



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

13.07.2025

Sea Sunday

Deuteronomy 30. 9-14

Colossians 1. 1-14

Mark 4.35-41

Collect

Gracious Father,
by the obedience of Jesus
you brought salvation to our wayward world;
draw us into harmony with your will,
that we may find all things restored in him,
our Saviour Jesus Christ
Amen



Dear friends,
This last week we were blessed
with a confirmation service in our
Deanery.
Bishop Frank White confirmed 10
people from our Deanery,
including two people from St
Chad's, Mark and Jake, and also
four from St Helen's: Sophie, Faye,
Helen and Greg.

I also include below a poem from Greg Harvey written in response to his Confirmation.
Greg's poem was shared on the evening and he has given permission to share it here also.

Confirmation poem

This world is difficult, as everyone knows,
It can pull you up and down and impose.
Impose on you standards to succeed in every single way,
To be attractive, independent, and wealthy what come may.
You are judged on your appearance from your head to your toes,
Your height, strength and physique gains you riches, as it shows.
What can I do as my body is weak,
When I can't even open a bottle, life looks very bleak.
Being independent is the measure of your success,
To be self-sufficient and capable gives you great progress.
What can I do as I struggle to say my name,
Getting through life can cause me great shame.
Money is paramount in today's society,
To be wealthy and fashionable is the new form of piety.
What can I do, as I own no house or car in my name,
To sum it up, my life is pretty lame.
Life is even harder now without my mum and dad,
Living each day without them makes me very sad.
Take heart, my son, I am the eternal light,
I know your troubles from day to night.
I have suffered and died for you with glee,
So that you can be up in heaven with me.
The worldly desires of appearance will not give man prosperity,
For I desire compassion, love, and charity.
Man cannot rely on his capabilities,
For time will erode his agilities.
For my power is made perfect in weakness,
To help you overcome your bleakness.
One's life does not consist in the abundance of his possessions,
For greed will only lead to his transgressions.
Blessed are you, the poor in society,
For I will be with you to quell your anxiety.
Your mum and dad are safe with me,
Living eternal life, happy and free.
Follow me, and I will show you the way,
For I am the good shepherd who will never lead you astray.
Jesus Christ, I will take my cross and follow you over rivers, mountains and snow,
For you are the way, and the truth, and the life that I very much know.

With thanks to Greg for his beautiful words. Every blessing Revd Yvonne

Post Communion

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope;
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son, Jesus Christ our Lord.
Amen

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*

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 or 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/>

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 13thth July 2025
Services and Prayer

Sunday 13th July Family Service – Sea Sunday

Service begins at 10am followed by refreshments in the church hall
We will be joined by the Uniformed Organisations – Everyone is welcome

There will be no Eucharist at St Helen's on Wednesday 16th July
due to a Clergy Conference

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.

A great way to help Christian Aid

Faith Will....move mountains! Faith Will...bear fruit! Faith Will...live on!

Our faith is powerful. So are gifts in Wills. This is why Christian Aid is partnering with *seven* Christian denominations to encourage people to remember their church community, and Christian Aid, in their Will.

[Faith Will](#) is an award-winning initiative, launched in 2023. Initially it involved the Church of Scotland, Church of England and the Quakers. Last year, they were joined by the United Reformed Church and for 2025, there are three new Welsh partners – The Church in Wales, The Presbyterian Church of Wales and the Union of Welsh Independents.

The campaign is the first of its kind – an ecumenical way of approaching Legacy giving. This joint initiative is designed to start conversations in churches about leaving gifts in Wills and the powerful change that can create both at home and further away. We know it can be difficult to know where and how to begin, so there are free resources available to make it easier for churches to get started. You can even book a trained speaker to come and talk about it!

Gifts in Wills help tackle global poverty and injustice and also create lasting change in local communities.

Churches are at the heart of our communities, and for many, they're a spiritual home. Every gift to a local church strengthens communities, and shares God's love with future generations.

By helping congregations to consider leaving a gift in their Will to their own church and Christian Aid, we are demonstrating a way our faith can live on, helping our local community to flourish while tackling injustice and poverty worldwide. What a legacy!

The partners are encouraging churches to consider introducing this at a convenient point in the year for the church and providing everything needed to make that happen. The range of free resources include a worship pack with sermon ideas, service outlines, prayers and activities, and there are also leaflets available for each congregation. The three minute film is excellent if there is a shorter time available - or as part of a longer conversation.

The Christian Aid Legacy team, as well as the local regional Christian Aid contact, are on hand to help if you would like some more ideas and inspiration for an event.

New Opportunities

Lay Leadership Courses

If anyone feels called to or is curious about the following Lay leadership opportunities please contact Rev Canon Yvonne directly for an informal conversation.

Lay Chaplaincy, Lay Leader of the Word, Lay Pastoral Minister

Church Noticeboard

You will have noticed that Tony has been doing some much needed work improving the main church notice board. We now need to decide what information we want to have on the board. It is no longer sensible to have fixed service times on there, but we'd be grateful for any other comments or suggestions. Please let Tony, Yvonne or Helen know.

Thank you.

Church Garden Work Party



We are blessed to have a beautiful church garden. We're very grateful to Dorothy who has done some great work in the church garden recently, but more is needed. The more of us who support this, the less time it will take. If you could help it would be much appreciated. Please let us know by emailing office.sthelenschurch@gmail.com or by speaking to Tony regarding which day/ time is best for you. Thank you.



Safeguarding Training

Church of England basic training on safeguarding is available to anyone who is interested. If you require further information please ask Helen Jones.

Lone Worker Safeguarding Policy

A reminder that St Helen's has a Lone Worker policy in place for anyone who works/volunteers in any capacity for the church on their own. A paper copy of the policy is available from Helen Jones or for an electronic copy, please email:

office.sthelenschurch@gmail.com



Felling Male Voice Choir

Saturday 19th July 7pm

*We are pleased to welcome
back the*

Felling Male Voice Choir

Tickets £10 (children free)

*With refreshments (wine, soft
drinks, tea/coffee)*

***We would be most grateful
for raffle prizes please!***

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 Chad's Church Forthcoming Services and Events

Midweek Masses

Tuesday 22nd July - S. Mary Magdalene - 11.30am

Thursday 24th July - Vigil of S. James - 6pm

*These will be held in the chapel with entrance via the disabled access ramp, up the
hill from the main church doors.*

Events

Saturday 16th August: Summer Fayre - timings TBC
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

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**

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.

Toy Donations

The box of toys which is left outside of church is proving very popular. **We would be grateful for any donations of clean toys in good working order please.** These can be left in church on Sundays, Wednesdays or Fridays or in the church hall on Wednesday mornings. Thank you!

Also, if anyone has a strong plastic crate with a lid, this would be useful to store the toys outside of the church. Thank you!

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



Dear Supporters

This week at the Food Co-op 102 people, representing 59 families/couples and 43 single persons attended to choose and collect food (149 adults and 105 children). Donations were received from several local churches, two primary schools, two Food Waste Champions and individual supporters. The primary schools and Food Waste Champions ensured we had enough bread for everyone, which was a bonus. The Fareshare allocation included celery, mushrooms and peppers so members left with a varied selection of items.

Thank you for all the donations and thanks to the volunteers who deliver the items to Corpus Christi Church. Thanks also to those who have already donated small pocket money toys that will be distributed during the school holidays. We are looking for inexpensive games or toys, for example colouring and drawing books, felt pens, bubbles, balls and card games.

With thanks once again for your steadfast commitment.

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, 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 13th July 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	Harry Palmer
Niraj	Tom Spence	Eddie Clarke
Rowan James Johnson	Sharok	Jimmy White
		Jessica Johnson
Recently Departed: Audrey Heywood, Robert Alan, Berenice		
BAPTISMS: Please pray for Ziggy Morpeth and Bailey Ethan McGhin, and their family and friends, on the occasion of their baptisms on 13 and 20 July respectively.		

Anniversary of Death

Norman Brown	Joan Baldwin	
Ian Blades	Lee Hetherington	
Thomas William Dobson	John Nixon	
John Zachariah		

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, Kelvin Grove and St Aidan's Primary schools

Morning Prayer/Evening Prayer Readings – Sunday 13th, July 4th After Trinity (Proper 10)

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 13 th	Acts 28. 17-end	76	Mark 7. 1-23
Monday 14 th John Keble, priest, poet, 1866	Romans 14. 13-end	80	Luke 17. 20-end
Tuesday 15 th Swithun, bishop, c.862; Bonaventure, friar, bishop, teacher of the faith, 1274	Romans. 15. 1-13	89 v. 1-18	Luke 18. 1-14
Wednesday 16 th Osmund, bishop, 1099	Romans 15. 14-21	119 v. 105-128	Luke 18. 15-30
Thursday 17 th	Romans 15. 22-end	92	Luke 18. 31-end
Friday 18 th Elizabeth Ferard, deaconess, founder of the Community of St. Andrew, 1883	Romans 16. 1-16	88	Luke 19. 1-10
Saturday 19 th Gregory, bishop, and his sister Macrina, deaconess, teachers of the faith, c. 394 and c. 379	Romans 16. 17-end	97	Luke 19. 11-27

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

