February and March 2021



GRIDIRON

The Magazine of the Parish Church of Saint Laurence Upminster

£1



In 2021 Ash Wednesday is 17th February and Mothering Sunday is 14th March

AT THE TIME OF PRINTING ALL IN PERSON WORSHIP AND PRAYER HAVE BEEN SUSPENDED. PLEASE SEE THE WEBSITE OR CHURCH NOTICE BOARDS FOR THE LATEST INFORMATION OR CONTACT THE PARISH OFFICE OR REVD SUSANNAH.

Service times					
Said Mass	Sunday 09.30	Wednesday 11.00			
Said Evensong	Sunday	18.30 via Zoom			
Private Prayer	Sunday	15.00 – 16.30			
Private Prayer	Thursday	10.00 – 12 noon			

IMPORTANT: Please pre-book your attendance at Mass in accordance with the following timings in order to be sure your request is received:

Email Joanne at: parish.office@upminsterparish.co.uk by 11am on Wednesday for the following Sunday, or by 12 noon on Monday for the following Wednesday.

Or if you do not have email, phone Deborah on 01708 609816 by 6pm on Wednesday for the following Sunday, or by 12 noon on Monday for the following Wednesday. Thank you.

Evensong via Zoom contact Revd Susannah for the login details at: susannah.brasier@upminsterparish.co.uk by 10 am on Saturday for that Sunday.

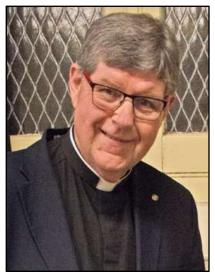
There is no need to pre-book for Private Prayer but you may be asked to wait a while before entering at busy times.

NB: Due to the pandemic services and events may change at short notice. Efforts will be made to communicate changes as far in advance as possible.

Baptisms and These are administered during public services. **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 numbers.



From Fr Roy

During the course of the year, the Church invites us to commemorate and celebrate the lives of many saints and holy people. Some of these saints may seem to be rather obscure. For example, many people may not have heard of Sigfrid, Bishop and Apostle of Sweden. His day occurs on February 15th.

However, nearly everyone will know the saint who is associated with the previous day, February 14th. I

speak, of course, of St. Valentine. Valentine was either a priest or Bishop who was martyred in Rome under the Emperor Claudius in about the year 269. He is believed to have secretly married a number of couples in order to save the man from conscription into the army. The Roman law at that time forbade the conscription of married men. So, over the years, Valentine has become associated with love and marriage and he is the patron saint of engaged couples.

This year St. Valentine's Day will fall on a Sunday, the Sunday before Lent. It is therefore quite likely that it will be disregarded, at least by the Church. St. Valentine's Day is this year swiftly followed by Ash Wednesday on the 17th of February. Then we will be into the season of Lent. The light-hearted quickly gives way to the serious. I wonder if there is any connection between these two: between the rather frivolous and now almost totally secular celebrations of the saint's day, and the beginning of the rather sombre mood associated with Lent?

To my mind there is one obvious connection, and that is love. Valentine's Day has become clearly linked with the notions of romantic love. It is a day when many men might present their true love with some (expensive) roses, or chocolates, or some other romantic gesture. Some couples may become engaged or choose Valentine's Day for their wedding.

In Lent, Christians take time to reflect on the greatest act of love the world has ever known. We are invited to spend time in prayer and study as we prepare for the celebration of Easter. This is the time when we who are the Church respond especially to the love of Jesus Christ who allowed himself to go to the cross. He suffered the pain and humiliation of a crucifixion, and he died. This he did because of his love for us. That love enabled Jesus to bear the shame of the cross. His act of love, his death on the cross, redeemed us and offered us

life everlasting. As St. John says 'in this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins'.

Last year, 2020, saw our plans for the keeping of Lent thrown unexpectedly into total disarray. What had begun as a normal season of Lent overnight became changed. As we went into lockdown for the first time, churches were closed, and public worship ceased. Suddenly we had to keep the remainder of Lent, Holy Week and even Easter itself online.

We could not have known it then, but sadly, this Lent, too, looks as if it will begin where the last Lent left off. We can, however, still keep a holy Lent. Lent is a period of self-denial, of reflection, prayer and careful consideration of our relationship with God. We may not be able to begin Lent in Church, but this year we do need to take Lent seriously. Begin now. Begin by determining just how you will observe the season.





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From the Editors



Welcome into the pages of another *Gridiron* and one which I hope is informative, inspiring and thought-provoking.

Closing the church buildings for much of the time in 2020 and continuing now into 2021 has been sad and distressing. However, it did not mean that everything stopped. On the contrary, although not seen by many, floral displays, artworks and decorations have marked the seasons. Thus, when we were able to welcome visitors inside, they saw a place loved and cared for.

Art made by our younger members has also been displayed throughout the year on the outside notice boards and trees along the main path for anyone to see as they pass by. A massive amount of very hard work has gone into improving the churchyard for the enjoyment of both people and wildlife.

As we see new growth in response to the lengthening daylight hours, may your faith grow stronger in response to the radiant light of Christ.

Joanne Chapman, Editor

April and May Magazine Deadline

Items for inclusion in the April and May edition of *Gridiron* should reach the editorial team by Friday 5th March. 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 April and May Magazine will be on sale from Sunday 28th March.

You can advertise in Gridiron from as little as £6.60 per issue.

Please contact

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mlgourley@talktalk.net

New Bishop for Chelmsford

Bishop Guli, full name Gulinar Eleanor Francis-Dehqani, aged 54 and currently Bishop of Loughborough in the diocese of Leicester, has been nominated by Downing Street for the vacancy at Chelmsford. Owing to the difficult circumstances of 2020, the entire appointment process was undertaken remotely with interviews by 'zoom' etc.



Her family were originally part of the small Christian

community in Iran. Her father converted to Christianity and later became the first Anglican Bishop to Iran. Her mother, though of British descent, was fully integrated into the local Persian society. In the wake of the Iranian Revolution in 1980 the family had to flee persecution. Guli was just 13. Tragically, her 24-year-old brother was murdered, and also her mother was very badly wounded, and Guli's family were forced to seek refuge in the UK. The family had hoped that after a few years they would be able to return but that has never been possible and Guli is now a UK national.

In England Guli went to university at Nottingham and obtained a music degree and there she first met her eventual husband Lee, originally from Northern Ireland. Lee has been a priest for over 25 years and is also a Canon. Later Guli went to Bristol University to undertake her theology degree.

Before becoming ordained in 1999, Guli worked in London, including working for the BBC World Service, and she served in both London and Southwark dioceses, later moving to Peterborough diocese where she was involved with clergy training.

Between 2004-2011 she took a break from full-time ministry whilst she raised her family with Lee. They have three children. Gabriel is in his final year at Durham University, taking a music degree; he's a cellist. Twins Eleanor and Simeon are 15 and are sitting their GCSEs in 2021. The family is completed by Blossom, their dog.

Asked about her hobbies, Bishop Guli has mentioned she's a keen walker, and it gives her an opportunity to think things through. She's keen to keep in touch with friends and the wider family, and she enjoys music. All the children play instruments, so the household is rarely quiet.

Bishop Gull is currently Vice-President of the Conference of European Churches, Vice-Chair of the Board of the Church Army and a contributor to the BBC Radio 4's 'Thought for the Day'.

Canon Robert Hammond, the Lay Chair of the Chelmsford Diocesan Synod, commented on the appointment:

'Bishop Guli brings an amazing range of gifts and experience to the Diocese, from her first-hand knowledge of being a part of a persecuted church in Iran and arriving in the UK as a refugee, her great musicianship, her work with the people of ethnic backgrounds and her role as the first Bishop of Loughborough.'

The Archbishop of York, Stephen Cottrell, Bishop Guli's predecessor, commented:

'It is with great joy that I welcome the appointment of Guli Francis-Dehqani as the next Bishop of Chelmsford. Guli will bring to the exciting diversity of Chelmsford diocese her breadth of vision, her international experience, her love of the gospel, her pastoral heart, and her passion for justice. East London and Essex have an exciting new bishop.'

Please note that if you have access to the Chelmsford Diocese website there is plenty more interesting information about the new bishop available online, including a lively conversation with Bishop Peter of Barking welcoming Bishop Guli. Find out which football team our new bishop supports!

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Churchyard Clippings – Where have all the blackberries gone? by Chris Mowat

In the October/November edition of *Gridiron* I wrote about what had been achieved in the churchyard over the late Spring/Summer months of 2020. Well for the first time ever, the Gardening Squad has continued to work on a Wednesday morning each week, rather than putting away the mowers etc in mid-September until the following Spring. This is thanks to the efforts of the dedicated squad and the desire to really get on top of everything and to manage the churchyard for the benefit of all.



We have continued prune many overhanging branches and shrubs as well as blitz the car park area of an accumulation of leaves; clean out downpipe gulleys, create better compost facilities to help reduce the heap and fill in an ever increasing number of holes around gravestones. It is neverending in a churchyard

such as ours, particularly as we are blessed with so many trees and the much appreciated open space for peace and quiet in the centre of Upminster.

The biggest achievement, however, in the past couple of months is the clearance of the area which had previously been informally designated "The Conservation Area" running alongside the path from St Mary's Lane to the Lady Chapel. This area many years ago became very difficult to manage and although there have been attempts at keeping it under control, we have never managed to stem the tide of bramble encroachment, nettles and general scrub. From being a conservation area it had become by August last year a wild place with graves being totally overwhelmed, bramble suckers creeping across the grass and giving a very unkempt and untidy air to the churchyard as a whole. The crop of blackberries in 2020 from the brambles was bountiful and much appreciated by those members of the congregation who took the trouble to pick them. Indeed, I am aware of one person who enjoyed picking them to have with her breakfast - her identity remains a secret!

It was thanks to Clive Edwards and his trusty axe, hedge strimmer and mower who set about the task with gusto. He was like the "Duracell Bunny" seemingly never to run out of steam. Other members of the squad have helped him with the clearance operation and much of the debris has been shredded, although that is an ongoing task. On the last Wednesday before Christmas the area was finally cleared and a new compost enclosure installed for use later on in the year. It is easily moveable and can therefore be adapted to future changes. The area itself will need to settle but the intention is to be able to mow under the trees again. A number of gravestones have been uncovered, some bulbs have been planted and there is now a much more open aspect to that part of the churchyard. Undoubtedly the bramble creeper may seek to re-establish itself but with careful management we can keep that at bay.

During Spring and Summer the light coming through the trees should make the area far more attractive to the public and the wildlife

As I previously mentioned, the work goes on and as I write, the mowers and strimmers are being serviced ready for use again. In the meantime we continue to shred, tidy up and generally make what is "God's Acre" a place for the benefit of everyone. Thank you to all those whose efforts have achieved so much even it means that it will be breakfast without blackberries in the Summer!



Upminster Windmill Restoration Project



The mill was built in 1805 on farmland purchased by James Noakes in 1803. James first came to Upminster to take the lease on Hunts Hill Farm at Corbets Tey in 1793.

In 2014 the Heritage Lottery Fund and the Veolia North Thames Trust awarded substantial grants to fund restoration of the mill and build a visitor centre.

Work began in 2015 and the following year the cap and sails were removed. New sails needed to be built and the cap went to Holland to be restored. The remainder of the mill was restored on site under the protection of plastic sheeting.

In October 2020 the covers came off and on 30th November the restored cap

with the new sails were lifted into place.

Visit: www.upminsterwindmill.org for more information about the mill, its history and restoration.

We Will Remember Them



The usual crowds were not to be in Upminster seen on 2020 Remembrance Sunday the community still but remembered. Flower displays decorated the church and homes displayed poppy pictures and messages. Wreaths and crosses also laid were at the war memorial.



High House, Upminster

Our parish has been associated with two historic houses called High House. High House, Corbets Tey, of course still stands, though sadly in a rather poor state. It has been on Historic England's 'Buildings at Risk register' for some time.

High House, Upminster, was a very prominent building, standing almost opposite the church in Corbets Tey Road. The building dated from 1580 and had a frontage of 300 feet. It was demolished in 1935 when the shops and flats were built. The flats, now known as Byron Mansions, are named after Lord Byron, who is known to have been a visitor to High House.

In the series of 'The Story of Upminster' we read that the property was sold for £880 in 1839 to Dr John Tabrum, a name now remembered in one of Upminster's roads. The following extract is a description of the building at that time of the sale:

'Upper storey, an apple chamber, servant's bedchamber and two others; first storey, four good bedchambers and a water closet; principal storey, entrance hall 16'x12', dining room 20'x15', drawing room 20'x17', conservatory kitchen; detached library with approach covered with trellis work, paved yard, bottle house, poultry house, piggery, coach yard, 3-stall stables, harness room, carriage house, flower garden and small gardener's cottage. Enclosure of rich meadow of over four acres.'

The meadow eventually became the playing fields of the present-day Upminster Infant and Junior Schools in St Mary's Lane.

What is worth remembering is some of the interesting people who occupied High House at one time or another. St Laurence's most famous Rector, Dr William Derham, lived here from about 1700, owing to the poor state of the Rectory - dear me, what were the PCC or the diocese authorities up to at the time?

Major Howard, friend of Lord Byron, lived here, but he was a casualty of the Battle of Waterloo. The previously mentioned Dr William Tabrum died in 1869, and his coffin was made out of one of the branches of a huge cedar tree in the garden. Another prominent occupant was architect Charles Reilly, who was responsible for the design of Upminster Court, Hall Lane, in 1906.

The Story of Upminster: Book 3 Historic Buildings (II) - published April 1958. For images of High House visit Tony Benton's Old Upminster website.



During the weeks of Advent children made paper wreaths at home to follow the lighting of the candles in the church wreath.



At the last minute our plans to welcome visitors at Christmas had to be cancelled. The church had already been decorated and the crib scene was also displayed underneath the high altar.

Saint Hildelith of Barking, commemorated on 24th March

Hildelith succeeded St Ethelburga as the second Abbess of Barking. Hildelith (there are various versions of her name) is believed to have been an Anglo-Saxon princess, well-educated, cultured and able to read Latin. She was born in England but spent most of her youth in France. She became a nun, serving firstly at Chelles then Faremoutiers-en-Brie, but was recalled to England by St Erkenwald, Bishop of London, with the remit to train his sister, Ethelburga. Hildelith stayed on as a nun when Ethelburga became Abbess of Barking and she then became Abbess in c 675 when Ethelburga died.

Hildelith was known for her tidy management of the convent and her passion for order and method. Study and an orderly, reverent recitation of the Office were her essential features of the monastic life. She was a friend to St Cuthburgh of Wimborne and she was much admired by St Aldhelm of Sherborne, the Venerable Bede and St Boniface. She died of natural causes in c712.

I rejoice at thy word like one who finds great spoil. I hate and abhor falsehood, but I love thy law. Seven times a day I praise thee for thy righteous ordinances. Great peace have those who love thy laws; nothing can make them stumble. (Psalm 119 162-165).

The saints, these signposts and lighthouses for our notice, are able to give us something from their lives and the fulfilment of their vocations to edify our lives, to correct our faults, to suggest another approach. For us the light may pinpoint one aspect of their lives, or floodlight the whole of their lives. Reverence and orderliness in worship are essential features of the Rule of a convent or monastery. It is understood that with Hildelith there was something more. She knew that orderliness in worship could easily become "mechanical" and a matter of course. She knew that lip service could be paid in the recitation of the Divine Office and nothing else, and that is why study went hand in hand with devotion. Proper preparation of the daily portions of Scripture and a profound knowledge of what was being recited were essential features of worship. Do we succumb to laziness from time to time?

Note: information from A Calendar of Catholic Devotion by Julien Chilcott-Monk, Canterbury Press, published 2008 and additional material via the internet. Thank you to those who so generously supported our volunteer walkers, Loraine Beeton, Diane Merron, Maureen Gourley and myself. We visited the local churches in Upminster and Cranham in September. The final amount raised through your kind sponsorship was £815, a very worthwhile effort in these difficult times. Please visit the Friends of Essex Churches Trust website: www.foect for information on the society's activities and the churches and chapels within our area.

Describe what love is?

J. R. Miller (1840-1912) was a gifted devotional writer. Here is his paraphrase of the famous 'love' passage in 1 Corinthians 13 taken from his book 'In Green Pastures':

Love thinks no evil. It does not suspect unkindness in kindly deeds. It does not imagine an enemy in every friend. It does not fear insincerity in sincere professions of esteem. It does not impugn others' motives nor discount their acts.

On the other hand, it overlooks foibles and hides the multitude of faults that belong to every human being, even to those who are the holiest and the best. Love believes in the good that is in people and tries to think of them always at their best, not at their worst.

It looks, too, at the possibilities that are in people, what they may become through divine love and grace, and not merely at what they now are. It is wonderful how seeing through love's eyes changes the whole face of earthly life, transfiguring it. If the heart be filled with suspicion, distrust, and doubt of people, the world grows very ugly. But love sees brightness, beauty and hope everywhere.

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

If you think you feel better after cuddling your dog or cat, there is a good reason: you really do feel better. After only three minutes of cuddling your pet, your levels of oxytocin, the 'love' hormone, increase, according to a recent study from Australia's Monash University. And just five minutes of cuddling will also raise your levels of the two well-being and happiness hormones, endorphin and dopamine. So says a recent report in the Journal of Psychosomatic Research.



In her recent book 'Your Pet, Your Pill', vet Margit Gabriele Muller says that caressing a dog or other pet provides exactly the same health benefits as skin-on-skin contact with another human. The hormones that are released "are the same as when you're breastfeeding or cuddling a partner." Furthermore, a study at Liverpool University last year found that dog owners are four times more likely to be fit than other people.

The natural environment can make a real impact on your mood. Mountains can leave you feeling more optimistic, while the ocean can help boost your inspiration. A recent study at Goldsmiths, University of London found that water is most effective at increasing positive emotions, such as happiness and inspiration. Woodlands can help you forget your worries, and fields and meadows can enhance your energy levels.

Our birds are short of nesting holes, and no wonder: gardens, parks and woodland are much neater than they used to be, and modern homes offer few crannies for nest building.



National Nestbox Week, which is celebrated from 14th February each year, aims to encourage us to put up more nestboxes, and to consider planting shrubs or trees with fruit that birds eat. These can make all the difference to birds struggling to survive, especially blue tits, great tits, house sparrows, robins and starlings. The British Trust for Ornithologiy (BTO) offers a variety of ideas for building and placing nestboxes: www.nestboxweek.com

Photos: www.PxHere.com. Cat: by Sheila Sund.

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

The Tree

In this quiet space away from all the chatter, I am aware of timelessness, the lack of fretfulness, worry and concern around me.

The grass just grows, the enormous beech tree stands, anchored in the earth, at one with all around it, a symbol of solidity and safety.

Its leaves catch the breeze and flutter in acknowledgement. Yet it stands exuding peace and security.

In this place of tranquillity, in the midst of busyness, I am aware of your presence exuding the same peace and security within as well as around me.

I would stay here but am aware of the necessity of re-connecting with the world.

The secret is to take that peace and presence within me back into the everyday.



Image: pixabay.com/users/tassilo111-80733

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Transcript of a page from a 1933 blotter book kept in the Upminster Tythe Barn

ST LAURENCE UPMINSTER

SCOUTS – 2nd Upminster Troop, Wednesday Evenings at the "Dug-Out."

ROVER SCOUTS – Thursdays Rover "Den," 8 p.m.

GIRL GUIDES – 2nd Upminster Company, Wednesday Evenings at "Bee Hive," at 6.45. p.m.

RANGERS – Wednesday Evenings at the "Den," 8 p.m.

GUILD OF THE HOLY STAR – Fridays 6.30 p.m. in the Church Hall.

CATECHISM — Seniors in Church, Sundays, 3 p.m. Girls in Rectory, Sundays 3 p.m.

MOTHERS' UNION – Fortnightly Meetings on Thursday, 3 p.m.

MOTHERS' MEETING at the Rectory, Tuesdays, 3 p.m.

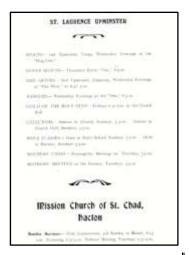
Mission Church of St Chad, Hacton

Sunday Services – Holy Communion, 3rd Sunday in Month, 8.15 a.m. Evensong, 6.30 p.m. Mothers' Meeting, Tuesdays, 2.30 p.m.

By 1933 glebe land associated with St Laurence had been sold to the Upminster Parish Council for a public recreation ground, which is now known as Upminster Park, but what we know as The Old Rectory was still the Rector's house at that time. Has anyone got any photos of the 'dug-out', 'bee-hive' and 'dens' or know where they were located?

The Mission Church of St Chad, Hacton, was run from a building on the corner of Hacton Lane with Berwick Pond Road and was built in 1872. It stood across from, what was at that time the White Hart Pub and was just inside the boundary of Rainham. By 1907 it was run as a Mission Church by the Rector of St Laurence, Upminster. The building is no longer there but does anyone know when the Mission Church ceased and why?

More information can be found at: www.upminsterhistory.net/2020/01/14/around-corbets-tey-hacton-hamlet/



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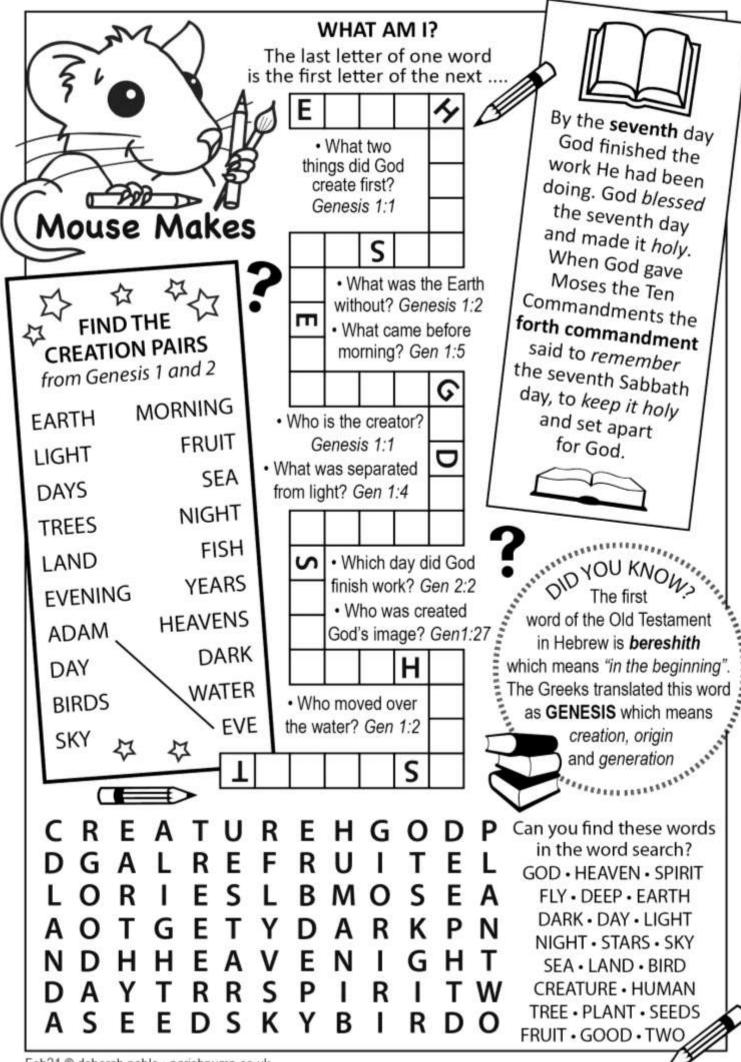
- 8 Interrogated (Acts 12:19) (5,8)
- 9 'Burn it in a wood fire on the ____ heap' (Leviticus 4:12) (3)
- 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
- 11 Science fiction (abbrev.) (3,2)
- 13 Clay pit (anag.) (7)
- 16 Went to (John 4:46) (7)
- 19 'Therefore, I 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)
- 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 (collog.) (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 Depend. 4 Canopy. 7 Beak. 8 Irritate. 9 Zedekiah. 13 Ate. 16 Job's comforter. 17 NAE. 19 Lang Syne. 24 Blockade. 25 Five. 26 Enigma. 27 Drench. **DOWN:** 1 Debt. 2 Peaceable. 3 Drink. 4 Curia. 5 Nuts. 6 Put it. 10 Excel. 11 Is man. 12 Hoofs. 13 Attention. 14 Ezra. 15 Ijon. 18 Aslan. 20 Abana. 21 Greed. 22 GCMG. 23 Leah.

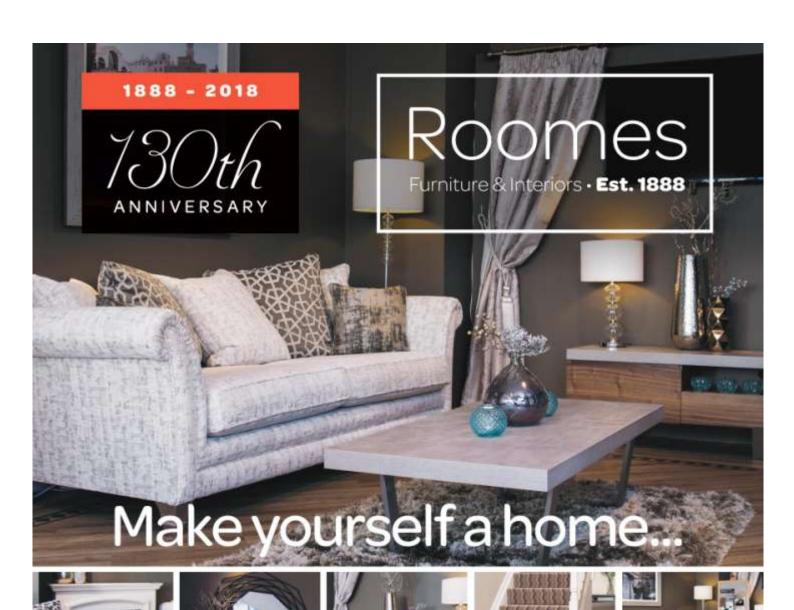


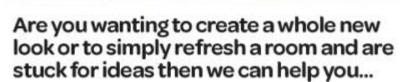


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