



Sunday 1st March 2026

Welcome to Saint Laurence.

Adventurers (groups for children and young people) meet during the 9.30 am Mass. Leaders will normally invite children to join in with these at the appropriate point in the service. Activity packs and children's service books are available from the back of church.

You are warmly invited to stay for refreshments in the Main Hall after the 9.30 Mass.

Today	Holy Communion	8.00 am
1 st March	Building Faith	8.00 am
2 nd Sunday of lent	Sung Parish Mass	9.30 am
	Compline on Zoom	6.30 pm
Monday	Organ Teaching	11.00 am
2 nd March	Organ Teaching	4.30 pm
Tuesday	Organ Teaching	9.15 am
3 rd March		
Wednesday	Staff Meeting, Parish Office	9.00 am
4 th March	Said Mass, Lady Chapel	11.00 am
	Lent Course, Parish Office	11.45 am
	Evening Prayer, Lady Chapel	4.15 pm
Thursday	Organ Teaching	7.00 pm
5 th March	Choir Practice	8.00 pm
Friday	Organ Teaching	9.00 am
6 th March	Coffee Morning, Main Hall	10.30 am
	Organ Teaching	2.00 pm
	Station of the Cross, St Laurence	7.30 pm
Next Sunday	Holy Communion	8.00 am
8 th March	Parade Service	9.30 am
3 rd Sunday of Lent	Compline on Zoom	6.30 pm

Compline readings this Sunday: Numbers 21.4-9, Luke 14.27.33.

Compline readings next Sunday: Joshua 1.1-9, John 2.13-22.

Saturday Pathsweepers: 7th March Perchard & Brabner

Coffee: Clive, Penny and Jane

Please let Revd Susannah or Deborah Masterson know of anyone who is ill or in need of a pastoral visit, or housebound and wanting to receive the sacrament at home – or if you would appreciate a conversation or visit for any reason.

NOTICES

Today we welcome the Arch Deacon of Barking, the Ven Chris Burke to our 8 am Mass.

Stations of the Cross - once again we will be sharing this liturgy with St Joseph's Catholic Church on Friday evenings in Lent. All at 7.30pm, venues as follows - St Laurence: 6th Mar, 20th Mar. St Joseph's: 13th Mar, 27th Mar.

Lent book/course: We are continuing our Lent course on Wednesdays in Lent (25th Feb, 4th Mar, 11th Mar, 18th Mar, 25th Mar) at 11.45am in the Parish Office. We will be using the book 'Meeting God in John' by David F. Ford.

Servers - If any children or adults would be interested in joining our team of altar servers, please speak to Susannah, or to Michael Masterson. We are always pleased to welcome new participants!

Save the Dates -Building Improvements fundraising events: Quiz (run by Tony Bloomfield) - evening of Sat 30th May; BBQ - late afternoon/early evening of Sat 18th July. More details to follow!

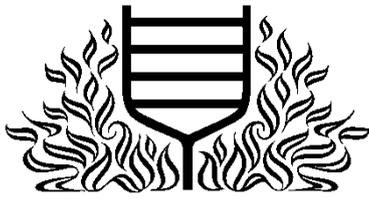
Mothering Sunday posies will be being made up at 10.30 am on Saturday 14th March, any volunteers to help or any greenery would be most welcome. We will meet in the Tower.

Annual Parochial Church Meeting. Please note that the date for this year's APCM is Sunday 19th April, after the 9.30am Mass. At this meeting we will be electing Parochial Church Council members, Church Wardens and representatives for Deanery Synod - important decision-making roles and groups in the life of the church. Please speak to Susannah if you would be interested in considering these roles.

Electoral Roll Revision - your parish church needs YOU! - The annual revision of the parish Electoral Roll starts today and runs until 15 March. It is important that all baptised adults who consider themselves part of this church, however often you attend services, have your name on the roll as this shows the strength of the church in Upminster. If you would like an application form, or if you have any questions, please speak to our Electoral Roll officer, Keith Stewart, or to one of our churchwardens, or to the Parish Office. Please note that your details will not be released to any other parties, in accordance with GDPR rules. Thank you.

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

Please consult notice boards under the tower and in the porch for other notices and further information



AT THE MASS

1st March 2026

Second Sunday of Lent

Introit 584 All my hope on God is founded

Setting St Anne's Mass MacMillan

Collect of the Day

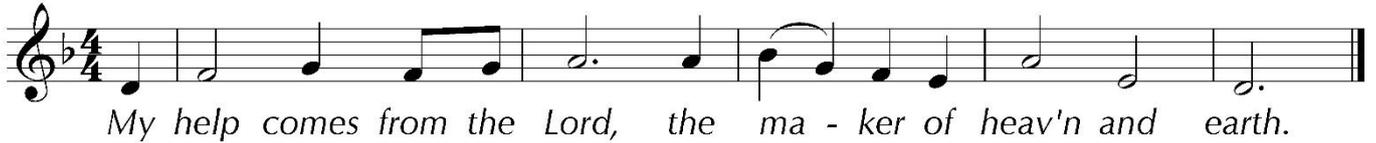
Almighty God,
you show to those who are in error the light of your truth,
that they may return to the way of righteousness:
grant to all those who are admitted
into the fellowship of Christ's religion,
that they may reject those things
that are contrary to their profession,
and follow all such things as are agreeable to the same;
through our Lord Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Genesis 12:1-4a

The LORD said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the LORD had told him; and Lot went with him.

Responsorial Psalm 121

Andrew Moore



© 2004 Copyright Kevin Mayhew Ltd. Reproduced by permission from *New Psalms for Common Worship*

I lift up my eyes to the hills; from where is my help to come? My help comes from the Lord, the maker of heaven and earth.

He will not suffer your foot to stumble; he who watches over you will not sleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep.

The Lord himself watches over you; the Lord is your shade at your right hand, so that the sun shall not strike you by day, neither the moon by night.

The lord shall keep you from evil; it is he who shall keep your soul.

Romans 4:1-5,13-17

What are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') - in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Lent Prose

Hear us, O Lord, have mercy upon us : for we have sinned against thee.

God, we implore thee, in thy glory seated : bow down and hearken to thy weeping children : pity and pardon all our grievous trespasses.

John 3:1-17

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.'

Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'

Offertory hymn 451 Just as I am, without one plea

Anthem From the deep places, hear my cry. Text: Dudley-Smith, Music: Mendelssohn-Bartholdy

Communion hymn 469 This is the body of Christ

Final hymn 748 O Jesus, I have promised

Organ Voluntary Praeludium in D Minor – Dietrich Buxtehude

FOR YOUR PRAYERS

Prayer request forms are available at the back of church. Please use them if you wish us to pray for someone.

Sunday: Pam Chapman, Keith Sharp, Vicki Hobbs, Fr. Gareth Bowen, Ricky Schrembri, Rosalind Manley, Simon Pols, Brian Shaw, Glynis Whiting, Sylvia Wilson, Maria, Marie Tyler, Alan Butcher, Daphne Martineau, Spencer Croucher, Malcolm Charlton.

Wednesday: Denise Comer, Baby Charles, Doreen, Michael Folkes, Mary Greig, Stanley Oliver, Alan Jones, Sandra Clarke, Michael McSweeney, Terry Evens.

Additional Prayers: All those receiving Home Communion.

Recently departed: Geoffrey James, Matthew Murray, Barbara Edwards, Stuart Lane, Mary Ann Madden, Steve Martin.

Anniversaries of the departed: Rose Tresadern, Bobby Huxley, Marjorie Todd, Pamela Shipp, Jack Brereton, James Finch, Elizabeth Osmond, Josiah Beale, Frank Littlewood.

CHARITY OF THE MONTH FEBRUARY AND MARCH



Donation envelopes are on the notice board at the back of church.

© Meningitis Now is a registered charity in England and Wales number 803016 and Scotland number SC037790 Registered Office: Fern House, Bath Road, Stroud, Gloucestershire GL5 3TJ



Why is sustainable consumption important?

Being informed and mindful about our purchases helps minimise pollution, waste and the depletion of natural resources. It can promote fair and ethical production and help local & national economies.

An example would be where we chose to meet for a coffee. If we go to a Starbucks, very low or no corporation tax will be paid in the UK, if we go to

an independent coffee shop we help to contribute to the local and national economy. A simple and powerful choice.

DONATIONS

A cash collection will be taken during Sunday morning services for church funds, which support our mission and ministry including the upkeep of this historic site. If you do not carry cash, we also have a card machine located by the main door which can be used before or after the service.

If you are a UK taxpayer, please consider Gift Aiding your donation - either via the machine or (for cash) using the envelope available in the pew. This means that your donation will be worth more to the church but at no extra cost to you.

If you would like information about joining our Planned Giving scheme, leaflets are available from the back of church.

Thank you - whatever you feel disposed to give will be thankfully received and faithfully applied.

EASYFUNDRAISING

The church is registered (as St Laurence Church, Upminster) on easyfundraising.org.uk - if you register an account, select the church as a cause and download the web browser extension then every time you spend money on many retail websites and have activated the extension, a percentage of your spend will be donated to St Laurence at no cost to you. The individual amounts are small but every little adds up - please help us via this route if you can.

THANK YOU FOR YOUR SPONSORSHIP.....

If you would like to know about sponsorship, please pick up a leaflet from the back of church or speak to Jean and Cheryl (Churchwardens), Susannah (Rector) or Verity (Parish Administrator).

CONTACTS

Rector The Revd Susannah Brasier

01708 220174 susannah.brasier@upminsterparish.co.uk

Pastoral Assistant Deborah Masterson

01708 609816 deborah.masterson@upminsterparish.co.uk

Churchwardens Jean Keen and Cheryl Hale

parish.office@upminsterparish.co.uk

Parish Safeguarding Officer Akosua Boachie

07760 791032 safeguarding@upminsterparish.co.uk

Director of Music Nigel Lockwood

07899 876247 nigel.lockwood@upminsterparish.co.uk

Parish Office Verity Helby

01708 220696 parish.office@upminsterparish.co.uk

Open: Tue. 8.30-1pm, Wed. 9-11am (Staff Meeting), Thur. 8-12.30pm.

Hall Bookings Becky Perchard

07341 434798 halls.bookings@upminsterparish.co.uk

Planned Giving treasurer@upminsterparish.co.uk

Website www.upminsterparish.co.uk

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

Welcome to the Parish Church of Upminster. If we have not met you before, do introduce yourself. If you wish, give these details to one of the officials.

Name

Telephone

**Revd Susannah sends a weekly email about services, news and events.
Please email her if you would like to receive her emails.**