

December 2025 and
January 2026



GRIDIRON

The Magazine of the Parish Church of
Saint Laurence Upminster
£1



From Parish Pump

Service Times

The service schedule may change at short notice. Please refer to Porchtalk or contact the Parish Office for up-to-date information.

Sundays

Holy Communion 08.00
Sung Parish Mass 09.30
Sunday Schools 09.30
Evensong 18.30

*(see Parish Diary
for details)*

Weekdays

Wednesday Morning Prayer 08.45
Mass 11.00
Evening Prayer 16.15

Footsteps

This Service for pre-school children and grown-ups normally takes place monthly on a Monday at 09.30 in the Lady Chapel. The next services are TBC.



Additional services on Saints' Days are shown in the Diary in the back pages.

Baptisms and Wedding Banns

These are administered during public services.
Please contact the Parish Office to make arrangements.

Confessions

By appointment with the clergy.

**Please inform the Parish Office or Revd Susannah
of anyone who is ill or in need of a pastoral visit.**

See back pages for useful telephone contact numbers

www.upminsterparish.co.uk

Parish Office ☎ 01708 220696

parish.office@upminsterparish.co.uk

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From the Rector

One of the mainstays of Christmas is, of course, Christmas carols. They remain widespread at this time of year, whether in church services, carol concerts or other events. For many people 'Carols from King's' remains a staple of Christmas Eve, and prior to Christmas Eve churches around the country echo its format in their own services of Nine Lessons and Carols. Carols help to set the scene for Christmas. Their words and music inspire and evoke important memories and emotions. They recall important aspects of the story of the first Christmas. They draw us closer to one another and to God.

According to our liturgical calendar, Christmas lasts through the season of Epiphany and right up to the feast of Candlemas, or the Presentation of Christ in the Temple, which is celebrated on February 2nd or the nearest Sunday. Yet it is rare to find carols sung beyond Epiphany, on January 6th, and even a few days after Christmas they may not be sung with quite the enthusiasm of the days approaching Christmas.

It is worth noting, though, that whilst we might only sing carols at Christmas – and I can't quite see them catching on year-round! – many of them are very clear that they are not just about the details of the Christmas story, but about its meaning far beyond the first Christmas and far beyond our celebrations of Christmas each year. Christmas carols are clear that if this story is all that it claims, then it has a relevance at all times and in all places, at all points of our lives and into eternity. Even 'Away in a Manger', often thought of as a sweet little carol best sung by young children, takes us beyond the starlit sky, lowing cattle and surprisingly quiet baby of the first Christmas to a far broader perspective:

Be near me, Lord Jesus,

I ask thee to stay

Close by me for ever

And love me, I pray

Bless all the dear children

In thy tender care.

And fit us for heaven

To live with thee there.

Suddenly this apparently simple carol becomes a prayer of profound trust and commitment, and a wonderfully simple expression of what Christmas means for human destiny: God has become as we are so that we can be as he is – God has made himself fit for earth so that we might be formed into those who are made for heaven. The simple profundity becomes even more poignant when one considers that this carol was written at a time when child mortality was much higher than it is today.

As we sing carols this Christmas, hopefully our minds can also turn to their meaning beyond Christmas itself - to what they say about how the coming of this child affects the whole of our lives, the whole of human destiny, the whole of creation. When the strains of this year's last carol have faded, may the messages it conveys remain very much alive.

Wishing you all joy and peace this Christmas – and in the coming year.

Susannah

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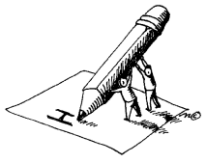
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From the Editors

Dear Readers

And suddenly it's Advent again. Where has the year gone?

This edition has a wealth of different articles; hopefully you will find something of interest to read. Joanne and I are very grateful for all the contributors to the magazine. It makes our lives much easier when creating the magazine not to have to try and find things to fit in the spaces around the regular articles.

Later on in the magazine is a list of all the Advent services. We hope you will join us for one or more during this time of celebration.

Arlette Wiggins, Editor

From the Parish Registers

FUNERAL

We offer our deepest sympathy to the family and friends of:

5th September Jean Marion Clements

INTERMENT OF ASHES

We offer our deepest sympathy to the family and friends of:

26th September Vera Rosindell and Roy Pantry

February and March Magazine Deadline

Items for inclusion in the February and March edition of *Gridiron* should reach the editorial team by **Friday 2nd January**. We would prefer to receive items by e-mail at gridiron@upminsterparish.co.uk. Paper copy is acceptable but should be submitted to us as early as possible. The **February and March** Magazine will be on sale from **Sunday 25th January**.



From Rainham to Iceland - Ride & Stride 2025

by Rob Brabner

The second Saturday in September is traditionally the day when St Laurence Church supports the annual Ride & Stride in aid of the Friends of Essex Churches Trust. St Laurence Church also benefits, as 50% of the funding raised is assigned back to us - much needed with the bills the church has incurred this year, i.e. heating etc.

This year our three walkers, Alison Cox, Diane Merron and Rob Brabner were planning a route back from Rainham via South Hornchurch, Elm Park, central Hornchurch and then home to Upminster.

We assembled at St Laurence at 9am and caught a couple of buses to Tesco at Rainham before we formally started the walk back from Rainham. The sponsored walk works on the basis of the number of churches or chapels visited, and the Christian denomination has to be part of 'Churches Together', so mainstream churches only. The majority of our sponsors choose to sponsor on a one-off 'Flat Rate' basis rather than sponsorship by church, and of course all sponsorship is very welcome and supports our own church as well as the Friends. The churches visited did not have to be open, but of course it was very welcome when we could find an open church.

Overall we visited 17 churches - only a few were open but we received a very good reception when we did strike gold.

St Helen & St Giles, Rainham Parish Church

A lovely warm welcome from those in the church who open the church on a Saturday once a month - and a donation for our sponsored walk!

The oldest building in L B Havering c.1170. Norman church with much to see - too much to describe in this article. Fine Norman Chancel Arch, interesting windows and stained glass, ancient priest's door with ironwork, and situated in a rather awkward place in a stairwell - graffito of a two masted sailing vessel which would have been a regular sight on the nearby Thames.





Our Lady of La Salette RC Church

We arrived when a group of very efficient ladies were mopping the main church floors, so we certainly didn't want to spoil their clean floor. However, we were welcomed in the foyer area and enjoyed the colourful stained glass in the side chapels.

The first Roman Catholic Church was established in Cowper Road, Rainham, in 1901. Now sited on Dover's Corner just off the A13, the church was opened here in April 1939. This building is now the parish hall, and the new church built in a striking Scandinavian style, light and airy, was opened in October 1967. A Roman Catholic school is also on this site.

St Alban's RC, Church, Elm Park

The church is familiar to some of the blood donors from St Laurence who use St Alban's Church Hall. When we arrived the church looked closed. However, the Parish Priest saw our small group and welcomed us in. Fr Mathew Gordon very kindly showed us around both the church worship space, including the gallery, and also the other areas, including the hall and associated spaces. The church has an attractive outside worship area, set up for Covid but still appreciated by the congregation in times of good weather.



The church was first opened in 1960. Apparently the design was inspired by San Zeno, Verona.

We had stopped for a coffee break in South Hornchurch, and a lunch break in Elm Park and then moved on to Hornchurch, crossing Harrow Lodge Park. A huge number of Egyptian Geese made an impressive sight, swarmed from the lake to the enticing grass area. I am informed this flock is a 'gaggle' simply because they make a lot of noise - even more noise than the three of us were making!

On to **Holy Cross Church** and although the church building was closed we were welcomed into the Parish Hall. Appropriately the parish were celebrating Holy Cross Day, as it falls on the following day. Despite some rain falling we moved on to the churches in central Hornchurch.



Hornchurch Baptist Church, Iceland

It was a complete shock to find this church open. There is a small side door at the Iceland Supermarket and this leads up to the church. Given the modest stairwell to the church, it is a real surprise to find the church covers a very large worship area with additional rooms and supporting facilities - a 'Tardis' church rather

than a police box. Another friendly welcome came from those who let us in to see the space.

Moving on to **St Andrew's** and then onto Upminster, **St Joseph's RC** was open but not **Trinity URC**, and back to **St Laurence** about 4.30pm and a refreshment break before we limped off home.

Seventeen churches visited, and for more information about The Friends of Essex Churches Trust and Ride & Stride, do visit their website - www.foect.org or speak to me.

A message from the Treasurer of Ride and Stride, Stephen

I have safely received your comprehensive paperwork for this year's Ride & Stride and your splendid cheques totalling £900. Thank you very much for raising money for the Friends of Essex Churches Trust. Seventeen churches on foot is a marvellous achievement – I hope you managed to finish before the thunderstorms began! Your informative piece for *Gridiron* makes interesting reading. Please pass our thanks also to Alison and Diane.

We aim to return half the proceeds to St Laurence in the next few weeks and certainly by Christmas.

Some Wise Sayings from The Late Archbishop Desmond Tutu (1931-2021)

- Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.
- When the missionaries came to Africa they had the Bible and we had the land. They said 'Let us pray.' We closed our eyes. When we opened them we had the Bible and they had the land.
- Forgiving is not forgetting; it's actually remembering...remembering and not using your right to hit back. It's a second chance or a new beginning. And the

remembering part is particularly important. Especially if you don't wish to repeat what happened.

- My Father always used to say, 'Don't raise your voice. Improve your argument.' Good sense does not always lie with the loudest shouters, nor can we say that a large, unruly crowd is always the best arbiter of what is right.
- We may be surprised at the people we may find in heaven. God has a soft spot for sinners. His standards are quite low.
- There comes a point where we need to stop just pulling people out of the river. We need to go upstream and to find out why they are falling in.
- We learn from history that we don't learn from history!
- We are made to enjoy music, to enjoy beautiful sunsets, to enjoy looking at the billows of the sea and to be thrilled by a rose that is bedecked with dew...Human beings are actually created for the transcendental, for the sublime, for the beautiful, for the truthful...and all of us are given the task of trying to make the world a little more hospitable to these beautiful things.
- You don't choose your family. They are God's gift to you, as you are to them.
- Hope is being able to see that there is light despite the darkness.

Have you ever wondered where the name 'Jesus' comes from?

from Parish Pump

The name Jesus is a transliteration of a name that occurs in several languages. It is of Hebrew origin, 'Yehosua', or Joshua. There is also the Hebrew-Aramaic form, 'Yesua'. In Greek, it became 'Ἰησοῦς' (Iēsoûs), and in Latin it became 'Iesus'.

The meaning of the name is 'Yahweh delivers' or 'Yahweh rescues', or 'Yahweh is salvation'. No wonder the angel Gabriel in Luke (1:26-33) told Mary to name her baby Jesus: 'because He will save His people from their sins.'

Footprints by Michael Blencowe for Sussex Wildlife Trust



I'm scrambling through the woodland undergrowth, anxious, sweating and clutching a 2kg pouch of white powder and a spoon. I may look like some Colombian cocaine smuggler, but I've got the perfect excuse for the police: 'I'm researching my parish magazine article'. I've been writing articles in parish magazines for many years and I've received some lovely comments from many people - thank you. It's nice to know they are being read and enjoyed.

When I was a kid, I would read loads of wildlife books with names like 'The Amateur Naturalist' (not to be confused with the "Amateur Naturist", a mistake you only make once). Each book promised to make you a wildlife detective and was filled with tips on tracking mammals in the countryside. Most British mammals are nocturnal and, after centuries of persecution, all of them are understandably rather wary of humans. We hardly ever see them. Yet these invisible animals leave behind tantalising clues which let us know they really exist: droppings, nibbled nuts, pellets. But the biggest giveaway of all are their footprints.



Primitive mammals (such as hedgehogs, stoats, badgers and you) are plantigrades. We stroll about on the soles of our feet and have five toes. When we run, we use our toes and the balls of our feet. For the mammals who spend a lot of time running and jumping, this basic mammalian plantigrade foot has evolved and adapted over time. Some animals have lost a toe (foxes, cats, dogs, hares) while the real gymnasts, such as deer, leap around on two toes and horses race on just one toe enclosed in a hoof. Like Sherlock Holmes with a foot fetish, you can examine each footprint's formula of toes, claws and pads to deduce just who has been sneaking around at night.

My books told me that, once you find a footprint, the best way to capture it is to make a cast - which explains why I am crouched here in the undergrowth excitingly mixing up plaster of Paris powder and pouring it into a footprint in the muddy woodland floor. I have always wanted to do this since I was a kid but, well, I guess life got in the way. Now, sat proudly on my desk, I have my first footprint cast: a badger (with five toes, a wide pad and obvious claws). And

somewhere out there is a badger completely unaware that its footprint has created a deeper enjoyment of wildlife and inspired someone to preserve it. Which, now I think about it, is all I have hoped for from these articles too. I hope I have made an impression. Wishing you all a Merry Christmas and best wishes for 2026.

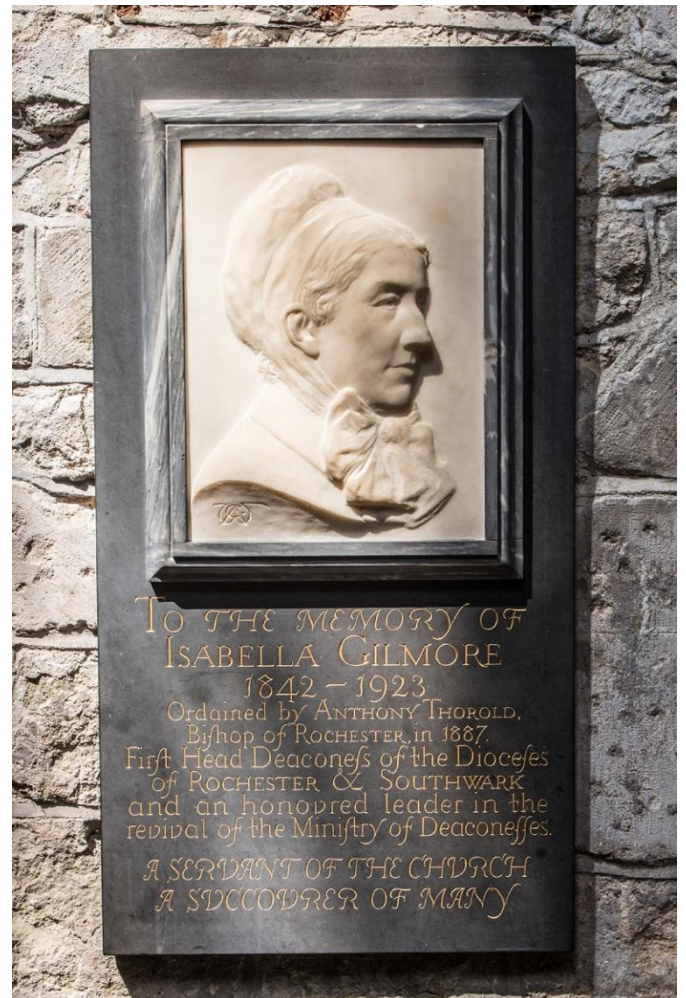
Isabella Gilmore - A Pioneer of the Deaconess Movement in the Church of England

by Rob Brabner

On a recent visit to Southwark Cathedral I became intrigued by a commemorative plaque to Isabella Gilmore (1842 -1923). Isabella is described as overseeing the revival of the Deaconess Order in the Anglican Communion and she actively served in the poorest parishes in South London for almost two decades and is remembered in the 'Calendar of Saints' in some parts of the Anglican Communion on 16th April. She was the sister of the famous textile artist and socialist activist William Morris.

Isabella was born in London in 1842. Her father, William Morris (senior), sadly died when she was only 5 years old. She had five brothers to whom she was close. In 1860, when she was 18, she married naval officer Arthur Gilmore at St Mary's, Leyton. Her husband died in November 1882 when she was just 40 and childless. She trained as a nurse at Guy's Hospital and in 1884 took on the eight orphaned children of her late brother Rendall.

In 1886 Anthony Thorold, Bishop of Rochester, persuaded her to help revive the female diaconate in his diocese. He overcame her initial reluctance, due to lack of theological training and her lack of knowledge of the Deaconess Order. However, at the end of October 1886, she felt a calling during Morning Prayer which she later wrote...'it was just as if God's voice had called me, and the intense rest and joy were beyond words.'



Isabella Gilmore was not the first Deaconess. Elizabeth Catherine Ferard, another pioneer in North London was granted Licence No 1 from Archibald Campbell Tait, Bishop of London (later Archbishop of Canterbury) in November 1861. Where this differed from the South London group was that the North London and King's Cross female diaconate were a community, whereas Isabella Gilmore's order was active and based in the parishes. The Bishop of Rochester with Isabella Gilmore's order were described as 'a curiously effective combination of nurse, social worker and amateur policeman.' In 1887 Isabella was ordained a Deaconess and a training house established for other women. Later this was renamed Gilmore House in her honour.

Isabella served actively in the poor parishes of South London until her retirement in 1906. She is also remembered for her training for at least seven other head deaconesses for other dioceses before she died in 1923. Gilmore House is situated in Clapham Common North Side and Isabella is commemorated with a plaque.

At her memorial service, Randall Davidson, Archbishop of Canterbury, foretold 'Some day, those who know best will be able to trace much of the origin and root of the revival of the Deaconess Order to the life, work example and words of Isabella Gilmore. for this let us give thanks: I feel sure it is most meet and right so to do.'

Remembrance Sunday





(Thanks go to Colin Jarvis for the photographs)

St Thomas the Apostle, Navestock

by Rob Brabner

This very attractive Essex church, not too far from Upminster, has a most distinctive tower and is set in an isolated location. The timber-framed skirted tower is capped by a needle-like spire. This church was originally thought to be fourteenth century. But carbon dating reveals the tower was built around c.1250 or possibly even earlier. The tower is believed to have been at one time free-standing. The four main posts are braced with slender timbers and the 'skirt' hides a frame that supports six bells and the earliest of these dates from 1470. Sadly, the tower area is not open to the casual visitor. However, the church interior is open to during daylight hours, and there is much to appreciate.



The nave has a plain Norman doorway in the north wall. A south aisle with its stone arcade and circular piers appear to be C13th. The eastern pier is made of oak and almost fluted, which is very rare. The chancel was rebuilt in the C14th and there are some good windows of the 'Decorated' period.

The church has many interesting monuments, a number of which are dedicated to the Waldegrave family, who were the local 'squires'. Sadly, the nearby house is long gone. Near the altar is a striking and coloured monument to Judge John Greene. Apparently he kept a diary which provided useful clues to the political state of England in the 1650s (Cromwell - Restoration etc). Also in the chancel is the sadly damaged monument to Ann Snelling, who died in childbirth in 1625. She is shown as a miniature figure holding her dead baby and a Bible, with an explanatory inscription behind.



The church interior has a pleasing domestic and light-filled feel to it and the churchyard is spacious and well cared for, despite the remote location. The parish is linked with St Nicholas, Kelvedon Hatch, details of their services and activities are available on the parish website.

Thank Dickens for Christmas as you know it! *from Parish Pump*

Ever wondered where many of our Christmas traditions come from? A surprising amount of our modern Christmas celebrations can be traced back to the well-loved story of 'A Christmas Carol', by Charles Dickens.

When you read 'A Christmas Carol', you discover almost a template of the 'ideal Christmas' which we still hold dear today. Dickens seems to have selected the best of the Christmas celebrations of his day (he ignored some of the odd excesses) and packaged them in such a way as to give us traditions that we could accommodate and treasure – more than a century later.

So, for instance, in 'A Christmas Carol', Christmas is a family day, with a family-centred feast. In a home decorated with holly and candles the characters enjoy a roast turkey, followed by Christmas pudding. They give their loved ones presents. Scrooge even gives donations to charity (!).

And all the while outside, there is snow and frost, while church bells ring, and carol singers sing, and hope for mulled wine. In 'A Christmas Carol' there is even a Father Christmas – in the shape of Christmas Present. Only the Christmas tree itself came later, when Prince Albert imported 'a pretty German toy' that won the heart of the English court, and hence the rest of Victorian society.

Christmas Eve

from Parish Pump

How do you celebrate Christmas Eve? It has its own customs, the most popular of which is going to Midnight Mass, or the Christ-Mas. This is the only Mass of the year that is allowed to start after sunset. In Catholic countries such as Spain, Italy and Poland, Midnight Mass is in fact the most important church service of the entire Christmas season, and many people traditionally fast beforehand. In other countries, such as Belgium and Denmark, people dine during the evening, and then go on to the Midnight Service.

The British are behind some countries when it comes to exchanging presents: in Germany, Sweden and Portugal the custom is to exchange on Christmas Eve. But the British are ahead of Serbia and Slovakia, where the Christmas tree is not even brought into the house and decorated until Christmas Eve.

Yule logs are not so popular since the decline of the fireplace, but traditionally it was lit on Christmas Eve from a bit of the previous year's log, and then would be burned non-stop until Twelfth Night (6th January).

Celebration of Colin and Margaret's Diamond (60th) Wedding Anniversary



Joanne Chapman

In September Joanne Chapman stepped down as Parish Administrator. Joanne undertook this role for over a decade and did so with great efficiency, enthusiasm and skill. We will miss her in the Parish Office but she has been very clear that she is not leaving St Laurence and so did not want to have a big 'send-off'. However, nonetheless we did embarrass her a little at a recent staff meeting and ensured that, in true St Laurence style, she didn't leave without cake to mark the occasion! Here is a photo of Joanne cutting her cake.

Whilst it has been sad to lose Joanne from the Parish Office, it has been a joy to welcome Verity Helby as our new Parish Administrator. Verity is already a familiar face in our community and we look forward to her carrying out this pivotal role in the life of the church.

Revd Susannah



Harvest Lunch



Cards, Cakes and Coffee

We would like to say a really big thank you to everyone who supported our Cards, Cake, Coffee and Raffle Morning last Friday 17th October and Sunday 19th after Parish Mass. We raised a magnificent £897 towards our Building Improvements Project. We are especially grateful to Gill Roome for her beautiful home-made cards and to her and others for the donation of raffle prizes. The lucky raffle winners were: Michael Masterson (Games & Puzzles); Joyce Winn (Champagne); Arlette Wiggins (Air Fryer); Cheryl Hale (Food & Wine Hamper); Lorraine Beeton (Handbag hamper); Rita Pike (Cushion & Throw). We are also very grateful to all of you who helped on the day and/or baked such lovely cakes for the cake stall.



Carly Lucas ordained Deacon

by Keith & Debbie Stewart

Carly Lucas, who was part of the ministry team at St Luke's, Cranham and who was on placement with us at St Laurence last year, was ordained into the diaconate by Bishop Guli at Chelmsford Cathedral on Sunday 14th September. In total 20 men and women from all parts of the diocese were ordained over three services.

The cathedral was packed with supporters and well-wishers for this most joyous and uplifting service, which included a mix of prayers, readings, traditional hymns and worship songs - something for everyone!

The sermon was preached by the Rt. Revd Robert Springett, Bishop of Tewkesbury, who himself was ordained deacon at Chelmsford Cathedral in 1989. There was a huge cheer and a round of applause when the new Deacons were presented to the congregation.



Deacons are ordained so that the people of God may be better equipped to make Christ known. We offer our prayers and good wishes to Carly in her ministry in the parish of Rainham with Wennington. *Carly's stole was exquisitely embroidered by one of her daughters.*

Dedication Festival

On Sunday, 5th October we celebrated our Dedication Festival, which commemorates the founding of the first small wooden minster church here in Upminster during 653 AD by St. Cedd.

Our visiting preacher on that day was the Revd Canon Dr Sarah Hills, Vicar of St. Mary's, Holy Island (Lindisfarne). St. Mary's stands on the site of the monastic school that St. Aidan founded, and where the four brothers, (Cedd, Cynibil, Caelin, and Chad) were trained.

It was from Lindisfarne that Cedd travelled south to convert the pagan East Angles and to set up several communities in Essex. These included Ythanceastir (Bradwell-on-Sea), Tilburg (Tilbury) and Upminster.





Advent and Christmas Worship at St Laurence

Sunday and Wednesday Masses are as normal unless listed as otherwise below.

Monday 24th November

9.30am Footsteps

A short service for children below school age and their parents/carers, reflecting on Mary and Joseph's journey to Bethlehem. Refreshments and playtime afterwards.

Sunday 30th November (The First Sunday of Advent)

6.30pm Advent Carol Service

Music and readings for the start of Advent

Sunday 7th December (The Second Sunday of Advent)

8.00am Building Faith

Informal worship for primary-school aged children, their parents and siblings in the Main Hall, including refreshments and building brick activity.

4.00pm Christingle Service (N.B. No further evening service today)

A family-friendly service supporting the work of The Children's Society

Sunday 21st December (The Fourth Sunday of Advent)

9.30am Parish Mass with Nativity Play

6.30pm Service of Lessons and Carols

Telling the story of Christmas in words and music.

Followed by mulled wine and mince pies.

Wednesday 24th December (Christmas Eve)

No 11am Mass

3.00pm Crib Service and Candlelight Procession

5.00pm Crib Service and Candlelight Procession

These services are particularly suitable for children and families.

You might like to bring a gift (new and unwrapped please – no food) as a present for children who are in need.

11.15pm Midnight Mass (First Mass of Christmas Day)

Thursday 25th December (Christmas Day)

8.00am Holy Communion

9.30am Parish Mass

Sunday 28th December

9.30am Said Mass (no 8am Mass, Sunday School or 6.30pm Evensong on this day)

Wednesday 31st December

No 11am Mass

Summary of PCC Meetings held on 23rd September and 12th October 2025

by Beryl Speed

Akosua Boachie, Parish Safeguarding Officer, attended to explain the requirements of the new Safeguarding Dashboard and to give details of matters needing PCC approval.

The purchase of a fast scanner was approved. This was required to meet the increasing regulatory need for information to be kept for extended periods of time.

There has been little progress on becoming an eco church. One of the things we need to do is to encourage people to make changes individually. We need a working group in order to move forward and an attempt will be made to find new volunteers.

An update was given on the Building Improvements Project following a meeting with the Architect. Plans will be finalised with a view to going ahead with a faculty application.

Considerable discussion took place on various options for the refurbishment of the kitchen at 6 Gaynes Park Road for which quotes had been obtained. A course of action was eventually agreed and approval given for the work to go ahead.

Following their audit of the sound system, DSAV had provided a detailed quote for the upgrade needed. This was discussed and agreed.

The Rector once again stressed the need for new Churchwardens and Deanery Synod Representatives to be found.

Other matters discussed included:

- update on possibility of employing an Associate Priest
- legacy income
- 2026 Parish Share
- hall hire price increases
- replacement of windows in Main Hall
- repairs to path round sacristy
- hall locking
- site visit regarding extension to pre-school garden area and Scout/Guide storage huts

Ask Your Dad - But You'd Be Better Off With AI!

Hi Dad, can you answer this?...

If the Earth is continually revolving why can't we just take off in a helicopter and wait for our destination to turn up below us, then land?

Well, Dad was of course a bit flummoxed by this - so decided to consult AI. This was the response:

That's one of those delightfully clever questions that seems like it should work - until physics steps in with a cheeky grin.

- **Earth's rotation doesn't leave you behind:** When the helicopter sets off, it's already moving with the Earth's rotation - about 1,000 mph at the equator! That motion doesn't just vanish; it's part of the momentum. So you and the air around you keep rotating with the planet.
- **Atmosphere moves with the Earth:** The air isn't stationary while the Earth spins. It's rotating too. So hovering in air is like sitting in a moving train - you're not stationary with respect to the Earth, even if you're not actively flying forward.
- **Hovering free-floating in space:** Unless you somehow escaped the influence of Earth's atmosphere and gravity entirely (which helicopters are not built to do), you're still part of the spinning Earth system.

In short, you can't cheat travel by just hanging out in the sky, because the sky's doing the same road trip you're on.

That said, this idea is actually quite close to how satellites and orbital mechanics work, using momentum and gravity in clever ways to move around Earth.

Note: Thanks to Alf Ellis (Dad) of Upminster Camera Club for this story.



BF Mulley & Son



incorporating Horace Fry

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Charity of the Month – December

Crisis was founded in 1967 amidst growing realisation of the extent of the homelessness crisis across the UK. *Crisis* provides practical support enabling people to access benefits, healthcare, employment and more. Their main aim is to help people find safe and affordable homes as quickly as possible. As well as helping to end homelessness for individuals they work to address the root causes that push people into homelessness in the first place. They campaign on the political changes needed to end homelessness for good and conduct research to understand and highlight the scale, causes and consequences of homelessness.



Charity of the Month – January

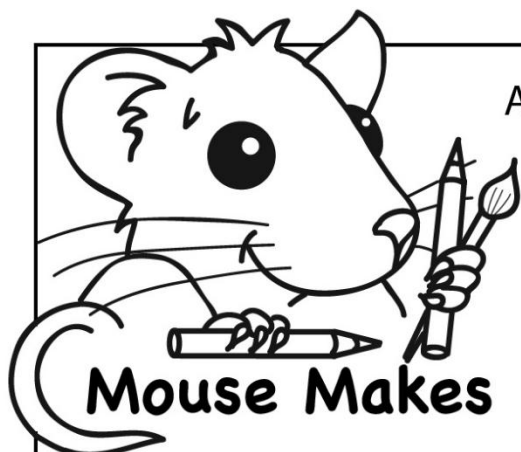
Neurological injuries and conditions can have devastating, life-long impacts on anyone – it only takes a few seconds for a life to be completely knocked off course. The residents at the centre are adapting to an uncertain future, relearning what they can achieve and resetting their life goals.



marillac
neurological
care centre

Marillac Neurological Care Centre takes its name and values from Saint Louise de Marillac - the Patron Saint of Social Workers. Louise co-founded the Daughters of Charity of St Vincent de Paul with her lifelong friend and collaborator - St Vincent de Paul. Together, they helped to nurse the sick, elderly and children in a time of great poverty and illness. They also provided food and medicine to prisons and braved the battlefields to nurse the wounded soldiers. Louise promoted free education for girls, the rehabilitation of psychiatric patients and the distribution of means of livelihood, to war refugees. Louise and Vincent's work helped to reshape the health and childcare structure of the 17th century.

In 1920 the Daughters of Charity bought Warley House, opening the 'Marillac Sanatorium' as a specialist Tuberculosis hospital in 1921. By 1957 there was a need for a facility to care for the needs of the young & chronically sick. In response, the daughters moved 200 yards down the road to the building they are in now - the former East Essex Regiment's Officer's Mess. 'The Marillac', opened on September 8th, 1963. The building has changed and developed during its years of service in order to respond to changing needs in healthcare, without losing their founding spirit.



At Christmas we celebrate the birth of Jesus,
God's Son and our Saviour
coming into the world as a baby,
and we look forward to the time
when Jesus will come again,
not as a baby but as the
King of kings and Lord of lords!

read
John 14:3

A baby needs clothes
to keep warm like
a snuggly sleep suit
or a vest and nappy.

What were you dressed in?

Jesus was wrapped in

.....
read Luke 2:7

A baby needs somewhere
to be born like at home
or in a hospital.

Where were you born?

Jesus was born
in a stable in

.....
read Luke 2:1-6

A baby needs
somewhere
to sleep like
a crib or a cot.

*What did you
sleep in?*

Jesus slept in a

.....
read Luke 2:7

A baby needs
a name.

*What name were
you called?*

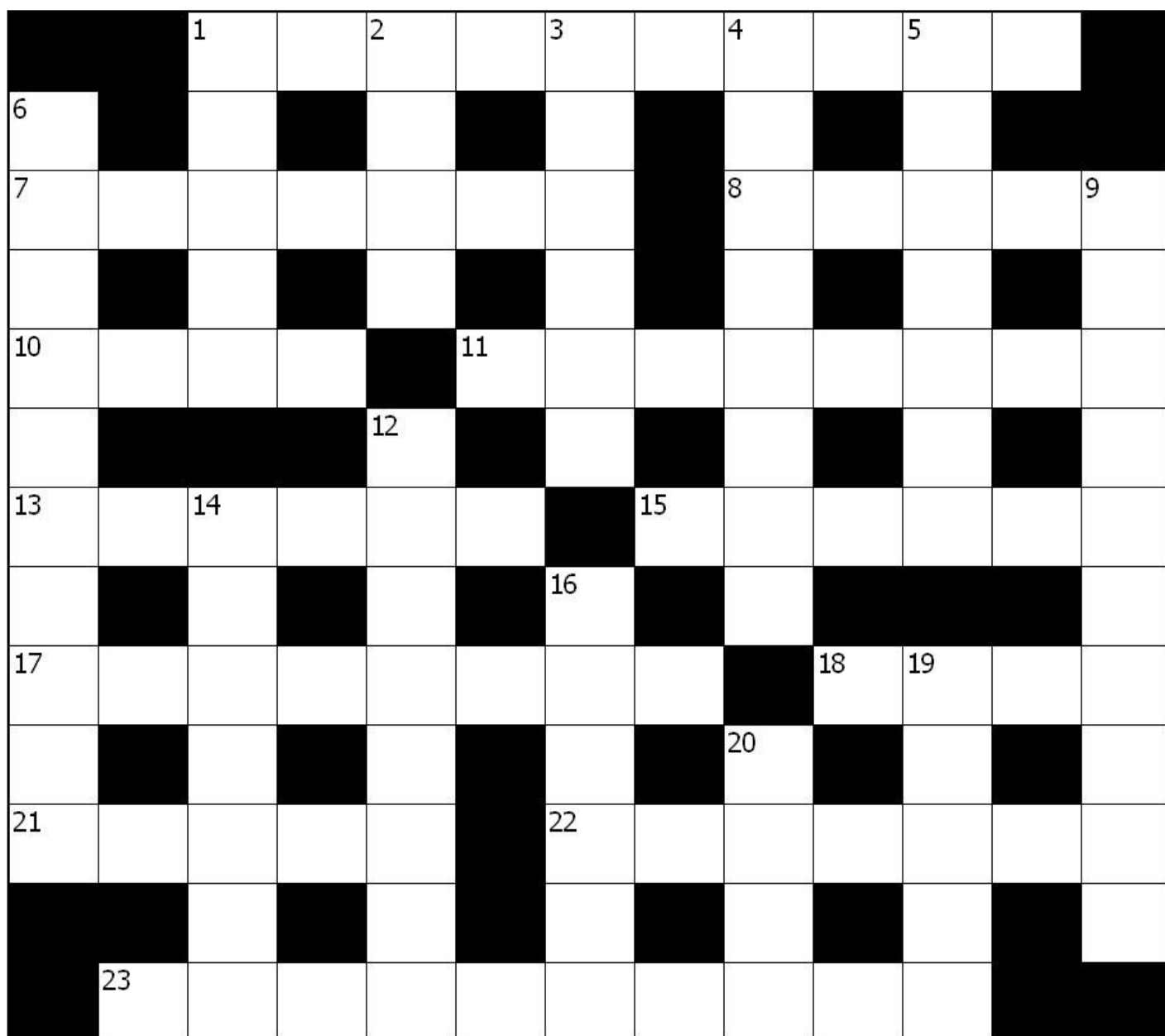
Jesus was given
a special name
that had a
special meaning.

read
Matthew 1:21-23

HAPPY CHRISTMAS!

NADOLIG LLAWEN ☆ NOLLAIG CHRÌDHEIL ☆ NOLLAG SHONA

JOYEUX NOËL • FELIZ NAVIDAD • BUON NATALE • GOD JUL • FROHE WEIHNACHTEN



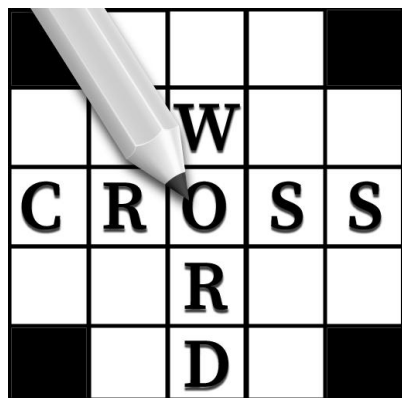
Across

- 1 Provisional meeting place of God and the Jews (Exodus 25:9) (10)
- 7 David's third son, killed when his head got caught in a tree during a battle with his father (2 Samuel 18:14,15) (7)
- 8 They ruled much of the west coast of South America in the 15th and early 16th centuries (5)
- 10 Small deer of European and Asian extraction (4)
- 11 Seized control of (Numbers 21:25) (8)
- 13 Terror (Luke 24:5) (6)
- 15 First World War heroine shot by the Germans in Brussels, Nurse Edith (6)
- 17 Stormy (8)

- 18 A bitter variety of this, together with lamb and unleavened bread, was the Passover menu for anyone unclean (Numbers 9:11) (4)
- 21 Arson (anag.) (5)
- 22 How John Newton described God's grace in his well-known hymn (7)
- 23 Habitation (Isaiah 27:10) (10)

Down

- 1 and see that the Lord is good (Psalm 34:8) (5)
- 2 The wicked man flees though no one pursues, but the righteous are as ... as a lion (Proverbs 28:1) (4)
- 3 One of the exiles, a descendant of Parosh, who married a foreign woman (Ezra 10:25) (6)
- 4 He escaped from Nob when Saul killed the rest of his family and joined David (1 Samuel 22:19,20) (8)
- 5 City and lake in Central Switzerland (7)
- 6 Offer your bodies as living , holy and pleasing to God (Romans 12:1) (10)
- 9 Pouches carried by horses (Genesis 49:14) (10)
- 12 One who accepts government by God (8)
- 14 Aromatic substance commonly used in Jewish ritual (Exodus 30:1) (7)
- 16 He asked Jesus, 'What is truth?' (John 18:38) (6)
- 19 Are (Romans 13:1) (5)
- 20 You are to give him the name Jesus, because he will ... his people from their sins (Matthew 1:21) (4)



ACROSS: 1 Jehoiachin. 7 Endured. 8 Eased. 10 Rash. 11 Startled. 13 Easier. 15 Rubric. 17 Impurity. 18 Feet. 21 Eye at. 22 Ready to. 23 Holy Spirit. DOWN: 1 Judas. 2 Harm. 3 Is duty. 4 Cheerful. 5 Insular. 6 Jezreelite. 9 Dedication. 12 Secretly. 14 Supremo. 16 Stir up. 19. Egypt. 20 Hair.

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Parish Diary for December

See inside front cover for regular Sunday service times

Mon	1 st	<i>Andrew the Apostle</i>
Wed	3 rd	<i>Francis Xavier, missionary, 1552</i>
Thurs	4 th	<i>John of Damascus, monk, teacher of the faith, c749, Nicholas Ferrar, deacon, founder of the Little Gidding Community, 1637, 5.00pm Concert by Capella Singers & Oakfields School, 8.00pm Choir Practice</i>
Fri	5 th	10.30am Coffee Morning
Sat	6 th	<i>Nicholas, bishop, c326</i>
Sun	7 th	2nd Sunday of Advent, 8.00am Building Faith, 4.00pm Christingle Service, No Evensong
Mon	8 th	<i>Conception of the Blessed Virgin Mary</i>
Thurs	11 th	8.00pm Choir Practice
Fri	12 th	10.30am Coffee Morning
Sat	13 th	<i>Lucy, martyr, 304, Samuel Johnson, moralist, 1784,</i>
Sun	14 th	3rd Sunday of Advent, 6.30pm Compline
Wed	17 th	<i>Eglantyne Jebb, social reformer, founder of 'Save the Children', 1928</i>
Thurs	18 th	8.00pm Choir Practice
Fri	19 th	10.30am Coffee Morning
Sun	21 st	4th Sunday of Advent, Parish Mass with Nativity Play, 6.30pm Service of Lessons and Carols
Wed	24 th	Christmas Eve, No 11.00am service
Thurs	25 th	Christmas Day
Fri	26 th	<i>Stephen, deacon, first martyr</i>
Sat	27 th	<i>John, Apostle and Evangelist</i>
Sun	28 th	Holy Innocents, 8.00am No Service, 6.30pm No Evensong
Mon	29 th	<i>Thomas Beckett, archbishop, martyr, 1170</i>
Tues	30 th	No 11.00am Service
Wed	31 st	<i>John Wyclif, reformer, 1384</i>

Details of dates, times and venues of all meetings and events need to be recorded in the Parish Diary (Parish Office 01708 220696)

Parish Diary for January

See inside front cover for regular Sunday service times

Thurs	1 st	<i>Naming and Circumcision of Jesus</i>
Fri	2 nd	<i>10.30am Coffee Morning, Basil the Great and Gregory of Nazianzus, bishops, teachers of the faith, 379 and 389, Seraphim, monk, spiritual guide, 1833, Vedanayagam Samuel Azzariah, bishop, evangelist, 1945</i>
Sun	4 th	Epiphany, 6.30pm Evensong on Zoom
Thurs	8 th	<i>8.00pm Choir Practice</i>
Fri	9 th	<i>10.30am Coffee Morning</i>
Sat	10 th	<i>William Laud, archbishop, 1645</i>
Sun	11 th	Baptism of Christ, 6.30pm Evensong on Zoom
Mon	12 th	<i>Aelred, abbot, 1167, Benedict Biscop, scholar, 689, 8.00pm CM&FG meeting, Parish Office</i>
Tues	13 th	<i>Hilary, bishop, teacher of the faith, 367, Kentigern (Mungo), missionary bishop, 603, George Fox, founder of the Society of Friends (Quakers), 1691</i>
Thurs	15 th	<i>8.00pm Choir Practice</i>
Fri	16 th	<i>10.30am Coffee Morning</i>
Sat	17 th	<i>Antony of Egypt, hermit, abbot, 356, Charles Gore, bishop, founder of the Community of the Resurrection, 1932</i>
Sun	18 th	Conversion of Paul, 6.30pm Evensong on Zoom
Mon	19 th	<i>Wulfstan, bishop, 1095</i>
Tues	20 th	<i>Richard Rolle, spiritual writer, 1349</i>
Wed	21 st	<i>Agnes, child martyr, 304</i>
Thurs	22 nd	<i>8.00pm Choir Practice, Vincent of Saragossa, deacon, martyr, 304</i>
Fri	23 rd	<i>10.30am Coffee Morning</i>
Sat	24 th	<i>Francis de Sales, bishop, teacher of the faith, 1622</i>
Sun	25 th	2nd Sunday of Epiphany, 6.30pm Evensong on Zoom
Wed	28 th	<i>Thomas Aquinas, priest, philosopher, teacher of the faith, 1274</i>
Thurs	29 th	<i>8.00pm Choir Practice</i>
Fri	30 th	<i>10.30am Coffee Morning, Charles, king and martyr, 1649</i>
Sat	31 st	<i>John Bosco, priest, founder of the Salesian Teaching Order, 1888</i>

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