



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

**21.04.2024**

***Fourth Sunday of Easter***

**Acts 3.12-19**

**1 John 3.1-7**

**Luke 24.36b-48**

**Collect**

Risen Christ,  
faithful shepherd of your Father's sheep:  
teach us to hear your voice  
and to follow your command,  
that all your people may be gathered into one flock,  
to the glory of God the Father

*There will be no reflection until further notice.*

**Post Communion Collect**

Merciful Father,  
You gave your Son Jesus Christ to the good shepherd,  
and in his love for us to lay down his life and rise again:  
keep us always under his protection,  
and give us grace to follow in his steps;  
through Jesus Christ our Lord.

Amen

**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.

Amen

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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/>

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**Worship and notices week beginning Sunday 21<sup>th</sup> April 2024**

**Services and Prayer**

**10.30am FAMILY SERVICE at St. Helen’s**  
**With brunch in the church hall from 10am**

**Revd Val Shedden will preside**

**12noon Eucharist at St Helen’s Wednesday 24<sup>th</sup> April**

**Revd Jonathan Adams presiding**

**10.30am Eucharist each Sunday at Bensham and Teams St. Chad**

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.

### **Vacancy - Sidesperson**

We currently have a vacancy for a sidesperson at St Helen's. This would involve greeting members of the congregation, overseeing the seating and taking the collection. If anyone would like to take on the role please email the office [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com) or speak to Tony Gunning or Helen Jones in church. Thank you.

### **Monthly Diocesan Zoom Prayer Meeting**

The monthly Diocesan Zoom Prayer meeting will be on the FOURTH Monday of April - **22 April** - at the usual time of 9.00am for 30 minutes, with this Zoom Link:

Topic: Diocesan Prayer Meeting

Time: Mar 25, 2024 09:00 AM London

Every month on the Fourth Mon, until Apr 22, 2024

Apr 22, 2024 09:00 AM

### **Join Zoom Meeting**

<https://us06web.zoom.us/j/81361918718?pwd=eUjRGv1VUVwYseCJtbALaiPucB2Lul.1>

Meeting ID: 813 6191 8718

Passcode: 814434

### **Deanery visit by Durham Cathedral Choir to St Andrew's Lamesley 28th April at 3.30pm**

On 28<sup>th</sup> April, at 3.30pm, the choir of Durham Cathedral will lead a Deanery Choral Evensong at St. Andrew's, Lamesley. The preacher will be Revd Canon Michael Hampel, Vice-Dean and Precentor. This is a good opportunity, if you are unable to travel to Durham Cathedral, to hear one of the premier English Cathedral Choirs. All welcome.

### **Mayoral Event discussing Real Living Wage Tyne Theatre and Opera House 22nd April 6pm**

[Tyne and Wear Citizens Mayoral Assembly - Diocese of Hexham & Newcastle  
\(diocesehn.org.uk\)](https://www.diocesehn.org.uk)

### **St Helen's Re-ordering – Project Name**

Some of you will know that architect's plans to re-order St Helen's church, to include changes to the entrance, creation of a kitchen and toilet facilities, have been drawn up and a Faculty has been posted.

A fundraising committee has been set up to consider options for funds for the project. We would like your help to 'name' this community project. Please put forward your suggestions for a name that will stand the test of time either to Tony Gunning at church, or email: [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)

**Please see attached update on this project**

**Further update: The Faculty has been approved and we can now work towards carrying out St Helen's reordering**

**St Helen's Church Hall**

A reminder that the church hall is available to hire for birthday parties/events on Sunday afternoons (also on Saturdays from 29 June), and we still have space for regular bookings (exercise classes, book club, craft activities etc) during the week. For further information contact : [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)

**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 £5.

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**

**Tuesday Drop in at St Chad's**

**PLEASE NOTE – WARM SPACES AT ST CHAD'S IS CANCELLED UNTIL OCTOBER**

**Wednesday Drop in at St Helen's**

**Every Wednesday morning 9.30am-12.30am** - 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 Space Drop In from 10am. each Wednesday in the hall Everyone is welcome.



### **Steinway Baby Grand Piano – available free to a good home!**

We have been requested to ask if anyone would like a Steinway Baby Grand Piano. The enquirer is willing to give the piano to anyone interested in playing the instrument. The piano is almost new, having been played only a couple of times by the enquirer's late husband. If anyone is interested, please contact St Helen's parish office and we will put you in touch with the person concerned.  
[office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)



Dear Supporters



Today we celebrated 8 years of the Food Co-op with cakes for all who attended. Fareshare arrived in good time with a good mix of items including strawberries, mushrooms, tomatoes, and peppers. The two Fareshare volunteers were able to join in our celebration and were provided with takeaway cakes for their coffee break. The refreshment area was buzzing with all enjoying

the tea, coffee, cakes, and the soup. Many of our members have been observing Ramadan and, after Eid on Thursday, were now able to stay and have refreshments. Over the busy session 59 families/couples and 43 single people attended (154 adults and 112 children).

Donations were received from several local churches, a primary school, and individual supporters. Once again, thanks for all the donations and thanks to those who deliver them in a timely manner for our session on a Tuesday.

The volunteers were kept fully occupied, attending to the members, assisting with translating, and tidying up at the end of the session. Today our volunteers came from Namibia, Nigeria, Congo, Sudan, Honduras, Eritrea, Ethiopia, Albania, Iraq and the UK. They are all at various stages of their journey. Several have leave to remain and are working or looking for work, volunteering between shifts and others are waiting for a decision. We really appreciate them giving up their time and the difference they make to the Food Co-op.

Thanks for your continued commitment. Since the start of 2024, 1396 food parcels have been collected by 810 families/couples and 596 single people. These numbers demonstrate the continuing need in our community and the generosity of donations that enable us to continue.

With kind regards, Kath

### 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 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 21<sup>th</sup> April 2024

Sick	Sick	Sick/Other needs
Maria Barrell	Frank Morton	Vicky
Hilda Branch	Amelia Grace	Sarah Hamilton
Mark Adams	Lesley Baister	Alice
Diane Dunwoodie	Robert Reay	Lena
Lucy	Aimee	Jake
Joan Huddleston	Felicity	Maryam
Jamie Lee Slassor	Margaret Clayton	Jana
David Watson	Charlotte Alice Lorraine	Sienna
Joan Eke	Maureen Gibson	Atila
Roger Barrell	Helen Preston	Niraj
Christine Lorraine	Alan Brownlee	Michael
Joyce Rowell	Denise Hagan	
<b>Recently Departed:</b> Margaret Freda Snowball. Diane Dunwoodie		

### Anniversary of Death

Debra Bradshaw	Walton Dowson	Robert Petrie Paris
Gillian Sampson	Marie Anderson	Josephine Wilson
Eva James	Brian Hamilton Wright	
John Pitt	Bill Heard	

### Church

Please pray for our current Deanery vacancies, especially Bensham and Teams St. Chad.

### Local Projects

Gateshead Care Homes

Bensham Food Co-op, Gateshead Food Bank, Oasis, Changing Lives

Kells Lane, Kelvin Grove and St Aidan's Primary schools.

## St Helen's Website

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



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### Morning Prayer/Evening Prayer Readings – 21<sup>st</sup> April 4<sup>th</sup> Sunday of Easter

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 21 <sup>st</sup>	Luke 24. 25-32	119 v. 89-96	Rev. 2. 12-17
Monday 22 <sup>nd</sup>	Luke 2. 41-end	103	Eph. 4. 1-16
Tuesday 23 <sup>rd</sup> George, martyr, patron of England, c.304	Eph. 6. 10-20	5	John 15. 1-8
Wednesday 24 <sup>th</sup> Mellitus, bishop of London, first bishop of St. Pauls, 624; seven martyrs of the Melanesian Brotherhood, Solomon Isles, 2003	Luke 3. 15-22	135	Eph. 5. 1-14
Thursday 25 <sup>th</sup> Mark the Evangelist	Acts 12. 25- ch13 v13	37 23-end	2 Tim. 4. 1-11
Friday 26 <sup>th</sup>	Luke 4. 14-30	33	Eph. 6. 1-9
Saturday 27 <sup>th</sup> Christina Rossetti, poet, 1894	Luke 4. 31-37	34	Eph. 6. 10-end