



Pastoral Letter and Church Notices

ST. HELEN'S CHURCH, LOW FELL

19.06.2022
1st after Trinity
Luke 8 26-39
Gal 3 23-end

Collect

O God,
the strength of all those who put their trust in you,
mercifully accept our prayers
and, because through the weakness of our mortal nature
we can do no good thing without you,
grant us the help of your grace,
that in the keeping of your commandments
we may please you both in will and deed;
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.

Dear Friends,

As we move beyond Trinity Sunday we find ourselves in Ordinary Time .

You may note the colour of our hangings in church have turned to green, ' Ordinary Time' is sometimes known as green and growing time which immediately speaks to me of the joy of God's creation.

Here in the North East of England we are surrounded by such beauty, amazing coastlines, beautiful countryside teeming with wildlife. A reflection of the abundance of God's

generous love for us writ large in Creation. We are privileged to live in freedom and peace, this is not the case for so many of our brothers and sister throughout the world.

This week is Refugee Week and we continue to pray and seek the wellbeing of the many people displaced from their homelands seeking sanctuary and the opportunity to build a new life in safety and peace.

This week our Archbishops and Bishops have spoken out about the deportation of people to Rwanda (please see their letter attached). The newspapers tell us the sea level rise will put 200,000 homes at risk by 2050. These are anything but Ordinary events.

Ordinary time highlights the opportunity for growth, our recent PMC conversations focussed on relationships, in Deanery Synod our speaker reminded us of our responsibility to care for God's creation in all its forms. Our reading from Galatians reminds us we are all one in Christ Jesus reminding us of the deep generosity and equality to be found in God.

Every life is precious to God, as we continue on our journey of faith and are nurtured with God's love may we aspire to express that love through our daily lives in our relationships with one another, both friend and stranger and all God's creation.

With every blessing
Yvonne

Post Communion Collect

Eternal Father,
we thank you for nourishing us
with these heavenly gifts:
may our communion strengthen us in faith,
build us up in hope,
and make us grow in love;
for the sake of Jesus Christ our Lord.

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

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 or 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 19 June

Services and Prayer

**Eucharist each Sunday 9.30am St. Helen's Low Fell
10.30am Bensham and Teams St. Chad**

Confirmation

If anyone is considering Confirmation or would like to explore the Christian Faith do speak with myself or Lloyd. We are hoping to begin a group in the beginning of June to meet at St. Chad's each week.
The Confirmation will be on Thursday the 14th of July.

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/81606935137?pwd=bXFVTHNIMTVuWEI2eE5UTFFRMGJIZz09>

Meeting ID: 816 0693 5137

Passcode: 852693

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

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.

PLEASE BE AWARE IT IS NO LONGER LAW BUT HIGHLY RECOMMENDED TO WEAR A FACE COVERING IN CHURCH, UNLESS YOU ARE EXEMPT. Thank you.

We will continue to encourage people to be mindful of social distancing and to use the one-way system in church

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

In line with Church of England guidance we encourage people to use the track and trace system. (It is no longer a requirement to book in advance)

In order to care for each other. we encourage those joining us in the building to do a lateral flow test before coming to services. These are available free from local chemists including Sainsbury's.

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.

Confirmation and Exploring the Christian Faith

If anyone is considering Confirmation or would like to explore the Christian Faith do speak with myself or Lloyd. We will meet at St. Chad's Rawling Road Bensham at 4.45pm each Wednesday until the 13th of July

The Confirmation will be on Thursday the 14th of July.

There will be a final session the 27th of July

Church Open on Fridays

The church is open each Friday 12noon until 3.45pm for personal quiet reflection and prayer. For Ukraine and other circumstances and situations.

Durham Cathedral Ordinations 2.7.22 at 5pm

Revd Fr Lloyd Brown, our curate, will be Ordained Priest this Petertide in Durham Cathedral on Saturday July 2nd at 5pm. All are invited to the service in the Cathedral in support of Lloyd and to share in the joy as he take his vows as a Priest in God's church.

If you would like to come please sign the list at the back of church indicating if you need transport (if enough need we will organise a coach to Durham).

Lloyd will celebrate his first Eucharist at St. Helen's at 4pm on the feast of St. Thomas, 3rd July, after which there will be a shared tea in the church hall. (Please note there will be a service of the word instead of a Eucharist on the morning of 3rd July at the usual service time of 9.30). All are welcome

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 \(durhamdiocese.org\)](#).

Garden Project.

Garden project will be on the following dates between 12 noon and 2pm:

Sunday 26th June: Completing the tidying of dead plants and clearing more borders and also re-panting herbs from the raised beds to near the gate.

July dates to follow, and we will be asking if anyone would be interested in having a plant/seed swap at these sessions.

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Any queries or suggestions please contact Lynn Oliver on 07902648959.

Craft and Chat Group

Our craft classes for the remainder of this month are as follows and will be 10am till 12 noon:

Wednesday 22nd June - Making peg bags and wash bags for sale at our Summer/Autumn Fair

Wednesday 29th June - Project TBC

Please feel free to bring your own craft along too.

We have been knitting and crocheting Hearts for Pride weekend and have completed 300 which are ready to be sent to St Chads.

Bensham Community Food Co-op

The Food Coop is open every Tuesday. Food donations can be brought to church on Sunday mornings or on Friday afternoons .

All donations are gratefully received in these deeply challenging times.

With thanks. Revd Yvonne

Bensham Food Co-op News

We had a busy session again at the Food Coop on Tuesday with 47 families and 33 single people collecting food parcels. Twenty people were from the local community with 60 people coming from the refugee community.

Donations were received from several local churches, a local primary school and individual supporters. In addition to the generous food donations, we were also given small toys, books and childrens clothes. These were very well received, especially as we currently have several new families joining our membership. With the tea and coffee area continuing to be popular and the fruit and vegetable tables requiring a degree of supervision to ensure all goods are distributed fairly, the volunteers all had quite an energetic couple of hours. With Fareshare arriving just after we were due to open, we had a hectic start but with everyone working together we were only a few minutes late in opening. The Fareshare allocation this week was mainly fresh fruit and vegetables, so there was a wonderful choice for everyone.

Several people called in this week who we had not seen for a while. A young mum came with her new baby who was well admired and a young man came who we had not seen since before lockdown. He has now got Leave to Remain and he is working, riding a motorbike and continuing with his English classes. He brought with him several pairs of trainers for us to pass on as he knows how these are in demand. As a young man seeking asylum, he waited quite a while for a pair of trainers to be donated in his size.

With so much bleak news with regards to refugees, it is refreshing to hear of how a young single man who came across the channel has made a successful life for himself and contributes to the community. His story can be replicated dozens of times with the people just coming through the Food Coop. Once again grateful thanks for all your kind and generous donations. They are very much appreciated
Kath

ALCOHOLICS ANONYMOUS (AA)

'Do you have a problem with Alcohol?' Call FREE on 0800 9177 650 help@aamail.org
Locally, you can contact the following in confidence: Paul 07554665116 or Ryan
07745 273686
