



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

5.10.2025
Harvest

St Helen's Church

HARVEST

Sunday October 5th
10:00 am

Brunch to follow in the
Church Hall

All food donations to the
Bensham Food Co-op

St Helen's Church

Harvest Faith Supper Saturday
11th October
at St Chad's Church from 7pm

HARVEST

Please bring food to share
(savory and/or sweet) and a
donation for the Food Coop

Tea and coffee provided and....
A Quiz!

10am Sunday Harvest Festival Family Service at St. Helen's
Followed by refreshments in the church hall

Everyone is Welcome

Readings

Phillipians 4 .4-9

John 6 25-35

Collect

Eternal God, you crown the year with your goodness
and you give us the fruits of the earth in their season:
grant that we may use them to your glory,
for the relief of those in need and for our own well-being;
through Jesus Christ your Son our Lord, who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever.

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

(seen in Durham Cathedral)

Post Communion

Lord of the harvest, with joy we have offered thanksgiving for your love in creation
and have shared in the bread and wine of the kingdom:
by your grace plant within us a reverence for all that you give us
and make us generous and wise stewards of the good things we enjoy;
through Jesus Christ our Lord.

Amen.

Safeguarding Contacts

To discuss any safeguarding concerns please contact either

- the Parish Safeguarding Churchwarden 07505105184

- the Parish Priest, Rev Yvonne Greener on

0191 4911317 greener.yvonne@gmail.com

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.



INEQE independent safeguarding audit

Please see attached information and link to the full report.

A Prayer for Peace from Sanctuary Foundation

Lord God protector of widows and orphans, may you bring your comfort to every family and every child that is grieving, frightened or homeless because of the conflict in Israel and Gaza.

Jesus wonderful Counsellor, may you give the wisdom and grace to all
who are working to find a peaceful resolution.

Spirit of peace may you change people's hearts and minds so this conflict can end quickly
for your names sake.

Triune and Almighty God, help us to trust you at this time and serve you by showing
compassion to all those around us.

Ame

Worship and notices week beginning Sunday 5th October 2025

Services and Prayer

10am Sunday Harvest Festival Family Service at St. Helen's

Followed by refreshments in the church hall

Everyone is Welcome

See poster above

Eucharist at St Helen's on Wednesday 8th October 12noon

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

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.

Prayer and Evening Prayer

We usually meet each Wednesday, Friday and Sunday morning for morning prayer in church, you are welcome to join us from 8.45am, to begin at 9am, and at 3.45pm, to begin at 4pm.

Deanery Synod Thursday 9 October

The next Deanery Synod is on Thursday 9th October from 7pm at St James and St Bede, Gateshead. Everyone is welcome. Our new Archdeacon Revd Katherine Bagnall will be joining us.

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](#)

Pearl of Africa Funds Raised - Update

The final total raised for this event is £981.30. Thank you to everyone who donated.

St Chad's Church

Saturday 18th October: Autumn Coffee Morning - 10am-12pm

*Please contact Revd Hannah Richardson if you would like to book a stall
or volunteer to help at the events*

Please come along, everyone is welcome.

Mob: 07788 295437 Email: revdhannahrichardson@gmail.com

Drop-Ins at St Chad's Church

Grab a cuppa. Have a look around and pray.

On the following Saturdays 2-4pm

11th October 1st November 6th December



Beyond Food Banks Summit 2026

Communities Together Durham and Food Durham are co-hosting a Food Summit on 14 March 2026. The Summit will explore alternative food provision which goes 'Beyond Food Banks' and gives churches and charities a menu of opportunities to investigate different approaches to meet the local needs of those experiencing food insecurity.

Please see the menu above and **attached** which provides details of the 'Menu Courses'.

First Course: 'Come and Share' on various dates and locations in October and November

Second Course: December 2025 – February 2026 'Do Something'
 Do something with the community. Grants of £200 will be available from Communities Together Durham

Third Course – The Food Summit Saturday 14 March 2026 9.30am The Sjovoli Centre, Framwellgate Moor.

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 07847096709

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 Church Hall – For hire

A reminder that the church hall is available to hire for birthday parties/events on Saturdays and Sunday afternoons. We also have space for regular bookings (exercise classes, book club, craft activities etc) during the week. For further information contact :

office.sthelenschurch@gmail.com

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 Elaine 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



We Buy Vintage Tuesday 7 October 11.30am to 5.30pm

We are pleased to welcome We Buy Vintage back to the church hall for a third visit.

Bring along your unwanted valuables to convert into same-day cash!

No need to book, just turn up!

**Halloween Event with Jen,
the Cookie Fairy
Friday 31st October in
St Helen's Church Hall 5-6pm**

***Come along to make
spooky chocolate lollipops!***

See poster for information on how to book



COSTUMES ENCOURAGED!

**JOIN JEN,
THE COOKIE FAIRY,
FOR FAMILY SPOOKY
CHOCOLATE LOLLIPOP MAKING
AT ST HELEN'S CHURCH HALL**

FRI 31ST OCT - 5PM TILL 6PM
~£12 (SNACKS & JUICE INCLUDED,
PLUS GIFT BOX TO TAKE LOLLIPOPS HOME)

To Book:
Call/text/WhatsApp:
Jen 07792545178 or
find me on:
The Cookie Fairy
thecookiefairy43

**BELLE VUE BANK,
LOW FELL,
NE96BR**

Breathe – Meditation and Mindfulness **Mondays at 2pm Thursdays at 7pm (term time)**

Meditation is easy to learn and has proven benefits in improving health and emotional well-being.

Sessions are **Free of Charge** and open to people of all faiths and none.

No previous experience is necessary.

at St Andrew's Church Leam Lane Everyone is welcome

For more details please contact Rev Rupert Kalus on 7485 766752

rupert.kalus@btinternet.com

Or simply turn up on the day

Exploring Life and Faith Together

**Being
With**

being-with.org

Begins 29th September at 7:00pm
At St Andrew's Church, Leam Lane
All Welcome
For Information Contact
Revd Rupert Kalus
07485 766752 rupert.kalus@btinternet.com

Being With is for anyone who's curious about faith - or wondering if the Christian faith has something meaningful to offer. No special knowledge needed.
Just what you have learned in life so far.



Dear Supporters

At the Food Co-op this week, 70 families/couples and 40 single persons from our local community attended for food, toiletries and random household items (167 adults and 137 children). Another very steady session with some queuing from before 8.00am.

Donations were received from several local churches, a Food Waste Champion and individual supporters. This week we were the grateful recipient of a Harvest donation from Sheriff Hill Methodist Church, an amazing donation of apples from a friend of a friend in Durham and an unexpected donation from an ex-member. The family was supported for many years including through COVID. The father is now a taxi driver and called in on Monday with a very generous donation of all items he had found useful – nappies, pasta, lentils, oil and more. Although we never expect donations it is most encouraging when we receive them.

Despite all the negative press, all volunteers who were able, attended today. Conversations were had about the social media and press coverage of the recent weeks, and it was disappointing to hear of the impact this is having on their children. All volunteers feel in a most privileged position. The Food Co-op enables us to get to know each other and work together as a team where we all are comfortable enough to share concerns.



With thanks for your continued commitment.
Kind regards,
Kath

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THE PARISH GIVING SCHEME A BETTER WAY TO GIVE

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, worshipping together through 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**

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 5th October 2025

Sick	Sick	Sick/Other needs
Maria Barrell	Amelia Grace	Lena
Mark Adams	Lesley Baister	Sarah Hamilton
Lucy	Felicity	Maryam
Diane Telfer	Margaret Clayton	Sienna
Roger Barrell	Joyce Tindale	Atila
Joyce Rowell	Emily	Michael
Ann	Ollie Sutcliffe	Joe
Stan Conway	Tom Spence	Jimmy White
Niraj	Sharok	Jessica Johnson
Revd Bernice Broggio	Les Gibson	Pauline
Rowan James Johnson	Sister Janet Elizabeth OHP	Kathleen Huntlye
Vicky		
BAPTISMS: Please pray for Jacob William Parry, his family and friends, on the occasion of his baptism on Sunday 5 th October.		
RECENTLY DEPARTED: Alan Bond, Revd. George Lackenby		

Anniversary of Death

Neil Aitchison	Joan Huddleston	Lily Reavely
Bill Ormand	Joan Curgenvin	Anna Kurian
Joan Bell Dodds	Isabel Lough	Norman Wright
Alan Shaw	Sister Mary Phillip	Eileen Isobel Waistell
Julie Walton	Joe Heron	
Barbara Thomson	Marion Cutmore	

Church

Please pray for our current Deanery vacancies

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 October 2025

Wednesday 1st St Helen's Eucharist 12noon

Sunday 5th Harvest Festival Family Service St Helen's 10am. Followed by refreshments in the church hall.

Baptism: Jacob Willliam Parry at 11.45am

St Chad's Eucharist at 10.30am

Thursday 9th October Deanery Synod. 6.30 for 7pm. St James and St Bede, Gateshead

Friday 10th October Social and Pastoral Committee 11am. St Helen's Church Hall

Saturday 11th October Harvest Faith Supper 7pm at St Chad's church hall

Sunday 12th Seventeenth Sunday After Trinity **St Helen's** Eucharist 9.30am
St Chad's Eucharist at 10.30am

Friday 17th St Helen's Social and Pastoral Committee 11am

Sunday 19th Eighteenth Sunday After Trinity **St Helen's** Eucharist 9.30am
St Chad's Eucharist at 10.30am

Tuesday 21st Deanery Chapter Meeting 9.30am. St Mary's Heworth

St Helen's Safeguarding committee meeting 7pm

Sunday 26th Last Sunday after Trinity **St Helen's** Eucharist 9.30am

St Chad's Eucharist at 10.30am

Morning Prayer/Evening Prayer Readings – 5th October **16th After Trinity (proper 22)**

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 5th	Isaiah 49. 13-23	141	John ch.9
Monday 6 th William Tyndale, translator, martyr, 1536	2 Chronicles 2, 1-16	44	Acts 19. 8-20
Tuesday 7th	2 Chronicles ch.3	48	Acts 19. 21-end
Wednesday 8th	2 Chronicles ch.5	119 v. 57-80	Acts 20. 1-16
Thursday 9 th Denys, bishop, martyr, c.250; Robert Grosseteste, bishop, scientist, 1253	2 Chronicles 6. 1-21	57	Acts 20. 17-end
Friday 10 th Paulinus, bishop, missionary, 644; Thomas Traherne, poet, spiritual writer, 1674	2 Chronicles, 6. 22- end	51	Acts 21. 1-16
Saturday 11 th Ethelburga, abbess, 675; James the Deacon, companion of Paulinus, 7 th Century	2 Chronicles ch.7	68	Acts 21. 17-36

Here is the QR code for St Helen's church website



To contact St Helen's church to book a baptism, wedding, book the church hall or for all enquiries please email:

office.sthenschurch@gmail.com