

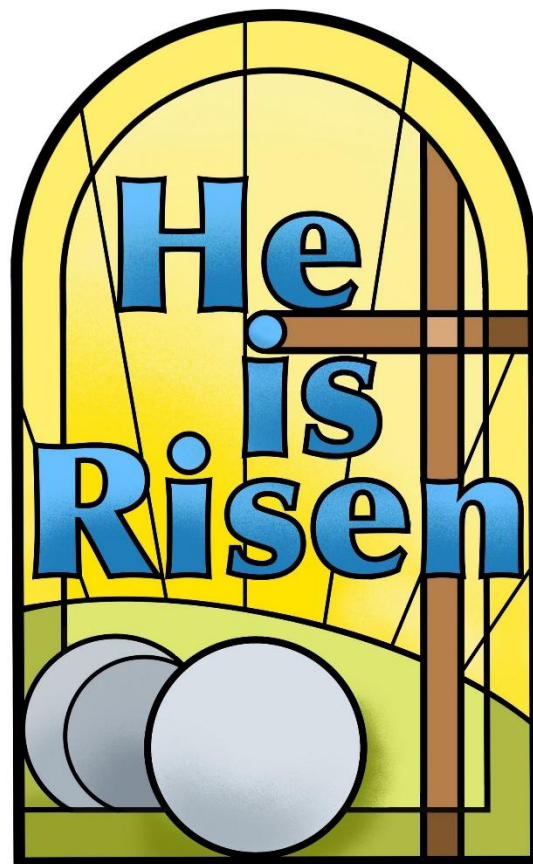
April and May 2026



GRIDIRON

The Magazine of the Parish Church of
Saint Laurence Upminster

£1



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		Weekdays		
Holy Communion	08.00	Wednesday	Morning Prayer	08.45
Sung Parish Mass	09.30		Mass	11.00
Sunday Schools	09.30		Evening Prayer	16.15
Evensong	18.30			
<i>(see Parish Diary for details)</i>				

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 on **27th April and 18th May.**



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.

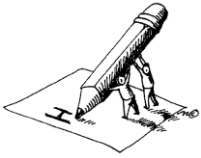
See back pages for useful telephone contact numbers

www.upminsterparish.co.uk

Parish Office ☎ 01708 220696

parish.office@upminsterparish.co.uk

The views expressed by individuals in Gridiron Magazine are not necessarily the views of St Laurence Church, Upminster. External advertising in this magazine does not imply an endorsement or promotion of the advertisement, nor its content, products or services. Errors and omissions, whilst regrettable, may occur. Please advise the editor in writing and appropriate action will be taken.



From the Editors

Dear Readers

I write this in blazing sunshine which has come after so much rain since Christmas. It feels like Spring has sprung and God is sending a message to us all to rejoice as Jesus is risen.

The many and varied services which take place over Easter are detailed elsewhere in the magazine and we look forward to seeing you in church during this time.

Arlette Wiggins, Editor

From the Parish Registers

BAPTISM

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

18 th Jan	Oscar, Bobby and D'arcy Hopkins
25 th Jan	George and Noah Snazel
15 th Feb	Esme Rose Rodgers

June and July Magazine Deadline

Items for inclusion in the June and July edition of *Gridiron* should reach the editorial team by **Friday 1st May. 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 **June and July** Magazine will be on sale from **Sunday 24th May**.**

Thank you for your sponsorship...

The palm crosses, Communion bread and wine and the Easter Vigil hand held candles have been sponsored for March in memory of the sponsor's parents on their wedding anniversary.



From the Rector

As I write this article in early March, it is several days since Israel and the US began bombing Iran and violence in that region increased. It is very difficult to know how the situation will develop, though of course we pray for de-escalation – but nobody can predict what it will look like even by the time you are reading this message in print.

Against such a backdrop the celebration of Easter may feel somewhat incongruous. We celebrate this extraordinary message of new life, of new hope, of the conquering of death – and yet the very land where it happened and the lands surrounding that place seem so mired in endless conflict, senseless violence, and, on all sides, the suffering of innocents, often to an horrendous extent. Reading the headlines from here we feel powerless, and wonder what on earth can be done, and where, how and whether it will all end.

It is perhaps worth focusing on two aspects of the Easter story in particular. Firstly, the way that the revelation of new life, the unpicking of the web of sin and death, the changing of the world order, happens very quietly, and also in the midst of a situation of considerable political turmoil, suffering and instability. The meaning of the empty tomb dawns upon the disciples gradually – but as they take it fully on board, it turns their lives upside down, and they are transformed from humble, despondent, lowly men and women to people who are suddenly travelling all over the place, preaching publicly and proclaiming that Jesus is the Messiah. I have long felt that one of the strongest proofs for the Resurrection is the change that comes about in the disciples, which could not be founded on a lie.

Secondly, Easter is a grounded revelation. It is not about embracing some otherworldly dimension and dispensing with the world as we know it and its problems. Jesus is raised to life within this world, and in a physical form, and then in the Ascension he takes that physical form into the life of God. Easter is never about ignoring the world. It is about a promise of redemption and new life for the whole of creation, and part of living from that promise is about engaging with difficult situations in the trust that somewhere, somehow, there will be redemption, change and new life. This is not only relevant to difficult international situations of course, but also those that we may be more directly involved with in our families or communities or through our work.

With my prayers and good wishes

Susannah

Introducing our incoming Curate – Fiona Macaulay

As announced in January, we are delighted that Fiona Macaulay will be joining St Laurence as our new Self-Supporting Assistant Curate, commencing in July 2026. Fiona will be licensed as a lay minister in June and ordained as a deacon in September, following the completion of her theological studies.



Fiona describes herself as someone who brings a profound commitment to parish ministry, a reflective and prayerful faith, and a sincere dedication to serving the community with warmth and integrity. Her areas of interest include preaching, worship, pastoral care, and community engagement through mission work. She looks forward to gaining insight from the parish's diverse experiences and values collaborative ministry alongside clergy, lay leaders, and parishioners.

During her curacy, Fiona will undergo further ministerial formation under Susannah's supervision, acquiring practical experience across all aspects of parish life, such as worship, pastoral support, mission activities, and community involvement.

In addition to her ministerial duties, Fiona has established a career in both central and local government, serving as an Analyst and, more recently, Programme Manager. She will continue her full-time employment while undertaking her curacy and is keen to learn more about the local area and become an integral member of the community.

Please keep Fiona in your prayers as she prepares to join us. We look forward to welcoming her soon. Her ordination as a Deacon will take place at Chelmsford Cathedral on Sunday 13th September (time tbc) and it would be lovely to have members of St Laurence in attendance – more information will be available in due course.

Holy Week and Easter services at St Laurence

Palm Sunday (29th March)

8.00am Mass with Reading of the Passion

9.30am Liturgy of the Palms, Procession and Parish Mass with Reading of the Passion

6.30pm Compline on Zoom

Monday of Holy Week (30th March)

4.15pm Evening Prayer

Tuesday of Holy Week (31st March)

4.15pm Evening Prayer

Wednesday of Holy Week (1st April)

11.00am Said Mass

4.15pm Evening Prayer

Maundy Thursday (2nd April)

11.00am Chrism Mass at Chelmsford Cathedral

8.00pm Solemn Mass of the Lord's Supper, followed by the Watch until 10pm

Good Friday (3rd April)

10am Walk of Witness from St Joseph's Church

10.30am United Service in Upminster Park or Trinity Church if wet

12-3pm Children's Good Friday Activities in the Main Hall (please book in advance)

12-1.45pm Reflections for Good Friday, in church – extracts from 'Women of Holy Week' by Paula Gooder

2-3pm Liturgy of the Day in church

Holy Saturday (4th April)

8.00pm Easter Vigil

Easter Day (5th April)

8.00am Said Mass

9.30am Parish Mass

No Evening Service

You are most welcome to attend any of these services.

For further information, please contact the Parish Office:

parish.office@upminsterparish.co.uk
01708 220696



QUIZ NIGHT

Saturday 30th May,

7:15 for 7.30pm

Main Hall, St Laurence Church

£8 per person

Tables of 8

Bring your own food and drink

In aid of the St Laurence Church Building
Improvements Project

ADVANCE BOOKING ESSENTIAL - Please
contact 01708 220696 or
parish.office@upminsterparish.co.uk by
20th May.

Summary of PCC Meeting held on 4th February 2026

It was agreed to support a faculty application that was being made in respect of a grave on the north side of the churchyard. As the kerbs were full, it was proposed to add an additional name on a marble wedge on top.

The report on the Quinquennial inspection has been received. Various works were listed but none required immediate attention. The architect had been very complimentary about the church and congratulated the Parish for all the hard work they are putting into the building.

Two PCC representatives are required for the interview panel for an Associate Priest. Deborah Masterson and Michael Masterson were selected. It was hoped to interview on 26th March but no applications had so far been received.

Jean Keen has served six years as Churchwarden so is due to retire. Cheryl Hale also wishes to step down. There is therefore an urgent need for two new Churchwardens. We currently have our full quota of lay PCC members (12) with none due to retire after six years and one eligible for re-election after three years. Deanery Synod elections for three representatives are due this year.

Various matters concerning the halls were discussed and agreed where necessary. These included flooring in the Minor Hall, replacement windows for Derham/Hurford, possible solutions to heating problems in Main and Minor Halls and a system for dealing with minor repairs.

It is hoped to soon have all the paperwork from the architect in respect of the Building Improvements Project so that a faculty can be submitted. A quiz and a barbecue are being planned as fundraising events.

Reports were given on all routine matters. Other items which were considered included:

- Update on future use of St Laurence House
- Legacy income
- Salary updates
- 6 Gaynes Park Road decoration costs
- Church opening and locking
- Appointment of Fiona Macaulay as self-supporting part-time Assistant Curate
- Hive heating controls
- Finance updates: review of 2025 and 2026 budget
- Update on bells project
- Lack of progress on Scout/Guide storage huts

BF Mulley & Son



incorporating Horace Fry

Chapel of Rest | Home Arrangements | Distance No Object
World Wide Repatriation | Ample Client Parking | Memorials
Family Owned Funeral Home | 24 Hour Funeral Service



254 St. Mary's Lane,
Upminster RM14 3DH
Tel. 01708 220330



28 High Street,
Hornchurch RM12 4UN
Tel. 01708 442145

e: funerals@bfmulleyson.com | www.bfmulleyson.com

Nuthatch: the bird table buccaneer *by Michael Blencowe of the Sussex Wildlife Trust*

Back garden birdwatchers know there's a pecking order on the peanut feeder. Coal Tits are elbowed out by Blue Tits who in turn are ousted by Great Tits. But when the Nuthatch shows up, everything scarpers. With its streamlined body, blue back, pink chest and black eye-stripe, the Nuthatch cuts a dynamic figure; a swashbuckling, bird table buccaneer. The weapon it wields is a stout, dagger-like beak but it's not designed for skewering birds. Nuthatches are nuts about nuts.



The Nuthatch's name comes from 'nut hacker' in reference to the bird's habit of jamming hazelnuts and acorns into tree crevices and then using its powerful bill to noisily smash them open. There's an old Sussex name which fits this manic, intense bird perfectly: Nutjobber. I have never seen this nutty little bird sitting still. They're so crazy about climbing that they're the only British bird that can actually climb headfirst down a tree.

At this time of year our garden birds become more vocal and aggressive as they claim and defend territories and croon their tunes to attract a mate. Spring lacks this urgency for the male Nuthatch. He hasn't stopped fighting all winter as he angrily defends his hectare of woodland.

Nuthatches are monogamous too and the loyal pair soon dispense with spring serenades and get down to the hard work of making a home. Many birds start from scratch. Twigs and moss are laboriously collected and nests are painstakingly woven. Nuthatches however are happy to let someone else undertake the heavy construction work. Their residence of choice is a spacious tree cavity drilled and abandoned by a woodpecker. Sure, it needs a bit of work but the Nuthatches will make do and mend. The main problem is the front door. It's too big. This gaping hole can let in predators or Starling squatters who will happily turf out nesting Nuthatches. So while the male keeps guard the female Nuthatch starts bricking up the entrance hole. Her bill is used like a plasterer's trowel to smear mouthfuls of mud until the terracotta porch is perfectly Nuthatch sized. She is a compulsive builder and if



they move into a nest box she still cannot resist plastering mud around the hole, even if it's already the right size.

And it's great to report on a bird that's actually increasing in number and range. Once restricted to south-east England, the Nuthatch now breeds in Scotland – probably assisted by the provision of garden peanut feeders as it marched north. As Britain seemingly gets crazier by the day it's nice to know there's still space for a few more Nutjobbers.

What is Maundy Thursday?

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together - for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening **BEFORE** the regular Passover meal, and that later Jesus died at **the same time that the Passover lambs were killed.**

From Parish Pump

Quinquagesima Lunch





Cleanliness is Next to Godliness - Or Is It? *by Monsignor Tony Rogers*

When people really listen to what you say, there's a fair chance feedback will follow. Recently I suggested that the expression "Cleanliness is next to godliness" was rather a bizarre statement. The Bible alludes to pots being pristine on the outside and filthy within, and I remarked that I had no idea who was foolish enough to have coined the phrase.

Soon afterwards, someone came back to me with a self-satisfied grin. 'Bet you can't guess who said it!' she said rather smugly. Well I knew it wasn't Jesus, but beyond that I was clueless. 'Let me read what was said,' she continued - determined to milk every drop of her knowledge. Although the expression is rooted in ancient history, it seems that the first person to latch on to it was none other than John Wesley. He used it in a sermon when he was speaking about good clothes and neat appearances being a sign of respect for others. Fair point, Mr Wesley, but I'd just like to say that when outer cleanliness is deemed essential, but inner cleanliness is neglected, how can the one be next to the other?'

We may be passionate about our daily shower, however we need to remember that man does not live on soap alone. Certainly, well-scrubbed and sweet-smelling, but often different inside. I was berated by a sixth-former who appeared to hold me personally responsible for global warming. Though I was a bit taken aback by her remarks, she made a valid point. Perhaps the modern equivalent of inspecting the inside of a pot is to look at my carbon footprint?

This prayer by St Brendan may help us see the perspective of our place in the world:

'Lord, help me, for Your sea is so big and my boat is so small.' Amen.

Monsignor Tony Rogers is a retired priest now living in Norwich, formerly Priest of Our Lady and the English Martyrs Church, Cambridge and later working in Aldeburgh, Suffolk. He was a regular presenter of The Daily Service on Radio 4.

This talk was first made on "Prayer for the Day" on 19th February 2007 and published in Prayer for the Day Volume II by Watkins Media Ltd, in arrangement with the BBC in 2016.

When Did Churches First Have.....?

by Rob Brabner

Pews

Pre 1300s congregations typically stood for services and only the elderly or infirm would use the stone, wall mounted or portable benches. Pews seem to become more common in the 14th and 15th centuries - firstly as stone benches before evolving into wooden fixed seating to accommodate long sermons and social hierarchy and pews were common in Protestant churches during the 16th and 17th centuries.

Organs

Pope Vitallian is attributed to have introduced the first pipe organ in 666AD. Small instruments were used in the 8th and 9th centuries and organs became fairly common in monastic churches by the 10th century. In Western Europe by the 13th century some churches and many cathedrals had introduced pipe organs. By the 18th century the practice was widespread, though no doubt the smaller village churches may simply have relied on their local musicians when music was required.

Stained Glass

Coloured glass in simple or more ornate patterns go back to as early as the 4th or 5th century. The art form developed and became popular in European churches from the 10-12th centuries and were popular as a visual aid for religious education, bearing in mind only the richer members of society would have been literate.



Wall Paintings

First appeared in England during the Roman period (AD43-410). In churches examples have been dated back to the Norman period. Historic England has recorded that the Norman Church of Kempsey, Gloucestershire (c1130) contains the most complete set of Romanesque murals in northern Europe. Lime washed during the Reformation period, they were uncovered in 1872. Essex also has some fine examples including 'The Last Supper' at St Mary's Church at Belchamp Walter (c1350).

Bells

It is believed that the early Christian missionaries used small handbells to call the faithful to worship. Paulinus, Bishop of Nola in Campania is attributed as first introducing bells in a church around 400AD.

The English Church introduced bells as early as the 7th century. The Venerable Bede records them being in use by 630AD and more commonly by c750 - there again to call the faithful to worship at a time before digital watches! By the 11th century bell towers were common, some of which were separate from the church building. A few examples have survived.

Fonts

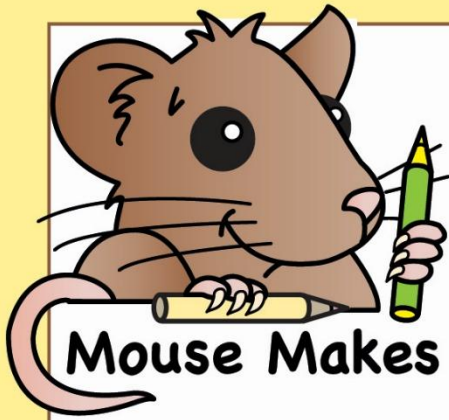
Church baptismal fonts, designed as a permanent feature and usually stone vessels for holding water, became standard in church architecture from around the 4th century onward and many would be placed in dedicated baptisteries. The earliest would have been large enough for full immersion. Later they evolved over the centuries into smaller more decorated pedestals. St Laurence's font, which has been moved several times, is originally from Upminster Hall's chapel and is from the 15th century, an octagonal bowl with quatrefoil panelling



Pulpits

Pulpits seem to have evolved from the Western European church where in the 9th century they were examples of an elevated enclosed platform with two desks - one to read the Gospel and one to read the New Testament Epistle.

In England in the early 12th century the first pulpits appear to have been light and movable structures but also stone platforms came into use, and by the Middle Ages were well established. The Reformation meant a greater emphasis on "The Word" so pulpits became of particular importance.



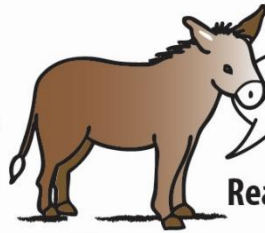
Mouse Makes

G O O D N E W S
 O H O S A N N A
 D E A T H Q B V
 V N C O E E U I
 U A H N A A R O
 M I R E V S Y U
 A L I V E T D R
 R I S E N E O K
 Y O T H O R N S
 P A L M S Q K A
 R P I L A T E N
 C R U C I F Y G
 R H I Q U A K E
 O C J E S U S L
 S T O M B V D Y
 S R Y E M P T Y

JESUS • DONKEY • PALMS
 HOSANNA • PILATE • THORNS
 CRUCIFY • NAIL • CROSS
 QUAKE • DEATH • BURY
 TOMB • STONE • EMPTY
 ANGEL • MARY • HEAVEN
 RISEN • ALIVE • GOD
 GOOD NEWS • CHRIST
 SAVIOUR • EASTER • JOY



EASTER WITNESS - I WAS THERE



I carried Jesus into Jerusalem

Read Matthew 21:1-11



I handed Jesus over to be crucified

Read Matthew 27:11-26



I nailed Jesus to the cross

Read Mark 15:16-32



We watched Jesus die

Read Mark 15:33-41



I laid his body in my tomb

Read Mark 15:42-47



I guarded the tomb

Read Matthew 27:62-66



We saw the empty tomb

Read Matthew 28:1-10

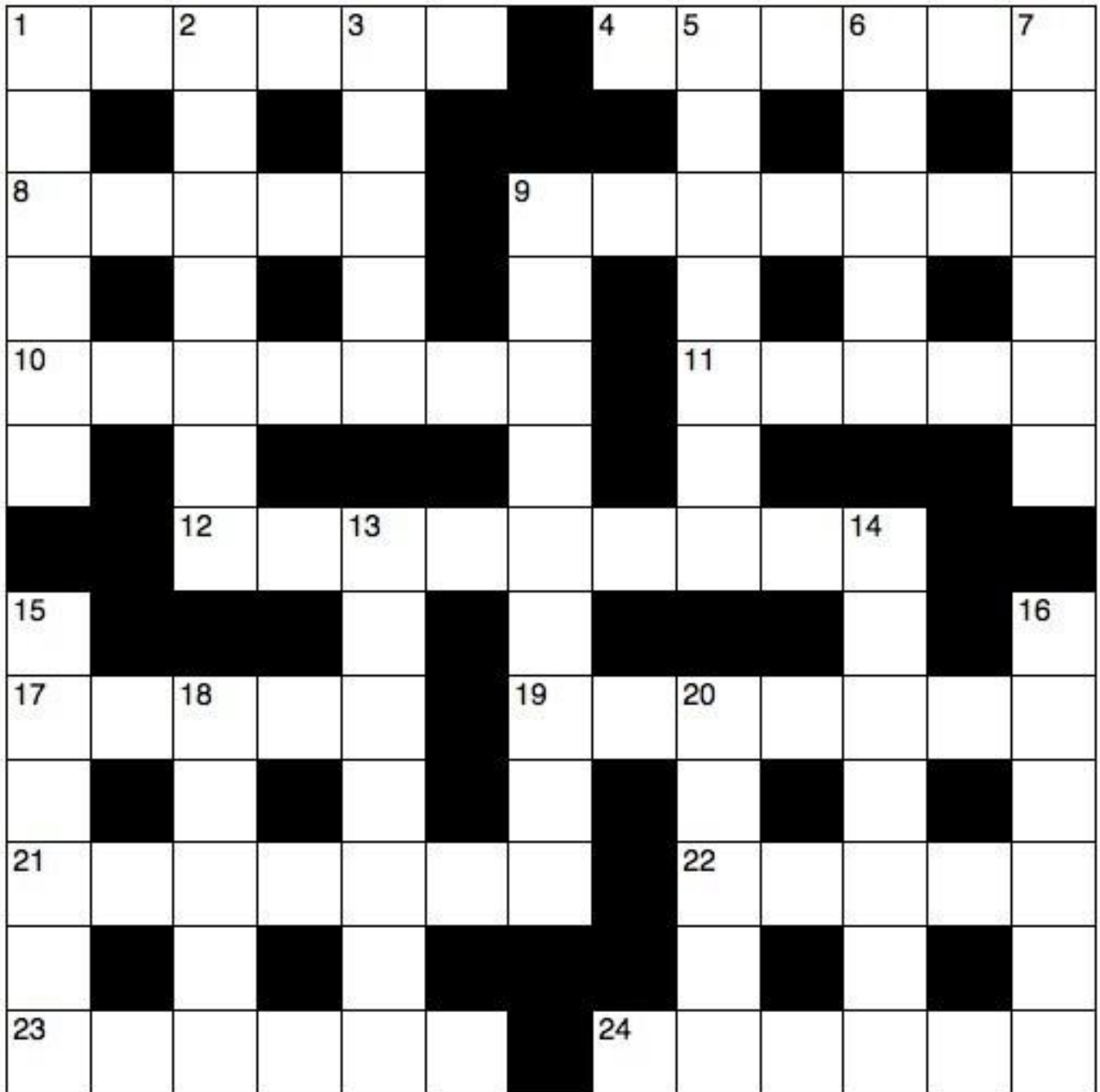
and spoke to the angel



Jesus is alive!
He ate a meal with me!



Read Luke 24:13-35



Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Genesis 14:16) (9)

- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3–4) (5)
 19 ‘Moses was not aware that his face was — because he had spoken with the Lord’ (Exodus 34:29) (7)
 21 Roonwit, C.S. Lewis’s half-man, half-horse (7)
 22 Grill (Luke 24:42) (5)
 23 ‘The lot fell to Matthias; so he was added to the — apostles’ (Acts 1:26) (6)
 24 ‘I was sick and you looked after me, I was in — and you came to visit me’ (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
 2 Academic (1 Corinthians 1:20) (7)
 3 Publish (Daniel 6:26) (5)
 5 For example, the Crusades (4,3)
 6 11 Across is certainly this (5)
 7 He reps (anag.) (6)
 9 Liberator (Psalm 18:2) (9)
 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
 14 They must be ‘worthy of respect, sincere, not indulging in much wine’ (1 Timothy 3:8) (7)
 15 The human mind or soul (6)
 16 ‘O Lord, while precious children starve, the tools of war increase; their bread is — ’ (Graham Kendrick) (6)
 18 ‘We played the flute for you, and you did not — ’ (Matthew 11:17) (5)
 20 Bared (anag.) (5)

February & March Answers: ACROSS: 1, Credit. 4, Tackle. 7, Cain. 8, Kenaniah. 9, Strength. 13, Beg. 16, Salvation Army. 17, ARC. 19, Every day. 24, Admonish. 25, Dire. 26, Sneeze. 27, Bronze. **DOWN:** 1, Cock. 2, Epistolic. 3, Taken. 4, Tenet. 5, Cane. 6, Leave. 10, Erase. 11, Guide. 12, Honey. 13, Barbarian. 14, Guys. 15, Asia. 18, Rod in. 20, Voice. 21, Rahab. 22, Hope. 23, Mene.

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

April Charity of the Month – King’s Trust

It all began in 1976, when His Majesty King Charles III, when he was His Royal Highness The Prince of Wales, had a bold idea. Having completed his duty in the Royal Navy, His Majesty became dedicated to improving the lives of disadvantaged young people in the UK. He founded The King's Trust (formerly The Prince's Trust) to deliver on that commitment.



At The King’s Trust, they believe that every young person should have the chance to succeed, no matter their background or the challenges they are facing. They help young people from disadvantaged communities and those facing the greatest adversity by supporting them to build the confidence and skills to live, learn and earn.

Their courses, resources and other support help people aged 11 to 30 to develop essential life skills, get ready for work and access job opportunities.

May Charity of the Month – USPG

The Society for the Propagation of the Gospel in Foreign Parts (known as SPG) was founded by The Revd Dr Thomas Bray in 1701.

Over its 300-year history USPG has sent over 15,000 missionaries worldwide. Many of these missionaries were pioneers, some were involved in tackling slavery, championing women’s rights and opposing racism. They also helped to establish Indigenous Anglican churches in the countries where they worked, helping to build what is today the global Anglican Communion.



The rapidly changing world of the mid-20th century, and particularly decolonisation, challenged traditional mission thinking and activity. This led to the development of new concepts which emphasised the interdependence of the world church with relationships becoming those of equal partners. In the late 20th and early 21st centuries, USPG’s role has increasingly become one of facilitation, enabling the movement of ideas, resources and people around the world church.

Parish Diary for April

See inside front cover for regular Sunday service times

Thurs	2 nd	<i>Maundy Thursday</i>
Fri	3 rd	<i>Good Friday</i>
Sat	4 th	<i>Easter Eve</i>
Sun	5 th	Easter Day, 6.30pm No Evening Service
Fri	10 th	10.30am Coffee Morning
Sun	12 th	2nd Sunday of Easter, 6.30pm Evensong on Zoom
Thurs	16 th	<i>Isabella Gilmore, deaconess, 1923</i> , 8.00pm Choir Practice
Fri	17 th	10.30am Coffee Morning
Sun	19 th	3rd Sunday of Easter, 11.00am APCM Meeting in Church, 6.30pm Evensong on Zoom
Tues	21 st	<i>Anselm, abbot, archbishop teacher of the faith, 1109</i>
Thurs	23 rd	<i>George, martyr, patron of England, c304</i> , 8.00pm Choir Practice
Fri	24 th	<i>Mellitus, bishop, 624, Seven Martyrs of the Melanesian Brotherhood, 2003</i> , 10.30am Coffee Morning
Sat	25 th	<i>Mark the Evangelist</i>
Sun	26 th	4th Sunday of Easter, 6.30pm Evensong on Zoom
Mon	27 th	<i>Christina Rossetti, poet, 1894</i> , 9.30am Footsteps
Tues	28 th	<i>Peter Chanel, missionary, martyr, 1841</i>
Wed	29 th	<i>Catherine of Siena, teacher of the faith, 1380</i>
Thurs	30 th	<i>Pandita Mary Ramabai, translator, 1922</i> , 8.00pm Choir Practice

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

Kings Cuts Tree Services

www.kingscutstreeservices.co.uk

formerly SJ Tree Services



- Pruning & Felling
- Hedge Trimming
- Stump Grinding
- Qualified Staff
- Crown Reduction
- Fully Insured

0800 311 8733 or 07467 944 671

Lawrence Crescent, Dagenham, RM10 7HJ

Parish Diary for May

See inside front cover for regular Sunday service times

Fri	1 st	<i>Philip and James, Apostles, 10.30am Coffee Morning</i>
Sat	2 nd	<i>Anthansius, bishop, teacher of the faith, 373</i>
Sun	3 rd	5th Sunday of Easter, 6.30pm Evensong on Zoom
Mon	4 th	<i>English saints and martyrs of the Reformation Era</i>
Thurs	7 th	8.00pm Choir Practice
Fri	8 th	<i>Julian of Norwich, spiritual writer, c1417, 10.30am Coffee Morning</i>
Sun	10 th	6th Sunday of Easter, 6.30pm Evensong on Zoom
Mon	11 th	7.30pm PCC Meeting
Tues	12 th	<i>Gregory Dix, priest, monk, scholar, 1952</i>
Thurs	14 th	<i>Ascension Day, 8.00pm Mass</i>
Fri	15 th	<i>Matthias the Apostle, 10.30am Coffee Morning</i>
Sat	16 th	<i>Caroline Chisholm social reformer, 1877</i>
Sun	17 th	7th Sunday of Easter, 6.30pm Evensong on Zoom
Mon	18 th	9.30am Foosteps
Tues	19 th	<i>Dunstan, archbishop, monastic reformer, 988</i>
Wed	20 th	<i>Alcuin, deacon, abbot, 804</i>
Thurs	21 st	<i>Helena, protector of the Holy Places, 330, 8.00pm Choir Practice</i>
Fri	22 nd	10.30am Coffee Morning
Sun	24 th	Pentecost, 6.30pm Churches Together United Service, see Porchtalk for details
Mon	25 th	<i>The Venerable Bede, monk, scholar, historian, 735, Aldhelm, bishop, 709</i>
Tues	26 th	<i>Augustine, archbishop, 605, John Calvin, reformer, 1564, Philip Neri, founder of the Oratorians, spiritual guide, 1595</i>
Thurs	28 th	<i>Lanfranc, monk, archbishop, scholar, 1089</i>
Fri	29 th	10.30am Coffee Morning
Sat	30 th	<i>Josephine Butler, social reformer, 1906, Joan of Arc, visionary, 1431, Apolo Kivebulaya, priest, evangelist, 1933, 7 for 7.15pm Building Improvements Quiz Night</i>
Sun	31 st	Trinity Sunday, 6.30pm Evensong on Zoom

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

Rector	The Reverend Susannah Brasier susannah.brasier@upminsterparish.co.uk	01708 220174
Pastoral Assistant	Deborah Masterson deborah.masterson@upminsterparish.co.uk	01708 609816
Safeguarding Officer	Akosua Boachie safeguarding@upminsterparish.co.uk	07760 791032
Parish Office	Verity Helby parish.office@upminsterparish.co.uk	01708 220696
Churchwardens	Jean Keen and Cheryl Hale parish.office@upminsterparish.co.uk	01708 220696
Hon Secretary PCC	Beryl Speed beryl.speed25@virginmedia.com	
Hon Treasurer	Tony Bloomfield treasurer@upminsterparish.co.uk	
Planned Giving	treasurer@upminsterparish.co.uk	
Electoral Roll Officer	Keith Stewart keithdebbie@btinternet.com	01708 227928
Director of Music	Nigel Lockwood nigel.lockwood@upminsterparish.co.uk	07899 876247
Church Halls Hire	Becky Perchard halls.bookings@upminsterparish.co.uk	07341 434798
Gridiron Editors and Advertising	Arlette Wiggins and Joanne Chapman gridiron@upminsterparish.co.uk	
Parish Website	www.upminsterparish.co.uk	

Are you sitting comfortably?

Come and take the comfort test...



Visit our store and explore our wide selection of over 80 sofa styles. Choose from top brands like Parker Knoll, G Plan, Stressless, Cintique, Ercol, Nicolletti, and more! Our friendly sales experts are here to help you find the perfect sofa.

Roomes

Furniture & Interiors | *Since 1888*

Telephone: 01708 255300 Email: reception@roomes.co.uk

SOFAS | DINING | BEDS | BEDROOMS | RUGS | CURTAINS | LIGHTING | ACCESSORIES

22-24 Station Road, Upminster, Essex RM14 2UB

www.roomes.co.uk  