



Pastoral Letter and Church Notices

ST. HELEN'S CHURCH, LOW FELL

'At St Helen's church we believe that God's love is unconditional and meant for everyone. Whoever you are, and wherever you find yourself on the journey of faith, you are welcome here. We celebrate diversity in age, background, ability, race, gender and sexuality.'

04.10.2026

Harvest Festival

Readings

Philippians 3.4b-14

Matthew 21.33-end

Collect

God, our judge and saviour,
teach us to be open to your truth
and to trust in your love,
that we may live each day
with confidence in the salvation which is given
through Jesus Christ our Lord.

Amen



Post

Communion Collect

We praise and thank you, O Christ, for this sacred feast:
for here we receive you,
here the memory of your passion is renewed,
here our minds are filled with grace,
and here a pledge of future glory is given,
when we will feast at that table where you reign
with all your saints 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.

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Safeguarding Contacts

***To discuss any safeguarding concerns please contact either
the Parish Safeguarding Churchwarden 07505105184
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.***

St Helen's Church contacts:

**Churchwardens: Helen Jones Mobile: 07505 105184
Tony Gunning Mobile: 07864 695115
Parish office: office.sthelenschurch@gmail.com**

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Worship and notices week beginning Sunday 4th October 2026
Services and Prayer

St Helen's

Sunday 4th October

10am Family Service – Harvest Festival

Revd Barry Abbott presiding

With the Uniformed Organisations

Everyone is welcome, please join us for brunch in the church hall following the service



The poster features a light yellow background. At the top, the words "All Age" are in green, flanked by two sprigs of autumn leaves. Below this, "Harvest Festival" is written in large, bold, orange letters, and "Service" is in green. The location and time, "St Helens Church" and "10am Sunday 4th October", are in green. An illustration of various food items (cans, jars, bananas, apples, bread) is shown, with a green heart on a cardboard box. At the bottom, a green line precedes the text "Donations of food for Bensham Food Coop welcomed." in green.

All Age

Harvest Festival Service

St Helens Church
10am Sunday 4th October

Donations of food for Bensham Food Coop welcomed.

Wednesday 7th October
St Helen's – NO SERVICE

Sunday 11th October
9.30am Service of the Word

Wednesday 14th October
St Helen's Eucharist 12 noon
Revd Barry Abbott presiding

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

Sunday 4th October Harvest Festival
Revd Margaret Mackay presiding

Sunday 11th October Service of the Word

All are welcome to join in worshipping at **St Helen's and St Chad's**, we hope to see you soon. 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

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](#)



Table Top Sale
Saturday 10 October 1 -
3pm in the church hall
contact Lynn (see
poster) to book a table

**Clear out your cupboards and sell your
unwanted items!**

Dates for Your Diary

Saturday 14 November Christmas Fair 1-3pm

Sunday 22 November Performance by Scott Slapin from 2pm

Pearl of Africa Choir

Sadly, we have been advised that the Choir have been unable to secure visas for their tour this autumn. To assist with fundraising, we have invited them to set up a craft stall at our Christmas Fair to assist with raising funds. We are also planning a coffee morning for January 2027.

If you would like to support their emergency appeal (hoping to reach a target of £100,000 by Easter 2027) this will significantly help to bridge the funding gap created by the cancelled tour. Here is the link to the Just Giving appeal: [Emergency JustGiving Appeal](#)

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 others 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

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

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 £6.50

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 07847 096 709



**Come and join us for
Coffee and Company at St Helen's Church Hall
Sundays from 10.30am to 12noon
Everyone is Welcome**

Support for those in Poverty.

We are glad that the congregation of St Helen's continues to make regular, generous donations to the Corpus Christi Food Co-op. Gillian Hunt regularly takes our donations to the Food Co-op and it would be great if we could all increase our donations. As we read every week, the need for free food is not going away and anything donated is greatly appreciated. **All donations should be left at the back of church on Sunday, Wednesday or Friday.**



Dear Supporters,

This week 93 people have chosen food at the Food Coop on a Tuesday morning. This number represented 39 families/couples and 54 single persons. Donations were received from several local churches, a primary school and individual supporters. A substantial donation of fresh fruit and vegetables was received from Sheriff Hill Methodist Church Harvest Festival. The volunteers, trustees and members are encouraged by the generosity of all who donate and give their time to enable the Food Co-op to continue

One of the volunteers was appointed to take photos of all our produce today. These will be shared on a later occasion. There was the usual varied and plentiful allocation from Fare Share that included tomatoes, green beans, turnips and potatoes. Members left with a variety of fresh fruit and vegetables as well as the usual staples

With thanks for your steadfast support, Kath

THE PARISH GIVING SCHEME A BETTER WAY TO GIVE

Are you able to contribute financially each month to ensure our church's abiding presence in this place and enable our mission and ministry to continue and grow?

Many enjoy our free toddler group, our breastfeeding mums group and our Wednesday warm welcome drop in. Your support is valued.

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**

QR CODES ON OUR WEBSITE AND A CHURCH NEAR YOU [St Helen's Low Fell Gateshead - A Church Near You](#)

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 4th October 2026

Sick	Sick	Sick/Other needs
Mark Adams	Michael Mion	Sarah Hamilton
Lucy	Brian Carr	Michael
Roger Barrell	Margaret Clayton	Maryam
Joyce Rowell	Tom Spence	Sienna
Ann	Les Gibson	Ian
Stan Conway	Carole	John T
Niraj	Pauline	Rowan
John	Joe	Joyce Tindale
Valsa	Sharok	Linda Richardson
Ruth	Ali Hsami	Caroline
Jennifer Elliott	Kirsty	George
Joe Huddleston	Elsie Johnson	
Jacqueline Crichton	Susan Gaddess	
Recently Departed: Gordon Hunt, Maria Barrell		

St Helen's Church - Monthly Diary October 2026

Sunday 4 October St Helen's **10am Family Service Harvest Festival** followed by brunch in the church hall. Everyone is welcome. *Revd Barry Abbott presiding*

St Chad's 10.30am *Revd Margaret Mackay presiding*

Wednesday 7 October St Helen's **NO SERVICE**

Thursday 8 October Deanery Synod 6.30 for 7pm. St James and St Bede. Everyone is welcome.

Saturday 10 October Pre-Loved Table Top Sale 1-3pm in the church hall

Sunday 11 October St Helen's 9.30am **Service of the Word**
St Chad's 10.30am Service of the Word

Wednesday 14 October St Helen's **Eucharist 12noon** *Revd Barry Abbott presiding*

Friday 16 October Social and Pastoral Meeting 11am in the Upper Hall
Safeguarding Meeting – 1.30pm online

Please let us know if you have issues you would like to raise at these meetings

Sunday 18 October St Helen's 9.30am Eucharist *Revd Barry Abbott presiding*
St Chad's 10.30am Eucharist *Revd Margaret Mackay presiding*

Tuesday 20 October St Helen's PCC meeting 6pm in the upper hall
Please let us know if you have any issues you would like raise.

Wednesday 21 October St Helen's 12noon **Service of the Word**
William Pine

Sunday 25 October St Helen's 9.30am Eucharist
Revd Margaret Mackay presiding
St Chad's 10.30am Eucharist *Revd Canon Dorothy Snowball presiding*

Wednesday 28 October St Helen's 12noon Eucharist
Revd Barry Abbott presiding
Simon and Jude, Apostles

Morning Prayer/Evening Prayer Readings – Sunday 4th October 18th
After Trinity (proper 22)

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 4th	Hebrews 10. 19-25	48	1 Cor. 3. 9-17
Monday 5th	Acts 26. 1-23	80	Mark 15. 1-15
Tuesday 6 th William Tynedale, translator of the scriptures, martyr, 1536	Acts 26. 24-end	89 v.1-18	Mark 15. 16-32
Wednesday 7th	Acts 27. 1-26	119 v.105-128	Mark 15. 33-41
Thursday 8th	Acts 27. 27-end	92	Mark 15. 42-end
Friday 9 th Denys, bishop of Paris, martyrs with	Acts 28. 1-16	88	Mark 16. 1-8

his companions, c.250			
Saturday 10 th Paulinus, bishop of York, missionary, 644	Acts 28. 17-end	97	Mark 16. 1-8

TO DONATE TO ST HELEN'S please follow this link:

[St Helen's Low Fell Gateshead - A Church Near You](#)

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**

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