

June and July 2026



# GRIDIRON

The Magazine of the Parish Church of  
Saint Laurence Upminster

£1



**Holy, holy, holy! Lord God Almighty!  
All your works shall praise your name,  
in earth, and sky, and sea.  
Holy, holy, holy! Merciful and mighty!  
God in three Persons, blessed Trinity.**

## 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 |
| <i>(see Parish Diary for details)</i> |       |

### 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 service is on **29th June**. There will not be a service in July.



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

**Parish Office ☎01708 220696**

**[parish.office@upminsterparish.co.uk](mailto:parish.office@upminsterparish.co.uk)**

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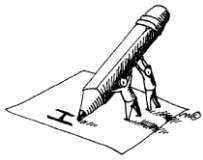
## From the Rector

As I write this in April, I have recently planted a number of seeds in my portable greenhouse – sunflowers, tomatoes, beans and one or two other vegetables. Some of you are probably much more accomplished gardeners than I am, but here at least I find it can be very difficult to predict from year to year what will flourish and what will fail to thrive. At least this year I think we have labelled everything more clearly so we don't have to play 'guess the plant' as the seeds begin to germinate. Nonetheless, it remains to be seen what will do well, what may even fail to grow at all, and what may be eaten along the way. A few years ago we had sunflowers that were about to bloom, when suddenly one of the local squirrels appeared and rapidly beheaded them!

It is easy to see why Jesus often used imagery about sowing and seeds to talk about how people received the gift of faith, and about the growth and flourishing of the Kingdom of God. It was imagery that would have felt very familiar to his audience in an agricultural society, and which, in the variety of what may or may not happen to seeds as they grow, allows a lot of interesting comparisons with the ups and downs that may be present in our spiritual lives as individuals or as a community. We may plant, and do our best in doing so, but we do not always know what will flourish, or how, or when. Sometimes we may plant something – a tree, for example – and it is someone else who later comes to enjoy the fruit, or the shade, or the beauty, many years down the line when the tree has grown.

In our world at present there is much that we as ordinary people may feel powerless to 'fix', and many situations where we cannot predict the outcome. The challenge is in not allowing this to stop us from planting seeds in good faith, not allowing it to stop us from approaching each situation that we encounter with good intentions, not allowing the fact that we cannot fix the world to dissuade us from doing anything at all. Not everything that we do will flourish, but by the grace of God, some of it will, and will make a difference in some way.

With my prayers and best wishes  
Susannah



## From the Editors

Dear Readers

The first of our summer issues is here and I hope June and July are just right for getting out and about and for meeting up with family and friends. The long days are just perfect for picnics and trips into nature, while the warm nights make nocturnal expeditions an amazing experience. Whether the seaside is your thing, or hills and lakes, or even just your local park or back garden – whatever you do, I hope you experience child-like joy and awaken all your senses to the beauty and wonder of this amazing planet of which we are all a part. Love, laugh and live kindly – life is a blessing.

*Joanne Chapman, Editor*

## From the Parish Registers

### BAPTISM

*We welcome into the family of the church and pray for:*

|            |                                  |
|------------|----------------------------------|
| April 26th | Jamie Kirkman and Nellie Edwards |
| May 3rd    | Penelope Susan Herbert           |



## August and September Magazine Deadline

Items for inclusion in the August and September edition of *Gridiron* should reach the editorial team by **Friday 3rd July**. We would prefer to receive items by e-mail at [gridiron@upminsterparish.co.uk](mailto:gridiron@upminsterparish.co.uk). Paper copy is acceptable but should be submitted to us as early as possible. The **August and September** Magazine will be on sale from **Sunday 26th July**.

**You can advertise in Gridiron from as little as  
£11 per issue. Please contact the Editors at  
[gridiron@upminsterparish.co.uk](mailto:gridiron@upminsterparish.co.uk)**

## **A Good Saint when you're all at sea – 2nd June**

Do you like messing about in boats? If so, then you'll have heard of St Elmo's Fire. It is the light that is sometimes seen on mastheads of boats after storms at sea.

St Elmo is another name for St Erasmus, a fourth century Syrian bishop who was not afraid of violent storms. Legend has it that one day when Erasmus was preaching outside, a thunderbolt hit the ground right beside him. That might have distracted many modern bishops, but not Erasmus – he just kept on preaching. His courage won him the respect of sailors, who also had to brave the elements of nature in their daily work. He died about 300AD.

## **The Founder of Padstow – 4th June**

This 6th century abbot is Cornwall's most famous saint. Petroc set sail from South Wales, landed at Haylemouth, and founded a monastery at Lanwethinoc – now called Padstow, after him (Petroc's Stow).

Padstow must have been popular even in those days, because about 30 years later Petroc, in search of some peace and quiet, moved on to build another monastery at Little Petherick (Nanceventon). Here he must have decided to try some 6th century equivalent of 'Fresh Expressions', because he engaged with his local community by building a mill and a chapel.

In time, Petroc began feeling crowded again. So he tramped off to the remote wilds of Bodmin Moor, where he lived as a hermit – until some 12 monks turned up to join him. Firmly, Petroc kept them all housed in a monastery on a hilltop, while he enjoyed his private space in a cell by the river.

But even here Petroc was not alone. One day a terrified stag came rushing through the woods, pursued by the hunt. Petroc flung open the door of his cell, and the panting animal took refuge. When the huntsmen arrived on the scene, they did not dare to argue with the famous holy man, and went their way. The stag's gratitude made him tame, and Petroc would come to be portrayed with a stag as his special emblem.

Petroc was buried in the monastery in Padstow until c1000 when his shrine and relics, including his staff and bell, were translated to Bodmin. Here they have stayed ever since, except for a short, unplanned trip to Brittany in 1177, when they were stolen. Henry II intervened, and everything but a rib of Petroc was eventually returned.



# St Botolph's Church, Aldersgate

*by Rob Brabner*

St Botolph's Church is one of three surviving City Churches (there were four) dedicated to the East Anglian abbot and saint who died c680 when he was around 70 years of age. He was a popular saint, patron of boundaries, travellers and wayfarers, hence there appears to have been a church dedicated to him close to four of the main City gateways.

These days it can be a bit confusing which church is which: there is St Botolph Aldgate (eastern boundary), St Botolph, Bishopsgate, (close to Liverpool St Station) and St Botolph, Aldersgate, which is situated in 'Postman's Park' and just north of St Paul's Cathedral.

The exterior of St Botolph, Aldersgate, is fairly modest, although the original church seems to date back to the time of Edward the Confessor. The church survived the Great Fire, being positioned just outside the City wall. However, by the late 18th century, it was in a very poor state and, in 1789-91, was largely rebuilt by Nathaniel Wright. Some interesting monuments were retained, including the fine 1563 Gothic altar-tomb dedicated to Anne Packington, with a canopy and groups of kneeling figures made in brass.

The east end of the church was again rebuilt in 1829 but the surprise to the visitor is the interior: the blue and white ceiling with plaster rosettes and the east end apse in blue and gold.



The east end window is described as a 'transparency' (painted on glass) and, indeed, the only example in a City Church. Designed by Nathaniel Clarkson and carried out by James Pearson in 1788, the window depicts 'The Agony in the Garden'.

The church has a gallery and, above that, a semi-circular, clear glass window giving attractive light. There are fine columns and, at the west end, the convex organ gallery is also impressive.

On the north aisle the church has four Victorian stained glass windows showing aspects of Christ's life and on the south side some interesting and colourful



windows dating from the 1950s. These depict unusual scenes from the church's history, including John Wesley preaching, which he did close to the church in what is now Postman's Park - and why Postman's Park? The park is very close to the former headquarters of the General Post Office and the postman and staff used the park as a popular spot to eat their lunch. In the park is the famous Watts

Memorial, commemorating those who sacrificed their own lives in individual acts of bravery. Inside the church is a memorial to those from the Post Office who sacrificed their lives in the two World Wars.

St Botolph's is an active church under the umbrella of St Helen's, Bishopgate and has regular weekday evangelical activities. On Sundays it is used by a Scottish Presbyterian congregation. The Friends of the City Churches open the church to visitors on Wednesday from 11am to 3pm. Please check the church website for up to date information and activities.

## **A day in the City?**

*by Rob Brabner*

The Friends of the City Churches have unveiled a brand new and improved website containing a lot of very useful information and is well worth exploring.

In the Church Finder there are 63 entries relating to churches of all denominations within the City plus surviving Towers and City gardens/churchyards. The website has useful information on events, services and concerts, details about Friends membership and volunteering plus merchandise which helps the charity provide small grants to City Churches in need of support.

The Friends have a full programme of events, talks, guided walks, visits to Guild and Livery Companies and other places of interest around the City.

For up-to-date advice on a specific church's services it is advisable to check the individual website for the particular church you are interested in, each has a link. Some of the City churches have a different congregations on Sundays compared to their weekday attendees.

Check out the much improved website at: [www.fotcc.org.uk](http://www.fotcc.org.uk)

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Good Friday Children's' Activities in the Main Hall

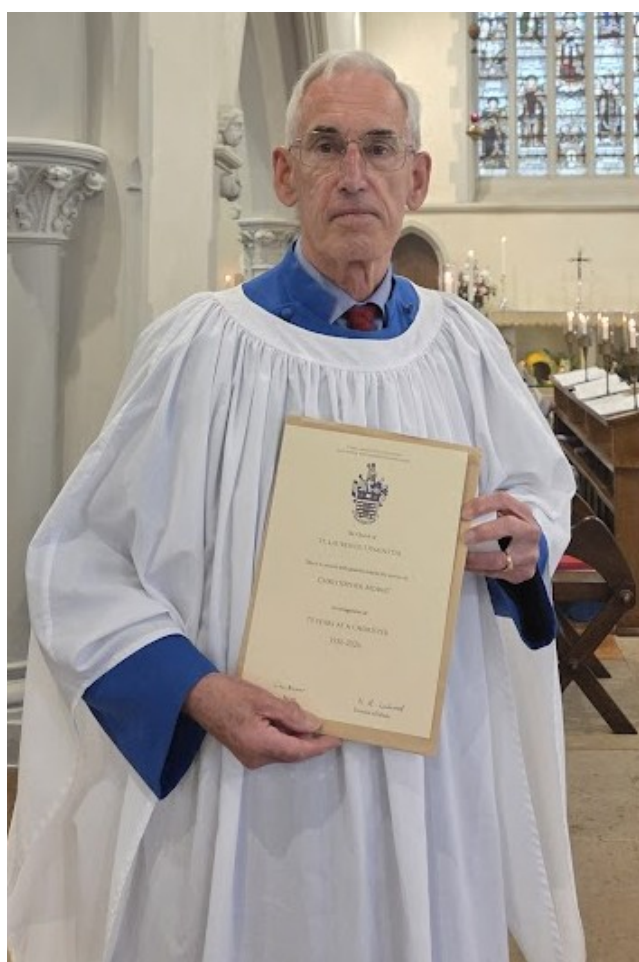


Easter Art by Rosalind Hore





Easter Flowers by Churchwardens, Jean and Cheryl



## A Choral Milestone

On Sunday 26th April we marked an outstanding achievement - Chris Mowat having been a member of the choir at St Laurence for seventy years! The 9.30 Mass was enriched by particularly glorious music as we welcomed back multiple former choir members and two former Directors of Music (Jeremy Allen and Richard Brasier) to join Nigel and our current choir. Chris had chosen the hymns and anthems which held particular significance for him and his family. The highlight was the post-Communion



anthem; 'The Heavens are Telling' from Haydn's oratorio 'The Creation'.

During Mass we presented Chris with a certificate and medal from the Royal School of Church Music to mark the occasion - and afterwards we celebrated in customary St Laurence style with cake and wine. The cake had, as usual, been skilfully crafted by Jean Keen and was topped with miniature sheet music of the song 'A Wand'ring Minstrel' from Gilbert and Sullivan's 'The Mikado'.

We are very fortunate to have a choir at St Laurence and this does greatly enhance our worship. If any of you - of any age - would be interested in singing with the choir regularly or occasionally, please speak to Nigel Lockwood or to Susannah.



# Hoverflies

*by Michael Blencowe of the Sussex Wildlife Trust*

Everyone loves bees, don't they? Knowing that our bees are in decline has prompted protests and petitions and highlighted the important service these buzzing pollinators provide to our planet. Without them our crops and ecosystems would collapse. Yet many other pollinators that provide the same service don't get the same level of public support. So today I'm waving my flag for the hoverflies.



For some reason, they're not as loveable as bees. Perhaps it's because most of the time people mistake them for wasps. This isn't totally our fault because that's exactly what the hoverflies want you to think. The 283 species of hoverfly in the UK come in many shapes, colours and sizes but most of them sport yellow and black stripes, making them easily confused for wasps, bees, hornets and bumblebees. It's a strategy called Batesian mimicry and was first proposed by Leicestershire lepidopterist Henry Bates in 1861.

Hoverflies are harmless. They don't sting and can't bite but they have discovered you don't actually have to be dangerous to deter predators – you just have to look like something that's dangerous. Yet their devious mimicry isn't the most incredible thing about them. Their wings are the things. Hoverflies (like all flies) have just two wings (half as many wings as bees and wasps). Whereas other flies keep their wings straight, hoverflies incline theirs to create an angled downward stroke at a remarkable rate of 120 beats per second. This allows hoverflies to fly to a most amazing place: nowhere. Hoverflies have become the motionless masters of mid-air.



It's not all sitting around in the sky though. During their few days of life, hoverflies fight, fornicate and feed and while busy collecting energy-giving nectar and protein-rich pollen they inadvertently provide that vital pollination service to our flowers and crops. And hoverflies have earned the title of 'The Gardeners' Friend' because about 40% of them have a larval stage which is basically a tiny crawling stomach that roams around your

flowerbed eating aphids. Pollination, pest control – next thing you know these beneficial little insects will be mowing the front lawn for us, too.



So why not thank these friendly flies by planting some of their favourite flowers in your garden – parsley, fennel, borage, hebe, sedum and alliums – and consider putting in a pond, no matter how small. Do your bit for the pollinators and they'll keep the world working for us.

## Things to do at Essex Wildlife Trust Nature Reserves



The Essex Wildlife Trust has many events organised at their nature reserves. If you need to engage your under 5s there are weekly Nature Tots outdoor playgroups. They are inspired by the Forest School Principles, created to spark curiosity, confidence, and a lifelong love of nature and the great outdoors.

For primary school age children there are Home Education Sessions where, in relaxed outdoor settings, children can be themselves and work together to develop social skills and to foster a deep understanding of wildlife and a love of the natural world.

For older children and adults there are workshop events focusing on specific interests, i.e. identification, photography and crafts, and for those unable to go in person there are online webinars.

So, however you want to engage, there is something for everyone. More information can be found online at: [essexwt.org.uk/whats-on](http://essexwt.org.uk/whats-on)

### Teen Creed

from Keith & Debbie Stewart

*We saw this message on a prayer card in Greensted church recently. Not only a useful guide for young people, but we can think of quite a number of adults in the world today who might benefit from following its message.*

Choose only a date who will make a good mate.

Be master of your habits, or they will master you.

Don't be a show off when you drive, drive with safety and arrive.

Don't let the crowd pressure you, stand for something  
or you'll fall for anything.

Don't let your parents down...they brought you up.

Be humble enough to obey, you may give orders someday.

Choose companions with care, you become what they are.

Guard your thoughts, what you think you are.

# St Laurence and The Friends of Essex Churches Trust

Our Parish has supported the work of the Friends of Essex Churches over a number of years and a couple of years ago St Laurence was awarded a generous grant of 15 thousand pounds when we had to fund necessary repairs to the church. No doubt we will be seeking further support when we are ready with the Building Improvement Project details.

This year 'The Friends' are celebrating their 75th anniversary; only the equivalent 'Friends' groups in Suffolk and Norfolk are older. These days, there are about 30 different counties supporting Ride and Stride and they will all be participating on Saturday 12th September.

How the Sponsored Ride & Stride works: the 'Ride' refers to cyclists. Unfortunately, St Laurence has not had available cyclists for a number of years, but we have regularly provided a small group of walkers, so our team will be 'Striders'. The sponsorship works on the basis of friends and members of the congregation providing a pledge of either a fixed sum or sponsorship for each church or chapel visited. These days most people opt to pledge a fixed sum, and of course all donations are most welcome. Of the monies raised, 50% is reallocated to the St Laurence Building Fabric fund and the other 50% supports the valuable work of The Friends of Essex Churches Trust. The Trust awards grants for necessary repairs and improvement works to Christian Churches within 'Churches Together'. All are mainstream churches, but they do not have to be listed churches. However, inevitably, the majority of applications do seem to come from historic churches. Repairing and other works to historic churches require the use of traditional materials and must meet approved conservation standards, so it costs more, but usually it also means repairs last longer, so can be better value in the long term.

St Laurence Church is looking for volunteers to join our 'Striders'. The route has not yet been decided, although a visit to churches in Leytonstone is under consideration, so we can travel there by public transport. Once we start, it would be safe street walking, with all the required stops for coffee/lunch etc.

We will also be looking for support from the congregation for sponsorship. Do please remember that the church is no longer able to claim back the VAT cost for repairs, as the government have closed the scheme which has been running for a number of years. The result of the government decision is a huge increase of 20% for all the repair costs for listed churches. This can only be repaid by members of the congregation.

Please speak to Rob Brabner if you are able to help as a Strider, if you wish to know more about the event, or have any further ideas to support the parish efforts - 01708 457578 or robertbrabner@icloud.com



SAINT LAURENCE  
THE PARISH CHURCH OF UPMINSTER



# BARBECUE



**SATURDAY**  
**18 JULY**  
**4.30PM**

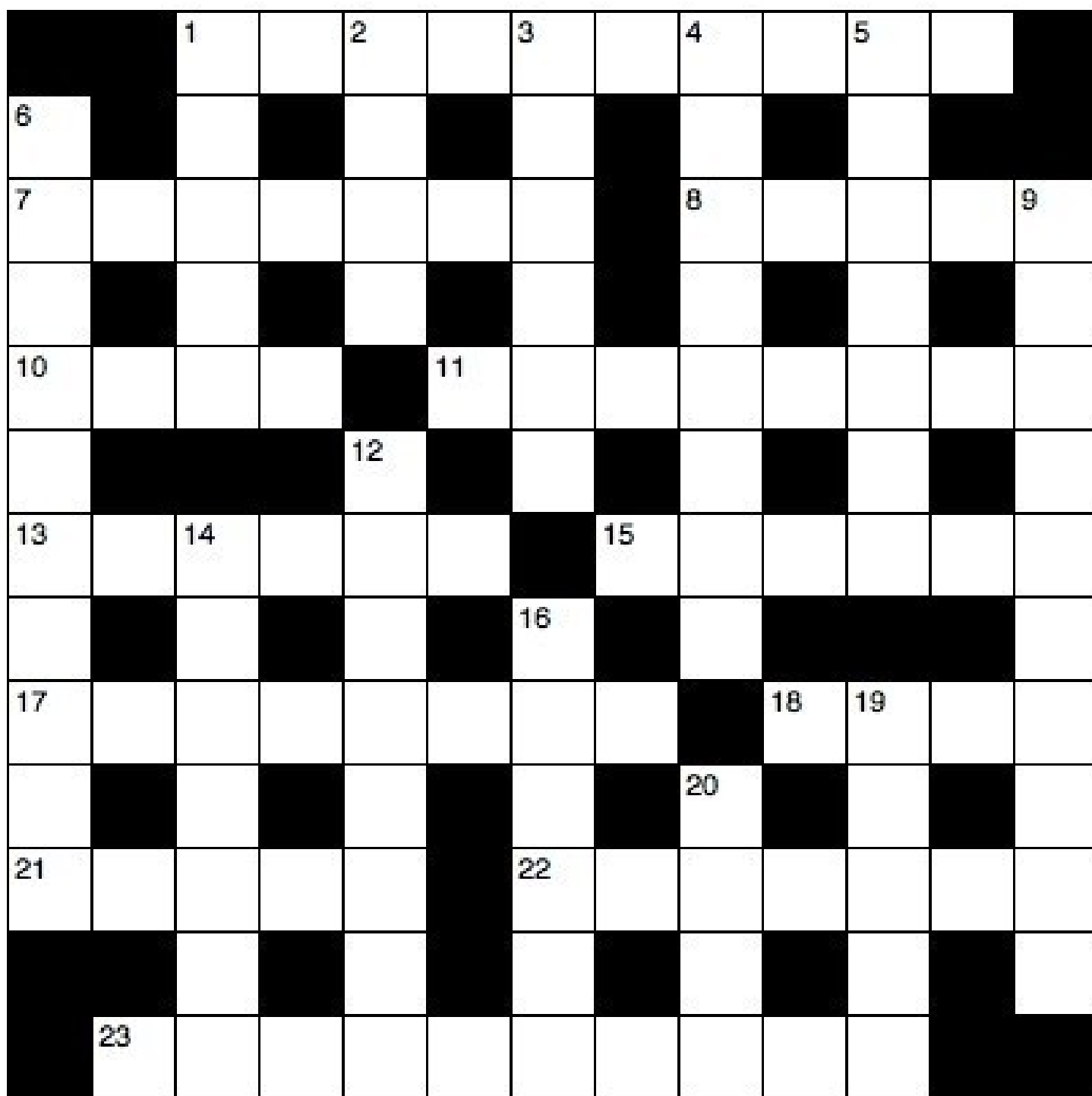
ALL ARE WELCOME TO THIS  
SUMMER SOCIAL EVENT

PROCEEDS TO THE CHURCH  
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PLEASE BRING YOUR OWN DRINKS  
AND GLASSES  
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or phone 01708 220696  
by 8<sup>th</sup> July.





## ACROSS

- 1 Evil (Genesis 6:5) (10)
- 7 Musician called for by Elisha when he met the kings of Israel, Judah and Edom (2 Kings 3:15) (7)
- 8 The request that led to the institution of the Lord's Prayer: 'Lord, \_\_\_\_ us to pray' (Luke 11:1) (5)
- 10 'We are hard pressed on every\_\_\_\_' (2 Corinthians 4:8) (4)
- 11 Fraud (2 Corinthians 6:8) (8)
- 13 'His troops advance in force; they build a siege ramp against me and \_\_\_\_ around my tent' (Job 19:12) (6)

- 15 Where Rachel hid Laban's household gods when he searched his daughter's tent (Genesis 31:34) (6)
- 17 'Now about spiritual gifts, brothers, I do not want you to be\_\_\_\_' (1 Corinthians 12:1) (8)
- 18 Nomadic dwelling (Genesis 26:25) (4)
- 21 'As for man, his days are like \_\_\_\_, he flourishes like a flower of the field' (Psalm 103:15) (5)
- 22 Or I live (anag.) (7)
- 23 Those guilty of 1 Across (Romans 13:4) (10)

## DOWN

- 1 'God so loved the \_\_\_\_ that he gave his one and only Son' (John 3:16) (5)
- 2 'Away in a manger, no \_\_\_\_ for a bed' (4)
- 3 Mob ten (anag.) (6)
- 4 'Each \_\_\_\_ group made its own gods in several towns where they settled' (2 Kings 17:29) (8)
- 5 Began (Luke 9:46) (7)
- 6 Speaking very softly (John 7:32) (10)
- 9 Workers Ruth joined when she arrived in Bethlehem with her mother-in-law Naomi (Ruth 2:3) (10)
- 12 Put in jail (Acts 22:19) (8)
- 14 Aceturn (anag.) (7)
- 16 Discharge (Acts 21:3) (6)
- 19 'All these \_\_\_\_ come from inside and make a man "unclean"' (Mark 7:23) (5)
- 20 'Let us rejoice and be glad and \_\_\_\_ him glory!' (Revelation 19:7) (4)

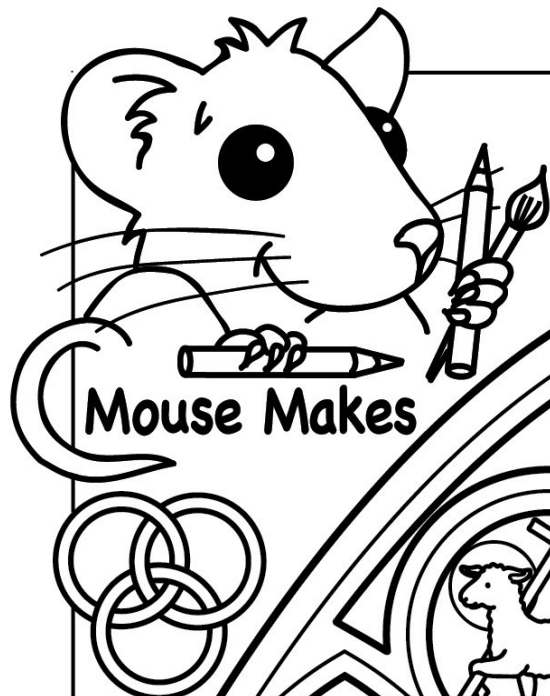
**APRIL AND MAY ANSWERS: ACROSS:** 1 Cosmic, 4 Thomas, 8 In his, 9 Delaiah, 10 Falwell, 11 Water, 12 Recovered, 17 Sidon, 19 Radiant, 21 Centaur, 22 Broil, 23 Eleven, 24 Prison. **DOWN:** 1 Cliffs, 2 Scholar, 3 Issue, 5 Holy war, 6 Moist, 7 Sphere, 9 Deliverer, 13 Candace, 14 Deacons, 15 Psyche, 16 Stolen, 18 Dance, 20 Debar.

## ***Quotes with our Christian faith in mind...***

God cares not for phrases but for affections. – *J Hall*

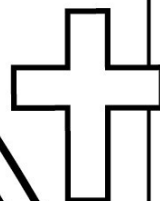
Our life is scarcely the twinkle of a star in God's eternal day. – *B Taylor*

God's gifts put man's best dreams to shame. – *Elizabeth Barrett Browning*



"May the grace of the Lord  
**JESUS CHRIST** and the  
love of **GOD** and the  
fellowship of the  
**HOLY SPIRIT** be  
with you all."

2 Corinthians  
13:14



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S A V I O U R  
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**JESUS • CHRIST**  
SON • SAVIOUR • LORD  
EMMANUEL • MESSIAH  
SHEPHERD • LAMB • WAY  
TRUTH • LIFE • DOOR  
BREAD • WORD • HEALER  
VINE • ALPHA • OMEGA

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V S W L A R A  
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S A V I O U R

**GOD • FATHER**  
ABBA • LORD • JEHOVAH  
YAHWEH • ALMIGHTY  
HOLY ONE • SAVIOUR  
ETERNAL • CREATOR  
KING • MAJESTY • JUDGE  
SHIELD • ROCK • I AM

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## Charity of the Month June – Friends of the Earth



### **Friends of the Earth**

Friends of the Earth is the world's largest grassroots environmental federation uniting a network of people across every continent, campaigning on today's most urgent environmental and social issues and promoting solutions that will help to create environmentally sustainable and socially just societies.

Friends of the Earth began in 1971 with a campaign to promote reuse and better use of the planet's resources. It set the tone for a peaceful and effective style of campaigning. Over the decades since, they have organised peaceful blockades, pollution testing, fighting for the right of people to protest and have run successful advertising campaigns to promote concerns to a wider public audience.

Friends of the Earth are committed to:

- Each generation enjoying an environment that's getting better; a safer climate, abundant nature, healthy air, water and food.
- A growing and diverse network of people coming together to transform our environment into one which is flourishing, sustainable, and socially just.
- A peaceful and sustainable world based on societies living in harmony with nature.
- Their staff, their wider network and the work they do must be free from discrimination and harassment.

### **Kings Cuts Tree Services**

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## Charity of the Month July – Christian Aid

Christian Aid exists to create a world where everyone can live a full life, free from poverty.



Christian Aid was formed in 1945 by British and Irish churches to help refugees following the Second World War.

They are a global movement of people, churches and local organisations and for 80 years they have provided humanitarian relief and long-term

development support for poor communities worldwide, while highlighting suffering, tackling injustice and championing people's rights. Their mission is to eradicate extreme poverty by tackling its root causes. Together with people living in poverty, they amplify voices to speak truth, to empower and to create lasting change.

Christian Aid's core values are:

- **Equality:** Tackling the power imbalances that cause poverty to create a world in which everyone has an equal voice, equal power, and an equal opportunity to make the most of their lives.
- **Dignity:** Christian Aid believes that all people are created in God's image and have inherent value and worth. People living in poverty should be able to make their own decisions about their lives and their future.
- **Justice:** Poverty is an outrage against humanity. It robs people of their dignity and lets injustice thrive. Christian Aid is passionate about justice and stands together with the most vulnerable and excluded to build a fairer world.
- **Love:** Love is their motivation. It is the core of who they are. God's love transforms; it gives the strength to choose to love all people living in poverty and the empathy to create change for good.

## And Finally...

The little boy was saying his go-to-bed prayers in a very low voice.

"I can't hear you, dear," his mother whispered.

"Wasn't talking to you," said the small one firmly.

# Parish Diary for June

**See inside front cover for regular Sunday service times**

|       |      |                                                                                                                                                                                            |
|-------|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mon   | 1st  | <i>Visit of the Blessed Virgin Mary to Elizabeth</i>                                                                                                                                       |
| Wed   | 3rd  | <i>Martyrs of Uganda, 1885-7, 1977</i>                                                                                                                                                     |
| Thurs | 4th  | <i>Day of Thanksgiving for the Institution of the Holy Communion (Corpus Christi), Petroc, abbot, 6th cent, 7pm Corpus Christi Mass at All Saints' Church, Cranham (No Choir Practice)</i> |
| Fri   | 5th  | <i>Boniface (Wynfrith), bishop, martyr, 754, 10.30am Coffee Morning</i>                                                                                                                    |
| Sat   | 6th  | <i>Ini Kopuria, founder of the Melanesian Brotherhood, 1945</i>                                                                                                                            |
| Sun   | 7th  | <b>1st Sunday after Trinity, 8am Building Faith, Main Hall, 6.30pm Evensong on Zoom</b>                                                                                                    |
| Mon   | 8th  | <i>Thomas Ken, bishop, nonjuror, hymn writer, 1711</i>                                                                                                                                     |
| Tues  | 9th  | <i>Columba, abbot, missionary, 597, Ephrem, deacon, hymn writer, teacher of the faith, 373</i>                                                                                             |
| Thurs | 11th | <i>Barnabas the Apostle, 8pm Choir Practice</i>                                                                                                                                            |
| Fri   | 12th | <i>10.30am Coffee Morning</i>                                                                                                                                                              |
| Sun   | 14th | <b>2nd Sunday after Trinity, 9.30am Parade Service, 6.30pm Evensong on Zoom</b>                                                                                                            |
| Mon   | 15th | <i>Evelyn Underhill, spiritual writer, 1941</i>                                                                                                                                            |
| Tues  | 16th | <i>Richard, bishop, 1253, Joseph Butler, bishop, philosopher, 1752</i>                                                                                                                     |
| Wed   | 17th | <i>Samuel and Henrietta Barnette, social reformers, 1913 and 1936</i>                                                                                                                      |
| Thurs | 18th | <i>Bernard Mizeki, martyr, 1896, 8pm Choir Practice</i>                                                                                                                                    |
| Fri   | 19th | <i>Sundar Singh, sadhu (holy man), evangelist, teacher of the faith, 1929, 10.30am Coffee Morning</i>                                                                                      |
| Sun   | 21st | <b>3rd Sunday after Trinity, 12pm Baptism, 6.30pm Evensong on Zoom</b>                                                                                                                     |
| Mon   | 22nd | <i>Alban, first Martyr of Britain, c250</i>                                                                                                                                                |
| Tues  | 23rd | <i>Etheldreda, abbess, c678, 8pm CM&amp;FG Meeting, Parish Office</i>                                                                                                                      |
| Wed   | 24th | <i>Birth of John the Baptist</i><br><i>7pm Archdeacon's Visitation at All Saints' Church, Ardleigh Green</i>                                                                               |
| Thurs | 25th | <i>8pm Choir Practice</i>                                                                                                                                                                  |
| Fri   | 26th | <i>10.30am Coffee Morning</i>                                                                                                                                                              |
| Sat   | 27th | <i>Cyril, bishop, teacher of the faith, 444</i>                                                                                                                                            |
| Sun   | 28th | <b>4th Sunday after Trinity, 6.30pm Evensong on Zoom</b>                                                                                                                                   |
| Mon   | 29th | <i>Peter and Paul, Apostles, 9.30am Footsteps</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 July

**See inside front cover for regular Sunday service times**

|       |      |                                                                                                                                                     |
|-------|------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Wed   | 1st  | <i>Henry, John and Henry Venn, priests, evangelical divines, 1797, 1813, 1873</i>                                                                   |
| Thurs | 2nd  | 8pm Choir Practice                                                                                                                                  |
| Fri   | 3rd  | <i>Thomas the Apostle, 10.30am Coffee Morning</i>                                                                                                   |
| Sun   | 5th  | <b>5th Sunday after Trinity, 8am Building Faith, Main Hall, 6.30pm Evensong on Zoom</b>                                                             |
| Mon   | 6th  | <i>Thomas More, scholar, and John Fisher, bishop, martyrs, 1535</i>                                                                                 |
| Thurs | 9th  | 8pm Choir Practice                                                                                                                                  |
| Fri   | 10th | 10.30am Coffee Morning                                                                                                                              |
| Sat   | 11th | <i>Benedict, abbot c550</i>                                                                                                                         |
| Sun   | 12th | <b>6th Sunday after Trinity, 6.30pm Choral Evensong in Church</b>                                                                                   |
| Tues  | 14th | <i>John Keble, priest, poet, 1866</i>                                                                                                               |
| Wed   | 15th | <i>Swithun, bishop, c862, Bonaventure, friar, bishop, teacher of the faith, 1274, 7.30pm PCC Meeting</i>                                            |
| Thurs | 16th | <i>Osmund, bishop, 1099, 8pm Choir Practice</i>                                                                                                     |
| Fri   | 17th | 10.30am Coffee Morning                                                                                                                              |
| Sat   | 18th | <i>Elizabeth Ferard, deaconess, founder of the Community of St Andrew, 1883, 4.30pm Church Building Improvements BBQ</i>                            |
| Sun   | 19th | <b>7th Sunday after Trinity, 6.30pm Evensong on Zoom</b>                                                                                            |
| Mon   | 20th | <i>Margaret of Antioch, martyr, 4th cent, Bartolomé de la Casas, Apostle to the Indies, 1566</i>                                                    |
| Wed   | 22nd | <i>Mary Magdalene, (No Mass)</i>                                                                                                                    |
| Thurs | 23rd | <i>Bridget, abbess, 1373, (No Choir Practice)</i>                                                                                                   |
| Fri   | 24th | 10.30am Coffee Morning                                                                                                                              |
| Sat   | 25th | <i>James the Apostle</i>                                                                                                                            |
| Sun   | 26th | <b>8th Sunday after Trinity, 12pm Thanksgiving for the Gift of a Child, 6.30pm Evensong on Zoom</b>                                                 |
| Mon   | 27th | <i>Brooke Foss Westcott, bishop, teacher of the faith, 1901</i>                                                                                     |
| Wed   | 29th | <i>Mary, Martha and Lazarus, companions of Our Lord</i>                                                                                             |
| Thurs | 30th | <i>William Wilberforce, social reformer, Olaudah Equiano and Thomas Clarkson, anti-slavery campaigners, 1833, 1797 and 1846, 8pm Choir Practice</i> |
| Fri   | 31st | <i>Ignatius of Loyola, founder of the Society of Jesus, 156, 10.30am Coffee Morning</i>                                                             |

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



**Get in touch with ....**

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

|                                         |                                                                                          |              |
|-----------------------------------------|------------------------------------------------------------------------------------------|--------------|
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| <b>Pastoral Assistant</b>               | Deborah Masterson<br>deborah.masterson@upminsterparish.co.uk                             | 01708 609816 |
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| <b>Hon Treasurer</b>                    | Tony Bloomfield<br>treasurer@upminsterparish.co.uk                                       |              |
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