

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.'

22/11/2026

Christ the King

Readings

Ephesians 1. 15-end

Matthew 25. 31-end



"When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne"

Collect

God the Father,
help us to hear the call of Christ the King
and to follow in his service
whose kingdom has no end;
for he reigns with you and the Holy Spirit,
one God, one glory.
Amen

Post Communion Collect

Stir up, O Lord,
the wills of your faithful people;
that they, plenteously bringing forth the fruit of good works,
may by you be plenteously rewarded;
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.

Prayer for Renewal and Growth in Durham Diocese

Almighty God,
you are calling us as the churches of the Diocese of Durham
to renewed life, hope and vision:
take our worship and witness,
that, by the work of your Spirit,
many may come to faith in Christ.
So may you bless our congregation,
and bless our parish through the love and service of your living,
growing church of missionary disciples in this place;
through Jesus Christ our Lord.
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: 07864 695115

Parish office: office.sthelenschurch@gmail.com

St Helen's Worship and Notices week beginning Sunday 22nd November 2026 Services and Prayer

Sunday 22nd November Christ the King

Family/All Age Service at 10am

followed by brunch in the church hall.

Revd Barry Abbott presiding

Wednesday 25th November 12noon Eucharist

Archdeacon Katherine Bagnall presiding

Sunday 29th November

9.30am Eucharist

Revd Canon Dorothy Snowball presiding

Wednesday 2nd December 12noon Eucharist

Revd Norma Clee presiding

All are welcome to join in worshipping at **St Helen'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

ADVENT COURSE



Revd Margaret MacKay will be running an Advent course on Friday 27th November and the following three Fridays at 4pm in the church hall. The course will focus on the Candles on the Advent Crown which are lit on the four Sundays before Christmas. All are welcome. Please sign up on the sheet at the back of church so we have an idea of numbers or just come on the day.

No need to attend all four sessions. Any questions, please ask Helen Jones



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]



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

Donations to church projects would be gratefully received.

This will be followed by scones, cake, tea and coffee in the church hall @ £3 per person



Christmas Bags of Comfort and Joy

If you would like to donate to the bags of comfort and joy for Christmas, please bring items to the church hall on Wednesday mornings or contact Lynn on 07902 648959 **by 27th November**

Suggestions for items are:

Men's and Women's Toiletries (no toothbrushes, thank you) Chocolates
Socks Hats Scarves Gloves - for both men and women Puzzle Books
Mindful colouring Books Notebooks and pens

Thank you

Christmas Cards - donations please

We would be grateful for donations of Christmas cards which will be sent to members of the church community and other groups this Christmas. If you could donate one pack, please give to churchwardens or leave in church.

Thank you



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 holding a cake and coffee morning, 10am to 12noon, on Saturday 30th January 2027

The Choir had a stall at our Christmas Fair on 14th November and raised £189 for their funds. Thank you!

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

St Helen's Christmas Fair 14th November

Thank you to everyone who helped, donated raffle prizes and baked items, attended the Christmas Fair in any way. It was very successful and raised £600 for church funds which will be spent on the day to day running costs of the church and a very expensive (over £900) repair to the safe.



Stir Up Sunday

Stir Up Sunday is the traditional day in the Christian churches to make the Christmas Pudding, falling in the last Sunday before Advent

It comes from the opening words of the Anglican collect (prayer) in the Book of Common Prayer:

"Stir up, we beseech thee, O Lord,
the wills of thy faithful people,
that they plenteously bringing forth
the fruit of good works,
may be of the plenteously rewarded."

Families gather to mix the Christmas pudding or cake ingredients weeks ahead of Christmas so the flavours can mature.
Everyone in the household takes a turn stirring the mixture from east to west (in honour of the Wise Men) and makes a secret wish. Silver coins (like a sixpence) are often hidden inside the batter to bring wealth and good luck to whoever finds them.
From Christine Lorraine

DOUBLE CENTURY CLUB 2027

Thank you very much again to everyone who has supported the Double Century Club in 2026. This year £970 has been raised been raised towards church funds.

It is now time to start preparing for next year. Hopefully everyone will renew their shares in the club.
Prize money for 2026 was, winner £50 and runner up £25.

We do need more new members in order to keep the prize money the same. So please ask family and friends if they would like to become shareholders.

Please see attached for further information, payment methods and contact details, and application form.

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.



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

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

Support for those in Poverty

We are pleased 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, on a very cold, wet day, 85 families/couples and 24 single people attended the Food Co-op to choose and collect food and clothing (130 adults

and 80 children). All the hot drinks, sandwiches and soup were very popular.

Donations were received from several local churches, individual supporters and friends of friends. The Fareshare allocation included yoghurts, dips and olives in addition to vegetables and fruit. We really appreciate all these donations and all who deliver the items to Corpus Christi in time for the session on Tuesday.

Members of the Food Co-op continue to be a diverse representation of the community of Bensham. There is always a cohort of local people. Some have been calling in for several years. They pop in when the need arises and there are always one or two new faces who have been encouraged to attend by a friend.



The refugee community is everchanging, with people who are newly accommodated in the area, people waiting (and still waiting) for a decision on their asylum claim and refugees looking for work. The volunteers work tirelessly to make all welcome, assist with translation when necessary and generally offer support and a warm welcome. We are very fortunate to have such a hardworking team.

With thanks for your steadfast commitment and kindness.
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 mum's group and our Wednesday warm welcome drop in. Your support is valued.

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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.

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Intercessions Sunday 22nd November 2026

Sick	Sick	Sick/Other needs
Mark	Michael	Sarah
Lucy	Brian	Michael
Roger	Margaret	Maryam
Joyce	Tom	Sienna
Ann	Les	Ian
Stan	Carole	John T
Niraj	Pauline	Rowan
John	Joe	Joyce
Valsa	Sharok	Linda
Ruth	Ali Hsami	Caroline
Jennifer	Kirsty	George
Joe	Elsie	
Jacqueline	Susan	

Anniversary of Death for week beginning 22nd November 2026

John Reay	Janet Hall	William Gibson
Walter Waistell	Tim O'Shea	Anthony Branch
Leslie Gibson	Charles Soper	Joyce Campbell
Edith Soper	Andrew Gray	Alan Clarke

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St Helen's Church - Monthly Diary November 2026

Sunday 22 November Christ the King Family service at 10am. Followed by brunch in the church hall. *Revd Barry Abbott presiding*

Sunday 22 November Scott Slapin recital 2pm in church followed by tea/coffee/scones and cake in the church hall. Everyone is welcome, there is no ticket charge, donations are welcome for church projects.

Tuesday 24 November Project 150 meeting 6pm in the church hall

Wednesday 25 November 12noon Eucharist *Archdeacon Katherine Bagnall presiding*
Catherine of Alexandria, martyr, 14th century; Issac Watts, hymnwriter, 1748

Friday 27 November Advent Course 4pm in the church hall

Sunday 29 November Advent Sunday Eucharist at 9.30am. *Revd Dorothy Snowball presiding*

Morning Prayer/Evening Prayer Readings – Sunday 22nd November
Sunday Next Before Advent
Christ The King

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 22nd	Luke 19. 29-38	29	Matt. 28. 16-end
Monday 23rd Clement, Bishop of Rome, martyr, c.100	Rev. 14. 1-13	96	Matt.9. 18-34
Tuesday 24th	Rev. 14. 14 to Ch.15 to end	97	Matt. 9 v35 to Ch. 10 v. 15
Wednesday 25th Catherine of Alexandria, martyr, 14th century; Issac Watts, hymnwriter, 1748	Rev. 16. 1-11	112	Matt. 10. 16-33
Thursday 26th	Rev. 16. 12-end	125	Matt. 10.34 to Ch.11 v.1
Friday 27th	Rev. ch. 17	88	Matt. 11. 2-19
Saturday 28th	Rev. ch. 18	97	Matt. 11. 20-end

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 contact us on the above email address.