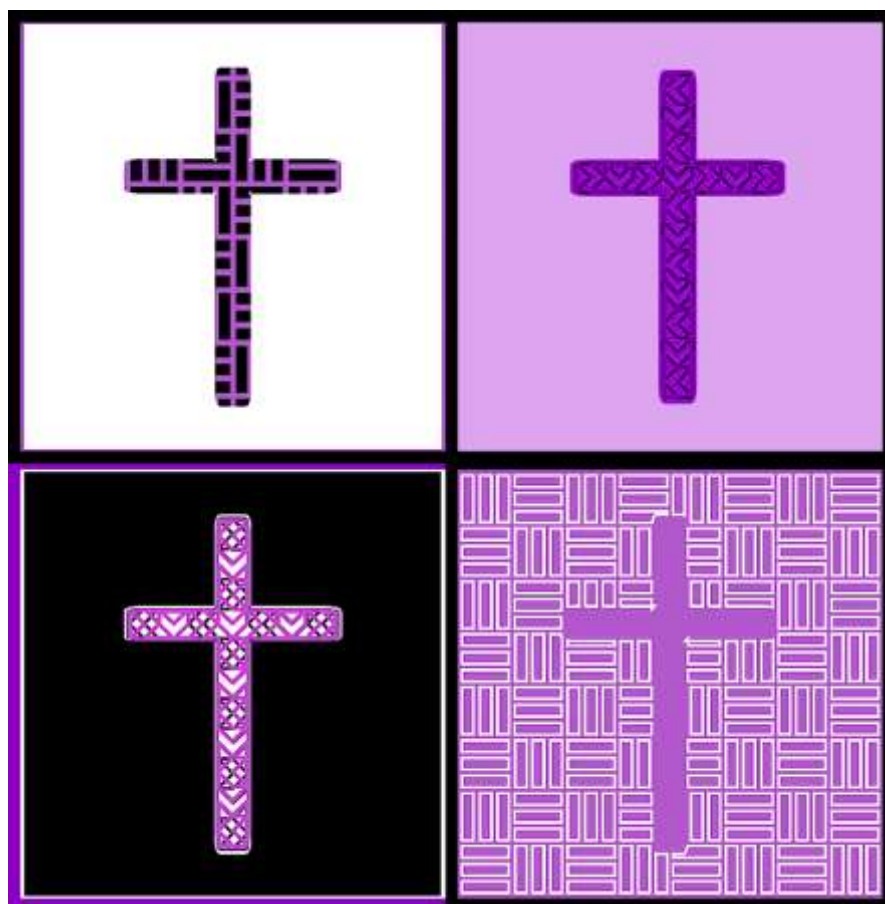


February and  
March 2020



# GRIDIRON

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



## Service times

Sundays		Weekdays		
Holy Communion	08.00	Tuesday,	Morning Prayer	08.45
Sung Parish Mass	09.30	Wednesday & Thursday		
Sunday Schools	09.30	Wednesday	Evening Prayer	16.30
Evensong	18.30	Tuesday	Mass	10.30
<i>(see Parish Diary for details)</i>		Wednesday	Mass	11.00
Footsteps		Celtic Worship		
This Service for pre-school children and grown-ups normally takes place monthly on a Monday at 09.45 in the Lady Chapel. Services on <b>24<sup>th</sup> February and 30<sup>th</sup> March.</b>		A group meets 19.30 to 20.15 on a Monday evening, once a month in the Lady Chapel, for Celtic worship (Celtic prayers, music, hymns and, from time to time, Communion). Services on <b>3<sup>rd</sup> February and 2<sup>nd</sup> March.</b>		
<i>Additional services on Saints' Days are shown in the Diary in the back pages.</i>				

### Baptisms

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

### Wedding Banns

Please contact the Parish Office to make arrangements.

### Confessions

By appointment with the clergy.

**Please inform the Parish Office, Revd Susannah or Fr Roy 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)



## **Live gently and enhance God's creation in 2020**

### *Bishop Stephen's New Year message for 2020*

When I'm having a bad day – or just as importantly, when I'm feeling a bit too pleased with myself – I say to myself that one day I will be my successors' predecessor. I find this helps me put myself in perspective. It also helps me to pray that the decisions I take are not simply for the good of the diocese while I'm bishop, but will be for the benefit of future generations in East London and Essex. As I pray for our diocese on the eve of 2020, I also wonder what our world will look like when the Bishops of Chelmsford write their New Year message in 2070 or 2120.

This past year has seen concern for the environment grow. Where once we talked about sustainability, we now question whether the fundamentals of our present existence on this planet are sustainable at all. We now tend to talk about climate emergency not just climate change. As this emergency deepens, it is the poorest and most vulnerable who are suffering most.

In October, I took my staff team to the Franciscan Friary at Hilfield in Dorset to learn how a community of Christians can intentionally adapt their lives to not only reduce their environmental impact but also positively enhance their corner of creation. Please visit them yourself and learn from them. Their heat comes from biomass. Much of their power from solar. Their food is LOAF (local, organic, animal-friendly and fairly-traded). Their animals naturally tend their wildflower meadows and they generously work with their neighbours to create corridors to support natural habitats.

How would our attitude to God's creation differ if we, like the Franciscans, had to draw our water from the ground directly beneath our feet? Would we discharge the waste and chemicals into the soil and drains that we currently do?

Please join me this year in seeking to live gently in the world and enhance God's creation. You are your successors' predecessor. In 2020 bless the inheritance that you bequeath them.

I wish you a peaceful, gentle and sustainable 2020.

Rt Revd Stephen Cottrell, Bishop of Chelmsford.



## From Fr Roy

This February/March edition of the Gridiron appears as the Christmas and Epiphany season draws to its close with the feast of the Presentation of Christ in the Temple, or Candlemas as it is sometimes called. By the time the April/May edition is published we shall be deep in the season of Lent, awaiting the coming of Easter.

Lent begins with Ash Wednesday which this year falls on the 26th February. Ash Wednesday marks the beginning of the period of forty days in which the church prepares for the celebration of Christ's resurrection at Easter. Christians are encouraged to keep Lent as a period of preparation for the Paschal Mystery of the death and resurrection of the Lord, rather than just as a mere imitation of the Forty Days he spent in the wilderness.

Many people associate Lent with fasting and indeed the early church encouraged a rigorous fast. One meal a day was all that was permitted, and all flesh was forbidden. Gradually the rules around fasting were relaxed. So relaxed did they become, in fact, that eventually the evening office of Vespers was moved and conducted before midday, thus ensuring that the rule of not eating before Vespers could be maintained. Today fasting has become voluntary, but many people do maintain some sort of partial fast during Lent. This has become associated with the practice many people maintain of giving something up during the season.

Fasting and abstinence can be helpful tools in keeping the discipline of Lent. If you do fast, remember to heed the warning in Matthew's Gospel which we hear on Ash Wednesday and try not to make your fasting obvious to others but keep it a secret between you and God. In all our Lenten observances, it is important that we try to understand the purpose of keeping Lent. Lent is a time in which we can focus our minds on the life-changing work of Jesus on the cross. We keep Lent so that we can give something of ourselves in return for his self-giving.

For some of us Lent may be a time for exploring ways of deepening our own understanding of the Christian faith. There are a number of ways you may find to do this. One way would be through following one of the many Lent books which can be found. These often lead the reader along a path through Lent,

usually by giving a short reading for each of the forty days and then offering suggestions for reflection and prayer. This can be a wonderful way to refresh your own faith and to deepen your understanding.

Further details about our Parish activities during Lent will of course be publicised in *Porchtalk*. Please keep an eye on this, or contact the Parish Office.

Lent is one of the most beautiful seasons of the year. Our liturgy in Church is simplified. Our lives, too, should be simplified so that we can spend some additional time in prayer, in study and in giving time to God in thanksgiving for all he does for us each day of our lives.

## **Eating in the 50s**

*For those of you who are old enough to remember - or for those young enough to treat this as a history lesson! Eating in the UK in the Fifties consider that:*

Pasta had not been invented. Curry was a surname. A takeaway was a mathematical problem. A pizza was something to do with a leaning tower. Bananas and oranges only appeared at Christmas time. All crisps plain; the only choice was to put the salt on or not. Rice was a milk pudding, never part of the main dinner. A Big Mac was what we wore when it was raining. Brown bread was something only poor people ate. Oil was for lubricating, fat was for cooking. Tea was made in a teapot using tea leaves and never green. Coffee was Camp, and came in a bottle. Cubed sugar was regarded as posh. Only Heinz made beans. Fish didn't have fingers. Eating raw fish was called poverty, not sushi. None of us had ever heard of a yoghurt. Healthy food consisted of anything edible. People who didn't peel potatoes were regarded as lazy. Indian restaurants were only found in India. Cooking outside was called camping. Seaweed was not a recognised food. 'Kebab' was not even a word never mind a food. Sugar enjoyed a good press in those days, and was regarded as white gold. Prunes were medicinal. Surprisingly, muesli was readily available, it was called cattle feed. Pineapples came in chunks and in a tin; we had only seen a picture of a real one. Water came out of a tap. If someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock. The one thing we never ever had on our table in the fifties - our elbows!



## From the Editors

Dear Readers. I hope you will enjoy looking back in this issue to Advent and Christmas and forward to Lent. However, let us not forget the season of Epiphany. We started Epiphany on twelfth night with the Magi who followed the star to find the new born Christ child and will continue until Candlemas on 2<sup>nd</sup> February. I hope that during this time you too may encounter Jesus in your own life. *Joanne Chapman.*



## From the Parish Registers

### FUNERAL

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

29 <sup>th</sup> Nov	Pearl Hills
2 <sup>nd</sup> Dec	Audrey Kelly
30 <sup>th</sup> Dec	Anthony Ellis
14 <sup>th</sup> Jan	Leonard Ruff

## April and May Magazine Deadline

Items for inclusion in the April and May edition of *Gridiron* should reach the editorial team by **6<sup>th</sup> March**. 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 **April and May** Magazine will be on sale from **29<sup>th</sup> March**.

## Thank you for your sponsorship...

Porchtalk has been sponsored from April 2019 to March 2020 in memory of Gerald, Samuel and Barbara Giles, from their daughters and sisters Hazel Harman and Mary Breeding.

# Summary of PCC Meeting held on 18<sup>th</sup> November 2019



**Christmas Lights:** These were being purchased and would be hung in the trees along the path with stars at each end. It was decided to use funds from Jean Blow's legacy and also to invite people to sponsor a light.

**Director of Music:** Richard Brasier had indicated his desire to step down on 12<sup>th</sup> April 2020. Proposals for his ongoing association with the church were discussed and agreed. Discussions also took place on finding a successor as the position would need to be advertised in the New Year.

**Church and Office Security:** With regard to the church, approval was given to replace the two damaged CCTV cameras and to install additional cameras. A security camera is being installed in the lobby of the Parish Office.

**Fees and Salaries:** Salary increases for 2020 were agreed. It was also agreed that fees we ourselves set should remain unchanged.

**Charities:** Charity nominations were discussed. London's Air Ambulance was selected as the Charity of the Month for February and it was decided that the Lent Charity would be CHICKS (Country Holidays for Inner City Kids).

**Church Building Improvements Project:** Andrew Lillington had stepped down as Chairman and there was a need to find a replacement. Ways of moving forward and communicating more effectively with the wider congregation were discussed. A bid writing consultancy has been identified who may be able to assist us with grant applications.

**Electoral Roll:** This stands at 152.

Other matters discussed included the Deanery Congress on 4<sup>th</sup> December, the resumption of Tuesday Mass from January, PCC Away Day on 25<sup>th</sup> January, meeting dates for 2020/21, work on car park boundary trees, clearance of church gutters, climate change, Parish Share, the website, safeguarding, and problems caused by incense.



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# Dr Johnson's House - A Hidden Gem

by Rob Brabner

Dr Johnson's House is a charming 300-year-old townhouse situated at 17 Gough Square, which is very close to Fleet Street in the City of London. It was once owned by Samuel Johnson (1709-1784), writer and wit, and he compiled '*A Dictionary of the English Language*' in the garret. The house has been restored and retains many original features and is now a public museum.

The museum gives a fascinating insight into the complex life of Dr Johnson, who originally came from humble beginnings in the cathedral city of Lichfield. He was a sociable man and made friends with a range of people from eighteenth century society, some of whom are still well known names today: the actor David Garrick, politician John Wilkes, novelist Oliver Goldsmith, Boswell his biographer and Sir Joshua Reynolds, President of the Royal Academy of Art. He was also a friend of those of a much humbler station and after Johnson's wife died his house provided shelter to friends in need. He was a complex character who was much respected. He suffered from long bouts of depression and was averse to being alone; it is said that he was 'frightened to go to sleep, frightened of the temptation of suicide, frightened of madness.'

After Shakespeare, Johnson is possibly the most quoted of all Englishmen, bearing in mind Oscar Wilde was Irish and Churchill was only half English. Here are just a few quotes attributed to him:

- Kindness is in our power, even when fondness is not.
- Great works are performed not by strength but by perseverance.
- Self-confidence is the first requisite to great undertakings.
- The true measure of a man is how he treats someone who can do him absolutely no good.
- Books like friends should be few and well-chosen.
- By seeing London I have seen as much of life as the world can show.
- Patriotism is the last refuge of a scoundrel.
- One of the disadvantages of wine is that it makes a man mistake words for thoughts.
- Let me smile with the wise and feed with the rich.
- When a man knows he is to be hanged in a fortnight, it concentrates his mind wonderfully.
- He that will enjoy the brightness of sunshine must quit the coolness of the shade.
- Man alone is born crying, lives complaining, and dies disappointed.

## Lent – a good time to deepen your prayer life



People have been praying since Adam had a grandson named Enosh. The Bible tells us (Genesis 4:26) that it was during his days when “men began to call on the name of the Lord”. They have been doing it ever since.

People have had their prayers answered by God since Genesis, too. But if you want to read some beautiful prayers - and answers to them - browse through the Psalms. Again and again the psalmist writes: “the Lord heard my cry.”

So – what do you need to bring to prayer? Just the tiniest amount of faith that God is even there.... Jesus assures us that even faith as big as a tiny mustard seed will be effective.

What gives you the right to come before Almighty God? Jesus does. The Bible is clear that “there is one mediator between God and men, the man Jesus Christ.” (1 Timothy 2:5)

The Bible makes clear that God does not stand on ceremony – in fact, He prefers our personal, spontaneous prayers. Jesus was very matter of fact about it: “When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” (Matthew 6:6)

The Bible assures us that prayer will bring us good things: “we may receive mercy and find grace to help us in our time of need.” (Hebrews 4:16)

Above all, prayer must be made with a pure heart. “If I had cherished sin in my heart, the Lord would not have listened.” (Psalm 66:18) That simply means that if you know you are doing something wrong, and intend to keep right on doing it, don’t waste your time praying.

Finally, what can be the results of your prayers this Lent? Well, here are seven, for starters....

1. Joy and deep happiness. (John 16:24) 2. Relief from your worry, stress and tension. (Philippians 4:6,7) 3. Wisdom and more mental clarity. (James 1:5,6) 4. Protection and deliverance from temptations. (Matthew 26:41) 5. An ability to share the Good News of Jesus with other people. (Matthew 9:38) 6. Strength to persevere when you feel under spiritual attack. (Ephesians 6:18) 7. A growing thankfulness to God, who is worthy of all glory. (Revelation 4:11)

## Forthcoming Events and Services at St Laurence

*Concerts and Recitals: Free Admission with Retiring Collection*



### The Complete Organ Works of J.S. Bach

#### Concerts 5 and 6, Friday 7<sup>th</sup> February and 6<sup>th</sup> March at 6.30m

*A series of 20 concerts performed by Richard Brasier presenting all the known organ works composed by Johann Sebastian Bach (1685-1750) in aid of the St Laurence Church Building Improvements Project. visit [www.richardbrasier.com](http://www.richardbrasier.com) for more information.*

### Thursday Lunchtime Recitals, 1.05pm to 1.50pm

13<sup>th</sup> February - Laurent Hesry, *organ*. 27<sup>th</sup> February - Three Lane duo, *viola*.

12<sup>th</sup> March - Irena Kosikova, *organ*. 26<sup>th</sup> March - Claire Habbershaw and Jack Dolan, *piano and tenor*.

### Ash Wednesday, 26<sup>th</sup> February

11am: Holy Communion with imposition of ashes and 8pm: Sung Parish Mass with imposition of ashes.

### Lent Lunches, Thursdays from 27<sup>th</sup> February to 2<sup>nd</sup> April

Lunches are free with any donations going to our Lenten Charity 'CHICKS' (Country Holidays for Inner City Kids). Served in the Minor Hall from 12:15 to 1:30pm. *If you can volunteer to prepare, serve and clear away please sign up on the list at the back of church.*

### Stations of the Cross, Fridays from 28<sup>th</sup> February to 3<sup>rd</sup> April

A devotion using the pictures around the church which depict Jesus' journey to the cross. 7.30pm beginning at St Laurence and alternating each week with St Joseph's Church.

### Quinquagesima Lunch, Sunday 23rd February

Meet in the Minor Hall at 12.30pm for lunch at 1pm in the Main Hall. £10 per person, contact Joan Prudden to book on 01708 223744.



# Edith Cavell - Faith before the Firing Squad Part 3

by Rob Brabner



“...Tell my loved ones later on that my soul, as I believe, is safe and that I am glad to die for my country.” - Edith Cavell, 12<sup>th</sup> October 1915, the day she was executed by firing squad wearing the nurse’s uniform of which she was so proud. Edith had been condemned to death the previous day and had had little time for preparation.

Part 1 of this article explained the huge national and international consequences of this military execution by the Germans. However, it is not at all clear whether Edith would have welcomed the Allied propaganda which followed her death. It should also be remembered that the Belgian patriot, Philippe Baucoq, was also executed. Edith had stated at her ‘trial’ that she had only met him on one occasion.

After she had taken her final Holy Communion, her priest, Revd Gahan, said to her, “We shall always remember you as a heroine and a martyr.” She replied, “Don’t think of me as that, think of me only as a nurse who tried to do her duty.”

When the War Office received news of the execution they phoned the wrong Mrs Cavell (a relative of Edith and her mother) and said: “Your daughter in Brussels has been shot by the Germans.” The response was: “When you get in touch with the right Mrs Cavell you won’t put it quite like that will you? She’s a very old lady and she isn’t very well.”

As the news spread, the newspapers were full of eulogies and vengeance. The Bishop of London, speaking at St Martin-in-the-Fields, commented: “Britain no longer needs a recruiting campaign.” In America Edith’s story began to shake their neutral stance. They had already been shocked by the sinking of the passenger liner *Lusitania*.

Belgian patriot, Prince Reginald de Croy, had escaped to London before the trial. He wrote to Edith’s mother on the 18<sup>th</sup> October: “I have learned with deep sorrow the terrible news from Brussels. It was my privilege to know and to visit your daughter often in the latter months. The great and noble work which she undertook with such admirable courage and patriotism has been

deeply appreciated by all who were associated with her; she was ever ready to come to the assistance of those who were suffering through the war. The crime for which she was convicted was pity and humanity which in the eyes of the Germans was a crime worthy of death.”

After the First World War ended Edith's body was exhumed. Her funeral was held in Westminster Abbey. A train from London's Liverpool Street Station took her to Norwich where she is buried in a prominent position just outside the Cathedral.

There seem to have been four films made about Edith Cavell, all in black-and-white. The first three are silent: a 1916 Australian film, a 1918 American film called *'The Woman the Germans Shot'* and then a 1928 British film by Herbert Wilcox. Although British, Wilcox also directed the more famous American film of 1939, *'Nurse Cavell'*, starring Anna Neagle in the title role. The musical score by Anthony Collins won an Oscar nomination, and the film is still shown on the *'Talking Pictures'* TV Channel.

There have been allegations that shortly after the execution of Nurse Cavell, the French executed two German nurses, but as I have not as yet found any details about this, it remains an interesting but unsubstantiated claim.

In 2015 the former head of MI5, Stella Rimmington, presented a Radio 4 programme *'Secrets and Spies'* about Edith Cavell's escape organisation. She presented the case that the organisation, via the escaping Allied officers, was supplying military intelligence to the British intelligence i.e. trench details, munitions dumps etc... basic information that later in the war would have been uncovered by the Royal Flying Corps. However, it is unclear how much involvement Cavell personally had and she was not primarily involved with this. Her object was to aid escaping and injured Allied soldiers and the *'intelligence'* would have been an obvious by-product of this. Cavell was clearly not the head of the escape organisation but a very important person within it.

Edith was a person of faith. It is clear from her journals and her letters that this was a central platform in her life; she loved children, dogs, her family and nursing. Circumstances made her a national heroine and, whatever she said, her brave conduct also made her a Christian martyr.

## Happy Birthday Alison

Best wishes were sent to Alison Cox on Sunday 15<sup>th</sup> December in celebration of her 60<sup>th</sup> Birthday. Alison shared her celebrations with us during refreshments after Mass with cake and wine.



## First Communion

The First Sunday of Advent was a special day for five of our children at St Laurence. Cecily,

Elizabeth, Freya, Iliana and Inesa received Holy Communion for the first time and then enjoyed some cake afterwards in celebration.

## Christingle

The Second Sunday of Advent saw Christingle come to St Laurence. This service raises awareness of the work that the Children's Society carries out and reminds us that not every child will have a fun-filled Christmas, or be surrounded by a

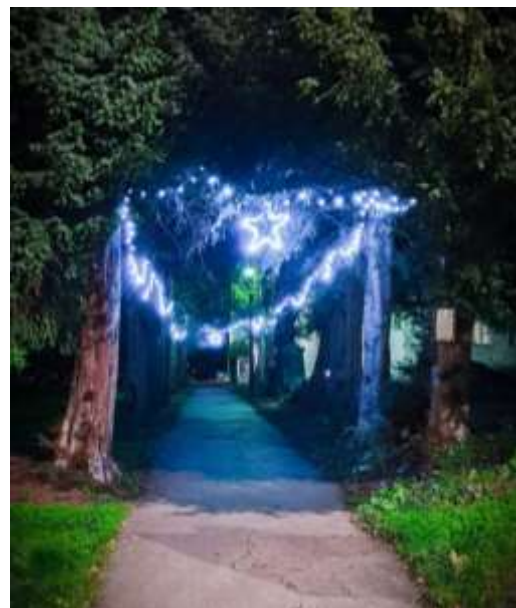
loving family in a warm home with lots of food and many gifts.





# Holy Advent and Blessed Christmas

Thanks to the combined efforts of many, St Laurence was once again able to welcome many more visitors than usual during December to share the Gospel of Jesus Christ. People were able to 'Follow the Star' in lights along the main pathway and Christmas trees made by the



Scouts from old pallets could be seen around the churchyard. Bright, colourful paintings and flowers adorned the inside. For those not able to come to church



figures of Mary, Joseph and the donkey travelled around the Parish as a 'posada' with prayers and reflections for both old and young families. A 'posada' is the re-enactment of the Census pilgrimage to Bethlehem by Mary and Joseph in search of a room.





The cast of the Nativity Play, which was organised and performed by the St Laurence Adventurers' groups on the Third Sunday of Advent.



## **New research highlights how mission entrepreneurs are being trained**

New research carried out by the Church Mission Society has explored the relationship between mission, theology and business. And it has found that mission entrepreneurship is having a significant impact, in both churches and across local communities.

'Make Good', part of CMS's training programme, explores the relationship between mission and enterprise and helps students to set up new missional projects. Of those responding to the survey, 76% had started missional projects of their own.

One example is the Rev Adam Gompertz, a classic car enthusiast, who wants to build a 'service station' that would not only attract car enthusiasts but provide a community space where families could gather for a good night out – and hear the Christian message.

Jonny Baker, director of mission education at CMS, said: "This research into mission entrepreneurship clearly shows the strong connection between mission and business. If we really want the Church to be good news, working in partnership with local communities for positive transformation, we must invest in programmes such as 'Make Good', to help build a better world."

## 'Rise, take your mat and walk'

*by Lorraine Beeton*



Women, men and children of all ages are called to 'Rise, take your mat and walk' to join this day of prayer. Women of Zimbabwe have prepared this year's service and they encourage us to reflect on the difficulties and unrest that have plagued their country over many years. They share the challenges they have met and the hopes they have for the future. They encourage us to 'Rise, take your mat and walk' with them as they continue their often turbulent journey towards full reconciliation.

World Day of Prayer is an international inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans.

The Day of Prayer is celebrated in over 170 countries. It begins in Samoa and prayer in native languages travels throughout the world, in Asia, Africa, the Middle East, Europe and the Americas, before finishing in American Samoa more than 36 hours later.

*World Day of Prayer: Friday 6<sup>th</sup> March 2020 in the Methodist Church, Hall Lane, Upminster at 2pm. All are welcome to join us, men, women and people of all ages. There will be refreshments served following the service.*

**You can advertise in Gridiron  
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**Please contact**

**Maureen Gourley 01708 640747**

**[mlgourley@talktalk.net](mailto:mlgourley@talktalk.net)**

## How do you feel about sharing your faith?

Perhaps you have been 'gossiping the gospel' for years? Maybe you even lead a small group, or are passionate about community outreach?

Or – perhaps you feel a quiver of panic at the very thought of talking about your faith. Society seems to be hostile, and so you struggle to know how to engage with people who think very differently from you.

If you struggle, then here is good news: The Bible Society is keen to help you. It has recently launched a new website called Lumino (<https://lumino.bible/>) to do just that.

Lumino aims to support Christians who want to share the good news. It explains the different types of people you are likely to encounter, and their attitudes to the Bible and Christianity. The Bible Society has found from research that "an estimated 20% of the population is open to the Bible, open to faith and interested in knowing more. What an exciting opportunity..."

## Have a purpose for your life!

Mary Slessor was an indomitable Scottish Presbyterian missionary to Calabar, Nigeria, in late Victorian times. She not only evangelised three tribes there, but also stopped the widespread practice of killing twins at birth. Her life made a tremendous difference for good to thousands of people.

Concerned about the purposeless lives of some women back in the UK, she advised them, in words which may well be the secret of her own life of blessing: "Gird yourself for the battle outside somewhere and keep your heart young. Give up your whole being to create music somewhere, in the light places and in the dark places, and your life will make melody."

On another occasion she wrote: "Prayer is the greatest power God has put into our hands for service—praying is harder than doing, at least I find it so, but the dynamic lies that way to advance the Kingdom."

**Heavenly Father,** I pray today that my faith and trust will remain in you. That I will hear your voice and know your leading in situations I find difficult. To ask for insight into the best path for all my encounters. May my heart be open to your grace and blessing, in the name of Jesus, Amen.

## **I believe, help my unbelief**

I was in a discussion recently as to whether or not a Christian can have doubts. The father in Mark's story (9:17-27) speaks for many people. He knew that Jesus could heal his son, but just wasn't quite sure if He would.

Doubt comes in many forms. It may be intellectual, a form of wrestling with the truth of certain key Christian beliefs like the Virgin Birth or the inerrancy of the Bible. It may be philosophical, a pondering of the problem of evil and why God allows bad things to happen to good people. Sometimes it is spiritual, and doubting whether or not we are saved. Occasionally it is emotional, wondering if we are loveable, if we have any worth or value in God's sight.

Such doubts are painful and debilitating, but true faith does not exclude the possibility of doubt. Indeed, we could say that faith would not be faith if there was not an element of doubt!

Often doubt is a way by which we discover the truth in a deeper way as we wrestle honestly with the questions we have. For many it is a way by which faith grows and matures, leading us to a greater understanding of the mystery of God and the reality that with our finite minds we can never understand everything about God or the way in which He works.

Doubt is not the same as unbelief, which is a stubborn refusal to believe what the Bible says to be true. Doubt is more a normal part of faith development and is not to be feared, especially if we bring our questions to God.

The great Methodist minister, Dr William Sangster, was asked if he ever doubted. "Yes," he replied, "of course I have doubts. But I also doubt my doubts!"

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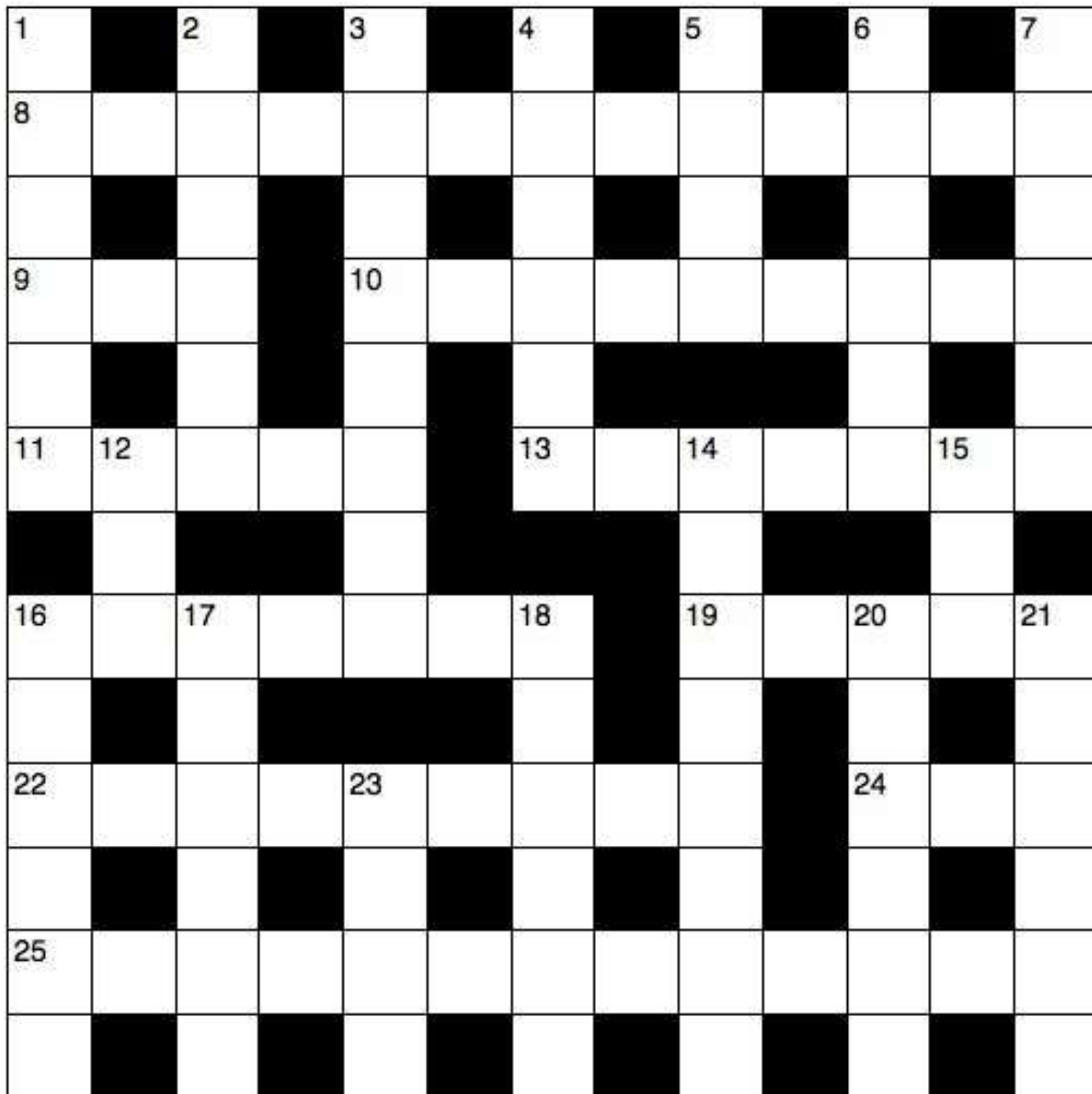


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# Crossword



## Across

- 8 Interrogated (Acts 12:19) (5-8)
- 9 'Burn it in a wood fire on the \_\_\_ heap' (Leviticus 4:12) (3)
- 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
- 11 Science fiction (abbrev.) (3-2)
- 13 Clay pit (anag.) (7)

- 16 Went to (John 4:46) (7)  
 19 'Therefore, I urge you, brothers, in view of God's mercy, to \_\_\_ your bodies as living sacrifices' (Romans 12:1) (5)  
 22 David's plea to God concerning those referred to in 14 Down: 'On \_\_\_ let them escape' (Psalm 56:7) (2,7)  
 24 Royal Automobile Club (1,1,1)  
 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

### Down

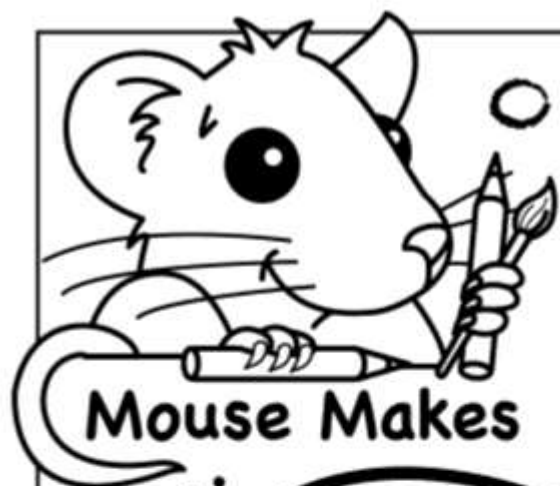
- 1 Seas (Proverbs 8:24) (6)  
 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)  
 3 Specialist in the study of the Muslim religion (8)  
 4 'Do not rebuke an older man harshly, but \_\_\_ him as if he were your father' (1 Timothy 5:1) (6)  
 5 One of Esau's grandsons (Genesis 36:11) (4)  
 6 Taking a chance (colloq.) (2,4)  
 7 God's instructions to the Israelites concerning grain offerings: '\_\_\_ salt to \_\_\_ your offerings' (Leviticus 2:13) (3,3)  
 12 Confederation of British Industry (1,1,1)  
 14 'All day long they twist my words; they are always \_\_\_ to harm me' (Psalm 56:5) (8)  
 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)  
 16 Disappear (Psalm 104:35) (6)  
 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)  
 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)  
 20 Made by a plough (Job 39:10) (6)  
 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)  
 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)

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



After **Jesus** was baptised He was led by the Spirit into the **wilderness** for **forty days** where he was tempted by the devil.

**READ** the story in **Luke 4:1-13**



# Mouse Makes

JUMP AP  
JERUSALEM  
HIGH HOLD IF

THUNGRY  
E O H F FOOT  
M L I F T D E  
P Y M O J B O  
T S B R E A D  
A P A T S R E  
T I P Y U A V  
I R T E S T I  
O I L E D L  
N T S T O N E  
S T E M P L E  
H D A Y S

What was Jesus' reply when the devil asked Him to turn a stone into bread?

Who did Jesus say He would only worship and serve?

What did Jesus say you must not do?

Can you find these words in the word search?

JESUS • BAPTISED • RIVER • JORDAN • LED  
HOLY SPIRIT • WILDERNESS • DESERT • TEMPTATIONS  
DEVIL • FORTY • DAYS • HUNGRY • ROCK • STONE  
BREAD • WRITTEN • SCRIPTURE • ALL • KINGDOMS • WORLD • GLORY  
WORSHIP • SERVE • GOD • ONLY • JERUSALEM • TEMPLE • HIGH • IF • SON  
JUMP • THROW • DOWN • ANGELS • HOLD • LIFT • FOOT • LORD • TEST

DESERT  
ROJORDAN  
VRIVEROCK  
U

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



## **Charity of the Month February: London's Air Ambulance**

London's Air Ambulance is the charity that delivers an advanced trauma team to London's most seriously injured patients, using a helicopter from 8am to sunset and rapid response cars at night or in adverse weather situations. London's Air Ambulance brings the hospital to the patient when time is critical. They perform innovative and potentially life-saving procedures, which are usually found in the emergency department, on-scene. The team, consisting of an advanced trauma doctor, paramedic and consultant, can perform treatments such as open heart surgery, blood transfusions and general anaesthetic by the roadside.

By providing intervention as quickly as possible after injury they aim to give patients the best chance of survival and quality of life after trauma.

They serve the 10 million people that live, work and travel within the M25, treating an average of five patients every day. The most common incidents they attend include road traffic collisions, stabbings and shootings, falls from a height and incidents on the rail network.

## **Lent Charity: CHICKS (Country Holidays for Inner City Kids)**

CHICKS is a national children's charity providing free respite breaks to children from 8 to 15 years. Since its formation in 1992 they have provided over 16,000 children with a much-needed respite break.

Each week from February to December a group of up to 16 children stay at the charity's Daleside Retreat in Derbyshire. The children are accompanied by three fully-trained members staff and up to six adult volunteers. The week is specifically tailored to fit the needs of each group making every break unique. Each one has elements of adventure, relaxation, creativity and imagination and these elements are designed to engage the children's interests, offering them new experiences and ways of viewing the world. Children are offered challenges within an encouraging and supportive environment, but are always given choice.

While a week of respite may seem short it can have a long-lasting impact. Referrers frequently report that children have increased confidence and self-esteem, are more willing to try new activities and have learnt new social skills.

## A short prayer

When the day returns, call us with morning faces, and with morning hearts, eager to labour, happy if happiness be our portion, and if the day is marked for sorrow, strong to endure.

*Robert Louis Stevenson (1850-1894)*

## And Finally....

*The following are from 'Eavesdroppings' by Nigel Rees - overheard remarks reported on the BBC Radio programme 'Quote ... Unquote'.*

Overheard conversation between two women... "She's got trouble with her eye. Doctor says it's a misplaced rectum."

During the blackout in the second world war a voice was overheard urging, "Come on Grandpa." The old man explained he could not find his teeth. To which the reply was "They're dropping bombs, not sandwiches."

First young teenager: "Jimmy walked me home from the shops last night. I don't like him much." Second young teenager: "Neither do I - he's only after one thing." First teenager: "Yes, I know, he's always cadging your fags."



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# Parish Diary for February

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

Sat	1 <sup>st</sup>	<i>Brigid, abbess, c525</i>
Sun	2 <sup>nd</sup>	<b>Presentation of Christ in the Temple (Candlemas)</b> <b>9.30am Procession &amp; Sung Parish Mass</b> <b>6.30pm Solemn (Choral) Evensong and Benediction</b>
Mon	3 <sup>rd</sup>	7.30pm Celtic Worship, <i>Anskar, archbishop, missionary, 865</i>
Tues	4 <sup>th</sup>	<i>Gilbert, founder of the Gilbertine Order, 1189</i>
Wed	5 <sup>th</sup>	7.30pm PCC Meeting, Parish Office
Thurs	6 <sup>th</sup>	<i>Martyrs of Japan, 1597, Accession of Queen Elizabeth II, 1952</i>
Fri	7 <sup>th</sup>	6.30pm Bach Concert No.5
Sun	9 <sup>th</sup>	<b>3<sup>rd</sup> Sunday before Lent, 9.30am Sung Parish Mass</b> <b>6.30pm Said Evensong</b>
Mon	10 <sup>th</sup>	<i>Scholastica, abbess, c543</i>
Tues	11 <sup>th</sup>	7.30pm Adventurers' Meeting, Parish Office
Thurs	13 <sup>th</sup>	1.05pm Lunchtime Concert
Fri	14 <sup>th</sup>	<i>Cyril and Methodius, missionaries, 869 &amp; 885</i> <i>Valentine, martyr at Rome, c269</i>
Sat	15 <sup>th</sup>	<i>Sigfrid, bishop, 1045</i> <i>Thomas Bray, priest, founder of SPCK and SPG, 1730</i>
Sun	16 <sup>th</sup>	<b>2<sup>nd</sup> Sunday before Lent, 9.30am Sung Parish Mass</b> <b>6.30pm Said Evensong</b>
Mon	17 <sup>th</sup>	<i>Janani Luwum, archbishop, martyr, 1977</i>
Thurs	20 <sup>th</sup>	11.00am Service at Little Gaynes Home
Sun	23 <sup>rd</sup>	<b>Sunday next before Lent, 9.30am Sung Parish Mass</b> <b>12.30pm Quinquagesima Lunch, Main Hall, 6.30pm Said Evensong</b>
Mon	24 <sup>th</sup>	9.45am Footsteps, 1.45pm Upminster School visit
Tues	25 <sup>th</sup>	11.15am Service at The Oaks Home
Wed	26 <sup>th</sup>	<b>Ash Wednesday, 11.00am Holy Communion with Imposition of Ashes, 1.45pm Upminster School visit</b> <b>8.00pm Sung Mass with Imposition of Ashes</b>
Thurs	27 <sup>th</sup>	12.15pm Lent Lunch, Minor Hall, 1.05pm Lunchtime Concert <i>George Herbert, priest, poet, 1633</i>
Fri	28 <sup>th</sup>	1.45pm Upminster School visit, 7.30pm Stations of the Cross

**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 March

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

Sun	1 <sup>st</sup>	<b>1<sup>st</sup> Sunday of Lent, 9.30am Sung Parish Mass, 11.00am PCC Accounts Meeting, Parish Office, 6.30pm Sung Compline</b>
Mon	2 <sup>nd</sup>	7.30pm Celtic Worship, <i>Chad, bishop, missionary, 672</i>
Thurs	5 <sup>th</sup>	12.15pm Lent Lunch, Minor Hall
Fri	6 <sup>th</sup>	6.30pm Bach Concert No.6, 7.30pm Stations of the Cross, St Joseph's Church
Sat	7 <sup>th</sup>	<i>Perpetua, Felicity and companions, martyrs, 203</i>
Sun	8 <sup>th</sup>	<b>2<sup>nd</sup> Sunday of Lent, 9.30am Sung Parish Mass 6.30pm Said Compline</b>
Thurs	12 <sup>th</sup>	12.15pm Lent Lunch, Minor Hall, 1.05pm Lunchtime Concert
Fri	13 <sup>th</sup>	7.30pm Stations of the Cross
Sun	15 <sup>th</sup>	<b>3<sup>rd</sup> Sunday of Lent, 9.30am Sung Parish Mass, 11.00am APCM, Main Hall, 6.30pm Taizé Prayer</b>
Tues	17 <sup>th</sup>	<i>Patrick, bishop, missionary, patron of Ireland, c460</i>
Wed	18 <sup>th</sup>	<i>Cyril, bishop, teacher of the faith, 386</i>
Thurs	19 <sup>th</sup>	12.15pm Lent Lunch, Minor Hall, <i>Joseph of Nazareth</i>
Fri	20 <sup>th</sup>	7.30pm Stations of the Cross, St Joseph's Church <i>Cuthbert, bishop, missionary, 687</i>
Sat	21 <sup>st</sup>	<i>Thomas Cranmer, archbishop, Reformation martyr, 1556</i>
Sun	22 <sup>nd</sup>	<b>4<sup>th</sup> Sunday of Lent, Mothering Sunday 9.30am Sung Parish Mass &amp; Parade Service 6.30pm Said Compline</b>
Tues	24 <sup>th</sup>	<i>Walter Hilton, mystic, 1396, Paul Couturier, priest, ecumenist, 1953 Oscar Romero, archbishop, martyr, 1980</i>
Wed	25 <sup>th</sup>	<b>The Annunciation of our Lord to the Blessed Virgin Mary</b>
Thurs	26 <sup>th</sup>	11.00am Service at Little Gaynes Home, 12.15pm Lent Lunch, Minor Hall, <i>Harriet Monsell, founder of the Community of St John the Baptist, 1883</i>
Fri	27 <sup>th</sup>	7.30pm Stations of the Cross
Sun	29 <sup>th</sup>	<b>5<sup>th</sup> Sunday of Lent, 9.30am Sung Parish Mass 6.30pm Said Compline</b>
Mon	30 <sup>th</sup>	9.45am Footsteps, 7.30pm Celtic Worship
Tues	31 <sup>st</sup>	11.15am Service at The Oaks Home, <i>John Donne, priest, poet, 1631</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 ....

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