



Pastoral Letter and Church Notices

ST. HELEN'S CHURCH, LOW FELL

20.11.2022

Readings for Sunday

Col 1 . 11-20

Luke 23.33-43

Collect

Eternal Father, whose son Jesus Christ ascended to the throne of heaven that he might rule over all things as Lord and King:

Keep the church in the unity of the spirit and in the bond of peace, and bring the whole created order to worship at his feet; who is alive and reigns with you ,

In the unity of the Holy Spirit, one God now and for ever

Amen

Dear Friends,

This Sunday is known as Christ the King Sunday and is the first time in 70 years we have celebrated Christ's kingship with a king on the throne. Last Sunday ,in church at our Remembrance Service, we saw another first as we sang God Save Our Gracious King.

Earlier in the week I was privileged to spend time with the Nursery Class at St Aidan's school, they were taken with a beautiful icon of Christ and the crown shaped candle holder but even more captured by the tiny figure of baby Jesus which they all took turns to cradle in their hands. The tea light holder was in the shape of a crown as it shone upon the icon.

Christ sought by kings, a new born king who faced death on a cross crowned with a circlet of thorns. King of this world and the next who forgives from his throne, the cross. Christ ascended to his throne through every way that is opposite to human triumph.

He gave gifts rather than receiving them.

He was gentle instead of violent.
He received insults instead of flattery and praise.
He was beaten instead of pampered.
His crown was of thorns rather than of bejewelled gold.
He was silent rather than issuing commands.

The last line of our Gospel today reads, ' Truly I tell you, today you will be with me in paradise.' As he replied kindly to the one man who spoke kindly about him, and to him.

Here is the Christian Hope in it's purest form.

Despite the troubles of this world our hope is in Christ the Alpha and the Omega, may his kingdom come in our midst.

' Jesus remember me when you come into your kingdom'

With every blessing
Revd Yvonne

Post Communion Prayer

Stir up O Lord the wills of your faithful people;
That they plenteously bring forth the fruit of good works
May by you be plenteously rewarded
through Jesus Christ Our Lord
Amen

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 20th November 2022

Services and Prayer Eucharist this Sunday 9.30am St. Helen's, Low Fell Coffee after the service in the church hall

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 8.10 am. or join us online.

Midweek Communion

This will take place each Wednesday at 12noon in the Lady Chapel in St.Helen's All are welcome

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 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 at 5.15pm** using the Daily Prayer App on Zoom, join us by clicking below from 5pm.

Zoom link

<https://us02web.zoom.us/j/89402595118?pwd=dWJBTVN1TjFDSFh1UFV6OFBFSmN2QT09>

Meeting ID: 894 0259 5118

Passcode: 612012

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 \(durhamdiocese.org\)](#)

Warm Spaces

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 Gatesead Council's Warm Spaces Charter.

We are planning to have books and magazines for people who may come to our warm space on a Wednesday morning. **If any of you have a bookshelf you are able to donate to display these on we would be grateful.**

There will be a variety of opportunities on offer for you to join in with if you come along to this Drop In.

Warm Spaces at St Chad's

Every Tuesday afternoon 1:30pm – 4:30pm - there will be tea and coffee freely available and a warm welcome at St Chad's church 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. Volunteers also very welcome to help us facilitate both places of welcome. We are pleased to be part of Gatesead Council's Warm Spaces Charter.

Crafts and activities are available each week at Warm Spaces in St. Helen's Church Hall

November Wreath making demonstration
 Start of Willow Weaving project

December Wreath making

Everyone is welcome to participate or simply stay for a cuppa.

Wellness Project

Following on from the success of the book box outside of church, we are now ready to provide a toy box also. Parents can help themselves to toys, some of which will be from our Toddler Group collection, but feel free to bring along any unwanted or used toys, in good condition. The toys must be clean and in good working order.

Hopefully this may help out some families who are struggling in the lead up to Christmas.

Bags of Comfort and Joy

Once again we are putting together bags of Comfort and Joy for people in need at Christmas.

We would be grateful for donations of hats, scarves, gloves, Christmas food, small games and activities and also donations so we can buy tea lights and bulbs which were much appreciated in previous years.

Please drop items off in the church or church hall on Wednesday or ring Lynn on 07902 648959. or bring to church on Sunday

The Elf Who Saved Santa 3-4 December Little Theatre

A treat for the little ones this Christmas!

The Progressive Players, an amateur drama group based at the Little Theatre in Saltwell View, Gateshead are presenting 'The Elf Who Saved Santa', a short festive play for children aged 3 to 8. This is a 'feel-good' play, so no wicked witches, no evil kings - in fact, no bad guys of any kind!

There are three performances on Saturday 3rd December and two performances on Sunday 4th December. All seats are priced at £6. Each child will get to see Santa on stage, and receive a memento of their visit.

Please visit the [website](#) for times and booking information.

St Helen's Church Hall – Open for bookings

We are pleased to announce that St Helen's church hall is now available for external bookings. In keeping with our vision of health and wellbeing, we look forward to welcoming activity groups to use the large hall – book clubs, exercise classes, painting, crafts. The smaller, upper hall, is ideal for small meetings – AGMs. regular meetings, or perhaps as a hot desking space as a change from working from home.

The larger hall is also available for one-off bookings for birthday parties and other special occasions. Kitchen facilities and wifi available.

Please email: office.sthelenschurch@gmail.com for further information, rates and availability.

Listening to Our Communities and Each Other – Training Exercise

In response to concerns around food poverty, two training meetings will be held in **St Helen's Church Hall**, led by Val Baron and Joanne Thornes.

Next meeting Thursday 15 December 6.30 for 7pm

These are open meetings, and all are welcome to attend.

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, worship and support that 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

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

INTERCESSIONS 20.11.2022

Sick

Emily Rhodes
Maria Barrel
Vera Robinson
Hilda Branch
Derek Gunning
Mark Adams
Tom Spence
Jessica Johnson
Diane Dunwoodie
Lucy
Joan Huddleston
Martin Rodgers
Andrew Grey
Jamie Lee Slassor

Roger Barrell
Derek Robinson
Helen
Hannah Corcoran
Frank Morton
Robert Reay
Cyril Anderton
Amilia Grace
Pamela Page
Maggie Brownlee
Alan Brownlee
John Jopling
Julie Hillan

Other needs

Stephen

Recently Departed

Freda Trinder, Doris Ruddick, Revd Christopher Atkinson

Baptisms Please pray for Aurora Willow Kendrick, her family and friends, on the occasion of her baptism at St Helen's church this Sunday

Anniversary of Death

Ernest Atkinson	Edith Soper	
John Reay	Janet Hall	
Walter Waistell	Tim O'Shea	
Leslie Gibson	Charles Soper	

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

Church

Parishes in vacancy. All in our Parishes preparing for Baptism. All young people and leaders in our Uniformed organisations.

Morning Prayer/Evening Prayer Readings – 20th November 2022

Christ The King (Sunday Next Before Advent)

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 20 th Christ The King	Rev. 11. 15-18	29	John. 18. 33-37
Monday 21 st	Rev. 14. 1-13	96	Matt. 9. 18-34
Tuesday 22 nd	Rev. 14. 14- ch.15 - end	97	Matt. 9. 35 – ch.10 v15

Cecilia, Martyr at Rome, c. 230			
Wednesday 23 rd Clement, bishop of Rome, Martyr, c. 100	Rev. 16. 1-11	112	Matt. 10. 16-33
Thursday 24 th	Rev. 16. 12-end	125	Matt.10. 34- ch.11 v1
Friday 25 th Catherine of Alexandria, Martyr, 4 th Century; Isaac Watts, Hymn Writer, 1748	Rev. ch. 17	139	Matt. 11. 2-19
Saturday 26 th	Rev. ch.18	145	Matt. 11. 20-end