

# St Gabriel's Church Heaton

Free Monthly Magazine  
October 2026

## **Find us online!**

Website: [www.stgabrielschurch.co.uk](http://www.stgabrielschurch.co.uk)  
Facebook: St Gabriel's Church Heaton  
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**St Gabriel's Church,  
Heaton**

Invite all to celebrate

# Harvest Festival

**On Sunday, 11th October with an  
All Age Eucharist at 9.45am**

Please bring gifts on the day, but if you cannot make the Sunday celebration, the church will be open during the week with boxes to receive donations of tinned or dried food.

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**Friends of St Gabriel's Church Heaton**

**Invite everyone to a**

# **Coffee Morning**

**Saturday 17th October**

**10.00am -12.00 noon**

**St Gabriel's Vestry (Heaton Road Entrance)**

**Free Entry!**

**Refreshments, a raffle, cakes and more!**



## Hello and welcome to St Gabriel's Church.

For services and events we use the hearing loop system: please set your **hearing aid to "T"**. We have **large print** hymn books available upon request.

For Holy Communion we can provide gluten free wafers and can provide communion at your seat – please speak to a Church Warden for more information.



### SUNDAY SERVICES

#### 8.00am Holy Eucharist

This is a simple said service using Common Worship without hymns, in the Lady Chapel.

#### 9.45am Parish Eucharist

This is the main Sunday Service (using Common Worship) with a robed choir and hymns and usually with Junior Church.

It finishes about 11.00am, after which you are invited to stay for tea and coffee and a biscuit in our Vestry.

**Junior Church at St Gabriel's** is a version of church just for children with child-focused activities in the Vestry during the service.

We also have a **Children's corner** by the Lady Chapel which is always available to families with toys, books and colouring to keep little ones entertained.

#### 5.30pm Evening Service, this will be either;

**Taize style**, a simple, contemplative service of song, silence, prayer and reading

**Choral Compline** A Quiet and Reflective service for the Evening.

**Choral Evensong** A formal service using the Book of Common Prayer with Psalms and Hymns.

**Holy Eucharist (Book of Common Prayer)**

### WEEKDAY SERVICES

Morning Prayer 9.00am (8.30am on Thursdays)

Holy Eucharist 7.30pm Tuesdays, 9.30am Thursdays



*There are additional services on Feast Days and Holy Days which are detailed in the news-sheet and on the website.*

*There is also a contactless donation point at the back of church for those who wish to donate to the ministry of the church in this way.*

## *Martha & Mary's*

### The Community Café

212 Chillingham Road 0191 228 9078

Monday 10.30am - 1.00pm

With board games and chess available

Tuesday 10.30am - 1.00pm

Wednesday 10.30am - 4pm

Crochet Group 1pm-3pm

Thursday 10.30am - 4pm

Friday 10.30am - 1pm

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## Diary for October

|               |                                            |                                                           |
|---------------|--------------------------------------------|-----------------------------------------------------------|
| Thursday 1st  | 8.30am                                     | Morning Prayer                                            |
|               | 9.30am                                     | <b>Holy Eucharist (Mothers' Union Corporate Comunion)</b> |
|               | 3.00pm                                     | Choir Club                                                |
|               | 5.30pm                                     | Evening Prayer                                            |
|               | 7.30pm                                     | Standing Committee                                        |
| Friday 2nd    | 9.00am                                     | Morning Prayer                                            |
|               | 11.45am                                    | Funeral                                                   |
|               | 4.00pm                                     | Guiding                                                   |
|               | 5.30pm                                     | Evening Prayer                                            |
| Saturday 3rd  |                                            |                                                           |
| Sunday 4th    | <b>The Eighteenth Sunday after Trinity</b> |                                                           |
|               | 8.00am                                     | <b>Holy Eucharist</b>                                     |
|               | 9.45am                                     | <b>Parish Eucharist</b>                                   |
|               | 5.30pm                                     | <b>Taize Servcie</b>                                      |
| Monday 5th    | 9.00am                                     | Morning Prayer                                            |
|               | 2.00pm                                     | Yoga in the Vestry                                        |
|               | 2.30pm                                     | Julian Meeting in Parish Centre                           |
|               | 6.45pm                                     | Zumba in the Vestry                                       |
|               | 8.00pm                                     | Pilates with Rachel in the Vestry                         |
| Tuesday 6th   | 9.00am                                     | Morning Prayer                                            |
|               | 10.00am                                    | Baby & Toddler Group in Vestry                            |
|               | 5.30pm                                     | Evening Prayer                                            |
|               | 6.00pm                                     | Ferro Pilates in Vestry                                   |
|               | 7.30pm                                     | <b>Healing Eucharist</b>                                  |
| Wednesday 7th | 9.00am                                     | Morning Prayer                                            |
|               | 12.45pm                                    | Funeral                                                   |
|               | 2.00pm                                     | Home Communion at Belle Vue                               |
|               | 5.00pm                                     | Scouting                                                  |
|               | 5.30pm                                     | Evening Prayer                                            |
| Thursday 8th  | 8.30am                                     | Morning Prayer                                            |
|               | 9.30am                                     | <b>Holy Eucharist</b>                                     |
|               | 2.00pm                                     | MU in Parish Centre                                       |
|               | 3.00pm                                     | Choir Club                                                |
|               | 5.30pm                                     | Evening Prayer                                            |

|                    |                                                                 |                                                                                                                           |
|--------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Friday 9th         | 9.00am<br>12.30pm<br>4.00pm                                     | Morning Prayer<br>Holy Matrimony<br>Guiding                                                                               |
| Saturday 10th      |                                                                 |                                                                                                                           |
| <b>Sunday 11th</b> | <b>The Nineteenth Sunday after Trinity<br/>Harvest Festival</b> |                                                                                                                           |
|                    | <b>8.00am</b>                                                   | <b>Holy Eucharist</b>                                                                                                     |
|                    | <b>9.45am</b>                                                   | <b>All Age Eucharist</b>                                                                                                  |
|                    | <b>5.30pm</b>                                                   | <b>Festal Evensong</b>                                                                                                    |
| Monday 12th        | 9.00am<br>2.00pm<br>5.00pm<br>6.45pm<br>8.00pm                  | Morning Prayer<br>Yoga in the Parish Centre<br>Evening Prayer<br>Zumba in the Vestry<br>Pilates with Rachel in the Vestry |
| Tuesday 13th       | 9.00am<br>10.00am<br>5.30pm<br>6.00pm<br>7.30pm                 | Morning Prayer<br>Baby & Toddler Group in Vestry<br>Evening Prayer<br>Ferro Pilates in Vestry<br><b>Holy Eucharist</b>    |
| Wednesday 14th     | 9.00am<br>11.30am<br>5.00pm<br>5.30pm                           | Morning Prayer<br>Shine on Social Lunch in Vestry<br>Scouting<br>Evening Prayer                                           |
| Thursday 15th      | 8.30am<br>9.30am<br>3.00pm<br>5.30pm<br>7.30pm                  | Morning Prayer<br><b>Holy Eucharist</b><br>Choir Club<br>Evening Prayer<br>PCC meeting                                    |
| Friday 16th        | 9.00am<br>4.00pm<br>5.30pm                                      | Morning Prayer<br>Guiding<br>Evening Prayer                                                                               |
| Saturday 17th      | 10.00am<br>1.00pm                                               | FOSG Coffee Morning<br>Private Party in Vestry                                                                            |

The House of Good: Local has been developed to calculate the value that each church provides for local people, either directly or by allowing community organisations to use the buildings and grounds.

Using figures provided by each church about, for example, the total number of attendees at the main Sunday service, the average church expenditure, the total number of volunteers in a year, the total number of people who participate in a choir or music group at least once a month and the total number of people who attend a youth, children's or community group at least monthly, the calculator takes this information, multiplies it by the unit values and converts it into a monetary equivalent. It is collecting details about everything that would not happen if the church building was not there, so all churches' good work is not lost.

It took some time to complete the questionnaire, for example collecting the number of people who volunteer here at least once a month. This included those who run / assist with all the uniformed groups, the PCC, those who polish and clean, launder and garden, arrange flowers and collect toys, are involved with the Choir, Choir Club, Babies and Toddlers, Parish Breakfast, Welcome, Readers and Intercessors, Missions, Family, Fun & Food, Christian Aid and the Children's Society, Safeguarding and the Pastoral Team, write the Prayer Diary, collect and deliver to Simonside House and the Food Bank, produce the Magazines and so many more activities which "just happen"!

**The total, unfortunately as directed and only counting each person once even if they volunteer in six different roles, was 196!** I am grateful to all those who supplied details, and to Jeni for inputting the data.

The outcome of the Social Value Calculator amazed me. **It is calculated that the social value of St Gabriel's is £1,462.402!** Yes, we are providing almost one and a half million pounds worth of social and economic good to our local area every year. Please know how much everything you do is valued by so many. Be motivated to continue all you do and spread the word to those you meet.

## National Churches Trust Social Value Calculator

Written by Anne Pickering

In March, I attended a seminar about the National Churches Trust Social Value Calculator. This has been developed following a programme of research by The Benefact Trust to quantify the economic and social good of churches to the UK. It has long been accepted that churches benefit the local community; this research aims to place a monetary value on the contribution made by each church excluding its core activity of being a place of worship and prayer, but instead looking at the church's value to local councils, the local voluntary sector and to parishioners above and beyond that. Newcastle had been selected as the pilot diocese.

It had already been estimated that the 38,000 churches of all denominations in the UK, none of which get guaranteed funding but all of which rely on donations, save our country billions of pounds per year. Church costs are rapidly rising, at least 1,000 churches are at risk of closure and many are in crisis with deteriorating buildings. It is thought that clergy and congregations should be able to return to their aims and mission, not have to be spending so much time and energy on fund-raising for essential running costs and maintenance. It was hoped that this calculation would help to get the best results when making funding applications.

Churches are the biggest providers of volunteers in the UK with 850,000 people volunteering at least once a week; volunteering is recognised as being good both for the area and for the volunteers. It is estimated that churches provide the country with £55 billion worth of services annually, saving the NHS alone £8 billion a year.

Churches are impacting on society by being the safety net below the safety net, running / contributing to food banks (there are more food banks in the UK than branches of McDonald's), helping with addiction and mental health crises, organising youth groups, promoting and offering opportunities for music and social activities, fund-raising for charities, running classes, courses and more!

Many of these health -related support services would cost the country billions of pounds a year to deliver without churches. Frequently, churches are also places of beauty and peace, sanctuaries of tranquillity in our hectic world.

|                       |                                                                                                                                                              |                                                                                                 |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>Sunday 18th</b>    | <b>Feast of St Luke</b>                                                                                                                                      | <b>8.00am Holy Eucharist</b><br><b>9.45am Parish Eucharist</b><br><b>5.30pm Choral Compline</b> |
| <b>Monday 19th</b>    | 9.00am Morning Prayer<br>2.30pm Yoga in the Parish Centre<br>5.00pm Evening Prayer<br>6.45pm Zumba in the Vestry<br>8.00pm Pilates with Rachel in the Vestry |                                                                                                 |
| <b>Tuesday 20th</b>   | 9.00am Morning Prayer<br>10.00am Baby & Toddler Group in Vestry<br>5.30pm Evening Prayer<br>6.00pm Ferro Pilates in Vestry<br><b>7.30pm Holy Eucharist</b>   |                                                                                                 |
| <b>Wednesday 21st</b> | 9.00am Morning Prayer<br>5.00pm Scouting<br>5.30pm Evening Prayer                                                                                            |                                                                                                 |
| <b>Thursday 22nd</b>  | 8.30am Morning Prayer<br><b>9.30am Holy Eucharist</b><br>9 - 6pm Godly Play course in Parish Centre<br>5.30pm Evening Prayer<br>7.30pm PCC meeting           |                                                                                                 |
| <b>Friday 23rd</b>    | 9.00am Morning Prayer<br>9-6pm Godly Play course in Parish Centre<br>4.00pm Guiding                                                                          |                                                                                                 |
| <b>Saturday 24th</b>  | 9-6pm Godly Play course in Parish Centre<br>2.00pm Holy Matrimony and celebration in Church                                                                  |                                                                                                 |
| <b>Sunday 25th</b>    | <b>The Last Sunday after Trinity</b>                                                                                                                         | <b>8.00am Holy Eucharist</b><br><b>9.45am Parish Eucharist</b><br><b>5.30pm Choral Evensong</b> |

|                                                                  |               |                                   |
|------------------------------------------------------------------|---------------|-----------------------------------|
| Monday 26th                                                      | 9.00am        | Morning Prayer                    |
|                                                                  | 2.30pm        | Yoga in the Vestry                |
|                                                                  | 5.00pm        | Evening Prayer                    |
|                                                                  | 6.45pm        | Zumba in the Vestry               |
|                                                                  | 8.00pm        | Pilates with Rachel in the Vestry |
| Tuesday 27th                                                     | 9.00am        | Morning Prayer                    |
|                                                                  | 5.30pm        | Evening Prayer                    |
|                                                                  | 6.00pm        | Ferro Pilates in Vestry           |
|                                                                  | <b>7.30pm</b> | <b>Holy Eucharist</b>             |
| Wednesday 28th<br><b>Feast of St<br/>Simon &amp; St<br/>Jude</b> | 8.30am        | Morning Prayer                    |
|                                                                  | <b>9.30am</b> | <b>Holy Eucharist</b>             |
|                                                                  | 5.30pm        | Evening Prayer                    |
| Thursday 29th                                                    | 8.30am        | Morning Prayer                    |
|                                                                  | <b>9.30am</b> | <b>Holy Eucharist</b>             |
|                                                                  | 5.30pm        | Evening Prayer                    |
| Friday 30th                                                      | 9.00am        | Morning Prayer                    |
| Saturday 31st                                                    |               |                                   |

### Parish Registers

#### Baptisms

6th September Beau Richards Lauder

6th September Donny William Anthony Sayers

If you would like pastoral care, including home and hospital visits, and the receiving of home communion,

please contact Jonathan

*vicarofheaton@gmail.com* 0191 908 7835

St Gabriel's Parish Office

*stgabriel.heaton@gmail.com* 0191 265 5843



### Friends of St Gabriel's, Heaton

St Gabriel's Church is a beautiful, historic building, a pivotal part of the Heaton community since 1899.

- Do you already have an affinity with St Gabriel's?
- Would you like to know more about it and be kept in touch?
- Share in events and activities taking place?
- Enjoy being actively involved in its support?
- Develop its role in the community?

If you answered yes, joining Friends of St Gabriel's, an all-inclusive and welcoming community founded in 2021, is a great place to start!

For more information including how to join please see the website: [www.stgabrielschurch.co.uk/friends-of-st-gabriels/](http://www.stgabrielschurch.co.uk/friends-of-st-gabriels/)

#### **Some of the recent projects the Friends have been able fund at St Gabriel's include:**

- Money for the improvement of the Children's Corner in church; this is a project being undertaken by the Brownies.
- Money for the extension and improvement of the Memorial Garden in our grounds.
- Paid for new Hymn books for use at Choral Evensong.
- Paid for the renovation of the original Church Bell
- The purchase of a heavy duty hedge trimmer
- Paid for the new Heaton Road noticeboards
- The printing of the St Gabriel's Christmas cards

All the money raised by the Friends through memberships and the coffee mornings goes back into projects for St Gabriel's.

## Sunday Readings for October

|                                                                                                                                                |                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>4th October</b><br/><b>The Eighteenth after Trinity</b></p> <p>Isa 5: 1-7<br/>Psalm 80: 9-17<br/>Phil 3: 4b - 14<br/>Matt 21: 33-end</p> | <p><b>11th October</b><br/><b>Harvest Festival</b></p> <p>Deut 8: 7-18<br/>Psalm 65<br/>2 Cor 9: 6-end<br/>Uke 12: 16-30</p>                     |
| <p><b>18th October</b><br/><b>Feast of St Luke</b></p> <p>Isa 35: 3-6<br/>Psalm 147: 1-7<br/>2 Tim 4: 5-17<br/>Luke 10: 1-9</p>                | <p><b>25th October</b><br/><b>The Last Sunday after Trinity</b></p> <p>Lev 19: 1-2, 15-18<br/>Psalm 1<br/>1 Thess 2: 1-8<br/>Matt 22: 34-end</p> |

## Stamps

We are collecting used stamps and will send these to the  
R.N.I.B. Stamps can be left at the back of church  
or handed into the Parish Office.

## Julian Prayer Meetings

First Monday of the month 2.30pm in St Gabriel's Parish Centre  
A Julian Meeting starts with a brief reading, or piece of music  
which leads into about 30 minutes of silent  
contemplative prayer.

Followed by tea or coffee and conversation.

**The next dates are:**

**5th October, 2nd November, 7th December**

## Prayer Diary for October 2026

- 1st Creator God we come in gratitude for the beauty of the changing seasons and the bounty of Your gifts to us. May we strive to be worthy of your love and care for each one of us.
- 2nd May we daily reflect Your love and promise of eternal life through the gift of Your Son, our Saviour Jesus Christ
- 3rd "All creatures of our God and King" may we join their hearts & voices, actions and thoughts to reflect Your message of hope, joy and resurrection. Amen
- 4th We give thanks for the loving ministry of Jonathan, Sheila and Jon. May they continue to lead with wisdom, guiding us in unity of purpose, warmth, welcome and openness to all.
- 5th Bless Lord those who ask for our prayers, especially for .....and for the lonely, the isolated or fearful. Grant them courage in their journeying
- 6th We pray for those who feel that their life is meaningless and for the supporters and agencies supporting those contemplating suicide. Breathe on them Lord your Spirit of hope and love.
- 7th We give thanks for the work of the Mothers' Union throughout the world. Bless and strengthen them in the support of families of every kind. Particularly in times of crisis.
- 8th Bless Lord the work of the officers of the Church as they faithfully develop and serve the community and parochial projects and needs.
- 9th We give thanks for Mel Lewis and her work as Safeguarding Officer over many years and for Jeni our Parish Administrator.
- 10th The development of music in the Church and local schools and in the community enriches the lives of all. We come in gratitude for the work and vision of Tim and Jonathan.

- 11th Bless oh Lord the staff and residents of our local care homes especially those offering care to Val Smith, Jim Findlay and Marjorie Skerry. May they be places of joy, comfort and security.
- 12th May the spirit of positivity inspire us all as age deprives us of the independence we hold dear. Show us how best we can develop skills, old talents and a sense of self worth.
- 13th We give thanks for the kindness of strangers, for empathy and sensitivity in our many and varied encounters each day.
- 14th Help the many small businesses in our community which struggle financially. May they know our support and appreciation for the role they play in enriching lives.
- 15th For the folks who "just manage" financially, emotionally or physically we pray. May we in our acts and in our thoughts be a comforting and supportive presence.
- 16th We give thanks for our homes, and loved ones. May we be alongside the homeless and all who offer practical help - remembering especially staff and residents of Simonside House and social workers to young people leaving the care system.
- 17th Bless Lord the young people in our local schools, colleges and universities. May all feel secure, supported and fulfilled.
- 18th We give thanks for the gift of life and the opportunities we experience to grow, flourish and serve.
- 19th Bring light to the dark places of the world dear Father. We pray especially for places of conflict, oppression and injustice. May we speak truth to power with courage.
- 20th Grant to leaders, strength and wisdom to overcome the misuse of power, the seduction of financial gain or popularity and the desire to bring about peace, unity and justice.

- 21st Bless Lord the people in occupied territories, especially the Ukraine, the Middle East, Sudan and Nigeria. Give them hope and strength.
- 22nd Bless dear Lord the community of "Martha & Mary", and the service it provides individuals and groups through friendship, support and advice.
- 23rd For the work of the Missions Group we give thanks. For their fundraising for acute disasters and for financial support given to local, national and international agencies.
- 24th Breathe your healing Spirit on patients and staff of St Oswald's Hospice, for all terminally ill patients and those suffering long term sickness.
- 25th Dearest Father, who loves and cares for each and every one of us, may we too recognise the gifts and talents of those isolated by difference racially, or through academic ability or neuro-diversity.
- 26th Give us the grace to appreciate and encourage all who suffer from lack of confidence, abuse or jealousy of family or fellow workers. May they know our support.
- 27th When we forget stir us and support the regular work of fundraisers and supports of Friends of St Gabriel's and big special projects particularly the organ restoration and bells projects.
- 28th We give thanks for the gifts of art, literature, music and poetry enriching our hearts, our understanding and our imagination - our whole lives.
- 29th For the simple pleasures of life - for friendship, kindness, sharing and remembering we come in gratitude.
- 30th For the past month we give thanks Lord, for the successes and the failures, for the joys and sorrows and for the knowledge that You are with us always.
- 31st Bless us each Lord as we look forward to the coming days of opportunity to live and serve you and each other.