Mackay presiding*
St Chad's 10.30am Eucharist *Revd Dorothy Snowball presiding*

Wednesday 29 July St Helen's 12noon Eucharist *Revd Barry Abbott presiding*

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Morning Prayer/Evening Prayer Readings – 5th July
5th Sunday after Trinity (proper 9)

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 5 th	Acts 28 1-16	55 v.1-15, 18-22	Luke 18 v.31 – Ch.19 v. 10
Monday 6 th Thomas More, scholar and John Fisher, bishop of Rochester, martyrs, 1535	Luke 19. 28-40	98	2 Cor. 1. 1-14
Tuesday 7 th	Luke 19. 41-end	106	2 Cor. 1. 15 – Ch.2 v.4
Wednesday 8 th	Luke 20. 1-8	111	2 Cor. 2. 5-end
Thursday 9 th	Luke 20. 9-19	115	2 Cor. Ch3
Friday 10 th	Luke 20. 20-26	139	2 Cor. Ch. 4
Saturday 11 th Benedict of Nursia, abbot of Monte Cassino, Father of Western Monasticism, c.550	Luke 20. 27-40	121	2 Cor. Ch 5

TO DONATE TO ST HELEN'S please follow this link:

[St Helen's Low Fell Gateshead - A Church Near You](#)



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.