



## *Pastoral Letter and Church Notices*

### *ST. HELEN'S CHURCH, LOW FELL*

**07.08 2022**  
**8th after Trinity**  
**Readings**  
**Heb 11.1. 10-20**  
**Luke 12-32-40**

#### Collect

Lord God, your Son left the riches of heaven  
and became poor for our sake:  
when we prosper save us from pride,  
when we are needy save us from despair;  
that we may trust in you alone;  
through Jesus Christ our Lord.

Dear Friends,

I wonder what sort of summer you are having? No doubt you will have struggled with the heat at some point. I hope now it is a little cooler you are able to get out. even if it is only to relax out in the fresh air for a little while and enjoy a change of scene.

I feel very fortunate to have been able to have a holiday recently, we were able to take in a music and arts festival as well as visit some elderly relatives and Mother Julian's house in Norwich city centre.

I am mindful that travel requires having money to spare from basic needs and right now in the midst of a cost of living crisis that looks like it will only get worse before it gets better, only a few are in a position to make such carefree plans. Holidays were originally holy days . The year was marked by feasts like Ascension and Whitsuntide, which were both religious and social.

Holidays for me a much richer concept than simply exotic travel and relaxation, they are time for reflection, reappraisal and re-creation. Not everyone will have the opportunity or the funds to travel this summer but we can still create those opportunities for reflection, reappraisal and recreation. This is something we are already doing as a church, we are having to consider our old ways of life together as before pandemic because they don't always fit with life as we now know it.

We are mindful of the effect we have on the planet and are looking at how we can be a greener church. We are aware we are a smaller church and a financially poorer church but we are richer in our

relationships, folk know one another better, are quicker to reach out in support of one another and more mindful of the struggles others are going through. People enjoy spending time with one another and are also better at asking one another for help and support, for there is no shame in this.

We also want to reach out to our community even more. Our Jubilee party brought people together and touched many hearts, our recent Family Fun day enabled families to freely get together and enjoy themselves in our church garden as our gift for the summer. Our toddlers and their adults meet every week on a Friday.

Over the autumn we will be offering the opportunity for people to drop into our hall for warm drinks and the chance to relax in a warm and friendly space.

We are facing what may seem like a bewildering crisis as a society, these are tough times for our communities not only here in Gateshead but throughout the world.

Our hopes for the future rest in God and we will get through these challenging times but we must watch out for those who are more affected than ourselves. None of us can do everything but we all have something to offer and can do something to support a friend, a neighbour or even a stranger.

God is faithful and our faith rests in him. Great is God's faithfulness.

I was reminded by my visit to Mother Julian's house that, 'All shall be well and all manner of things shall be well'. The finest holidays, the best reflections and greatest patience are about the rediscovery of the simplest truths.

Every blessing  
Revd Yvonne

#### **Post Communion Collect**

Strengthen for service, Lord,  
the hands that have taken holy things;  
may the ears which have heard your word  
be deaf to clamour and dispute;  
may the tongues which have sung your praise be free from deceit;  
may the eyes which have seen the tokens of your love  
shine with the light of hope;  
and may the bodies which have been fed with your body  
be refreshed with the fullness of your life;  
glory to you for ever.



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**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](mailto: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](mailto:beth@bethmillerisw.co.uk) or [beth.miller@durham.anglican.org](mailto: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/>

**Worship and notices week beginning Sunday 7 August**  
**Services and Prayer**  
**Eucharist each Sunday 9.30am St. Helen's Low Fell**  
**10.30am Bensham and Teams St. Chad**

**Church is Open**

The Parish Church is open for services each Friday and Sunday and for quiet reflection each Wednesday and Friday from 9am – 4pm.

People of all faiths and none are welcome to come and enjoy a moment of quiet in this cool, peaceful and beautiful space.

**Morning Prayer**

We are meeting each Friday and Sunday morning for morning prayer in church, you are welcome to join us from 8.45 to begin at 9.am

## Evening Prayer

We are meeting each **Sunday, Wednesday and Friday at 5.15pm** using the Daily Prayer App on Zoom, join us by clicking below from 5pm.

### Join Zoom Meeting

<https://us02web.zoom.us/j/88289529979?pwd=cWQ1QlVSOTV2anI4VzQ2L2tYQW4vdz09>

Meeting ID: 882 8952 9979

Passcode: 415688

**Please note - There is no longer a requirement to book a space at St. Helen's (or St Chad's) for Sunday worship**

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We are mindful that risks around Covid continue, and different people will make different decisions with regard to their personal circumstances.

Whilst the government and Church of England guidance is that gathering for worship is safe, if you visit us in the building, we ask that you take into consideration our PCC guidelines.

We will continue to encourage people to be mindful of social distancing and to wear face coverings in large gatherings

We will continue to provide hand sanitiser for all to use on entry and exit

We will continue to offer wafers only but not wine during the Eucharist

We will continue to stay in our places and share the Peace in non- physical ways

All are welcome to join in worshipping at St. Helen's .Thank you, we hope to see you soon.

You can participate in worship with Songs of Praise BBC1 at 1.15pm or Morning Service with BBC Radio 4 at 8.10 am or through using our morning and night prayer services available on the website with the attached readings and prayers.

### Support for Ukrainian Refugees.

After all the confusion and chaos refugees are beginning to arrive in the area. If you would like to support this work please could you fill in [this form](#) which includes actions such providing meals, offering support with language. We have also produced useful guides and we will update these as the situation change [Preparing your church to support Ukrainian Refugees - Diocese of Durham \(durhamdiocese.org\)](#)

### Help needed with Toddler Group

Toddlers continues to be a successful part of our mission thanks to the hard work and commitment of Joan Jones, with Elaine and Lynn.

However, we can't rely solely on Joan and shouldn't ever leave her on her own. We need other members of church to volunteer to be on a rota to support Joan on a Friday afternoon from 12.30-3.30pm. People who volunteered in the past have enjoyed meeting the families and children. Please see either me or Joan if you are able to offer to go on the rota. The more people who offer, the fewer weeks we have to do.

Please do consider helping with this. It would be very sad if this successful group could no longer continue. Thank you. Helen

### St Helen's Church Garden

Sunday gardening dates are:

7th August 21st August – please join us between 12noon and 4pm

Here are a few of the events planned for the garden in the next couple of months:

Friday 19<sup>th</sup> August  
Saturday 17<sup>th</sup> September

Teddy Bears Picnic  
Autumn Fair

If anyone wants to be involved with any of the above or has any suggestions please contact Lynn on 07902 648959

## *Craft and Chat Group*

**Our craft groups for August are on Wednesdays from 10-12:**

10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>

We will be continuing our current projects of knitting and sewing items for sale at the Autumn Fair and restarting the sanitary ware for the Malawi project, which needs to be handed over by the end of September.

Please come and join us to help with any of the above (all materials are supplied), feel free to bring along some of your own projects to work on or just pop in for a coffee and a chat.

As always feel free to bring along some of your own projects you are working on, or just join us for a coffee and a chat.

### **The Causeway 12-20 August**

**2.30pm and 7pm** (running time approx. 1 hour)

Tickets: Adults: £3.00 Children under 14 £1.00

Available from: [www.ticketsource.co.uk](http://www.ticketsource.co.uk)

Tel: 07956 891110

In person from: Lisa's Delights, Carlisle Street, NE10 0JR

From the writers and production team who successfully brought 'Passion for the Planet' to Christ Church last summer, a new theatrical adventure for all ages with silliness, song, food and music in and around the grounds of Christ Church Felling. Join us on a whirlwind Lindisfarne-inspired tour of drama, music, dance and puppetry! Follow our heroes as they strike out across The Causeway and boldly back to Felling – of course-way in time for tea!

A brand-new site-specific production also featuring art and creative installations by our local schools and communities. A fabulously fun show for all ages exploring the themes of legacy - hilarious and heartwarming, magical and musical – a must-see treat for all the family!

Written by Tony Earnshaw and designed by Chris de Wilde. Directed by Darren Cheek.

**PLEASE SUPPORT THIS SHOW WHICH IS ORGANISED IN ASSOCIATION WITH CHRIST CHURCH FELLING, GATESHEAD DEANERY**

The Lindisfarne Gospels will be on display at the Laing Art Gallery from 17 September to 3 December this year.

### **Bensham Community Food Co-op**

Our Parish supports The Bensham Community Food Coop, it is open every Tuesday in Corpus Christi Church Bensham 11am - 1pm. Food donations can be brought to St. Helen's church on Sunday mornings or on a Wednesday or Friday. .

All donations are gratefully received in these deeply challenging times.

Thank You Revd Yvonne

### **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 income does not currently reflect this .

If you value the witness we offer please help us generously to enable this to continue.

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 can be deposited by electronic transfer to or into the in-wall church deposit box, by the door. Thank you

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