

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

**15.02.2026**

***Sunday next before Lent***

**Readings**

**Exodus 24. 12-end**

**2 Peter 1. 16-end**

**Matthew 17. 1-9**

**Collect**

Holy God,

you know the disorder of our sinful lives:

set straight our crooked hearts,

and bend our wills to love your goodness

and your glory

in Jesus Christ our Lord.

Amen

**Post Communion Collect**

Holy God,

we see your glory in the face of Jesus Christ:

may we who are partakers at his table

reflect his life in word and deed,

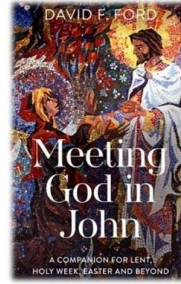
that all the world may know

his power to change and save.

This we ask through Jesus Christ our Lord.

Amen

# Lent Course



We warmly invite you to join us for our Lent Course, a special series of gatherings designed to deepen your faith and spiritual understanding during this sacred season. Through thoughtful discussions, reflective prayer, and meaningful fellowship, we will journey together, exploring the profound themes of Lent.

- Monday 16<sup>th</sup> February
- Monday 23<sup>rd</sup> February
- Monday 2<sup>nd</sup> March
- Monday 9<sup>th</sup> March
- Monday 16<sup>th</sup> March
- Monday 23<sup>rd</sup> March



17:45



## All are welcome



Upper Hall  
St Helen's Church,  
Belle Vue Bank,  
Low Fell,  
Gateshead  
NE9 6BR

### Journey into Lent

Dear Friends

As we leave the Christmas season behind us, we begin to look ahead towards Lent. We are long past the shortest day of the year, but the days still seem long and dark as the damp cold weather prevails and we long for the light.

This Lent we hope to meet weekly on a Monday evening in our Upper Hall to explore the Gospel of John where we are invited to listen to God speak to us. We will use David Ford's book, 'Meeting God in John'. David Ford is an inspiring guide through, with the help of his commentaries, we are offered a unique way into the promise of a 'deep, lasting and abundant life in Jesus Christ.'

Do join us, no knowledge or previous experience or understanding is needed, just a longing to know more, and perhaps a desire to have space to wonder or ask questions.

All are welcome each Monday at 5.45pm, week beginning Monday 16<sup>th</sup> February.  
There are sheets at the back of church for you to add your name to, especially if you wish me to order you a book .

Meeting God in John  
David F Ford  
(ISBN 978-028108-963-5)

With every blessing  
Revd Yvonne

**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***
- *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***

***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.***



BLESSING OUR  
COMMUNITIES  
IN JESUS' NAME

## **INEQE independent safeguarding audit**

Please see attached information and link to the full report.

.....

## **Worship and notices week beginning Sunday 15th February 2026** **Services and Prayer**

### **9.30am Sunday Service at St. Helen's**

Access will be through the Vestry Door to the right of the church whilst the building work to make our church more accessible is taking place.

### **Ash Wednesday 18<sup>th</sup> February**

### **Eucharist and Imposition of Ashes**

**St Helen's 12noon** - access to the church as above

**St. Chad's 6.30pm**

**PLEASE NOTE THE CHURCH WILL BE CLOSED TO THE PUBLIC ON  
WEDNESDAYS AND FRIDAYS DURING THE BUILDING WORK**

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

*Revd Margaret McKay presiding*

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

### **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. **However, due to building work please join Durham Cathedral on line as above.**

### **Palm Crosses**

If you have Palm Crosses from the previous year could you please bring them to church over the next two Sundays so that we can prepare the ash for Ash Wednesday.

### **Stations of the Cross**

Do join us for Stations of the Cross each Friday in St. Helen's Church at 12 noon. This will commence from Friday 20<sup>th</sup> February.

### **Lent Group**

Beginning Monday 16<sup>th</sup> February in St. Helen's Upper Hall at 5.45 pm. **Please see information and poster above.**

### **Deanery Confirmation 9<sup>th</sup> May 2026**

We will be holding a Deanery Confirmation on Saturday 9<sup>th</sup> May.

If anyone wishes to be baptised or confirmed or want to know more about this, do speak with Reverend Yvonne.

### **Songs of Praise at Durham Cathedral Sunday 15 March**

Songs of Praise will be held at Durham Cathedral on Sunday 15 March at 3.30pm, for anyone who wants come and join in at our Cathedral.

If you have a hymn request please write to the Cathedral with your suggestion.

### **Visit/Pilgrimage to Holy Island Wednesday 25<sup>th</sup> March**

As part of St Helen's 150<sup>th</sup> Anniversary celebrations, a visit to Holy Island has been proposed for **25 March**. The tides are good on this date with a crossing from 9.30am to 5.40pm. Those who wish to, can walk across the Causeway and others can drive to visit the Island. Transport options will be discussed once we have an idea of interest. **If you would like to join us, please sign the sheet in church or email:**

[office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)

### **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](#)**

### **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.

**Second Course: December 2025 – February 2026 'Do Something'**

The 'Do Something' £200 grants are now open. Application form attached along with the Food Summit information and the booking link below. These mini grants are **The Second Course on the Menu to The Food Summit**. Download an application form here:

[Beyond Food Banks – Food Summit – Communities Together Durham](#)

Last submission is 28 February.

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

<https://www.eventbrite.co.uk/e/beyond-food-banks-summit-tickets-1436758917599?aff=oddtcreator>

*Full details are available if you follow this link – including directions, parking, a list of workshops etc.*

## **St Helen's Church Celebration of 150 years – Save the Date!**

Sunday 8 March Swing Bridge Singers (*see below*)

Saturday 14 March Fun with Flowers for Mothers Day (*see below*)

Wednesday 25 March Visit to Holy Island (*see details in Newsletter*)

Saturday 18 April St Helen's Church Hall Users and Open Day (*(more details to follow)*)

Monday 11 May Pie and Pea Supper with a Quiz and Bingo. At the Gateshead Arms from 7pm. (*more details will follow*)

Sunday 17 May Durham Cathedral Choir in St Helen's Church from 3.30pm

Saturday 6 June Grainger Singers in St Helen's Church from 7pm  
(*Further details will follow*)



**Sunday 8 March  
Swing Bridge Singers  
2pm- 4.30pm in St Helen's Church**

**Tickets £8 – available on the day**

*Celebrating close-harmony from Abba to Zulu, via barbershop and blues, film music and folk, madrigals and Motown, the Swing Bridge Singers tackle a huge range of styles with their own unique teenage energy.*

### **Raffle Refreshments**

*We would be grateful for raffle prizes please*

## St Helens Church Low Fell

### Fun with Flowers for Mothers Day -

Saturday 14 March  
Drop in between 1pm and 3pm



**This is an event for children of all ages to come and make a small posy and card for Mother's Day**  
**No charge for materials or activity**

***Refreshments available for sale - proceeds to Project 150***

#### **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**

#### **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 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](mailto:office.sthelenschurch@gmail.com)

Do please also remember the ministry to family and young people in your prayers.





Dear Supporters,

A busy session at the Food Co-op today with 105 people coming to choose food, toiletries and household items. The 105 represented 66 families/couples and 39 single persons (152 adults and 110 children). Donations of food were gratefully received from several churches, a primary school, a food waste champion and individual supporters. Everyone left with an assortment of fresh, dried and tinned items.

Before the session starts, the volunteers spend time socialising, exchanging news and having refreshments. Once we are open, there's limited time to chat as the members occupy the time. Today we spent time, prior to opening, celebrating 3 birthdays and the birth of a baby girl. A volunteer's wife gave birth last Thursday. Despite the wide range of languages spoken and the disparate backgrounds of the volunteers, they are unified by their aim of assisting others. This creates a welcoming and friendly atmosphere for all comers.

Once again, thank you for all your donations, without which we would be unable to operate the Food Co-op in the local community.

Kind regards Kath

### **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, 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**

### **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.

.....



## Intercessions Sunday 15th February 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	Eddie Clark
Ann	Les Gibson	John T
Stan Conway	Carole	Helen
Niraj	Pauline	
John	Joe	
Ritchie Robson	Sharok	
<b>Recently Departed:</b> Revd Bernice Broggio		

## Anniversary of Death

Judith Hazel Armstrong	Nora Anderson	Harry Johnson
Raymond Stokes	Peter Donaldson	
Doris Evelyn Hornsby	Grace Holden	
Elsie Jones	Mabel Pattinson	

### 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

### 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 February 2026

**Sunday 1<sup>st</sup> February** St Helen's 10am Family Service Candlemas followed by brunch in the church hall

**St Chad's** Eucharist at 10.30am (*Revd Mike Dixon presiding*)

**Tuesday 3<sup>rd</sup> February** St Helen's PCC meeting Church hall from 6pm.

**Wednesday 4<sup>th</sup> February** St Helen's No service due to building work

**Friday 5<sup>th</sup> February** St Helen's Social and Pastoral Committee 11am in the church hall

**Saturday 7<sup>th</sup> February St Helen's 150th Anniversary Group Meeting**

10am Church Hall

**Sunday 8<sup>th</sup> February Second Sunday before Lent St Helen's 9.30am Eucharist**

**St Chad's** Eucharist at 10.30am (*Revd Canon Yvonne Greener presiding*)

**Wednesday 11<sup>th</sup> February St Helen's** No service due to building work

**Sunday 15<sup>th</sup> February Sunday Next Before Lent St Helen's 9.30am Eucharist**

**St Chad's** Eucharist at 10.30am (*Revd Margaret Mackay presiding*)

**Wednesday 18<sup>th</sup> February St Helen's 12noon Eucharist Ash Wednesday**

**Imposition of Ashes**

**St Chad's Imposition of Ashes** 6.30pm

**Sunday 22<sup>nd</sup> February First Sunday of Lent St Helen's 9.30am Eucharist Service**

**St Chad's** Eucharist at 10.30am (*Revd Dorothy Snowball presiding*)

**Wednesday 25<sup>th</sup> February**

**Chapter Meeting** 9.30am St Andrew's Leam Lane

**St Helen's 12noon Eucharist** Ember Day

\*\*\*\*\*

**Morning Prayer/Evening Prayer Readings – 15<sup>th</sup> February**

**Sunday Next before Lent**

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 15 <sup>th</sup>	2 Cor. 4. 3-6	72	Matt. 17. 9-23
Monday 16 <sup>th</sup>	Gal. ch.1	44	John 3. 1-21
Tuesday 17 <sup>th</sup> Janani Luwum, archbishop of Uganda, martyr, 1977	Gal. 2. 1-1	48	John 3. 22-end
Wednesday 18 <sup>th</sup> ASH WEDNESDAY	1 Tim. 6. 6-129	38	Luke 15. 11-end
Thursday 19 <sup>th</sup>	Gal. 2. 11-end	57	John 4. 1-26
Friday 20 <sup>th</sup>	Gal. 3. 1--14	3	John 4. 27-42
Saturday 21 <sup>st</sup>	Gal. 3. 15-22	71	John 4. 43-end



**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) church**

**To make initial enquiries or book a baptism or a wedding please come along to a Sunday service – check our website for times.**