



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

'At St Helen's church we believe that God's love is unconditional and meant for everyone. Whoever you are, and wherever you find yourself on the journey of faith, you are welcome here. We celebrate diversity in age, background, ability, race, gender and sexuality.'

11.10.2026

Nineteenth Sunday after Trinity

Readings

Exodus 32. 1-14

Philippians 4. 1-9

Matthew 22. 1-14



Parable of the Wedding Banquet *Matthew 22. 1-14*

Collect

Faithful Lord,
whose steadfast love never ceases
and whose mercies never come to an end:
grant us the peace to trust you
and to receive the gifts of your love
new every morning,
in Jesus Christ our Lord.
Amen

Post Communion Collect

Holy and blessed God,
you have fed us with the body and blood of your Son
and filled us with your Holy Spirit;
may we honour you,
not only with our lips
but in lives dedicated to the service
of 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.

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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.***

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St Helen's Church contacts:
Churchwardens: Helen Jones Mobile: 07505 105184
Tony Gunning Mobile: 07864 695115
Parish office: office.sthelenschurch@gmail.com

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Worship and notices week beginning Sunday 11th October 2026

Services and Prayer

St Helen's

Sunday 11th October 9.30am

Service of the Word

Wednesday 14th October

St Helen's Eucharist 12 noon

Revd Barry Abbott presiding

Sunday 18th October 9.30am Eucharist

Revd Barry Abbott presiding

Wednesday 21st October

St Helen's 12 noon Service of the Word

with William Pine

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

Sunday 11th October Service of the Word

Sunday 18th October 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. 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

St Helen's All Souls Service Sunday 1 November at 4pm

The names of those who have passed in the last year will be read out and a candle will be lit in their memory. Refreshments will be served in church following the service.

There are sheets to complete at the back of the church by 28th October if you wish to have your loved ones names read during the All Souls Service. Or please email:

office.sthelenschurch@gmail.com with the names by Wednesday 28th October.

St Helen's Social and Pastoral Committee 16 October

The next meeting of the Social and Pastoral Committee will be held in the upper church hall on Friday 16 October at 11am. Please let us know if you would like to raise anything for the meeting, or join the group. Any assistance with social events is always welcome.

St Helen's Safeguarding Committee Meeting 16 October

The next meeting of the Safeguarding Committee will be held online on Friday 16 October. We are currently updating the church and church hall general risk assessments, if you have noticed any safety issues/hazards, please let us know. Hazel Reynolds is the Health and Safety Officer. Contact: office.sthelenschurch@gmail.com

If you have any safeguarding concerns, or other issues to raise at the meeting please let Helen Jones know or email: office.sthelenschurch@gmail.com

St Helen's PCC Meeting 20 October

The next meeting of St Helen's PCC will be on Tuesday 20 October at 6pm. Please contact either Helen or Tony if you have issues to be raised, or email:

office.sthelenschurch@gmail.com

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](#)



Table Top Sale
Saturday 10 October
1-3pm in the church
hall
contact Lynn (see
poster) to book a
table

Clear out your cupboards and sell your unwanted items!

Raffle & Refreshments

Dates for Your Diary

Saturday 14 November Christmas Fair 1-3pm

More details to follow soon

A Solo Recital

22 November, 2026 @ 14:00

St. Helens Church

**Belle Vue Bank, Low Fell
NE9 6BR**

Including works by:

**Slapin, Bach, Paganini,
Ysaye, Reger, Frost,
and Pleasure**



Scott Slapin, violist

FREE CONCERT!

suggested donations to benefit St. Helens

Free car park access nearby

Join us for refreshments after the performance.

www.scottslapin.com

**We are delighted that Scott Slapin
will join us for another free recital on
Sunday 22 November
from 2pm.**

**This will be followed by scones, cake,
tea and coffee in the church hall**

Scott is recognised as one of the most prolific and technically formidable forces in the modern viola world. Celebrated by international publications, Scott is a virtuoso soloist and expressively lyrical composer.

PLEASE DO JOIN US

Pearl of Africa Choir

Sadly, we have been advised that the Choir have been unable to secure visas for their tour this autumn. To assist with fundraising, we have invited them to set up a craft stall at our Christmas Fair to assist with raising funds. We are also planning a coffee morning for January 2027.

If you would like to support their emergency appeal (hoping to reach a target of £100,000 by Easter 2027) this will significantly help to bridge the funding gap created by the cancelled tour. Here is the link to the Just Giving appeal: [Emergency JustGiving Appeal](#)

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 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 others 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.

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 £6.50

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 07847 096 709



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

Sundays from 10.30am to 12noon

Everyone is Welcome

Support for those in Poverty.

We are glad that the congregation of St Helen's continues to make regular, generous donations to the Corpus Christi Food Co-op. Gillian Hunt regularly takes our donations to the Food Co-op and it would be great if we could all increase our donations. As we read every week, the need for free food is not going away and anything donated is greatly appreciated.

All donations should be left at the back of church on Sunday, Wednesday or Friday.



Dear Supporters,

This week 73 families/couples and 36 single persons attended the Food Co-op (155 adults and 123 children). A busy session with many people stopping for refreshments. With the weather getting cooler,

soup was back on the menu which was very popular.



generous donation.

On Monday mornings we welcome all the donations that are delivered from the regular individual donors plus St Peter's, St Helen's and Corpus Christi Churches. This week we also received substantial Harvest collections from St Helen's and St Chad's churches. In addition, we welcomed a visit of children from Corpus Christi School, who also brought a very



With the numbers this week rising steadily, donations were distributed today and will be in the forthcoming weeks. Thank you very much for collecting and delivering items and keeping Bensham Food Co-op on your radar.

With thanks for your steadfast support,
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 11th October 2026

Sick	Sick	Sick/Other needs
Mark Adams	Michael Mion	Sarah Hamilton
Lucy	Brian Carr	Michael
Roger Barrell	Margaret Clayton	Maryam
Joyce Rowell	Tom Spence	Sienna
Ann	Les Gibson	Ian
Stan Conway	Carole	John T
Niraj	Pauline	Rowan
John	Joe	Joyce Tindale
Valsa	Sharok	Linda Richardson
Ruth	Ali Hsami	Caroline
Jennifer Elliott	Kirsty	George
Joe Huddleston	Elsie Johnson	
Jacqueline Crichton	Susan Gaddess	

Anniversary of Death for weeks beginning 4th and 11th October

Apologies, the information for week beg. 4th October was inadvertently omitted from last week's newsletter.

Neil Aitchison	Joe Heron	Harry Downie
Bill Ormond	Marion Cutmore	David Wakefield
Joan Bell Dodds	Lily Reavely	Jessica Cain
Alan Shaw	Anna Kurian	Thomas Bryson
Julie Walton	Norman Wright	Dorrie Goodrum
Barbara Thomson	Eileen Isobel Waistell	Gordon Phillips
Joan Huddleston	Rosanna Maddison	Tony Johns
Joan Curgenvin	Clifford Wilkinson	Edward Grey
Isabel Lough	Olive Barron	
Sister Mary Phillip	Bessie Ward	

St Helen's Church - Monthly Diary October 2026

Saturday 10 October Pre-Loved Table Top Sale 1-3pm in the church hall

Sunday 11 October St Helen's 9.30am **Service of the Word**

St Chad's 10.30am Service of the Word

Wednesday 14 October St Helen's **Eucharist 12noon** *Revd Barry Abbott presiding*

Friday 16 October Social and Pastoral Meeting 11am in the Upper Hall

Safeguarding Meeting – 1.30pm online

Please let us know if you have issues you would like to raise at these meetings

Sunday 18 October St Helen's 9.30am Eucharist *Revd Barry Abbott presiding*
St Chad's 10.30am Eucharist *Revd Margaret Mackay presiding*

Tuesday 20 October St Helen's PCC meeting 6pm in the upper hall
Please let us know if you have any issues you would like raise.

Wednesday 21 October St Helen's 12noon **Service of the Word**
William Pine

Sunday 25 October St Helen's 9.30am Eucharist
Revd Margaret Mackay presiding
St Chad's 10.30am Eucharist *Revd Canon Dorothy Snowball presiding*

Wednesday 28 October St Helen's 12noon Eucharist
Revd Barry Abbott presiding
Simon and Jude, Apostles

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Morning Prayer/Evening Prayer Readings – Sunday 11th October 2026
Trinity 19 (proper 23)

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 11 th	Luke 13. 22-30	138	1 John 3. 1-15
Monday 12 th Wilfrid of Rion, bishop, missionary, 709	Phil. 1. 1-11	98	John 13. 1-11
Tuesday 13 th Edward the Confessor, King of England, 1066	Phil. 1. 12-end	106	John 13. 12-20
Wednesday 14 th	Phil. 2. 1-13	111	John 13. 21-30
Thursday 15 th Teresa of Avila, teacher, 1582	Phil. 2. 14-end	115	John 13. 31-end
Friday 16 th Nicholas Ridley, Bishop of London, and Hugh Latimer, bishop of Worcester, Reformation martyrs, 1555	Phil. 3. 1 – ch.4 v1	139	John 14. 1-14
Saturday 17 th Ignasius, bishop of Antioch, martyr, c. 107	Phil. 4. 2-end	121	John 14. 15-end

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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.**