



<b>Today</b> 12 <sup>th</sup> July <i>Fifth Sunday after Trinity</i>	Said Mass (not open to the public but available on Facebook and YouTube later today) Church Open for Individual Private Prayer Said Evensong on Zoom	9.30 am 2 - 4.00pm 6.30 pm
<b>Wednesday</b> 15 <sup>th</sup> July	Staff Meeting on Zoom	10.00 am
<b>Thursday</b> 16 <sup>th</sup> July	Church Open for Individual Private Prayer	10 – 12 noon
<b>Saturday</b> 18 <sup>th</sup> July	Morning Prayer and Coffee on Zoom	10.45 am
<b>Next Sunday</b> 19 <sup>th</sup> July <i>Sixth Sunday after Trinity</i>	Said Mass (pre-booking essential) Church Open for Individual Private Prayer Said Evensong on Zoom	9.30 am 2 - 4.00pm 6.30 pm
<b>Wednesday</b> 22 <sup>nd</sup> July	Staff Meeting on Zoom Said Mass (pre-booking essential)	9.00 am 11.00 am
<b>Thursday</b> 23 <sup>rd</sup> July	Church Open for Individual Private Prayer	10 – 12 noon
<b>Saturday</b> 26 <sup>th</sup> July	Morning Prayer and Coffee on Zoom	10.45 am
<b><i>Saturday Pathsweepers: 25<sup>th</sup> July – Brabner and Skinner</i></b>		

## NOTICES

**Church Opening for Public Worship:** Public worship will resume from Sunday 19<sup>th</sup> July, with a 9.30am Said Mass on Sundays and an 11am Said Mass on Wednesdays. PCC guidelines are enclosed within this booklet after the contact details page.

## FROM THE LECTIONARY

### SUNDAY 12<sup>TH</sup> JULY 2020, FIFTH SUNDAY AFTER TRINITY

**Morning worship:** Isaiah 55:10-13; Romans 8:1-11; Matthew 13:1-9,18-23

**Evening worship:** Psalm 60; 2 Samuel 7:18-3rd; Luke 19:41-20:8

**Collect of the day:** Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

### SUNDAY 19<sup>TH</sup> JULY 2020, SIXTH SUNDAY AFTER TRINITY

**Morning worship:** Wisdom of Solomon 12:13,16-19; Romans 8:12-25; Matthew 13:24-30,36-43

**Evening worship:** Psalm 67; 1 Kings 2:10-12, 3:16-28; Acts 4:1-22

**Collect of the day:** Merciful God, you have prepared for those who love you such good things as pass our understanding: pour into our hearts such love toward you that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

*The following weekday lectionary can be used in conjunction with the booklet 'Worship at Home' if you wish to use different readings each day, along with the collect, where applicable, specific to the day.*

### MONDAY 13<sup>TH</sup> JULY

**Morning worship:** Psalm 98; 1 Samuel 1:1-20; Luke 19:28-40

**Evening worship:** Psalm 105; Ezekiel 1:1-14; 2 Corinthians 1:1-14

**TUESDAY 14<sup>TH</sup> JULY**, John Keble, priest, poet, 1866

**Morning prayer:** Psalm 106; 1 Samuel 1:21-2:11; Luke 19:41-end

**Evening prayer:** Psalm 107; Ezekiel 1:15-2:2; 2 Corinthians 1:15-2:4

**Collect of the day:** Father of the eternal Word, in whose encompassing love all things in peace and order move: grant that, as your servant John Keble adored you in all creation, so we may have a humble heart of love for the mysteries of your Church and know your love to be new every morning, in Jesus Christ your Son our Lord. **Amen.**

**WEDNESDAY 15<sup>TH</sup> JULY**, Swithun, bishop c.862; *Bonaventure, friar, bishop, teacher of the faith 1274*

**Morning prayer:** Psalm 111; 1 Samuel 2:12-26; Luke 20:1-8

**Evening prayer:** Psalm 119:129-152; Ezekiel 2:3 – 3:11; 2 Corinthians 2:5-end

**Collect of the day:** Almighty God, by whose grace we celebrate again the feast of your servant Swithun: grant that, as he governed with gentleness the people committed to his care, so we, rejoicing in our Christian inheritance, may always seek to build up your Church in unity and love; through Jesus Christ our Lord. **Amen.**

**THURSDAY 16<sup>TH</sup> JULY**, *Osmund, bishop, 1099*

**Morning prayer:** Psalm 115; 1 Samuel 2:27-end; Luke 20:9-19

**Evening prayer:** Psalm 116; Ezekiel 3:12-end; 2 Corinthians 3

**FRIDAY 17<sup>TH</sup> JULY**

**Morning prayer:** Psalm 139; 1 Samuel 3:1 – 4:1a; Luke 20:20-26

**Evening prayer:** Psalm 130; Ezekiel 8; 2 Corinthians 4

**SATURDAY 18<sup>TH</sup> JULY**, *Elizabeth Ferard, deaconess, founder of the Community of St Andrew, 1883*

**Morning prayer:** Psalm 121; 1 Samuel 4:1b-end; Luke 20:27-40

**Evening prayer:** Psalm 118; Ezekiel 9; 2 Corinthians 5

**MONDAY 20<sup>TH</sup> JULY**, *Margaret of Antioch, martyr, 4<sup>th</sup> cent.;*  
*Bartolomé de las Casas, Apostle to the Indies, 1566*

**Morning prayer:** Psalm 126; 1 Samuel 5; Luke 20:41 – 21:4

**Evening prayer:** Psalm 127; Ezekiel 10:1-19; 2 Corinthians 6:1 – 7:1

**TUESDAY 21<sup>ST</sup> JULY**

**Morning prayer:** Psalm 132; 1 Samuel 6:1-16; Luke 21:5-19

**Evening prayer:** Psalm 135; Ezekiel 11:14-end; 2 Corinthians 7:2-end

**WEDNESDAY 22<sup>ND</sup> JULY, MARY MAGDALENE**

**Morning prayer:** Psalm 30; 1 Samuel 16:14-end; Luke 8:1-3

**Evening prayer:** Psalm 63; Zephaniah 3:14-end; Mark 15:40 – 16:7

**Collect of the day:** Almighty God, whose Son restored Mary Magdalene to health of mind and body and called her to be a witness to his resurrection: forgive our sins and heal us by your grace, that we may serve you in the power of his risen life; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

**THURSDAY 23<sup>RD</sup> JULY**, *Bridget, abbess, 1373*

**Morning prayer:** Psalm 143; 1 Samuel 8; Luke 21:29-end

**Evening prayer:** Psalm 138; Ezekiel 12:17-end; 2 Corinthians 8:16 – 9:5

**FRIDAY 24<sup>TH</sup> JULY**

**Morning prayer:** Psalm 144; 1 Samuel 9:1-14; Luke 22:1-13

**Evening prayer:** Psalm 145; Ezekiel 13:1-16; 2 Corinthians 9:6-end

**SATURDAY 25<sup>TH</sup> JULY, JAMES THE APOSTLE**

**Morning prayer:** Psalm 7; 2 Kings 1:9-15; Luke 9:46-56

**Evening prayer:** Psalm 94; Jeremiah 26:1-15; Mark 1:14-20

**Collect of the day:** Merciful God, whose holy apostle Saint James, leaving his father and all that he had, was obedient to the calling of your Son Jesus Christ and followed him even to death: help us, forsaking the false attractions of the world, to be ready at all times to answer your call without delay; through Jesus Christ our Lord. **Amen.**

*Please turn over for prayer intentions*

## FOR YOUR PRAYERS

**Special concern, Sunday worship:** Yvonne Rattley, Pat Silverlock, Agnes Trievner, Pam, Hayden Keeling, Stewart Ranson, Alan Evens, Patricia Gillman, Edie Jackson, Daisy-May White, Annie Phillips, Edgar Iffland, Michael McSweeney, Lorna Wells, Jean Clements, Poppy and Thomas, Katie Louise Tape, Ellen Stone, Maurice Purver, Pearl Clifton, Kathleen Jones, Rev'd Jane Kenchington, Bernard.

**Long term concern, weekday worship:** John Herbert, Jean Biggs, Phyllis Knight, Betty McAteer, Penny Hale, Denise Comer, Alison Jervis, Ann Gospage, Ivy Oliver, Freya Risdon, Doris Blanking, Rosalind Manley, Diane Taylor.

**Those who would normally receive Holy Communion at home:**

**Wednesday 15<sup>th</sup> July:** Residents of Derham House Nursing Home.

**Sunday 19<sup>th</sup> July:** Pauline Wheeler and other residents of Freshfields Home, Phyllis Knight.

**Wednesday 22<sup>nd</sup> July:** Margaret Roome, Jean Cant, Dorothy Sykes, Vera Richards, Brenda Taylor.

**Recently Departed:** Ellen Main, Miles Emblin.

**Anniversaries of the departed:**

**Sunday 12<sup>th</sup> July:** Ricky Hester, Robert Gay, Penny Mulholland, David Marshall, Terry Gallagher, David Rose, Winifred Murrell.

**Sunday 19<sup>th</sup> July:** David Rose, Winifred Murrell, Nora Worton, Hilda Wood, Barbara Holden, Dorothy Morley, Jacqui Sexton, Ellen Fillery.

**Please remember those who mourn.**

**Other prayers for:** Re-opening of the church building and those volunteering to help.

Local businesses and their employees and also those who are now unemployed as a result of lockdown.

People living in extreme poverty and those without homes.

Perpetrators and victims of crime, abuse and oppression.

## CONTACTS

**Rector** The Revd Susannah Brasier

01708 220174 susannah.brasier@upminsterparish.co.uk

**Associate Priest** Fr Roy Murray

01708 225374 roy.murray@upminsterparish.co.uk

**Pastoral Assistant** Deborah Masterson

01708 760485 deborah.masterson@upminsterparish.co.uk

**Churchwarden** Jean Keen parish.office@upminsterparish.co.uk

**Director of Music** position vacant

**Parish Office** Joanne Chapman parish.office@upminsterparish.co.uk

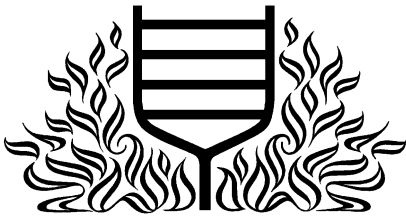
**Hall Enquiries:** NB. Halls are closed until further notice.

Carole Billings 01708 749670 carole.billings1@btinternet.com

**Planned Giving** Steve Roome parish.office@upminsterparish.co.uk

**Website** [www.upminsterparish.co.uk](http://www.upminsterparish.co.uk)

**Postal Address** St Laurence Church, Corbets Tey Road, Upminster,  
RM14 2BB



# SAINT LAURENCE THE PARISH CHURCH OF UPMINSTER

*St Laurence Church, Corbets Tey Road, Upminster, Essex, RM14 2BB*

## **Resuming public worship at St Laurence**

The last few months have seen unprecedented interruption to public acts of worship. It is a joy that we can now resume these in some form, but a sadness that some aspects of worship currently cannot take place, and that we cannot return to church all together.

The PCC has agreed the following approach to resuming public worship at St Laurence:

- Public worship will resume from **Sunday 19<sup>th</sup> July**, with a **9.30am Said Mass on Sundays and an 11am Said Mass on Wednesdays**. There will be organ music on Sundays where possible, but congregational and choral singing by more than one person is currently not permitted.
- The Wednesday Mass will take the same form as the Sunday Mass, with the same readings and sermon. Each Mass will have no more than one server present.
- On arrival at church, each household/social bubble will need to wait outside the main door until a steward is available to welcome them and show them to a seat.
- People will be invited to take a service booklet and take it home with them, to be re-used by them on a future occasion.
- Everyone will be asked to use hand sanitiser on arrival at church, to bring hand sanitiser to use before receiving Communion, and to use it again on departure. People are welcome to wear masks if they wish.
- Seating will be allocated such that it allows 2m distance between each household/social bubble. In practice, this means that the church can accommodate around 30 individuals – more if some people come in larger households/social bubbles.



- **Attendance at a service will need to be booked in advance, by the following means:**

**If you have internet, please book by emailing Joanne (parish.office@upminsterparish.co.uk) – by 11am on Wednesday for the following Sunday, or by 12 noon on Monday for the following Wednesday.**

**If you do not have internet, please phone Deborah (01708 760485) by 6pm on Wednesday for the following Sunday, or by 12 noon on Monday for the following Wednesday.**

It will not be possible to book for services more than a week ahead, although if you request to come one week and there isn't any space, you will be offered a space for the following week.

- Unfortunately we cannot open the Children's Corner or hold Adventurers at the moment, but activity sheets for children will be available and we will continue to explore ways to support the younger members of our congregation by other means. If you wish to join Adventurers' Zoom meetings or other events, please let Susannah know if you have not done so already.
- Mass will not include sharing the peace through physical contact. In the eucharistic prayer, a small amount of wine will be consecrated, but it will be received by the celebrant only. Everyone else will receive in one kind (host only). Communion hosts will be covered during the eucharistic prayer and not touched by the priest. Communion will be distributed by the priest coming to people in their seat. The priest will wear a visor for the distribution and will sanitise their hands before distribution (and also at earlier points). The words of distribution ('The Body of Christ') will be said prior to the distribution, with all who intend to receive Communion responding 'Amen' together, to avoid the need for speech whilst the priest is within a 2m distance of a communicant. The priest will distribute communion by dropping the host into the communicant's hand, avoiding skin-to-skin contact. If any such contact does occur, the priest will sanitise their hands immediately, and the communicant is advised to do the same.
- Silent blessings will be possible for non-communicants. If you do not wish to receive either Communion or a blessing, please communicate this to the clergy via email/phone before the service.
- At the end of the service, departure will be via the exits in the Lady Chapel and St George's Chapel. Any social interaction should be

conducted well away from the exits, at a 2m distance from those not in your household, and not with a group of more than 6 people.

- Susannah and Fr Roy will generally not be at the same service, in order to avoid the possibility of both clergy needing to self-isolate if someone attending the service develops symptoms.
- Car parking and toilets will be available.
- We will be able to have baptisms, weddings and funerals in church; with certain limitations and with no more than 30 people attending.

It is fully appreciated that not everyone will be able to return to church at this stage; we are all in different circumstances and it is right that each person should make the decision that best fits their situation. Please do not attend church if you have any symptoms of an infectious illness, or if you are self-isolating due to a suspected case of COVID-19 in your household/social bubble, and please inform one of the clergy at the earliest opportunity if after coming to church you subsequently test positive for COVID-19.

The church building cannot currently be open as normal, but until further notice we will continue to open for private prayer on Sunday afternoons and Thursday mornings.

If possible, we will record the Sunday Mass and put the recording on Facebook and YouTube later in the day. Plans are also underway for installing Wi-Fi in the church so that potentially we can livestream services.

Evensong will continue on Zoom for now, at 6.30pm on Sundays, and the Zoom Morning Prayer and Coffee at 10.45am on a Saturday will also continue. We will also continue to send weekly emails, and to post material to those not on email who cannot come to church.

Many thanks to all who have volunteered to help with stewarding or cleaning. You will be contacted shortly in relation to this. If you have not yet volunteered but find yourself in a position to help in the future, this would be very welcome; please contact me or Joanne.

I hope the above information is helpful. If you have any queries at all regarding any of the above or any other matter connected to public worship, please do not hesitate to contact me, Fr Roy or Deborah.

Susannah

# Coronavirus and your mental health

If you're finding things hard emotionally right now, you're not alone. We are here at **Havering Mind**, to help you cope with your thoughts, feelings, and issues that you are facing at this exceptionally difficult time. We can help with stress, isolation, depression, loneliness, anxiety, low mood, worry and more.

It is understandable to feel worried or anxious at this unsettling time as Coronavirus is affecting all our lives, and many of us are worrying about what it all means for ourselves and for our loved ones. Those of us living with mental health problems are facing extra challenges too.

If you or someone you know needs support with their mental health, we are here to listen and help you identify ways to address the problems you are facing.

**You can call us on 01708 457040 or email at  
help@haveringmind.org.uk  
(7 days a week)**

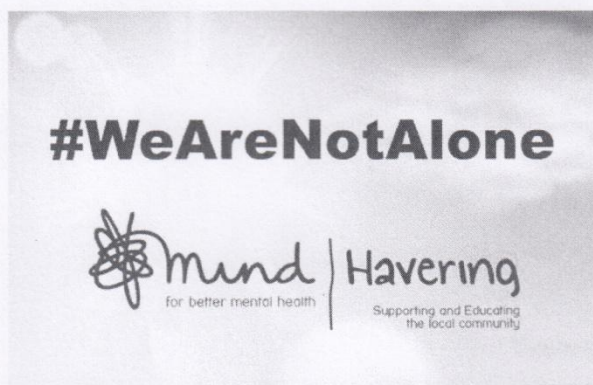
Although we have had to close our face to face activities we have a range of different online and telephone services being delivered, and a member of our team is available to have an informal chat with you, and help you decide on the best individual avenue of support for you right now.





# CRISIS COUNSELLING AND BEREAVEMENT SUPPORT SERVICE

In response to the distressing experiences of our local community due to COVID-19, ACC\*, Havering Mind and London Borough of Havering are working together to offer a Crisis Counselling and Bereavement Support Service. The service is specifically for anyone living in Havering who has suffered the bereavement of a relative, friend or work colleague; or anyone coping with the stresses related to working in a residential care home setting during COVID19.



After a short assessment, and if it's right for you, Havering Mind will refer you to the counselling service which is being provided by ACC. ACC hope to be able to allocate you with a counsellor ideally within 7 days.

The professional counsellors providing this service will help you cope with your thoughts, feelings, and issues that you are facing at this

exceptionally difficult time. Up to ten sessions of counselling are available – online or by telephone - on a 'no-fee' basis. Counsellors have agreed to volunteer their time and expertise.

The Crisis Counselling and Bereavement Support Service is available to residents of Havering over 18 years of age that have been affected by a bereavement or the stresses relating to working in a residential care home setting during COVID19.

\*ACC stands for the Association of Christian Counsellors who are a counselling and psychotherapy membership body that hold an accredited register with the Professional Standards Authority. Counsellors volunteering for the crisis counselling support service come from all faiths and none and will work with people of all faiths and none. All of the counsellors will work under their professional ethics and practice standards and are insured.

Telephone: **01708 457040** 7 days a week

Email: **help@haveringmind.org.uk**

## DON'T KNOW WHERE TO START?

Havering Mind is here to support you or someone you know experiencing mental health issues and our experienced team are available to have a preliminary discussion with you on the best individual avenues of support for you right now

Email us at: **help@haveringmind.org.uk**

Call us on: **01708 457040**

Watch a new animated video 'What are mental health problems?' here:

**[www.youtube.com/  
watch?v=AUWhdmKyOE8](https://www.youtube.com/watch?v=AUWhdmKyOE8)**

