



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

19.07.2026

Seventh Sunday after Trinity

Readings

Genesis 28. 10-19a

Romans 8. 12-25

Matthew 13. 24-30, 36-43



'So when the plants came up and bore grain, then the weeds appeared also.'

Matthew 13. 24-30

Collect

Generous God,
you give us gifts and make them grow:
though our faith is small as mustard seed,
make it grow to your glory
and the flourishing of your kingdom;
through Jesus Christ our Lord.
Amen

Post Communion Collect

Lord God, whose Son is the true vine and the source of life,
ever giving himself that the world may live:
may we so receive within ourselves
the power of his death and passion
that, in his saving cup,
we may share his glory
and be made perfect in his love;
for he is alive and reigns, now and for ever.
Amen

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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.

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

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Worship and notices week beginning Sunday 19th July 2026
Services and Prayer

St Helen's

Sunday 19th July 9.30am Eucharist
Revd Barry Abbott presiding (including a baptism)

Sunday 26th July 9.30am Eucharist
Revd Margaret McKay presiding

*****Wednesday 22 July NO SERVICE*****

Wednesday 29 July
St Helen's Eucharist 12 noon
Revd Barry Abbott presiding

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

Sunday 19th July
Service of the Word

Sunday 26th July
Revd Dorothy Snowball

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, or on line each weekday and Sunday via Durham Cathedral worship online www.durhamcathedral.co.uk

Intercessions

Thank you very much to those who have agreed, or who have expressed an interest, in leading the Intercessions at St Helen's. It will be great to have more members of the congregation taking on this important role in our services. Ray and Helen will meet with

those of you who are able on **Monday 3rd August at 7pm** in the church hall to discuss with you what is required. This is an open meeting for anyone who's interested. If you can't make this date, please let Helen know.

Inclusive Church

At their meeting in July the PCC will discuss joining the inclusive church network and deciding whether this is the right thing for St Helen's.

Joining this network means that we agree to the statement below which commits us to welcoming people of all kinds to our church.

The Inclusive Church Statement

"We believe in inclusive church – a church which celebrates and affirms every person and does not discriminate.

We will continue to challenge the church where it continues to discriminate against people on grounds of disability, economic power, ethnicity, gender, gender identity, learning disability, mental health, neurodiversity, or sexuality.

We believe in a Church which welcomes and serves all people in the name of Jesus Christ; which is scripturally faithful; which seeks to proclaim the Gospel afresh for each generation; and which, in the power of the Holy Spirit, allows all people to grasp how wide and long and high and deep is the love of Jesus Christ."

More information can be found about this on the Inclusive Church website

<https://www.inclusive-church.org/>

ST HELEN'S – SERVICE 9th AUGUST

ARCHDEACON KATHERINE BAGNALL PRESIDING

Archdeacon Katherine Bagnall will preside at the 9.30am Eucharist on Sunday 9 August at St Helen's. This is a good opportunity for our congregation to meet with Katherine. We very much hope you can join us on this date.

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](#)

St Helen's PCC meeting Tuesday 21 July

The next meeting of St Helen's PCC is on Tuesday 21 July. Please contact us if you have issues you would like to be raised at the meeting. office.sthelenschurch@gmail.com

St Helen's Social and Pastoral Meeting Friday 24 July

The next meeting of the Social and Pastoral Committee is on Friday 24 July at 11am in the church. Please contact us if you have any issues you would like to raise at the meeting.

office.sthelenschurch@gmail.com

Dates for Your Diary

Events in the church and church halls

Monday 17 August Summer Fun Day for Children & Families 1-3pm

Weekend 11-13 September Wedding Dress Exhibition - timings tbc

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

Saturday 14 November Christmas Fair 1-3pm

Sunday 22 November Performance by Scott Slapin from 2pm

Heritage Walk Saltwell Park 29 July



Join Michael Turner for a Heritage Walk in Saltwell Park on **Wednesday 29 July from 10am** (walk takes approx. two hours).

Explore the historic structures of the park, during its 150th anniversary year.

Meet at the Saltwell Park entrance opposite the Little Theatre. **Cost: £5. Please bring cash for payment. No need to pre-book, just turn up!**

Organised as part of St Helen's 150th Anniversary celebrations

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

**The craft group will not meet on Wednesday 29 July
as they are joining the Heritage Walk in Saltwell Park**

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.



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

**Sundays from 10.30am to 12noon.
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 £6.00

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 078470967



Dear Supporters,

This week 58 families/couples and 40 single people came to choose and collect food, toiletries and household items at Corpus Christi Church. A busy session with a couple of

new people attending for the first time. They were given a warm welcome, shown round and looked after by the volunteers.

Donations were received from several local churches, two primary schools and individual supporters. All donations are very much appreciated by the volunteers, members and trustees.

Many thanks to all who have already responded to the appeal for outdoor toys e.g. balls, hoops, bubbles, colouring / drawing books, pencils and stickers. We are most grateful and we will distribute to the families halfway through the summer holiday. We are still collecting items so there is plenty time if you are aiming to contribute.

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 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 19th July 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
Ritchie Robson	Sharok	Joyce Tindale
Valsa	Ali Hsami	Robert Reay
Ruth	Kirsty	Linda Richardson
Jennifer Elliott	Elsie Johnson	
Joe Huddleston	Susan Gaddess	
Michael Mion		
BAPTISM: Please pray for Ronald Edward Mark Young, his family and friends, on the occasion of his baptism on Sunday 19th July.		

Anniversary of Death

Stanley Bellatti	Mary Illingworth	
Elizabeth Clifton	Ian Sharkey	
Elaine Mason	Bill Garrett	
John Surgey		

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 School

St Helen's Church - Monthly Diary July 2026

Wednesday 1 July St Helen's 12noon Eucharist NO SERVICE

Henry, John and Henry Venn the younger, priests and evangelical divines, 1797, 1813, 1873

Sunday 5 July St Helen's 9.30am Eucharist *Revd Alexander Jones presiding*

St Chad's 10.30am Eucharist tbc

Wednesday 8 July St Helen's 12noon Eucharist NO SERVICE

Sunday 12 July Family Service Sea Sunday St Helen's 10am followed by brunch in the church hall. *Revd Barry Abbott presiding*

Baptism at 11.30am Ronald Edward Mark Young

St Chad's 10.30am Eucharist *Archdeacon Katherine Bagnall presiding*

Wednesday 15 July St Helen's 12noon Eucharist *Revd Barry Abbott presiding*
Swithun, bishop of Winchester, c.862; Bonaventure, friar, bishop, teacher, 1274

St Helen's 9.30am Eucharist *Revd Barry Abbott presiding. Including baptism at 11.30am*
St Chad's 10.30am Eucharist tbc

St Helen's PCC at 6pm in the church hall

Wednesday 22 July St Helen's 12noon Eucharist – tbc
Mary, Martha and Lazarus, companions of Our Lord

Friday 24 July St Helen's Social and Pastoral Committee 11am in the church hall

Sunday 26 July St Helen's 9.30am Eucharist *Revd Margaret Mackay presiding*
St Chad's 10.30am Eucharist *Revd Dorothy Snowball presiding*

Wednesday 29 July St Helen's 12noon Eucharist *Revd Barry Abbott presiding*

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Morning Prayer/Evening Prayer Readings – Sunday 19th July
Trinity 7 (proper 11)

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 19th	1 Peter 3. 8-18	71	Acts 4. 1-22
Monday 20 th Margaret of Antioch, martyr, apostle to the Indies, 1566	Luke 22. 24-30	1	2 Cor. 11. 1-15
Tuesday 21st	Luke 22. 31-38	5	2 Cor. 11. 16-end

Wednesday 22 nd Mary Magdalene	Luke 8. 1-3	30	Mark 15. 40 – Ch.16 v7
Thursday 23 rd Bridget of Sweden, abbess of Vodstena, 1373	Luke 22. 47-62	15	2 Cor. Ch.13
Friday 24 th	Luke 22. 63-end	19	Mark 5. 21-end
Saturday 25 th James the Apostle	Luke 9. 46-56	7	Mark 1. 14-20

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.**