



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

**16.08.2026**

***Eleventh Sunday after Trinity***  
***St Helen's Day***

**Readings**

**Genesis 45. 1-15**

**Rom. 11. 1-2a, 29-32**

**Matt. 15. [10-20], 21-28**

**Collect**

God of glory,  
the end of our searching,  
help us to lay aside  
all that prevents us from seeking your kingdom,  
and to give all that we have  
to gain the pearl beyond all price,  
through our Saviour Jesus Christ.  
Amen



**St Helen**

*St. Helen, also known as St. Helena or Helen of the Cross, holds a revered place in the history of Christianity. As the mother of Emperor Constantine the Great, her life was instrumental in the transformation of the Roman Empire from a pagan society to one where Christianity flourished.*

*Her unwavering faith, humility, and dedication to the discovery of sacred Christian relics inspire countless faithful to this day.*

*In her later years, St. Helen undertook a pilgrimage to the Holy Land, a journey that would solidify her place in Christian history. Guided by her fervent faith, she sought to uncover the sacred sites associated with the life, death, and resurrection of Jesus Christ.*

*According to tradition, in 326 AD, St. Helen discovered the True Cross, the very cross on which Jesus was crucified. This monumental event occurred at Calvary, beneath a pagan temple that had been built to obscure the sacred site. Her discovery was confirmed through miraculous healings associated with the relic. To honour the True Cross, Helen and Constantine ordered the construction of the Church of the Holy Sepulchre, which remains one of Christianity's most important pilgrimage sites.*

**Post Communion Collect**

Lord of all mercy,  
we your faithful people have celebrated that one true sacrifice  
which takes away our sins and brings pardon and peace;  
by our communion  
keep us firm on the foundation of the gospel  
and preserve us from all sin;  
through Jesus Christ our Lord  
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.

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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](mailto:beth@bethmillerisw.co.uk) or [beth.miller@durham.anglican.org](mailto: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](mailto:office.sthelenschurch@gmail.com)**

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**Worship and notices week beginning Sunday 16th August 2026**

**Services and Prayer**

**St Helen's**

**Sunday 16<sup>th</sup> August**

**St Helen's Patronal Festival 9.30am Eucharist**

**This is also a Family/All Age service which begins at 9.30am not 10am.**

Followed by brunch in the church hall.

*Revd Barry Abbott presiding*

**Wednesday 19th August**

**St Helen's Eucharist 12 noon**

*Revd Barry Abbott presiding*

**Sunday 23<sup>rd</sup> August**

**9.30am Eucharist**

*Revd Barry Abbott presiding*

**Wednesday 26th August**

**St Helen's Eucharist 12 noon**

*Revd Norma Clee presiding*

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

**Sunday 16<sup>th</sup> August**

*Service of the Word, followed by a baptism at 12noon.*

*(Revd Barry Abbott will take the baptism)*

**Sunday 23<sup>rd</sup> August**

*Service of the Word*

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](http://www.durhamcathedral.co.uk)

### **Intercessions**

Thanks to Catherine and Barbara who have volunteered to lead Intercessions in church in future. This is an important role in our worship and we are grateful to them. 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 150<sup>th</sup> 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 6<sup>TH</sup> 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](mailto: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.

## **FUN AND GAMES**

**At St Helen's Church & Church Hall Low Fell**

**Monday 17 August 1-3pm**

**Teddy Bears Picnic and a Bear Hunt**  
***bring your favourite bear, doll or soft toy***



**Crafts      Lego Table      Activities**  
**Outdoor Games**  
**in the church grounds, weather permitting**

**Snacks provided or bring your own picnic**  
**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](mailto: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,

**4<sup>th</sup> August was our last session before the Summer break.**  
**We will open again on Monday 7<sup>th</sup> September for**  
**donations and Tuesday 8<sup>th</sup> 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](mailto: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 16th 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            |
| Ritchie Robson                            | Sharok              | Joyce Tindale    |
| Valsa                                     | Ali Hsami           | Robert Reay      |
| Ruth                                      | Kirsty              | Linda Richardson |
| Jennifer Elliott                          | Elsie Johnson       |                  |
| Joe Huddleston                            | Susan Gaddess       |                  |
| Michael Mion                              | Jacqueline Crichton |                  |
|                                           |                     |                  |
| <b>Recently departed:</b> Valerie Russell |                     |                  |
|                                           |                     |                  |

### Anniversary of Death

|                    |                     |  |
|--------------------|---------------------|--|
| Douglas Snowball   | Eileen Joan Patrick |  |
| Helen Livingston   | Catherine Wells     |  |
| Elizabeth Charlton |                     |  |
| Alec Campbell      |                     |  |

### 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

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## 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*

**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 150<sup>th</sup> 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 – 16<sup>th</sup> August**

**11<sup>th</sup> After Trinity Proper 15**

| Day/ Date                                                                                                                                                 | Morning Prayer       | Psalm         | Evening Prayer |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---------------|----------------|
| Sunday 16th                                                                                                                                               | 2 Peter 3. 14-end    | 92            | Acts 16. 1-15  |
| Monday 17th                                                                                                                                               | Acts ch.6            | 80            | Mark 5. 1-20   |
| Tuesday 18th                                                                                                                                              | Acts 7. 1-16         | 89            | Mark 5. 21-34  |
| Wednesday 19th                                                                                                                                            | Acts 7. 17-43        | 119 v.105-128 | Mark 5. 35-end |
| Thursday 20 <sup>th</sup><br>Bernard, abbot of<br>Clairvaux, 1153;<br>William and<br>Catherine Booth,<br>founders of The<br>Salvation Army,<br>1912, 1890 | Acts 7. 44-53        | 92            | Mark 6. 1-13   |
| Friday 21st                                                                                                                                               | Acts 7. 54 – ch8 v 3 | 88            | Mark 6. 14-29  |
| Saturday 22 <sup>nd</sup>                                                                                                                                 | Acts 8. 4-25         | 97            | Mark 6. 30-44  |

**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](mailto: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.**