

The Church of Saint Laurence, Upminster

PORCHTALK



Sunday 8th March 2026

Welcome to Saint Laurence.

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

Today	Holy Communion	8.00 am
8 th March	Parade Service	9.30 am
3 rd Sunday of Lent	Compline on Zoom	6.30 pm
Monday	Organ Teaching	10.00 am
9 th March		
Tuesday	Organ Teaching	9.15 am
10 th March	Adventurers Leaders Good Friday Planning meeting, Minor Hall	2.00 pm
Wednesday	Staff Meeting, Parish Office	9.00 am
11th March	Morning Prayers Lady Chapel	11.00 am
	Lent Course, Parish office	11.45.am
Thursday	Choir Practice	8.00 pm
12 th March		
Friday	Oakfields School Visit	9.15 am
13 th March	Coffee Morning, Main Hall	10.30 am
	Station of the Cross, St Joseph's	7.30 pm
Next Sunday	Holy Communion	8.00 am
15 th March	Sung Parish Mass	9.30 am
Mothering Sunday	Compline on Zoom	6.30 pm

Compline readings this Sunday: Joshua 1.1-9

Mass readings next Sunday: Samuel 1.20-end, 2 Corinthians 1.3-7, John 19.25b-27

Compline readings next Sunday: Micah 7

Saturday Pathsweepers: 21 March Masterson & Stewart

Coffee: 15th March Sally & Michelle

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

Mothering Sunday posies - We will be distributing posies at both morning services on Mothering Sunday. The posies will be made up on Saturday 14th March in church at 10.30am. Please let Jean Keen know if you can help, and any greenery would be greatly appreciated.

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: 20th Mar. St Joseph's: 13th Mar, 27th Mar.

Lent book/course: We are continuing our Lent course on Wednesdays in Lent (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.

If anyone would be willing to read parts of the Passion narrative on Palm Sunday, 29th March at 9.30 Mass could they please contact Deborah Masterson for more information.

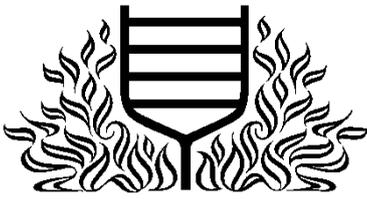
Save the Dates -Building Improvements fundraising events: Quiz (run by Tony Bloomfield) - evening of Sat 30th May; BBQ - late afternoon/early evening of Sat 18th July. More details to follow!

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 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

08th March 2026

Third Sunday of Lent

**8am Mass only. For the Parade Service at 9.30am
please use the separate booklet.**

Collect of the Day

Almighty God,
whose most dear Son went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the LORD?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the LORD, 'What shall I do with this people? They are almost ready to stone me.' The LORD said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the LORD, saying, 'Is the LORD among us or not?'

John 4:5-42

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.'

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me

everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him.

Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

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, Bill, Denise Comer, Baby Charles, Doreen, Michael Folkes, Mary Greig, Stanley Oliver, Alan Jones, Sandra Clarke, Michael McSweeney, Terry Evens, Alan Butcher, Daphne Martineau, Spencer Croucher, Malcolm Charlton.

Wednesday: Rosalind Manley, Simon Pols, Brian Shaw, Glynis Whiting Sylvia Wilson, Maria, Marie Tyler.

Additional Prayers: All those receiving Home Communion.

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

Anniversaries of the departed: Elizabeth Osmond, Josiah Beale, Frank Littlewood, Beryl Lillington, Betty Skinner, Harry Pasquale, Hilda Halestrap, Alf Todd, Albert Parish, Geoffrey Piper.

CHARITY OF THE MONTH FEBRUARY AND MARCH



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

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Why critical thinking is important in tackling climate change

Critical thinking is vital to help us navigate and combat mis- and disinformation. Critical thinking helps us to: distinguish between fact and opinion; look at evidence and identify fake experts; identify claims made for political and financial gain, etc. It also assists in analysing data, reviewing the short and long term effectiveness of solutions. It also encourages us to look further than our usual news sources.

Critical thinking can also help us develop a more holistic view of tackling climate change, recognising how different sectors can work together.

Critical thinking is increasingly being seen as an essential part of education, enabling young people to prepare for a changing world, giving them skills to interpret and build resilience.

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

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Pastoral Assistant Deborah Masterson

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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. 8-12.30am.

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.**