

August and September
2020



GRIDIRON

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



Patronal Festival – 9th August

A New Shepherd for Chelmsford Diocese

by Rob Brabner

With Bishop Stephen moving on to be Archbishop of York, we have a vacancy at Chelmsford. The appointment will take some time, but in the meantime, the Area Bishop of Barking, Peter Hill will be acting Bishop of Chelmsford.



Bishops in the Church of England are ordained to be shepherds of Christ's flock and guardians of the faith of the apostles. The Diocesan Bishop is the 'chief pastor' of everyone in his/her diocese, lay people as well as clergy. The Bishop is required to proclaim the Gospel, teach and uphold 'sound doctrine' and to be an example of 'righteous and godly living'. The Bishop is the 'principle minister' within the diocese. The appointment of Bishop is made by the Queen on the advice of the Prime Minister, although the procedure has been amended within recent years with less political involvement and the advice/recommendation from the Church of England is followed by the Downing Street office that deals with ecclesiastical appointments. Bishops are responsible for ordaining clergy and confirming those who come forward for 'confirmation' following promises made at baptism. Infant baptism would of course mean the promises made by the Godparents on behalf of the infant/baby.

Whilst the vacancy for Bishop in the diocese is under consideration, it would seem appropriate to give some details about the diocese itself. Chelmsford Diocese was first set up in 1914; before then much of what we know as Chelmsford was in St Alban's Diocese. The current diocese covers all of Essex plus the five metropolitan London Boroughs of Barking and Dagenham, Newham, Redbridge, Waltham Forest and Havering and the boundaries are coterminous with the Roman Catholic diocese of Brentwood.

The Anglican diocese is divided into three episcopal areas, each with its own Area Bishop: Barking, Colchester (Area Bishop Roger Morris) and Bradwell (Area Bishop John Perumbalath, the former Archdeacon of Barking). Chelmsford Diocese covers a region of around 1,500 square miles and has a population exceeding 3 million, with 463 parishes and a total of 588 churches (as recorded in 2014). On a population basis, it is the second largest Anglican diocese in England, though with one of the smaller Cathedral churches. London Diocese has a population of over 4 million, and much of London is covered by Southwark, St Alban's and Guildford as well as Chelmsford.

Bishop Stephen was the first Chelmsford Bishop to become an Archbishop, and with currently three male Area Bishops it may be that we could be welcoming soon the first female Chelmsford Bishop - pure speculation of course. For those parishes adhering to 'Forward in Faith' such as St Thomas's, Brentwood, who are unhappy with women clergy and bishops, there is special provision for them. Norman Banks, Bishop Suffragan of Richborough, is licensed as an honorary assistant bishop in Chelmsford Dto facilitate those particular parishes.

Admission of Jean Keen as Churchwarden

Churchwardens are normally admitted to office at an annual service known as the Archdeacon's Visitation, where incoming and outgoing churchwardens gather with clergy and other supporters. This year, owing to the pandemic, the Archdeacon's Visitation has had to be postponed until November, and special provision has been made for incumbents to



admit Churchwardens on the Archdeacon's behalf. Hence on Wednesday 1st July, Susannah admitted Jean as our new Churchwarden in Jean's back garden!

Please keep Jean in your prayers as she takes up this vital role in the life of our parish, especially at a time where so many things are rather different from 'the norm'.

Many thanks are due to Christine Foot, who has now stepped down from being Churchwarden after four years, with two of those years as our sole Churchwarden.

Margaret and Colin Jarvis continue as 'Assistant Wardens', offering support that is also hugely appreciated. Please do continue to pray that a second churchwarden may be able to step forward to work with Jean.



From the Rector

We have been through many changes in recent months – changes that we could not possibly have imagined at the start of this year. Many of us have experienced drastic changes in how we relate to other people, how we work or participate in groups to which we belong, how we do our shopping, how we approach going for a walk or having a day out. Some of us will have had to deal with very difficult and traumatic changes as we have tried to navigate

dealing with unemployment, illness or bereavement in the context of lockdown.

I am writing this at the end of June, and no doubt by the time you read this at the beginning of August, there will have been many more changes. Hopefully a good number of these will have been a step closer to ‘normality’, but some will no doubt be a reminder of how different life still is, as we return to some of our ‘normal’ activities but with many caveats and alterations that were not there before. As I write, we are considering how to resume public worship, and that will certainly have significant differences from what we are used to.

Some of us find change easier than others, and of course it also depends on the nature of the change. They say ‘a change is as good as a rest’ and that can certainly be true. Change is a necessary part of growth, at every stage of life. Yet it can also be painful and unsettling. Both in good phases of our lives, and in difficult times, we may cling to what is secure and familiar, craving its reassurance or fearing its loss. It is no accident that ‘Abide with Me’ is such a popular hymn to sing at funerals.

Christianity encompasses interesting tensions around change. We are called to change, and yet that change is a response to a God who by nature and definition is unchanging, a God who provides an anchoring point amidst all the joys and sorrows of life, a God who is eternal. Thus a large part of life as a Christian is about discerning where our changeable nature and God’s eternal nature meet – and we see the fulfilment and potential of this meeting in Jesus, who bridges the gap that has opened between the human and the divine.

As we move through this year, and navigate its many changes, it may be helpful, at each point, to reflect on what feels like a negative change, and what

feels like a change that brings us closer to God. Through doing this, hopefully we can gain a greater sense of what is essential in our lives, in the lives of our church and community, and in the wider world. A pandemic is a hugely tragic and traumatic event, and we must not pretend otherwise – but as this negative experience forces us to focus on what is most important, hopefully we will find positive change amidst all the many challenges of this time, and be resolved to hold on to that positive change as we move forward.

With my prayers and good wishes

Susannah

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A few notes from a chorister during lockdown

by Chris Mowat

Like thousands of other people, the ongoing period of lockdown has given me time to reflect on one issue dear to my heart and that is being able to sing on a regular basis.

I have never known a period when I have not been able to sing week by week, whether it be familiar hymns, psalms, mass settings or anthems. When I joined the choir in 1956, on Palm Sunday that year, I was thrust into the choir of some 40 people and given a large palm branch to carry round the church (I have probably carried the same branch on many Palm Sundays since!). We had twice weekly practices as trebles and the ladies in the choir were, then, not allowed to stand in the stalls but gather in a group behind the organ in the St George's Chapel. How times have changed and for the better.

We sang at the Eucharist, Choral Matins and Choral Evensong each Sunday and a wide repertoire of music was included in the patterns of worship. Each year we would attend the Diocesan Choral Festival at Chelmsford Cathedral which would be packed with choirs from all over the diocese. A great way for a young chorister to learn more difficult and challenging music.

In 1975 we celebrated the 100 years of the founding of the choir and that was marked by a service of Choral Evensong which we sang in the Cathedral.

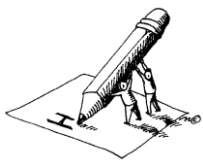
Like so many choirs our numbers have dwindled but we are still there and ready to sing each Sunday. However, when are we likely to do that? Singing may be one of the last activities allowed to restart once COVID-19 has been conquered or brought under control, because the exhalation of air may be contagious. Let's hope that will not be the case as I am sure everyone, whether they are a chorister or not, will want to sing to the glory of God.

In my many years in the choir I have been privileged to be part of the musical tradition in St Laurence and to have sung under the excellent guidance of David Pickthall, Chris Scarf, Jeremy Allen and Richard Brasier, to name just four of the eight Directors of Music I have served under. The clergy have always been very supportive of the choir and I know that our musical tradition will not be lost going forward.

Lockdown may prevent us all singing at present but when we do get together again may it be with great joy and thankfulness and as per the motto of The Royal School of Church Music, namely-

“I will sing with the Spirit and with understanding also.”

Arrangements for services, opening of the church and online gatherings remain under ongoing review as COVID-19 restrictions change. The latest information will be communicated via Porchtalk and the parish email list. Please contact Joanne Chapman or Susannah if you would like to be added to our postal or email mailing lists.



From the Editors

Dear Readers

Well, this has been a very strange piece of editing. The last magazine I did was the April/May edition and that had to be greatly edited again by Joanne due to the announcement of lockdown just as we went to press.

I have found it quite challenging, as all the ‘usual’ items which make the magazine feel ‘comfortable’ are missing: no Service Times, no Parish Diary, no church events for the centre pages etc. It has made me reflect on how much the church means to me, not just the church but the people of the church. I miss the people I see every week, I miss serving (although I don’t miss Hannah bossing me about, oh wait, she’s still doing that but at home!), I miss the Eucharist, I miss singing, I miss chatting with friends over coffee. I am looking forward to being in church again soon.

Although the church is only, as I write, being opened for private prayer, I am praying that by the time the next magazine is available we will be back together to worship in our beautiful church. Until then, see you at the Zoom meetings on Saturday mornings!

Arlette Wiggins, Editor.

October and November Magazine Deadline

Items for inclusion in the **October and November** edition of *Gridiron* should reach the editorial team by **4th September**. 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 **October and November** Magazine will be on sale from **27th September**.

The Anglican Choral Tradition

by Eugene O'Neill

From '**Prayer for the Day**' broadcast on Radio 4 on Friday 29th June 2012

Published by Watkins in 2016, Prayer for the Day Volume II by arrangement with the BBC.

After his visit to Britain, Pope Benedict was reported to have been astonished at the beauty of the Anglican liturgy he witnessed at Westminster Abbey.

It was the spiritual depth and richness of the English choral tradition that moved him; and from this came his invitation to Westminster Abbey choir to sing later today in Rome at one of the most important events in the Roman Catholic Church's year: the Mass on the Feast Day of St Peter and St Paul.

At this liturgy, newly created archbishops are given 'palliums' - woollen scarves emblazoned with crosses - worn as a symbol of unity with the Pope. Indeed, until the Reformation, the Archbishop of Canterbury himself wore a pallium - a tradition echoed in his coat of arms in which a pallium still appears as a heraldic device.

That England's foremost abbey - itself dedicated to St Peter - should send its celebrated choir to St Peter's Basilica seems wonderfully apt. Around 1,400 years ago, the then pope - St Gregory the Great - was prompted to send St Augustine to re-evangelize England after seeing British boys captured from the Angle tribe in the Roman slave market. Tradition holds that he remarked, 'They are not Angles - but angels.'

This is a remarkable statement of friendship by the Anglican Church; and from the Pope, a sign of a desire to receive from the Anglican tradition.

A sense of beauty is often linked to a craving for immortality; and Pope Benedict has often argued that a recovery of beauty will go hand in hand with the recovery of belief in God.

Creator of Heavenly harmony, through music You communicate something essential, and feed the soul; may music's angelic beauty humble us and draw us out of ourselves towards You. Amen

The 1918 Flu Pandemic

by Rob Brabner

The Coronavirus pandemic has been a completely new experience for all of us, whatever age we are. However unpleasant and inconvenient it has made our lives, perhaps we should reflect on what people had to put up with in the last major worldwide pandemic, back in 1918. The sheer number of people that became victims is astonishing.

The following is from *“Remember, Remember (The Fifth of November): The History of Britain in Bite-size chunks”* by Judy Parkinson, first published in Great Britain in 2011 by Michael O’Mara books.

‘In 1918 the war was not the only mortal enemy facing the country; a global flu pandemic was also causing widespread devastation. Unusually, it affected fit adults rather than the more vulnerable young and old. About a quarter of a million British people died from the disease.

In the spring of 1918, thousands of soldiers on the Western Front suffered sore throats, headaches and loss of appetite, their immune systems likely weakened by trench conditions. At first, sufferers recovered in three days. However, soon doctors identified a new virulent strain of the virus. Spain, France, the Middle East, India and China were variously accused of being the source, though recent research indicates it came to the trenches via a group of American soldiers from Kansas. By the summer, symptoms worsened and soldiers started to die from pneumonia or blood poisoning. By September the German army was debilitated and the disease had spread, killing over 400,000 German civilians that year.

The first cases in Britain appeared in Glasgow in May 1918 and the epidemic spread quickly. In vain, authorities sprayed streets with chemicals, and anti-germ masks became popular. No corner of the world remained immune. Nearly 450,000 Americans had died by early December. India was worst hit, perhaps infected by the many Indian doctors who had served in the war; over 16 million Indians died of the virus. The estimated worldwide death toll ranges from 50 to 70 million people, many more than that of the First World War.

Thanks to all the unknowns surrounding the epidemic many people turned to homeopathic methods. Drinking certain teas or burning brown sugar were just a couple of ways people tried to ward off the illness.

One of the most popular folk remedies was garlic. People wore garlic cloves like a necklace in a bid to defend themselves from the flu. These days it might be a good idea to try this as a way to ensure people keep to the correct social distance!’

Sadly a number of prominent people succumbed to the pandemic, including the child saints Francisco and Jacinto Marto, who were present at the Marian visions at Fatima, Portugal. Further victims were the artist Gustav Klimt, the sociologist Max Weber, and the English composer and prominent music educator, Sir Charles Hubert Parry, who wrote the music to “Jerusalem”, the coronation anthem “I was Glad” and much more. Frederick Trump, grandfather to you-know-who, was also a victim.

Survivors also included some very important names: George V, Mahatma Ghandi, Walt Disney, film actress Mary Pickford, David Lloyd George, Georges Clemenceau and US President Woodrow Wilson who, after recovering, suffered a stroke three months later.

Many of the leaders of the victorious nations at the end of the First World War had been affected by the virus, and it has been argued that the harsh terms of the Treaty of Versailles were to eventually result in the outbreak of World War II. Did the pandemic of 1918 have greater consequences than we ever contemplated?

A London Churches/Cathedral Quiz

1. To whose memory is All Souls’ Chapel in St Paul’s Cathedral dedicated?
a) St Thomas à Becket, b) Queen Victoria, c) Lord Kitchener of Khartoum.
2. Which famous sailor is buried in the churchyard at St Mary’s, Lambeth?
a) Captain Cook, b) Captain Bligh, c) Captain Scott.
3. Which organisation was founded by the Rector of St Stephen Walbrook in 1953?
a) The Samaritans, b) Amnesty International, c) Toc H.
4. From what does the word ‘Royal’ derive in the name of the church of St Michael Paternoster Royal?
a) The royal chapel that once adjoined it, b) A 14th century merchant named Nicholas Royle, c) The town of La Réole in southern France.

5. Which City church is associated with John Newton, the 18th century anti-slavery campaigner and author of the hymn "Amazing Grace"?
- a) St Benet Paul's Wharf, b) St Mary Woolnoth, c) St Magnus the Martyr.
6. What name did Charles Dickens give to the church of St Olave, Hart Street?
- a) St Ghastly Grim, b) St Grisly Ghoul, c) St Grossly Gruesome.
7. Which famous 19th century politician was christened in St Andrew Holborn in 1817?
- a) William Gladstone, b) Benjamin Disraeli, c) Sir Robert Peel.
8. Whose decapitated body lies buried before the altar of the church of St Margaret's, Westminster?
- a) Anne Boleyn, b) The Duke of Monmouth, c) Sir Walter Raleigh.
9. Which London church has a design based on that of the Erechtheion on the Acropolis in Athens?
- a) St Pancras, Euston Road, b) St George-in-the-East, Wapping, c) St James, Piccadilly.
10. Which London church allegedly inspired a baker to create the first tiered wedding cake?
- a) St Clement Danes, b) St Magnus the Martyr, c) St Bride's, Fleet Street.
11. Which is the only church in London designed by the Regency architect John Nash?
- a) All Saints, Margaret Street, b) All Souls, Langham Place, c) All Saints, Fulham.
12. In his diary entry for 18th August 1667, Samuel Pepys records that he attended a service at St Dunstan-in-the-West. What does he admit to doing during the time he was there?
- a) Eating oranges, b) Sketching a portrait of the preacher, c) Making a pass at a young woman in the congregation.
- (Answers further on in the magazine.)

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Louise Harrington's article

Hello, and welcome to another Gridiron. Normally, you would be reading my interviews of members of the choir or me giving backstage insights to what happens in the choir. However, I wanted to use this opportunity to reflect on the positives of lockdown.

Our 'everyday' has changed for the last few months owing to the pandemic. Now, we are starting to see an easing of the restrictions and getting the 'normality' of our lives back again. But what have we been doing in lockdown?



Even though I am not physically going to school, I am sent work by my teachers to complete at home. Working from home is a unique experience, but I will be glad when I return to school.

Also, I have taken up a new hobby: jam making! On Father's Day, my family and I went to Cammas Hall Farm to go strawberry picking. As well as picking strawberries, we also picked gooseberries. Beforehand, we bought some pectin and some jam sugar as we wanted to find out which method we preferred. Personally, I prefer using the jam sugar as it is easier to tell when the jam is set. Consequently, we made a LOT of jam! I really enjoy making jam!

Normally, I would be going to Harrow Lodge swimming pool 3 or 4 times a week, but since leisure centres and swimming pools are closed, I have been going open-water swimming. Every Saturday morning for the last month and a half I have been waking up early to go to Stubbers Adventure Centre in Upminster and swimming around the lake. The distance around the lake is 1km and I normally swim round several times. I swim in a wetsuit as it is cold especially after it has rained! It is hard to swim when it is windy, because it creates choppy water and the water keeps pulling and pushing you in different directions, but it is fun!

Overall, I have enjoyed staying at home because I have been able to do things I wouldn't normally get much time to do; I have been cooking, baking, drawing, cycling....I have been keeping myself busy! However, I will be very glad when we get back to some sort of 'normal'.

Walking in lockdown

by Chris Mowat

At the time of writing this, the country is still in lockdown but with signs that we may be moving in the right direction. Whenever we eventually emerge is anyone's guess and yet despite restrictions there have been some bright beacons of hope along the way.

In particular, we have been encouraged to get some daily exercise by walking, provided we apply social distancing rules. This has enabled us to undertake a number of walks in areas which are not so familiar but which make up part of the wonderful "green lung" surrounding our parish. The foresight of Forestry England and Thames Chase some years ago is much appreciated.

Many of the walks may be well known to you already but I share three of those we have done so that they may be of interest in months and years to come.

Walk 1 (Parklands Lake; Bonnets Wood; Berwick Glades; Hornchurch Country Park)

Starting at the Corbets Tey Road end, walk through Parklands beside the lake. The gnarled willow trees are wonderful and the wildfowl worth spotting. Cross over Park End Road and enter Bonnets Wood. A relatively new country area which is now maturing. Follow the well-marked track until you come to what looks like a "T" junction. Turn right and follow the track down over a bridge and then on to a rising area from which you can see the towers of the Queen Elizabeth Bridge in the distance. At a junction where a seat is placed, turn right and enter Berwick Glades which is a new area being planted by Forestry England. The track goes on and you come to a new link into Hornchurch Country Park. Turn right in the Park, walk past the Visitor Centre and along the path to the entrance in Hacton Lane. From there you can return home whichever way you choose.

Walk 2 (All Saints' Church; East Marsh; Cranham Marsh)

Take the footpath from Argyle Gardens across the field to All Saints' Church. Turn right and follow the path alongside the ancient brick wall surrounding the garden of Cranham Hall. Pass the field of horses and then turn left and follow the footpath to the hedge, walk through and then turn right. Walking round the field as if you were going away from yourself, take the footpath to your right which leads into East Marsh, part of Essex Wildlife's Cranham Marsh. The path goes through a wooded area to a junction of paths where an information

board is situated. If you turn right the path will take you back towards All Saints' Church, but to appreciate more of the Marsh, it is better to turn left and follow the path westwards. This will lead over a small bridge and eventually along the back of the Crematorium Gardens with Gaynes School playing fields to the right. You continue through a wooded area where often you can hear and see woodpeckers. Finally the path comes out into Meadowside Road and you can return home from there as you choose.

Walk 3 (All Saints' Church; The Chase; Brickfields)

Starting at All Saints' Church, turn left and walk down The Chase to St Mary's Lane. Turn right and walk along until you are outside The Thatched House. Cross the road and take the footpath which leads to the Cranham Brickfields. An historic area for the early brick making industry but now a lovely open space with woodland, a lake and the odd horse. You will eventually reach urbanisation in Sunnycroft Gardens, Cranham but there is much to enjoy from the various gardens which, on the whole, have been well tended during this period of lockdown. There may be some walking through built-up areas to reach home but it is worth it.

In all these walks we have been blessed with wonderful weather. However they are worth doing at other times of the year because the trees, woodland and birdlife are so different.

Answers to the London Churches/Cathedral Quiz

1. c) Lord Kitchener of Khartoum
2. b) Captain Bligh (his tomb is made of Coade stone)
3. a) The Samaritans
4. c) The town of La Réole in southern France
5. b) St Mary Woolnoth
6. a) St Ghastly Grim
7. b) Benjamin Disraeli
8. c) Sir Walter Raleigh
9. a) St Pancras, Euston Road
10. c) St Bride's, Fleet Street
11. b) All Souls, Langham Place
12. c) Making a pass at a young woman in the congregation!

Lockdown

by Chris Mowat with apologies to William Wordsworth

I wandered lonely through the streets of this our pleasant town,
Most shops were closed, the cars were scarce
Yes we were all in lockdown.
But then I saw some people out
In queues to buy their food
Marshalled, apart, like troops on parade
For everyone's greater good.

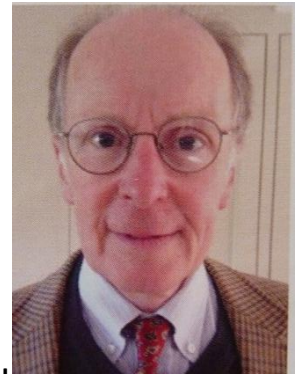
The air is clean, planes fly no more
Green spaces are a boon,
We can walk and hear the birds whose song no longer a muted tune
Drowned by noise of lorries, cars
And open pubs and bars.

We miss the human contact of family and friends
The looks, the smiles, the jokes and tears which
Always never ends.
Life has turned us upside down, stuck in our homes, perhaps one room
Yet we still reach out to everyone
By card, or phone or Zoom.

For oft, when on my bed I lie
In vacant or in pensive mood,
I give thanks for those whose sacrifice
Has done so much for common good.
Creative ways of living life, of care for one and all,
God's vast creation and his love
Will see us through the pall
Of sorrow, doubt and fear and frown
With hope – no more lockdown.

The Friends of Essex Churches Trust – Jeremy Beale, the Chairman's Message

Below is the Chairman's foreword to the Annual Report and Newsletter for 2020:



This last year the Friends of Essex Churches Trust has become the conduit for grants for roof alarms to protect church roof lead. The funds have been granted by the Allchurches Trust and we welcome applications. The need for roof alarms is a reminder of the many things that those who care for our places of worship have to think about. Not just the maintenance and improvement of buildings but also protection from thieves and vandals, not to mention things outside the grant-giving parameters for this charity – church halls, graveyards, etc. The task of looking after these buildings can sometimes seem daunting.

We aim to help churches, chapels and meeting houses, from village churches to the variety of religious buildings in our larger towns and the five London Boroughs that we cover. Almost all of these buildings are being looked after by volunteers, people like the membership of this charity who take pride in the public buildings that are places of devotion. I doubt if I am alone in being both a supporter and a beneficiary of this charity. The village church in my home parish received a significant grant from the Friends in my childhood and very probably will be a future applicant. It is the mutuality of friendship that is one of the main strengths of this charity. We are unable to give grants that fully fund most of the projects that are applied for but our Grants Committee advisors are knowledgeable and experienced, they often suggest other avenues of fund-raising. Our Study Days provide a wealth of information about the specific places of worship that are visited and also add to the wider appreciation and knowledge of our religious architecture.

The shared history of our county's churches and chapels is both the purpose of this charity and its pleasure, the beauties and peculiarities of these buildings delight us now and will long outlast us. Thank you for your participation.

Jeremy Beale, Chairman – Friends of Essex Churches Trust

This year's Ride and Stride is scheduled for Saturday 12th September.

Local photos

by Rob Brabner



Langtons



No social distancing here!



Hornchurch Country Park

WHY?

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

Answer: When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

Why do ships and aircraft use 'mayday' as their call for help?

Answer: This comes from the French word 'm'aidez' - meaning 'help me' - and is pronounced, approximately, 'mayday'.

Why are zero scores in tennis called 'love'?

Answer: In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US, Americans (naturally), mispronounced it 'love'.

Why do Xs at the end of a letter signify kisses?

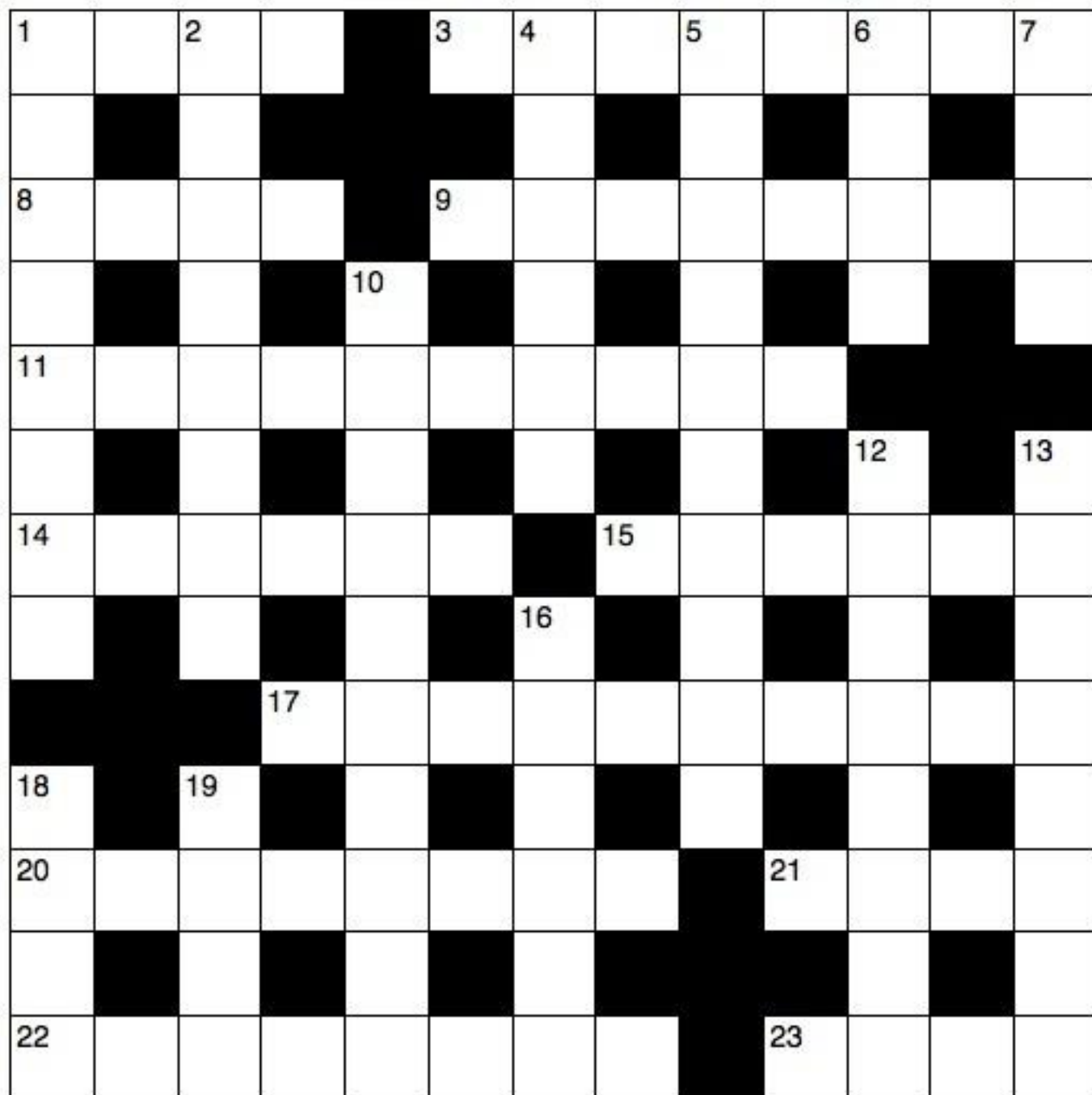
Answer: In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfil obligations specified in the document. The X and the kiss eventually became synonymous.

Why is shifting responsibility to someone else called 'passing the buck'?

Answer: In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

Why is someone who is feeling great 'on cloud nine'?

Answer: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.



Across

1 and 3 Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28)

(4,3,5)

3 See 1 Across

8 'Let us draw — to God with a sincere heart in full assurance of faith' (Hebrews

10:22) (4)

9 O Simon is (anag.) (8)

11 Form of government under the direct rule of God or his agents (10)

14 How Jesus found his disciples when he returned to them after praying in

- Gethsemane (Luke 22:45) (6)
- 15 In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)
- 17 Glad sin rat (anag.) (10)
- 20 Spinal column (Leviticus 3:9) (8)
- 21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)
- 22 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)
- 23 Adam and Eve's third son (Genesis 4:25) (4)

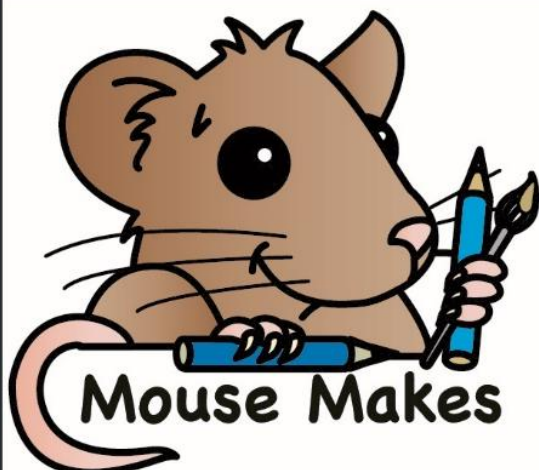
Down

- 1 David's great friend (1 Samuel 20:17) (8)
- 2 'The Lord... will bring me safely to his — kingdom' (2 Timothy 4:18) (8)
- 4 'I, Daniel, mourned for three weeks. I ate no choice food; — — or wine touched my lips' (Daniel 10:3) (2,4)
- 5 Seeking to vindicate (Job 32:2) (10)
- 6 Female servant (Isaiah 24:2) (4)
- 7 'For Christ died for — once for all' (1 Peter 3:18) (4)
- 10 'Offering spiritual sacrifices — to God through Jesus Christ' (1 Peter 2:5) (10)
- 12 Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)
- 13 One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)
- 16 'You have — of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)
- 18 'There before me was a white horse! Its rider held — — , and he was given a crown' (Revelation 6:2) (1,3)
- 19 Equipment to Charity Hospitals Overseas (1,1,1,1)

Answers to the June and July crossword.

Across: 1 Care 3 Paradise 8 Null 9 Profaned 11 Legalistic 14 Closed 15 Stores 17 Missionary 20 Covenant 21 Thai 22 Trade-off 23 Eden

Down: 1 Conflict 2 Religion 4 Arrest 5 Affliction 6 Iona 7 Eddy 10 Allegiance 12 Preached 13 Assyrian 16 A son of 18 Scot 19 DVLA



Mouse Makes

The **PSALMS** are hymns of **PRAYER** and **PRAISE** to God.

*"I will proclaim your greatness, my God and king; I will **thank you**: I will **praise you** for ever and ever."*

Psalm 145:1-2

Glory to God



"How clearly the sky reveals God's glory! How plainly it shows what He has done."

Psalm 19:1

Cut out and colour these cards to help you to **thank** and **praise** God.



"Your word is a lamp to guide me and a light for my path." Psalm 119:105

God's World

"The world and all that is in it belong to the Lord: the earth and all who live on it are His."

Psalm 24:1



Praise the Lord!

*"Let everything that has breath, **praise the Lord**."*

Psalm 150:6



Give thanks!

*"Your constant love is better than life itself, and so I will **praise** you. I will give You **thanks** as long as I live; I will raise my hands to you in prayer."*

Psalm 63:3-4



Kerry Shipley is a minster at the Church of the Good Shepherd, Collier Row and a leader of the current Course in Christian Studies. The following is taken from a collection of her poems and ponderings 'Thoughts along the way'.

Today

I have nothing that needs to be done today,
Nowhere I need to go today,
No-one I have to be today.

But I do have today, the now, the present.

Yesterday had its joys and sorrows; they are past – I cannot change them,
I can only let them go.
Tomorrow will have its joys and sorrows; they are still to come – I cannot
change them, I can only let them come.

When yesterday was today, you were there; you held me, comforted me,
rejoiced with me; we laughed and cried together, but I cannot live on
yesterday's manna.

When tomorrow is today, you will be there; to hold me, comfort me, rejoice
with me; we will laugh and cry together, but I cannot live tomorrow yet.

And so I return to today; today is your gift to me, the opportunity to be present
in the present, to enjoy the now, to soak in it, to be alive to it and in it. I can
only experience you in the now because you are 'I am', not 'I was' or 'I will be'
although you were and you will be.

Today is the moment to experience you, to connect with you more completely,
to be present in the embrace of 'I am'.

Today is the day of salvation.

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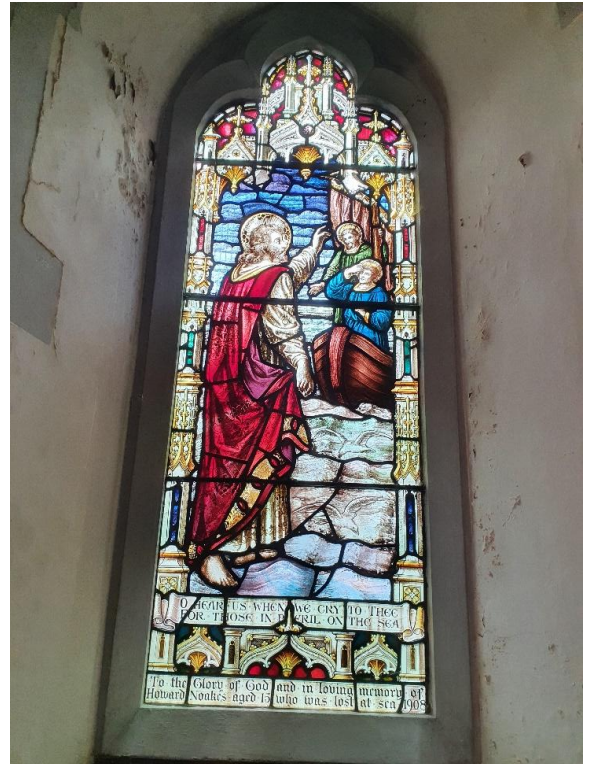
Prayer

Well Lord God, here I am,
believing in you,
trusting in Jesus,
knowing that you sent your Spirit
to connect us.
But sometimes the signal seems weak,
As though I've wandered out of range.
Lord, I want to grow closer,
to hear your voice
and know your guidance
in the nitty-gritty
of the life you have given me.
I know it's been said before, Lord,
but please, teach me to pray.

By Daphne Kitching

Take, Lord, and receive all my freedom, my memory, my intelligence and my will – all that I have and possess. You, Lord, have given those things to me. I now give them back to you, Lord. All belongs to you. Dispose of these gifts according to your will. I ask only for your love and your grace, for they are enough for me.

A prayer of Ignatius of Loyala (1491 – 1556) founder of the Society of Jesus

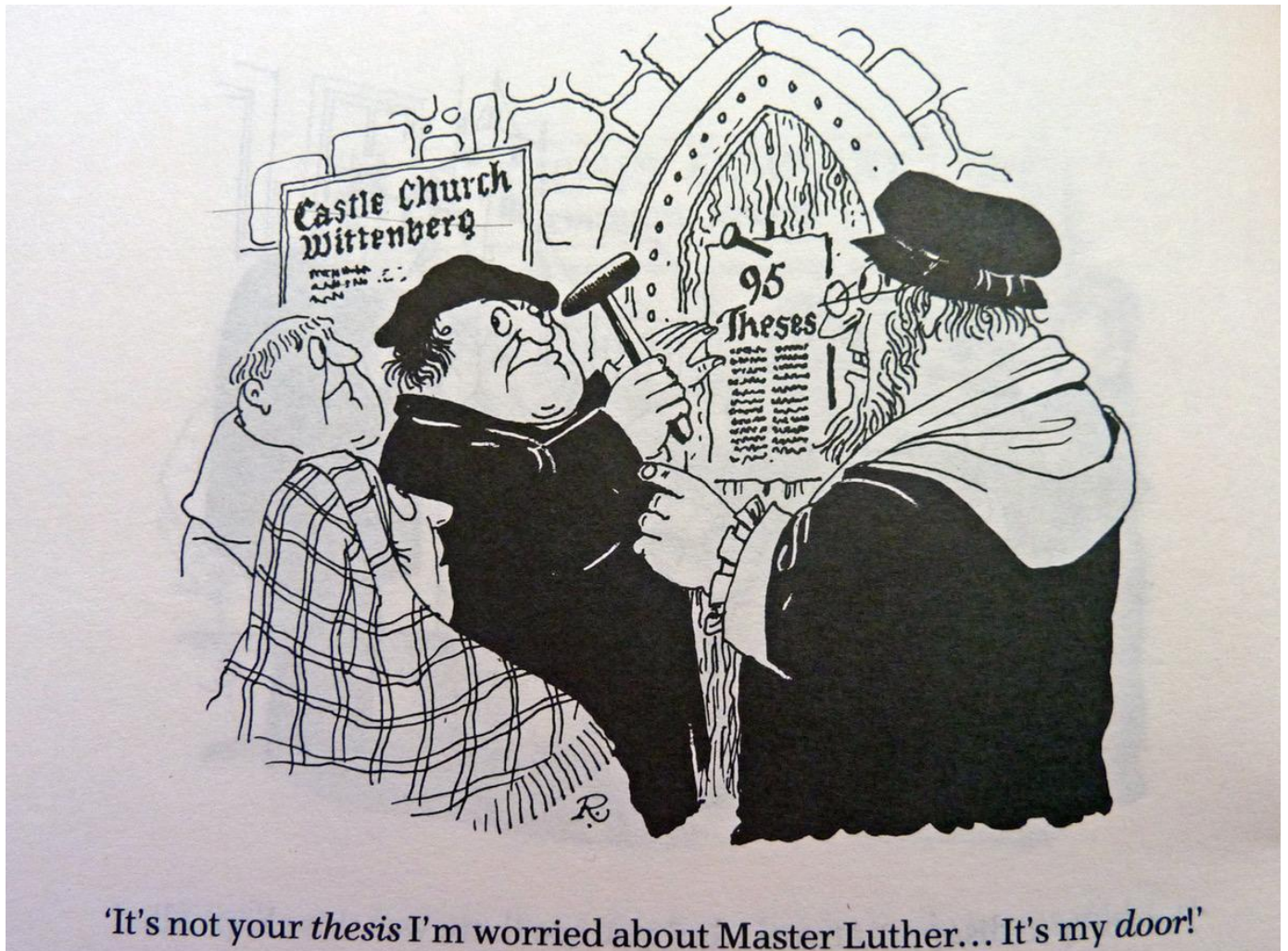


And Finally....

Subject: Day 73

Just be careful because people are going crazy from being in lockdown! I know I am...

Actually, I've just been talking about this with the microwave and toaster while drinking tea and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the doorknob told me to get a grip. 😞 The front door said I was unhinged and so the curtains told me toyes, you guessed it 😊.....pull myself together. I hope it made you smile 😊 xxx



Havering Council - support services for bereaved residents during COVID-19 crisis

The Council continues to support the efforts of charities across the borough and is working in partnership with Havering Mind to provide Trauma and Bereavement counselling to those affected by the COVID-19 crisis.

Havering Mind and London Borough of Havering are working in partnership to bring a new service to the community, at a time when they know many are struggling to cope with bereavement and want to talk to someone. Because this is an anxious and stressful time for everyone, there are many challenges to our well-being and mental health during the current Coronavirus pandemic.

Starting Monday 27th April the council will be launching new services in partnership with Havering Mind to provide Trauma and Bereavement counselling to those affected by the COVID-19 crisis. The details are: TRAUMA & BEREAVEMENT SERVICES contact help@haveringmind.org.uk or telephone 01708 457040 This service is free and is available seven days a week from 9.00am to 7.00pm, Monday to Friday and 10.00am to 1.00pm at weekends.

Sarah Balser, Chief Executive of Havering Mind says:

'We have a team of wonderful counsellors who can help you deal with the anxiety and loss, grief and distress you or someone you know may be experiencing because of COVID-19. If it's right for you, our counselling will be carefully arranged for you to talk through the issues that are affecting your mental health and well-being, with someone specifically trained to help you.'

Over a few weeks, we can support you on your journey towards healing and change. Our caring counsellors will offer you online or telephone counselling, whichever is best for you.'

Counselling is available to anyone over 18 years of age living in Havering who has been affected by a bereavement or trauma relating to COVID-19.



Get in touch with

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

Rector	The Reverend Susannah Brasier Susannah.brasier@upminsterparish.co.uk	01708 220174
Associate Priest	Father Roy Murray roy.murray@upminsterparish.co.uk	01708 225374
Pastoral Assistant	Deborah Masterson deborah.masterson@upminsterparish.co.uk	01708 760485
Parish Office	Joanne Chapman parish.office@upminsterparish.co.uk	
Churchwardens	Jean Keen (<i>contact via Parish Office</i>) parish.office@upminsterparish.co.uk	
Hon Secretary PCC	Beryl Speed beryl.speed@ntlworld.com	01708 228793
Hon Treasurer	Tony Bloomfield tony_bloomfield@aol.com	01708 536370
Planned Giving	Steve Roome (<i>contact via Parish Office</i>) parish.office@upminsterparish.co.uk	
Electoral Roll Officer	Keith Stewart keithdebbie@btinternet.com	01708 227928
Director of Music	vacant	
Church Halls Hire	Carole Billings carole.billings1@btinternet.com	01708 749670
Gridiron Editors	Arlette Wiggins and Joanne Chapman gridiron@upminsterparish.co.uk	
Gridiron Advertising	Maureen Gourley mlgourley@talktalk.net	01708 640747
Parish Website	www.upminsterparish.co.uk	

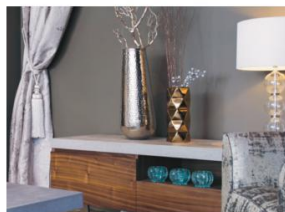
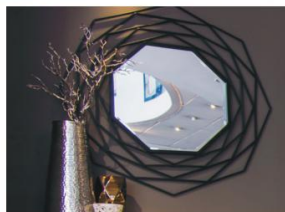
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