



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

23.03.2025

Third Sunday of Lent

Isaiah 55. 1-9

1 Corinthians 10. 1-13

Luke 13. 1-9

Collect

Eternal God,
give us insight
to discern your will for us,
and to seek the perfection we are promised
in Jesus Christ our Lord.
Amen

Lent

Throughout church history Easter has been the principal date for baptism. Adult candidates for baptism would undergo a period of instruction and preparation in the weeks leading up to Easter- a period that became known as Lent.

Lent is a time when we reflect upon our lives, a time when we are reminded that we are utterly dependent on God.

Everything we have comes to us as a gift from God. Lent is a time for us to reconsider how we live as Christians in the world.

Lent began on Ash Wednesday, when many received the Imposition of Ashes on the forehead to these words:

'Remember you are dust and to dust you shall return, turn away from sin and be faithful to Christ.'

Sometimes we forget that we are mortal, we don't like to think of death, but it comes to us all.

As we journey into Lent there is the opportunity to draw closer to God, to journey with Jesus through death into fullness of life as we prepare ourselves for Good Friday and Easter. There are many opportunities to journey together.

Each Friday throughout Lent, at 12noon, members of our church will be leading us in the Stations of the Cross.

Each Monday evening, at 6.30pm, you are welcome to join in the Lent group: 'How shall we live.' This will meet at St Chad's Church each week, until Holy Week, when we will journey with Jesus throughout his Passion.

You may wish to come into Church for some quiet time, remember church is open each Wednesday and Friday.

Lent, a time of prayer, fasting and Giving Alms, offers us an opportunity to slow down, to spend time with God, to rekindle our relationship and consider what is important in life as we approach Easter.

'Remember you are dust and to dust you shall return, turn away from sin and be faithful to Christ.'

May you be able to embrace a Holy Lent and know the nearness of Christ as you journey.

With my continuing love and prayers
Revd Yvonne

Post Communion

Merciful Lord,
grant your people grace to withstand the temptations
of the world, the flesh and the devil,
and with our hearts and minds to follow you,
the only God;
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/>

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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.

Worship and notices week beginning Sunday 23rd March 2025 **Services and Prayer**

9.30am Sunday Service at St. Helen's **Revd Barry Abbott presiding**

Eucharist at St Helen's on Wednesday 26th March **Revd Hannah Richardson presiding**

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

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

Lent Group from 10th March at St Chad's Church

A Lent Group, How Shall We Live, will meet **from Monday 10 March for five weeks**, at St Chad's church.

Jesus says: 'I have come that they may have life and have it to the full.' John 10:10

The sessions, which will be informal and interactive, **start at 6.30pm**, with refreshments.

Everyone is Welcome.

Holy Week and Easter Services



17 April **Maundy Thursday** Eucharist, Foot Washing & Vigil at 7pm

18 April **Good Friday**

Walk of Witness at St Chad's – meet at church for 10.30am for Stations of the Cross, Walk of Witness, followed by hot cross buns at St Chad's hall

Good Friday Liturgy St Helen's 2.30-3pm

19 April **Easter Eve** St Helen's 7pm

20 April **Easter Day** St Helen's 9.30am
(please see attached poster for details)



Wings for Worship

**Wednesday evenings from 6.30pm for refreshments,
starting at 7.00pm till approx. 9.00pm
26th March, 3rd and 10th April.**

St. Peter's Church Centre, York Avenue, Jarrow, NE32 5LP

This five week course is available to all who attend our church. It will help you to lead all or part of a service, and will include reading the Bible, leading prayers and conducting a Service of the Word. It would be wonderful to develop the ministry and life of St. Helen's as we look to the future .

All are welcome. *Please see attached poster for further details and how to book.*

St Helen's APCM meeting Sunday 13 April

St Helen's APCM meeting will be held in the church hall on Sunday 13 April, from approx. 11.00am.

If anyone would like to be nominated for one of the following positions:

- PCC member
- Churchwarden
- Representative at Deanery Synod

please email: office.sthelenschurch@gmail.com or talk to Helen Jones in church.

Training is available.

St Helen's Church Electoral Roll

Under the Church Representation Rules, a new Church Electoral Roll is required to be compiled this year.

Every person who wishes to have his or her name entered on the new Roll, whether it is on the present Roll or not, **must submit an application form no later than the 29th March.**

Application forms will be available from Church and on the Church website.

Completed forms can be brought to church or emailed to ppppmcampbell@hotmail.com

Pauline Campbell (Electoral Roll Officer)

Safeguarding Training

Church of England basic training on safeguarding is available to anyone who is interested. If you require further information please ask Helen Jones.

Lone Worker Safeguarding Policy

A reminder that St Helen's has a Lone Worker policy in place for anyone who works/volunteers in any capacity for the church on their own. A paper copy of the policy is available from Helen Jones or for an electronic copy, please email:

office.sthelenschurch@gmail.com

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

Toy Donations

The box of toys which is left outside of church is proving very popular. We would be grateful for any donations of clean toys in good working order please. These can be left in church on Sundays, Wednesdays or Fridays or in the church hall on Wednesday mornings.

Thank you!

St Helen's Church Hall

A reminder that the church hall is available to hire for birthday parties/events on Saturdays and Sunday afternoons. We also have space for regular bookings (exercise classes, book

club, craft activities etc) during the week. For further information contact :
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

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.



Dear Supporters

This week has been particularly hectic with 123 people representing 73 families/couples and 50 single persons attending the Food Co-op (186 adults and 117 children). Donations were gratefully received from several churches, a primary school, Saltwell Park Run, Food Waste Champions and individual supporters. The Fareshare donation included potatoes, carrots and parsnips that ensured there was plenty of fresh produce for most members despite the elevated numbers.

The volunteers did a brilliant job in ensuring the fair allocation of items. Several of the volunteers are observing Ramadan at present and continue to attend and perform all their

various tasks despite not being able to eat or drink during daylight hours. Their conscientiousness is very much appreciated.

The Food Coop will be closed for two weeks over the Easter period. Our last session will be Tuesday April 15th. We will be closed on the 22nd and 29th of April and will reopen on 6th May.

Thank you for your ongoing commitment.

Kind regards, Kath

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THE PARISH GIVING SCHEME A BETTER WAY TO GIVE

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, worshipping together through 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**

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 23rd March 2025

Sick	Sick	Sick/Other needs
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Maria Barrell	Amelia Grace	Lena
Mark Adams	Lesley Baister	Sarah Hamilton
Lucy	Felicity	Maryam
Diane Telfer	Margaret Clayton	Sienna
Roger Barrell	Alan Brownlee	Atila
Joyce Rowell	Joyce Tindale	Michael
Ann	George Lackenby	Nicola
Stan Conway	Carole	Joe
Niraj	Emily	
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Anniversary of Death

Joshua Wallwork	Fred Webb	Margaret Mallaby
Mary Snaith	Fr Ray Knell	
Peter Hepplewhite	Dora Stephenson	
Ivy Lough	Matthew Allan	

Church

Please pray for our current Deanery vacancies.

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

Morning Prayer/Evening Prayer Readings – 23rd March 2025

3rd of Lent

Day/ Date	Morning Prayer	Psalm	Evening Prayer
Sunday 23 rd	John 17. 1a, 11b-19	26	John 1. 35-end
Monday 24 th Walter Hilton, mystic, 1396; Paul Couturier, priest, ecumenist, 1953; Oscar Romero, archbishop, martyr, 1980	John 7. 37-52	5	Gal. 4. 1-5
Tuesday 25 th Annunciation of Our Lord to the Blessed Virgin Mary	Rom. 5. 12-end	111	Heb. 2. 5-end

Wednesday 26 th Harriet Mansell, founder of The Community of St. John The Baptist, 1883	John 8. 12-30	38	Heb. 6. 13-end
Thursday 27th	John 8. 31-47	56	Heb. 7. 1-10
Friday 28th	John 8. 48-end	22	Heb. 7. 11-end
Saturday 29th	John 9. 1-17	31	Heb. Ch8

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

