



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

03.05.2026

*Fifth Sunday of Easter*

**Readings**

Acts 7. 55-end

1 Peter 2. 2-10

John 14. 7-14

**Collect**

Risen Christ,

your wounds declare your love for the world

and the wonder of your risen life:

give us compassion and courage

to risk ourselves for those we serve,

to the glory of God the Father.

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.

Dear Friends,

It has been a very eventful week. We live amongst a backdrop of world news which comes to us in such a variety of mediums and with such frequency that we can often feel overwhelmed by its sheer volume and intensity.

Throughout our world confrontations between countries and peoples continue: often the disputes are to do with land, resources, wealth and simply power. The world as we know it changes rapidly, the poorest and most vulnerable often suffer the most caught up in the power games of the few which create instability and fear in so many.

Conflicts continue around the Middle East, Iran, the Ukraine and starvation ensues in Sudan. We cannot simply ignore this but we may feel helpless to know how to respond. Our Collect speaks to us of how many will respond, we will take sides.

Hardness of heart has the ability to keep us locked in confrontation and also fear. Making peace with our enemies is never an easy undertaking, we may be aware of our struggles to do so and we may need help to bring this about.

Even those in 'special relationships' do not always see eye to eye. This week our King and Queen's visit to the USA has been reported widely. King Charles has taken the opportunities given him to speak diplomatically and truthfully in the hope of building better relationships and enabling continuing dialogue worldwide with the Anglican Church, which we hope will enable more reflective thinking and changes of heart.

It is not all negative, but it is easy to dwell there.

Positive things are happening. We have witnessed them this week. We can take hope from our King, the Head of the Church of England. Last Thursday three new Bishops were consecrated in York Minster by Stephen, Archbishop of York. Amongst them was our own Bishop of Durham, Rick. Such Good News! Not just for our Diocese after a long vacancy, but also for the Anglican Church throughout the world.

The opportunities for transformation and new beginnings are many if we can open our hearts, to God's way of justice, peace and reconciliation and allow him to work through us. It really does start with us - our Collect says it all.

In our Gospel this week Jesus tells his disciples:

*'Do not let your hearts be troubled trust in God, trust also in me, in my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you?'*

Such generosity, there is a place for us in the Father's house: in his heart, in life and in death.

In life and in death we can dwell there. In dwelling there we come to see the world and life in it differently, our heart is softened, we walk a different path, the choice is always ours and the opportunity never goes away. But why wait?

Transformation, forgiveness, peace and reconciliation - let's begin to dwell in that deep and generous love today.

Do join us on Sunday at 9.30am as we give thanks to God for our new Bishop Rick, for the many blessings in our lives and as we pray for the needs of this community and our world.

Every Blessing  
Yvonne

**Post Communion Collect**

Eternal God whose Son Jesus Christ  
is the way, the truth and the life:  
grant us to walk in his way, to rejoice in his truth,  
and to share his risen life;  
who is alive and reigns, now and for ever.  
Amen

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**Safeguarding Contacts**

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

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**Worship and notices week beginning Sunday 3<sup>rd</sup> May 2026**  
**Services and Prayer**

**St Helen's**  
**Sunday 3<sup>rd</sup> May 9.30am Eucharist**  
**Wednesday 6<sup>th</sup> May**  
Eucharist 12noon St Helen's  
*John the Evangelist*

**Please note: there will be an additional Family Service on  
Sunday 10<sup>th</sup> May.  
Service in church at 10am, followed by brunch in the church hall.  
Everyone is Welcome.**

**PLEASE NOTE: There will be no morning service on  
Sunday 24<sup>th</sup> May.  
The Pentecost service will be at 3pm in the afternoon, followed by  
Revd Yvonne's retirement event in the church hall**

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

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.

### **St Helen's PCC Meeting Tuesday 5<sup>th</sup> May from 6pm**

Please let us know if you have any issues you would like to be raised at the meeting.  
Email: [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)

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

We will be holding a Deanery Confirmation on Saturday 9<sup>th</sup> May. The confirmation is at 6pm at St Ninian's, Harlow Green. Do come and support Marina Moat from St Chad's as she is confirmed by Bishop Frank. All are welcome.

### **St Helen's Safeguarding Committee Meeting Friday 15<sup>th</sup> May**

The next meeting of the Safeguarding Committee will be held on Friday 15<sup>th</sup> May. Please let us know if you have issues you wish to be raised at the meeting.  
Email: [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com)

### **Visit/Pilgrimage to Holy Island 6th June**

As part of our Project 150 celebrations we are planning a pilgrimage to Holy Island on Saturday 6<sup>th</sup> June. We plan that some people will walk the Pilgrim Way and others will visit the island. We are hoping that enough of us will be able to offer lifts to those who have no transport. Although she will no longer be our priest following her retirement, Revd Yvonne will be joining us for the day.

If you have any questions or wish to sign up for the day please text 07505 105184, or fill in the form at the back of church.

### **Christian Aid Week 10-16 May**

Every year we at St Helens support the work of the international charity Christian Aid which supports people in poverty around the world. We will have an opportunity to donate in church and also through a fundraising page this year. Please do consider supporting this vital work which is needed more than ever in countries whose aid has been reduced by the USA and the UK.

To donate on line please follow the link below:

[https://caw.christianaid.org.uk/envelope-2026/st-helens-fundraising-christian-aid?utm\\_medium=sharedbuttons&utm\\_campaign=&utm\\_source=copy](https://caw.christianaid.org.uk/envelope-2026/st-helens-fundraising-christian-aid?utm_medium=sharedbuttons&utm_campaign=&utm_source=copy)

### **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\*\*](#)

### **Age Concern Advice and Information Drop In Session at St Helen's Warm Space on Wednesday 27 May from 10.30am.**

Everyone is welcome.



### **Wedding Dress Exhibition**

As part of the 150 Anniversary Project we will be hosting a Wedding Dress exhibition in Church between 11<sup>th</sup> – 13<sup>th</sup> September, to coincide with Open Heritage week.

We are looking for anyone who was married at St Helen's and still have their wedding dress or photographs/ memorabilia from their special day and would be willing to lend us these items for display.

Please contact Lynn Oliver Mob: 07902648959 email [kevlynoliver58@outlook.com](mailto:kevlynoliver58@outlook.com). Please ask your friends/relatives for any items. Thank you.



**We would be most grateful for donations of bottles of wine for the raffle and quiz prizes. Thank you.**

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

**Sunday 17 May Gateshead Deanery Evensong sung by Durham Cathedral Choir in St Helen's Church from 3.30pm**, followed by light refreshments in the church hall. Everyone is welcome.

**Thursday 29 May – Bird Walk with Michael Turner in Saltwell Park from 9.30am. Please meet at the Bandstand in Saltwell Park. Join Michael for coffee in Saltwell Towers after the walk to chat and ask questions. Tickets: £5** (please bring cash with you at the start of the walk) *The walk will take approx. 2 hours*

Saturday 13 June St Helen's Church Summer Fair *(more details to follow)*

**Saturday 20 June** Grainger Singers in St Helen's Church from 7pm ***please note this is a change of date from 6<sup>th</sup> June***

### **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.



**Come and join us for  
Coffee and Company at  
St Helen's Church Hall**

**Sundays from 10.30am to 12noon.  
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,

First of all, many thanks to all who joined us at our 10-year celebration event on Saturday. It was a pleasure to see everyone and have the time and opportunity to chat to people. We welcomed several of the volunteers from past years. Three will be completing their nursing qualifications this year, and the other four are in full time employment. Many of our current volunteers came, bringing their families. Everyone enjoyed the buffet, especially the

homemade sweet treats. We were very grateful to Solomon, one of our previous volunteers, who produced some amazing artwork for the event.



Today was a bustling session with 99 people representing 60 families/couples and 39 single families attending (156 adults and 116 children). We welcomed a couple of new families. One family was delighted when we found a volunteer who spoke a common language. After chatting they offered to volunteer themselves.

This week we received donations from several churches, two Primary schools and individual supporters. We received an unexpected donation from a local family and another from St Peter's School. All donations are very much appreciated and enable the Food Co-op to continue.

With thanks for your continued commitment.

Kind regards

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 WEBSITE AND 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](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.

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### Intercessions Sunday 3<sup>rd</sup> May 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	Gordon
John	Joe	Rowan
Ritchie Robson	Sharok	Rob
Valsa	Ali Hsami	Joyce Tindale
Ruth	Kirsty	Robert Reay
Jennifer Elliott	Elsie Johnson	

**Recently Departed:** Joan Coulson

### **Anniversary of Death**

Isaac Jones	Julia Elizabeth Smith	Martin McIntosh
Thelma Bennett	Lilian Ancrum	Ethel Neil
Michael Brian Low	Angela Gibbs	
Clifford Oliver	Robert Bryson	

### **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 School



## **St Helen's Church Monthly Diary May 2026**

**Sunday 3 May** St Helen's 9.30am Eucharist

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

**Tuesday 5 May St Helen's PCC meeting** 6pm in the church hall

**Wednesday 6 May** St Helen's 12noon Eucharist

*St John the Evangelist*

**Sunday 10 May** St Helen's 10am Family Service followed by brunch in the church hall

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

**Monday 11 May Pie and Pea Supper** at the Gateshead Arms (see details in the newsletter)

**Wednesday 13 May** St Helen's 12noon Eucharist

*Rogation Day*

**Friday 15 May St Helen's Social and Pastoral Committee** meeting at 11am  
**St Helen's Safeguarding Committee** meeting at 1.30pm

**Sunday 17 May** St Helen's 9.30am Eucharist  
**St Chad's** 10.30am Eucharist *Revd Margaret McKay presiding*  
**St Helen's Gateshead Deanery Evensong** sung by Durham Cathedral Choir  
 3.30pm, followed by light refreshments in the church hall

**Tuesday 19 May 150<sup>th</sup> Anniversary Committee Meeting** from 6pm in  
 the church hall

**Wednesday 20 May** St Helen's 12noon Eucharist  
*Alcuin of York, deacon, Abbott of Tours, 804*  
**St Chad's** 10.30am Eucharist *Clergy tbc*

**Wednesday 27 May** St Helen's 12noon Eucharist

**Thursday 29 May Michael Turner Bird Walk** 9.30am in Saltwell Park  
 (meet at the bandstand)

**Sunday 31 May** St Helen's 9.30am Eucharist *Clergy tbc*



**Morning Prayer/Evening Prayer Readings – Sunday 3<sup>rd</sup> May**  
**5<sup>th</sup> Sunday of Easter**

<b>Day/ Date</b>	<b>Morning Prayer</b>	<b>Psalm</b>	<b>Evening Prayer</b>
Sunday 3 <sup>rd</sup> May	Ezek. 37. 19-29	30	Rev. 21. 1-14
Monday 4 <sup>th</sup> English Saints and Martyrs of the Reformation	Luke 4. 38-end	145	1 Peter 1. 1-12
Tuesday 5 <sup>th</sup>	Luke 5. 1-11	19	1 Peter 1. 13-end
Wednesday 6 <sup>th</sup>	Luke 5. 12-26	30	1 Peter 2. 1-10
Thursday 7 <sup>th</sup>	Luke 5. 27-end	57	1 Peter 2. 11-end

Friday 8th	Luke 6. 1-11	138	1 Peter 3. 1-12
Saturday 9th	Luke 6. 12-26	146	1 Peter 3. 13-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)**

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