



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

23.08.2026

Twelfth Sunday after Trinity

Readings

Exodus 1. 8 - 2.10

Romans 12. 1-8

Matthew 16. 13-20

'And I tell you, you are Peter, and on this rock I will build my Church, and the gates of hell shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.' *Matthew 16.13-20*



Collect

God of instant mercy,
who sent your Son to save us:
remind us of your goodness,
increase your grace within us,
that our thankfulness may grow,
through Jesus Christ our Lord.
Amen

Post Communion Collect

God of all mercy,
in this Eucharist you have set aside our sins
and given us your healing:
grant that we who are made whole in Christ
may bring that healing to this broken world,
in the name 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.***

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

Worship and notices week beginning Sunday 23rd August 2026

Services and Prayer

St Helen's
Sunday 23rd August
9.30am Eucharist
Revd Barry Abbott presiding

Wednesday 26th August
St Helen's Eucharist 12 noon
Revd Norma Clee presiding

Sunday 30th August
9.30am Eucharist
Revd Canon Michael Hampel presiding (incl. a baptism)

Wednesday 2nd September
St Helen's Eucharist 12 noon
NO SERVICE

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

Sunday 23rd August
Service of the Word

Sunday 30th August
Revd Canon Dorothy Snowball 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

Intercessions

Thanks to Barbara who has volunteered to lead Intercessions in church in future. This is an important role in our worship and we are grateful to her. If anyone else is willing to do this please let Helen know (07505 105184) and we can arrange a chat.

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](#)

Christian Aid

Many thanks to everyone who donated during Christian Aid Week this year. A total of £213 was raised from St Helen's congregation to help the work of this important charity.



BBC Songs of Praise Christmas Concert **Recorded at the Glasshouse International Centre for** **Music** **TUESDAY 6TH OCTOBER 2026** **FREE TICKETS**

Join Aled Jones and some very special guests at the iconic Glasshouse for a spectacular Christmas concert. Bring your singing voice and Christmas jumper for an evening of classic carols and traditional hymns.

Please let us know if you would like to attend and free tickets can be booked for everyone as a group. Contact: office.sthelenschurch@gmail.com or speak to Pauline Campbell in church.

Dates for Your Diary

Heritage Open Days 18-20 September

There will be guided tours of the church during this weekend. Details tbc

Saturday 10 October Pre-Loved Table Top Sale 1-3pm

(change of date from 3 October)

Saturday 14 November Christmas Fair 1-3pm

Sunday 22 November Performance by Scott Slapin from 2pm

Wedding Dress Showcase - In St Helen's Church

*Friday 11 & Saturday 12 September 10am to 4pm,
Sunday 13 September 12-2pm*



We would be grateful if anyone has a mannequin they would be willing to lend us for this exhibition. Please contact Lynn: 07902 648959

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.

Children's Activity Afternoon Monday 17 August
as part of St Helen's 150th Anniversary celebrations

This was a very successful afternoon. Around 20 children and families attended.
Thanks to Joan, Pauline, Dorothy and Ray, Judith and Gillian for their time and skills.

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.



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

Sundays from 10.30am to 12noon.
Everyone is Welcome

Thursday Luncheon Club at St. Chad's Rawling Road Bensham

Thursday Luncheon Club Time 11am -1pm

**WE WILL BE CLOSED 27 AUGUST AND 3 SEPTEMBER, REOPENING ON 10
SEPTEMBER**

Join us each Thursday for a freshly cooked two course lunch

Re-opening 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

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,

4th August was our last session before the Summer break. We will open again on Monday 7th September for donations and Tuesday 8th September for food distribution.

Thank you for your continued commitment. Kath

THE PARISH GIVING SCHEME A BETTER WAY TO GIVE

Commented [TG1]:

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 23rd August 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
Valsa	Sharok	Joyce Tindale
Ruth	Ali Hsami	Linda Richardson
Jennifer Elliott	Kirsty	
Joe Huddleston	Elsie Johnson	
Michael Mion	Susan Gaddess	
	Jacqueline Crichton	
Recently departed:		

Anniversary of Death

Paul Chapman	Joan Alcroft	
Thomas Zachariah	Margaret Marshall	
Charlie Eke	Joseph Pearson	
Jackie Skelton	David 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 Schools

St Helen's Church - Monthly Diary August 2026

Sunday 2 August St Helen's 9.30am Eucharist *Revd Margaret McKay presiding*
 Three baptisms at 11.30am: Edward Lawrence Gibson; Ezra Theodore Blair,
 Tristan August Blair

St Chad's 10.30am Eucharist *Revd Canon Dorothy Snowball presiding (incl. a baptism)*

Wednesday 5 August St Helen's 12noon Eucharist *Revd Barry Abbott presiding*
Oswald King of Northumbria, martyr, 642

Sunday 9 August St Helen's 9.30am Eucharist *Archdeacon Katherine Bagnall presiding*

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St Chad's 10.30am Eucharist *Revd Barry Abbott presiding*

Wednesday 12 August St Helen's 12noon Eucharist *Revd Norma Clee presiding*

St Helen's 9.30am Eucharist **Patronal Festival 150th Anniversary**, followed by
brunch in the church hall. *Revd Barry Abbott presiding*
St Chad's 10.30am Eucharist *No priest for service. Revd Barry Abbott taking baptism at 12noon*

Wednesday 19 August St Helen's 12noon Eucharist *Revd Barry Abbott presiding*

Sunday 23 August St Helen's 9.30am Eucharist *Revd Barry Abbott presiding*
Two baptisms at 11.30am: Finlay James Martin & Theo Oliver Martin
St Chad's 10.30am Eucharist *Service of the Word tbc*

Wednesday 26 August St Helen's 12noon Eucharist *Revd Norma Clee presiding*

Sunday 30 August St Helen's 9.30am Eucharist *Revd Canon Michael Hampel presiding*

Baptism at 11.30am: Jude Lorcan Harvey

St Chad's 10.30am Eucharist *Revd Canon Dorothy Snowball presiding*

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Morning Prayer/Evening Prayer Readings – 23rd August
12th After Trinity

Proper 16

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 23 rd	Rev. ch. 1	104 v.1-25	Acts 17. 15-end
Monday 24 th Batholomew The Apostle	John 1. 43-end	86	Matt. 10. 1-22
Tuesday 25 th	Acts 9. 1-19a	106	Mark 7. 1-13
Wednesday 26 th	Acts 9. 19b-31	111	Mark 7. 14-23
Thursday 27 th	Acts 9. 32-end	115	Mark 7. 24-30

Monica, mother of Augustine of Hippo, 387			
Friday 28 th Augustine, bishop of Hippo, 430	Acts 10. 1-16	139	Mark 7. 31-end
Saturday 29 th Beheading of John The Baptist	Acts 10. 17-33	121	Mark 8. 1-10

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.