

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

09.08.2026

*Tenth Sunday after Trinity*

**Readings**

**Genesis 37. 1-4, 12-28**

**Romans 10. 5-15**

**Matthew 14. 22-33**

**Matthew 14. 22-33 'Jesus made the disciples get into the boat'**



**Collect**

Lord of heaven and earth,  
as Jesus taught his disciples to be persistent in prayer,  
give us patience and courage never to lose hope,  
but always to bring our prayers before you;  
through Jesus Christ our Lord.

Amen

**Post Communion Collect**

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you;  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord.

Amen

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**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](mailto:beth@bethmillerisw.co.uk) or [beth.miller@durham.anglican.org](mailto: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](mailto:office.sthelenschurch@gmail.com)**

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## **Worship and notices week beginning Sunday 9th August 2026**

### **Services and Prayer**

## **St Helen's**

### **Sunday 9 August 9.30am Eucharist**

***The Venerable Katherine Bagnall, Archdeacon of Sunderland, presiding***

This is a good opportunity for our congregation to meet with Katherine. We very much hope you can join us on Sunday.

### **Sunday 16<sup>th</sup> August**

### **St Helen's Patronal Festival 9.30am Eucharist**

**This is also a Family/All Age service which begins at 9.30am not 10am.**

**Followed by brunch in the church hall.**

***Revd Barry Abbott presiding***

### **Wednesday 12 August**

**St Helen's Eucharist 12 noon**

***Revd Norma Clee presiding***

### **Wednesday 19 August**

**St Helen's Eucharist 12 noon**

***Revd Barry Abbott presiding***

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

### **Sunday 9th August**

***Revd Barry Abbott presiding***

### **Sunday 16<sup>th</sup> August**

***Service of the Word, followed by a baptism at 12noon.***

***(Revd Barry Abbott will take the baptism)***

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](http://www.durhamcathedral.co.uk)

### **Information - St Chad's Bensham and Teams**

*The following information has been received from the Archdeacon, The Venerable Katherine Bagnall*

I am writing to let you know about some plans we have been developing over the past months for the future of St Chad's Bensham. Having worked with the VAP process in the

vacancy this time and with the PCC as a follow up, it is clear that the church cannot deliver effective mission and ministry in its current form with so few people attending or able to fulfil required officer roles. This has been on the horizon for some time if we go back to the previous vacancy report, and sadly has not been able to develop over the past years. Having discussed openly with the PCC a list of possible options, which sadly included closure, they have graciously invited a new plan to look towards the development of mission and ministry in that place, recognising it is the local community they are there to serve. We have entered into discussions and potential plans with Alive Church (St George's), Gateshead and there is now a plan in place to look at them leading the way forward in Bensham as part of their mission and ministry.

This will, naturally feel like quite a change to their life and tradition, however, whilst the PCC and worshippers have a long-standing catholic tradition of worship, they also recognise the need to develop their worship and mission in order to grow and flourish. They are looking forward to embracing this opportunity of celebrating their past and present, and looking to the future to grow the church in Bensham and Teams. There will be an on-going commitment to seek to offer services across the week which will enable people to worship as they feel most comfortable.

St Chad's has always sought to engage with the local community, and there will continue to be the commitment carry out some wonderful work with lunch clubs, warm spaces and drop ins as well as gardening projects and food growing, all of which are currently underway. These will continue to be delivered with the hope of growth and further development when capacity is in place to enable this, and their generous heart for people will continue to be celebrated in the area.

Since we are now at a point of beginning to make decisions that will make these plans public, I wanted to ensure you, as neighbouring deanery colleagues were aware of this as a large project and change in your area. I also want to ask for your prayers for all involved please, praying for wisdom and guidance as we strive to serve God and his people well in this new way. I am happy to answer any queries or questions you may have regarding this or how things might look, especially if you feel they may directly impact you.

In the meantime, please do be assured of my continuing prayers for you all as you serve your parishes faithfully.

Best wishes

Katherine  
Ven Katherine Bagnall  
Archdeacon of Sunderland

### **Intercessions**

Thanks to Catherine and Barbara who have volunteered to lead Intercessions in church in future. This is an important role in our worship and we are grateful to them. If anyone else is willing to do this please let Helen know (07505 105184) and we can arrange a chat.

### **Visit by the Bishop of Durham**

The Bishop of Durham will attend the service at St Helen's on 20 September. Bishop Rick will meet the congregation, bless the new church doors and celebrate our 150<sup>th</sup> Anniversary. *Further details will follow*

### **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](#)



### **BBC Songs of Praise Christmas Concert Recorded at the Glasshouse International Centre for Music**

**TUESDAY 6<sup>TH</sup> OCTOBER 2026  
FREE TICKETS**

*Join Aled Jones and some very special guests at the iconic Glasshouse for a spectacular Christmas concert. Bring your singing voice and Christmas jumper for an evening of classic carols and traditional hymns.*

Please let us know if you would like to attend and free tickets can be booked for everyone as a group. Contact: [office.sthelenschurch@gmail.com](mailto:office.sthelenschurch@gmail.com) or speak to Pauline Campbell in church.

### **Dates for Your Diary**

#### **Heritage Open Days 18-20 September**

There will be guided tours of the church during this weekend. Details tbc

**Saturday 10 October Pre-Loved Table Top Sale 1-3pm  
(change of date from 3 October)**

**Saturday 14 November Christmas Fair 1-3pm**

**Sunday 22 November Performance by Scott Slapin from 2pm**

***Wedding Dress Showcase - In St Helen's Church***

*Friday 11 & Saturday 12 September 10am to 4pm,  
Sunday 13 September 12-2pm*

**We would be grateful if anyone has a mannequin they would be willing to lend us for this exhibition. Please contact Lynn: 07902 648959**



### **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.

**FUN AND GAMES**

**At St Helen's Church & Church Hall Low Fell**  
**Monday 17 August 1-3pm**

**Teddy Bears Picnic and a Bear Hunt**  
*bring your favourite bear, doll or soft toy*



**Crafts                      Lego Table                      Activities**  
**Outdoor Games**  
in the church grounds, weather permitting

**Snacks provided or bring your own picnic**  
**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](mailto:office.sthelenschurch@gmail.com)

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





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

**Sundays from 10.30am to 12noon.  
Everyone is Welcome**

**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**

**St Thomas' Church Eighton Banks Summer Fair 8<sup>th</sup> August**

St Thomas' Summer Fair will take place on Saturday 8 August, 10am to 1pm.

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,

Today 55 families/couples and 40 single people attended the Food Co-op (145 adults and 106 children). It was a bustling session. The small toys were distributed with many children leaving with smiley

faces clutching the items they had chosen. Once again, many thanks for your response to this appeal that has brought happiness to so many of our families.

Donations were received from several local churches, St Peter's, St Anne's, Corpus Christi, St Helen's and St Chad's. We also received a donation from a primary school, a local allotment and individual supporters. We occasionally receive donations from friends of friends, which we did this week. Many thanks to all who spread the word about the Food Coop, facilitating these donations.



All the volunteers were delighted to hear about the latest addition to the Food Coop family. One of our longest serving volunteers, welcomed a son at the weekend. His wife has also been volunteering since joining him, with the couple being very popular.

For the last three weeks we have welcomed the daughter of one of the original volunteers. She used to come with her sister in the holidays. She has been attending on a Monday, assisting with the setting up and the deliveries. Today she came and helped distribute the toys. It has been lovely to get reacquainted with this young woman and we all wish her well with her GCSEs.

**Today 4<sup>th</sup> August is our last session before the Summer break. We will open again on Monday 7<sup>th</sup> September for donations and Tuesday 8<sup>th</sup> September for food distribution.**

Thank you for your continued commitment. 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](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 9th August 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          | Ian              |
| Ann                                                                                                                                                                       | Les Gibson          | John T           |
| Stan Conway                                                                                                                                                               | Carole              | Helen            |
| Niraj                                                                                                                                                                     | Pauline             | Gordon           |
| John                                                                                                                                                                      | Joe                 | Rowan            |
| Ritchie Robson                                                                                                                                                            | Sharok              | Joyce Tindale    |
| Valsa                                                                                                                                                                     | Ali Hsami           | Robert Reay      |
| Ruth                                                                                                                                                                      | Kirsty              | Linda Richardson |
| Jennifer Elliott                                                                                                                                                          | Elsie Johnson       |                  |
| Joe Huddleston                                                                                                                                                            | Susan Gaddess       |                  |
| Michael Mion                                                                                                                                                              | Jacqueline Crichton |                  |
|                                                                                                                                                                           |                     |                  |
| <b>Recently departed:</b> Valerie Russell                                                                                                                                 |                     |                  |
|                                                                                                                                                                           |                     |                  |
| <b>Weddings:</b> Please pray for Harriet & Jonathan, Paul and Deborah on the occasion of their weddings on Saturday 8 August, also for their families and invited guests. |                     |                  |

## Anniversary of Death

|                      |                               |  |
|----------------------|-------------------------------|--|
| Frank Whitfield      | Timothy Richard Seaton Beavis |  |
| Elizabeth Gibson     | Eleanor Heard                 |  |
| Ada Livick           | Isabella Livick               |  |
| George Hedley Foster | Sister Elizabeth              |  |

### 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  
 Low Fell St Helen's

### Local Projects

Gateshead Care Homes, Bensham Food Co-op, Gateshead Food Bank, Oasis, Changing Lives. Kells Lane, Kelvingrove & St Aidan's Primary Schools

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## St Helen's Church - Monthly Diary August 2026

**Sunday 2 August** St Helen's 9.30am Eucharist *Revd Margaret McKay presiding*  
Three baptisms at 11.30am: Edward Lawrence Gibson; Ezra Theodore Blair,  
Tristan August Blair

**St Chad's** 10.30am Eucharist *Revd Canon Dorothy Snowball presiding (incl. a baptism)*

**Wednesday 5 August** St Helen's 12noon Eucharist *Revd Barry Abbott presiding*  
*Oswald King of Northumbria, martyr, 642*

**Sunday 9 August** St Helen's 9.30am Eucharist *Archdeacon Katherine Bagnall presiding*

**St Chad's** 10.30am Eucharist *Revd Barry Abbott presiding*

**Wednesday 12 August** St Helen's 12noon Eucharist *Revd Norma Clee presiding*

St Helen's 9.30am Eucharist **Patronal Festival 150<sup>th</sup> Anniversary**, followed by  
brunch in the church hall. *Revd Barry Abbott presiding* **St Chad's** 10.30am  
Eucharist *No priest for service. Revd Barry Abbott taking baptism at 12noon*

**Wednesday 19 August** St Helen's 12noon Eucharist *Revd Barry Abbott presiding*

**Sunday 23 August** St Helen's 9.30am Eucharist *Revd Barry Abbott presiding*  
Two baptisms at 11.30am: Finlay James Martin & Theo Oliver Martin

**St Chad's** 10.30am Eucharist *Service of the Word tbc*

**Wednesday 26 August** St Helen's 12noon Eucharist *Revd Norma Clee presiding*

**Sunday 30 August** St Helen's 9.30am Eucharist *Revd Canon Michael Hampel presiding*

Baptism at 11.30am: Jude Lorcan Harvey

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

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**Morning Prayer/Evening Prayer Readings – 9<sup>th</sup> August**

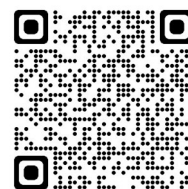
**10<sup>th</sup> After Trinity Proper 14**

| Day/ Date                                                                                                                                                            | Morning Prayer       | Psalm      | Evening Prayer        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|------------|-----------------------|
| Sunday 9 <sup>th</sup>                                                                                                                                               | 2 Peter 3. 8-13      | 88         | Acts 14. 8-20         |
| Monday 10 <sup>th</sup><br>Lawrence, deacon of Rome, martyr, 258                                                                                                     | Acts 3. 11-end       | 71         | Mark 2. 23 – Ch.3 v 6 |
| Tuesday 11 <sup>th</sup><br>Claire of Assisi, founder of The Minoresses, 1253                                                                                        | Acts 4. 1-12         | 73         | Mark 3. 7-19a         |
| Wednesday 12 <sup>th</sup>                                                                                                                                           | Acts 4. 13-31        | 77         | Mark 3. 19b - end     |
| Thursday 13 <sup>th</sup><br>Jeremy Taylor, bishop of Down and Connor, 1667; Florence Nightingale, nurse, social reformer, 1910; Octavia Hill, social reformer, 1912 | Acts 4. 32- ch5 v 11 | 78 v. 1-39 | Mark 4. 1-20          |
| Friday 14 <sup>th</sup><br>Maxamillian Kolbe, martyr, 1941                                                                                                           | Acts 5. 12-26        | 55         | Mark 4. 21-34         |
| Saturday 15 <sup>th</sup><br>The Blessed Virgin Mary                                                                                                                 | Luke 11. 27-28       | 98         | Acts 1. 6-14          |

**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](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.**