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

**05.05.2024**

*Sixth Sunday of Easter*

**Acts 10. 44- end**

**1 John 5. 1-6**

**John 15. 9-17**

**Collect**

Risen Christ,

by the lakeside you renewed your call to your disciples:

help your Church to obey your command

and draw the nations to the fire of your love,

in the glory of God the Father.

*There will be no reflection until further notice.*

**Post Communion Collect**

God our Father,

whose Son Jesus Christ gives the water of eternal life:

may we thirst for you,

the spring of life and source of goodness,

through him who is alive and reigns, now and for ever.

Amen

**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

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**Safeguarding Statement**

The Parochial Church Council is committed to creating and maintaining a safe and nurturing environment for everyone, especially for children, young people and vulnerable adults. It has adopted and approved the Church of England policy for promoting a safer church. This policy deals with all aspects of safeguarding children and vulnerable adults.

To discuss any safeguarding concerns relating to St Helens please contact either

- the Parish Safeguarding Churchwarden 07505105184
- the Parish Priest, Rev Yvonne Greener on 0191 [4911317greener.yvonne@gmail.com](mailto:4911317greener.yvonne@gmail.com)

Concerns can also be raised with the Diocesan Safeguarding Advisor, Mrs Beth Miller - she can be contacted as follows: Address: Cuthbert House, Stonebridge, Durham DH1 3RY  
Email: [beth@bethmillerisw.co.uk](mailto:beth@bethmillerisw.co.uk) or [beth.miller@durham.anglican.org](mailto:beth.miller@durham.anglican.org)

Mobile: 07968 034075. For further information please also see the Diocese of Durham safeguarding pages: <https://durhamdiocese.org/category/safeguarding/>

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**Worship and notices week beginning Sunday 5th May 2024**  
**Services and Prayer**

**9.30am Eucharist at St. Helen’s**  
**Revd Canon Stephen Herbert presiding**

**12noon Eucharist at St Helen’s Wednesday 8th May**  
**Revd Jonathan Adams presiding**

**10.30am Eucharist each Sunday at Bensham and Teams St. Chad**

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.

## **Vacancy - Sidesperson**

We currently have a vacancy for a sidesperson at St Helen's. This would involve greeting members of the congregation, overseeing the seating and taking the collection. If anyone would like to take on the role please email the office [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com) or speak to Tony Gunning or Helen Jones in church. Thank you.

## **Safeguarding Training**

'Thank you' to Elaine Gaddess for completing the Basic Safeguarding training to ensure children at Toddler group are protected. If any member of the congregation is interested in this training please let Helen Jones know.

## **St Helen's APCM meeting Sunday 19 May**

St Helen's APCM meeting will be held on Sunday 19 May, in the church hall, from approx.. 11.15am.

If anyone would like to be nominated for one of the following positions:

- PCC member
- Churchwarden
- Representative at Deanery Synod

please email: [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com) or talk to Helen Jones in church.

Training is available.

## **Christian Aid Week 2024 – 12-18 May**

**Seven days, so many ways to make a difference.**



Every Christian Aid Week, people across Britain and Ireland raise funds, act and pray for their global neighbours in a celebration of hope for a fairer world.

This year's appeal runs from 12–18 May and is focussing on the organisation's work in Burundi, one of the most densely populated and poorest countries in Africa. Heavily reliant on agriculture, it's also one of the least prepared to combat the effects of climate change, including droughts, floods and landslides. The global cost of living crisis has intensified the challenges: more than 70 per cent of the population live in poverty and more than half of children are chronically malnourished.

Christian Aid has been working in Burundi since 1995 when it first offered humanitarian assistance to people surviving the civil conflict. Now, alongside local partners, the organisation helps establish Village Savings and Loans Associations (VSLAs). These community-led groups mean people can save and borrow money, making small businesses possible, offering reliable and diverse incomes so families can eat regularly, get medicine when they need it, and build safer homes.

Thirty-five-year-old Aline Nibogora is the chairperson of a VSLA which supports some 25 families in a remote village, in Makamba Province. Aline escaped an abusive marriage only to find herself on the streets begging for a place to stay.

Her life changed when she went to a three-day, Christian Aid-funded community workshop. With a small start-up loan, Aline began trading avocados and peanuts locally. She's now a grocery wholesaler and living on her own plot of land where she's building a home for her family. In the next five years she hopes to expand, so one day she can buy a mill. This will provide a source of income without the need to transport heavy goods over long distances.

*"I don't want my children to have a painful life like mine, remembering it makes me weep. I could never have dreamed I would one day have a brick house and be a successful businesswoman, able to feed and clothe my children. This is a plan and I will do it; I am a woman who is an achiever."*



**This Christian Aid Week – from 12-18 May – supporters are once more stepping up, knowing that every prayer, every gift, every action helps transforms lives.**

There are **seven days and so many ways** to make a difference – whether that's church services, special collections, Christian Aid Big Brekkies, or even a Bible readathon. For those who like a physical challenge there's a new option for 2024 with the chance to take part in 70k in May. You can cover the distance in any way you like, take part by yourself or with a group, and

share your progress on a dedicated Facebook page. Find out all the ways you can support Christian Aid Week by visiting the Christian Aid [website](#).

**Costings: What could your donations buy?**

**£5** could buy a savings book for a member of a VSLA, setting them up to start their own small business and become financially independent.

**£30** would help a family buy two Jerrycans to collect water from the river to carry back to

their farm. Jerrycans provide irrigation to crops, especially during the dry season, maintaining food production for the family.

**£50** would mean a vulnerable family can purchase a water storage tank. Water can then be stored for a few days rather than travelling to the communal water point, allowing instant access to water for washing, cleaning and cooking.

**£100** could help a woman set up her own small business with a starter kit; including money to purchase her first few items to sell. This means she could supply local grocery shops or restaurants with vegetables, set up a roadside shop, or buy maize to sell in bigger markets like Bujumbura.

**£100** could also help buy a family a bicycle meaning easier transport to school, quicker access to medical treatment in emergencies or support carrying produce from farm to market.

***At St Helens we will have envelopes for donations in church on 12th and 19th May. If you're like me and don't have much cash on you nowadays please remember to bring some for this important cause which needs our ongoing support.***

Helen Jones.



#### Upcoming exhibition: "**Discover the Quran**"

At the Islamic Diversity Centre, our mission is to foster understanding and promote dialogue among diverse communities. We believe in the power of education and mutual respect to build bridges between different faiths and cultures.

With this event, we aim to offer an enriching opportunity for individuals of all backgrounds to explore the beauty and significance of the Quran.

The exhibition will take place at the **Newcastle City Library**, located at 33 New Bridge Street, Newcastle upon Tyne, NE1 8AX, from 11 am to 3 pm on Saturday, **4th May 2024**.

We warmly invite you to join us for this exhibition, where you can immerse yourself in the teachings and wisdom of the Quran, engage in meaningful discussions, and connect with our dedicated volunteers. This gathering presents a platform for respectful dialogue and the celebration of our shared humanity.

The exhibition is **free**, and includes free refreshments, free Arabic calligraphy, and free henna art. No booking is necessary, but if you reply to confirm your attendance, we would be very grateful.

*Islamic Diversity Centre*

## St Helen's Re-ordering – Project Name

Some of you will know that architect's plans to re-order St Helen's church, to include changes to the entrance, creation of a kitchen and toilet facilities, have been drawn up and a Faculty has been posted.

A fundraising committee has been set up to consider options for funds for the project. We would like your help to 'name' this community project. Please put forward your suggestions for a name that will stand the test of time either to Tony Gunning at church, or email: [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com) **Please see attached update on this project**



**Looking for a space for your activity sessions or a meeting space away from home?**

**St Helen's Church Hall is available for hire!**

**We welcome groups who will promote our vision of Health & Wellbeing**

Book Club, Yoga, Pilates, Tai Chi, Painting, Crafts, Dancing.....



Perhaps you need a meeting space for your AGM, business catch up or a break from working at home – try hot desking!

**Need a venue for your child's birthday party? We have the space!**

Our large hall accommodates groups of up to 100, perfect for physical activities and large groups.

The smaller meeting room provides boardroom/classroom style meeting space for small groups or individuals.

Kitchen facilities and WiFi included in the hire

Contact us now for hire rates and further information

Email: [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)

Belle Vue Bank, Low Fell, NE9 6BR

## St Helen's Church Hall

A reminder that the church hall is available to hire for birthday parties/events on Sunday afternoons (also on Saturdays from 29 June), and we still have space for regular bookings (exercise classes, book club, craft activities etc) during the week. For further information contact :

[office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)

## DATES FOR YOUR DIARY

**Summer Fair 22nd June 1-4pm.**

There is an opportunity to buy a table at £10 each from Lynn Oliver

Mob: 07902 648959 or

email [kevllynoliver58@outlook.com](mailto:kevllynoliver58@outlook.com)

**Felling Male Voice Choir with  
Tyneside A Cappella Concert  
6th July at 7pm.**

Offers of help with refreshments welcomed.

FELLING MALE VOICE CHOIR Tyneside A Cappella

Felling Male Voice Choir & Tyneside A Cappella

An evening of  
**MUSIC**

St Helens Church, Low Fell  
SATURDAY 6TH JULY 2024 @ 7PM

St Helens Church,  
Low Fell NE9 6BR

**TICKETS  
£8**

For tickets please contact  
Felling MVC - [peter.george1946@gmail.com](mailto:peter.george1946@gmail.com) Peter Jones - 0191 4224203  
Or tickets are also available on the door

Check out [www.fmvc.org](http://www.fmvc.org) for more information

**Church Garden Afternoon Sunday 12th May 2pm to 4pm.**

Come and help maintain the garden and the Willow Sculpture.

**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 £5.

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**

**Tuesday Drop in at St Chad's**

**PLEASE NOTE – WARM SPACES AT ST CHAD'S IS CANCELLED UNTIL OCTOBER**

**Wednesday Drop in at St Helen's**

**Every Wednesday morning 9.30am-12.30am** - 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 Space Drop In from 10am. each Wednesday in the hall Everyone is welcome.



Dear Supporters

This week 59 families/couples and 49 single people attended the Food Co-op (162 adults and 102 children). It was a busy session, with a steady flow of people from when we opened at 10.45 until we closed. Donations were received from several local churches, a primary school, and individual supporters. All donations were gratefully received.

Many thanks to those who donated items that were particularly requested last week. With the numbers remaining steady, staples such as tinned tomatoes, chickpeas, kidney beans, pasta, long-life milk and dried spaghetti are always very welcome.

Please note: Corpus Christi will be open as usual next Monday from 9.00 – 12.00 for donations.

With kind regards for your steadfast commitment. Kath.

### 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](mailto:office.sthelenschurch@gmail.com)

One-off donations 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.

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### Intercessions Sunday 5<sup>th</sup> May 2024

Sick	Sick	Sick/Other needs
Maria Barrell	Frank Morton	Vicky
Hilda Branch	Amelia Grace	Sarah Hamilton
Mark Adams	Lesley Baister	Alice
	Robert Reay	Lena
Lucy	Aimee	Jake
Joan Huddleston	Felicity	Maryam
Jamie Lee Slassor	Margaret Clayton	Jana
David Watson	Charlotte Alice Lorraine	Sienna
Joan Eke	Maureen Gibson	Atila
Roger Barrell	Helen Preston	Niraj
Christine Lorraine	Alan Brownlee	Michael
Joyce Rowell	Denise Hagan	
Ann	Mark	
	Emma	
<b>Recently Departed:</b> Diane Dunwoodie		

### Anniversary of Death

Clifford Oliver	Robert Bryson	
Julia Elizabeth Smith	Martin McIntosh	
Lilian Ancrum	Ethel Neil	
Angela Gibbs	Brinley Montgomery	

### Church

Please pray for our current Deanery vacancies, especially Bensham and Teams St. Chad.

### Local Projects

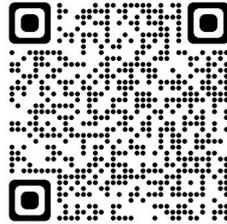
Gateshead Care Homes

Bensham Food Co-op, Gateshead Food Bank, Oasis, Changing Lives

Kells Lane, Kelvin Grove and St Aidan's Primary schools.

## St Helen's Website

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



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### Morning Prayer/Evening Prayer Readings – Sunday 5<sup>th</sup> May 6<sup>th</sup> Sunday of Easter

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 5 <sup>th</sup>	John 21. 1-19	104 v.26-32	Rev 3. 14-end
Monday 6 <sup>th</sup> Rogation Day	Luke 6. 27-38	65	1 Peter 4. 1-11
Tuesday 7 <sup>th</sup> Rogation Day	Luke 6. 39-end	126	1 Peter 4. 12-end
Wednesday 8 <sup>th</sup> Julian of Norwich, spiritual writer c.1417; Rogation Day	Luke 7. 1-10	132	Col. 2. 20 – ch.3 v4
Thursday 9 <sup>th</sup> <b>Ascension Day</b>	Heb.7. 11-25, 26-end	110	Rev. ch.5
Friday 10 <sup>th</sup>	Gal.5. 13-end	81	1 John 1.1 -ch.2 v6
Saturday 11 <sup>th</sup>	1 Cor. Ch.2	47	1 John 2. 7-17