

August and
September 2022



GRIDIRON

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



International Day of Peace, 21st September 2022

Service Times

The service schedule may change at short notice. Please refer to Porchtalk or contact the Parish Office for up-to-date information.

Sundays

Holy Communion	08.00
Sung Parish Mass	09.30
Sunday Schools	09.30
Evensong on Zoom	18.30

Weekdays

Wednesday	Morning Prayer	08.45
	Mass	11.00
	Evening Prayer	16.15

Footsteps

This Service for pre-school children and grown-ups normally takes place monthly on a Monday at 09.45 in the Lady Chapel. There is no service in August. The next service is on **Monday 26th September**.



Additional services on Saints' Days are shown in the Diary in the back pages.

Baptisms and Wedding Banns

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

Confessions

By appointment with the clergy.

Please inform the Parish Office or Revd Susannah of anyone who is ill or in need of a pastoral visit.

See back pages for useful telephone contact numbers

www.upminsterparish.co.uk

Parish Office ☎01708 220696

parish.office@upminsterparish.co.uk

October and November Magazine Deadline

Items for inclusion in the October and November edition of *Gridiron* should reach the editorial team by **2nd 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 **25th September**.



From the Rector

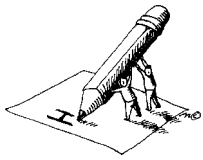
On Sunday 7th August, the Sunday nearest to the feast day of St Laurence, we celebrate our Patronal Festival. Once again, we will recall the remarkable story of Laurence: martyred in Rome in the year 258 for refusing to give in to Roman intimidation, and for advocating for the human dignity of the poor, sick and needy. It is a privilege for us to worship in a church with a dedication to this person – and we are doubly fortunate in that Laurence is not the only saint with whom we have a close connection. We also have the link with our founder, St Cedd. Cedd travelled down from Lindisfarne to spread the Gospel in Essex and founded a number of minster churches, including this one. His feast day is celebrated in October – perhaps we should make rather more of that than we currently do?!

It is important of course that churches do not worship their history and heritage: a Christian community can be a Christian community whether it was brought together last week or a thousand years ago, and whether it is dedicated to a particular saint or not. Yet at the same time, history and tradition add both an important dimension and an important responsibility. They remind us that we are part of a much bigger story, the story of many lives and people who have gone before us and who witness to God's grace and love at work in all the joys, sorrows, triumphs and failures of human existence.

There are some saints about whom we know hardly anything, or certainly hardly anything that can be said to be any sort of fact. Laurence and Cedd do not fall into that category; we have a significant legacy from both of them. Both of them particularly speak to us about persistence in following God's call, even when that leads to difficult or dangerous places. Both of them also speak to us about making the best use of the resources that have been entrusted to us, and using those resources to God's glory and for the benefit of others. These are important matters to consider both in our individual lives and in the life of the Church. In the autumn we hope to have a particular focus on stewardship – or, in other words, our use of resources – looking at use of money, use of time and our relationship with the environment.

I hope that you enjoy the remainder of the summer, whether you are going away or staying at home.

With my prayers and best wishes, Susannah.



From the Editors

Dear Readers,

I have very much enjoyed editing this issue. I've been thinking about what to include and gathering content since the start of June. Church events have begun to take place again and that feels really good. The extensive number of baptisms below includes children who were going to be baptised in 2020. It has been a long wait for them and their families, with dates being booked and cancelled over and over. The couple who married here in June finally made it down the aisle as they, too, had to postpone. Our two churchwardens were able to publicly accept office at the Archdeacons' Visitation Service in June. Just after publishing the Children's Society are holding their Annual Box Opening – look out for an article on that in the next issue – and there are events planned for our Patronal Festival in August and Harvest in September. Happy reading!

Joanne Chapman, Editor.

From the Parish Registers



BAPTISM

We welcome into the family of the church and pray for:

8 May	Meadow Violet Tappin
15 May	Dolly Leigh Lucas-Knowles
22 May	Emily Robin and Isabella Amelia Brown
12 June	Olivia Elizabeth and Harry Edward Cook
19 June	Violet Jennifer Dennis
2 July	George John James Libretto and Ella Rose Siggins
3 July	Aidan Mark Patrick and Emily Sheila Carmel Bush and Summer Grace Warren
24 July	Myla Jennifer Lovett and Alice Eva Overton

MARRIAGE AND BLESSING OF MARRIAGE

We offer our congratulations to and pray for:

4 June	Julie Rae Gustafson and Scott Kellers
2 July	Vicky and David Ian Siggins

INTERMENT OF ASHES

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

31 May	Alan Twine
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The Royal Maundy at St George's Chapel, Windsor Castle 14th April 2022

by William Holden

The story begins back at the end of February when I picked up the post lying in the porch and saw an envelope with 'Buckingham Palace' on the outside. Many thoughts flashed through my mind as I held the envelope in my hand; a scam? Mistake? Standing in the hall with Maggie, my wife, next to me, I tore it open – an invitation to go to St George's Chapel Windsor to receive the Royal Maundy money. Apparently, I had been nominated by my Diocesan Bishop, Bishop Martin! There was a form to complete and return which I duly did.

As the weeks went by there was an air of unreality about it but preparations needed to be made, new clothes? Find and book a hotel, how to get there. In the fullness of time we left by car about 2pm on the Wednesday via a busy M25, to arrive at the Sir Christopher Wren Hotel about 4pm to settle in for the evening.

Thursday morning dawned misty but clearing and we made sure we were ready in good time. Just a short walk, so we thought, to the King Henry VIII Gate where we were to report. We had not allowed for the hill! It was much steeper than we'd expected but fortunately we were in good time, so pauses on the way were the order of the day. We had to report between 9.30 and 10.15am. The queue was short, and we produced all the right documents to prove who we were and entered the gate. There was still a hill to climb up to the chapel and we got a lift on a vehicle taking a person in a wheelchair. We arrived at the entrance on the North side and were ushered across the Nave to be near the West end of the South aisle. Maggie sat behind me. All the seats in the Nave were placed in twos for the participants and their supporters.

This was about 10am and the organ was already playing. Gradually the seats filled and people started talking to those nearby. One lady was nominated by Carlisle Diocese and the lady the other side was from Chelmsford Diocese and beyond her a man from Guildford.

At 10.30 we were addressed by the Lord High Almoner, The Right Revd John Inge, Bishop of Worcester who explained what we had to do and



say. Then, soon afterwards, the processions began. How these are all redolent with history! First, the Yeomen of the Guard, followed by the College of St George (the Military Knights and the St George's Chapel Choir and Canons of the Chapel) and the Chapel Royal Choir. Finally, almost on 11am the Royal Almonry Procession, timed so that the Dean of Windsor, the Right Revd David Connor and the Lord High Almoner could greet Prince Charles and the Duchess of Cornwall.

The Service commenced with the hymn, 'Praise to the holiest in the height' and following some prayers and another hymn came the first lesson. At this I felt the tension rise as following the lesson the first distribution would take place, and this would be us!

It began with all of us in the South aisle with the choir singing three anthems



during the distribution. The excitement grew as the Prince moved closer to me. Would I remember what I should say? Would I be able to say it? Soon I would know. It was a special moment when he handed over the two purses "on behalf of the Queen" and he shook my hand and I responded with, "thank you, your Royal Highness". That was the first ninety-six finished.

The Second Lesson was read and we all stood for the distribution of the remaining ninety-six. During this I was thinking about all the groups and people with whom I have been involved who would have contributed to my being there. Then, as the music moved into the introduction to the third anthem, Handel's Zadok the Priest, I felt the emotion growing and tension mounted as it built up into the entry of the choir with, 'Zadok the Priest', I felt shivers down my spine. When it came to the final, 'Amen, Allelujah' it was all I could do not to join in.

The service was completed by some more prayers and hymns and following the blessing all the groups processed out and we departed by coach to the reception in Windsor Castle.

What a great day - one not to forget. So much history behind the various groups; the Military Knights go back to King Edward III in 1348 and the Chapel Royal Choir sang at the Battle of Agincourt in 1414 and at the Field of the Cloth of Gold in 1520. Then there is the grandeur of the prayer and praise-soaked St George's Chapel...!

Churchyard Clippings

by Chris Mowat

I am writing these few words in early June, just as we have celebrated the Feast of Pentecost and moved on from the Easter Season.

I am reminded that on Palm Sunday we sang 'Ride On, Ride On...' and then at Easter, 'Now the Green Blade Rises...' Well the green blades of grass have certainly risen in the churchyard, particularly on the North West corner where it is something of a competition between the trimmers and the grass as to which will overcome. The recent wet weather combined with the odd spell of sunshine has given a growth spurt to all the grass and shrubs in and around the church. However the Gardening Squad continues to do its best in keeping the grounds as tidy as possible, clearing gulleys, shredding what can be mulched and managing the diverse areas.



We have families of foxes living in the bank between the churchyard and the grounds of St Laurence House as well as in the old compost heap near the Scout and Guide Huts. They are out in the late evening picking up discarded food wrappers etc, taking them down to their lairs and then subsequently throwing them back to the surface once they have feasted on the leftovers.

The problem of litter in the churchyard is a disgrace on our Society where so many people throw away their rubbish as a matter of course, leaving others to clear it up. Unfortunately the problem was exacerbated recently when one of the wire litter bins was stolen! It has been replaced with a sturdier bin.

The hymn from Palm Sunday, referred to earlier, has in a way come to life in the churchyard. Thanks to Clive Edwards' eagerness and enthusiasm for ebay, the Gardening Squad now has a ride on mower which will make life a little easier and which will supplement the existing mowers.

By the time you read this edition of Gridiron we shall be moving towards Autumn and bulb planting. Last year the appeal for bulbs resulted in at least 150 daffodils being planted to enhance the churchyard in Spring time. The appeal is repeated for 2022 and if you can donate a few bulbs that would be great and will provide even more colour in March/April 2023.

Our churchyard is a place of peace and quiet; there for the benefit of all the community. The Gardening Squad works hard to keep it that way and our thanks go to them for all their endeavours.

RIP Tony Latham

by Joyce Winn



Tony Latham - a thoroughly decent human being - an utterly dependable, capable, modest, courteous and charming gentleman.

Tony was my mentor as I learned the duties of sidesman. Ever ready to offer support when needed, he would tactfully fill the gaps in my 'performance' - doing the reading for me on one occasion as I sat wondering who on earth should have been at the lectern.

I, like so many at his funeral, was struck by the scope of his activities. He was a faithful and tireless member of many Masonic Lodges, treasurer at St Laurence for many years, and, though his cricketing days were over, a regular member at the golf club. Tony was, above all, a man devoted to his family.

A golfing friend shared this story with me which, I think, perfectly illustrates Tony's attitude to his fellow beings. 'There was a group of us who played regularly together. One of the men, becoming frailer, needed to go round in a buggy. Tony would always partner him, phoning the evening before to make sure he wanted to play, collecting him, walking alongside the buggy and chatting with him.

A warm-hearted man who will be sorely missed by many. Our thoughts and prayers are with his wife Sheila, daughters Heather and Rachel and all his grandchildren.

RIP Pauline Wheeler

by Revd Susannah

Pauline was a lady of considerable intellect, varied talents and with a range of interests. Born in Upminster, her parents were Arthur and Doris and she was an only child. When Pauline was two years old the family moved to Basildon where her parents ran a grocery shop. They lived at the back of the shop and Pauline remembered the air-raid shelter in the back garden and sometimes having to spend the night in there. Later on in the war Pauline was evacuated to Uckfield in Sussex. She subsequently returned to Basildon where she attended a small village school just outside the town. The family then moved

to Clapton and after that to Walthamstow.

At secondary school age Pauline attended Woodford County High School for Girls. She enjoyed school and excelled at Maths, Latin and Greek. On leaving at 18 she went to London University College of the South West in Exeter to read Classics for four years. After university she moved back to London to train as a teacher then went on to teach Classics, first in Plymouth and then at Frances Bardsley, or Romford County High as it then was, in Hornchurch. There she became Head of Sixth Form and organised examinations, university entrance and careers advice. When Frances Bardsley stopped offering Classics Pauline moved onto teaching computer studies.

Whilst at university Pauline met her life-long friend Inger. Inger was from Sweden and Pauline went to Inger's wedding and one year spent Christmas in Sweden, which she really enjoyed. Pauline particularly liked Scandinavia and also travelled to Greenland, Alaska and Canada.

Pauline had several hobbies: she enjoyed reading and finding and identifying wild flowers. She would make some of her own clothes and liked embroidery and crochet. She also enjoyed painting, particularly scenery and people, and going to quizzes with the 'librarians' quiz team who always liked to win. She belonged to NADFAS, the National Association of Decorative and Fine Arts Societies, and liked to do the Telegraph crossword. Pauline was also happy to do badge testing for the Brownies.

Pauline was a very faithful member of St Laurence Church, attending every Sunday until this was no longer possible. She sang in the church choir whilst also singing in the 'Can't Sing' choir at Fairkytes in Hornchurch. She got involved in many other aspects of church life - leading intercessions, reading and helping with the scoring at quizzes. In about 1975 Pauline and some others started the first Home Group at St Laurence for mutual learning and discussion.

Pauline moved into Freshfields in 2014 where she settled well and received much care and support for the next eight years.

Pauline's friend, the Revd Diana Spink, wrote the following ahead of her funeral: *'I first met Pauline in 1964 when I was at university in Exeter. I went to Plymouth for one term of teaching practice. Pauline was in charge of assessing me. We became friends as she shared a Christian faith that was very important to her and I learned that she had been at Exeter too and had been secretary for the Anglican Fellowship there.'*

We kept in touch in the years following and she came to our wedding and was godmother to our younger daughter, Moira. She visited us many times during the years our daughters were growing up and was a very dutiful godmother to Moira, always remembering her birthday. She was very disappointed to miss Moira's Confirmation as, unfortunately, she was ill. When I decided to train for ordination, she was supportive and came to my ordination in St Alban's Abbey.

My husband, Norman and I visited her in her bungalow in Upminster several times until she was unable to be independent and went to Freshfields Residential Home. I will remember Pauline as a very loyal friend who was very intelligent, who had a lovely sense of humour and with whom I shared a deep faith. May she rest in peace and rise in glory.'

Archdeacons Visitation 2022

by Revd Susannah

Churchwardens take on their office each year at a service known as the Archdeacon's Visitation, where wardens and clergy from a number of different churches come together, the wardens make promises and are admitted and the Archdeacon offers his charge - words of encouragement and guidance - for the year.

Cheryl Hale and Jean Keen attended such a service on 22nd June at St Elisabeth's, Becontree, and hence they are now both officially our Churchwardens. I am very grateful to Jean for being willing to continue and to Cheryl for being willing to stand. I know that they are already a great team and trust they will be well-supported in their ministry by the whole congregation.



International Day of Peace



The International Day of Peace was established by the United Nations General Assembly for strengthening the standards of peace. The day, 21st September, is devoted to observing 24 hours of cease-fire and non-violence for groups in active combat. Many organized events take place with the aim of bringing people together. The hope is that by meeting and discussing how different cultures celebrate peace we can learn together and avoid future conflicts and wars.

Peace is possible. Throughout history, most societies have lived in peace most of the time. Today, we are much less likely to die in war than our parents or grandparents. Since the establishment of the United Nations and the creation of the Charter of the United Nations, governments are obligated not to use force against others unless they are acting in self-defence or have been authorized by the UN Security Council to proceed.

Life is better in a world where peace exists and we can each do our part to make the world a more peaceful place.



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Church Building Improvements Project

This item is to remind us all that we continue to work towards the fulfilment of this project, despite various matters, like Covid, which have caused delays. Though it may not seem like it, there is work going on, and our project is going forward as fast as it can. I think we all appreciate that, frustratingly, these things take time, and indeed some of you may be experiencing this for yourselves.



The key thing is to keep this important project, and all those involved in the decision making for it, in our prayers. Each one of us can also ensure that people living and working in Upminster know about our project, and can donate if they wish through envelopes in the church or via a bank transfer made payable to 'PCC of Upminster', account number '13064185', sort code '60-22-06' and use the reference 'Building Imp.'.

Patronal Festival Cream Tea

Sunday 7th August

St Laurence Church Main Hall

4.00 pm

£5 per person

Book with Joan Prudden on 01708 223744

or contact the Parish Office



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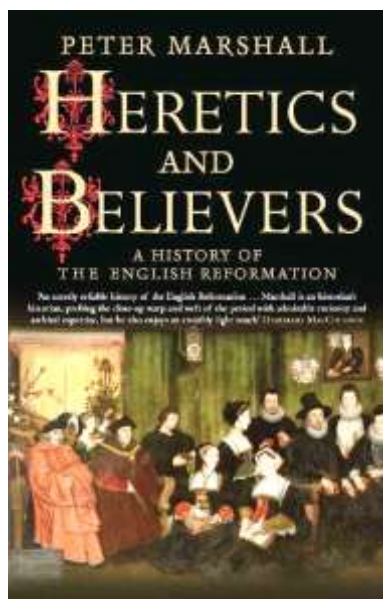
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Heretics and Believers - A History of the English Reformation by Peter Marshall

by Rob Brabner



Peter Marshall is Professor of History at the University of Warwick, winner of the Wolfson History Prize 2018, twice winner of the Harold J. Grimm Prize for Reformation History, and author of numerous books, including 1517: Martin Luther and the Invention of the Reformation.

The Wolfson History Prize Judges commented 'A beautifully judged account of the English Reformation. Marshall weaves a single narrative through a contentious century without loss of detail or depth of understanding. Full of wise and humane analysis, this is ambitious in scope and brilliant in execution.'

This book incorporates all the political intrigues and religious developments through the reigns of Henry VIII, Edward VI, 'the Nine Day Queen - Lady Jane Grey', Mary I and Elizabeth I. With the rapid development of printing and the spread from mainland Europe of many new religious movements - Lutherism, Calvinism, Anabaptists, Puritans... - including counter-reformation from Catholic Europe - it is a bewildering story, but Marshall is masterly at guiding the reader through with a colourful explanation of how the English Reformation developed.

For many this was a time of regret for casting away the old and embracing the new. For others accepting change was more prudent than raising objections. Marshall is excellent at telling the story both of the powerful and the not so powerful. The martyrs of both Catholicism and Protestantism are dealt with complete understanding. These were brutal times and it is so difficult and challenging for the modern Christian to look back on the story of so many who gave their lives for what they believed.

Inevitably the history of the English Reformation cannot be told satisfactorily without a comprehensive narrative. The book is 500 pages plus, but Marshall gives a grand sweeping account and keeps the reader engaged. I learnt so much from this book, thoroughly recommended.

This book is published by Yale University Press and available at many online stores.

Upminster Jubilee Celebrations

On 6th February this year Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee. Queen Elizabeth II has steadfastly served the people of the United Kingdom, the Realms and the Commonwealth for 70 years. To celebrate, St Laurence held a Jubilee Cream Tea on Sunday 5th June. Together we enjoyed scrumptious scones, succulent strawberries, sweet jam and clotted cream and raised our glasses in toast – God Bless the Queen.

Churchwarden, Jean Keen: I had a very busy Jubilee. Firstly there was preparing for our street party on Thursday and having the street party on Friday. Next I attended the Jubilee Concert at the

Royal Festival Hall at the Southbank Centre on Saturday. And lastly I was part of the team organising the Cream Tea at church on Sunday. What a shame

Monday wasn't a bank holiday as well because by then I needed a rest!

Stewart Avenue: Bunting, raffle, tables and chat on the Sunday of Jubilee weekend. The rain held off and we had a fab time, with barbecues, Pimms, Indian food and cake! We raised over £700 for charity - some will go to funding a tree in the road in memory of those we have lost over the last couple of years, whether to Covid or other reasons, and the rest to Corbets Tey School.

Marlborough Gardens: Friday 2nd June was warm and sunny - ideal for our street party. It began with music - Land





of Hope and Glory, and the National Anthem, with our 'Queen for the Day' on her throne and a loyal toast. Then there were tables and chairs in the street, a bouncy castle (sadly only for children), a BBQ, children's games, dancing, a singer. It was a chance to chat with neighbours old and new. All very well organised, very memorable and great fun!

Residents of Huntsmans Drive held a street party for the Jubilee. A raffle raised over £200 for the Ukraine emergency appeal and these



two young ladies raised £60 for Treasured Memories by running their own lemonade stall. Treasured Memories is a charity at Queen's Hospital, which they raise money for in memory of their Granddad.

Students at Education 4 Independence in Upminster Bridge organised their own Jubilee party for families and friends. They created a range of artwork and quizzes, which could be enjoyed throughout the afternoon. Everybody came dressed in patriotic red, white and blue and a fun time was had by all. Education 4 Independence is part of Havering Adult College and caters for adults aged 19+ with special educational needs and disabilities.



Fulham Palace Gardens

by Christine Clifford

Recently I visited this venue with an Upminster u3a group. As a group, we were able to have (paid for) guided tours of the house and gardens, otherwise it is free to visit and there are information boards throughout. It turned out to be a fascinating place.

Fulham Palace was the home until 1973 of the Bishops of London. The manor of Fulham was bought in AD704 to be a summer residence in the country far



away from the crowds, smells and heat of the City of London. Here the bishops and their families could rest and relax, and indulge their interests. These included making many changes to the buildings and the gardens over the centuries. The oldest part of the palace is the Tudor courtyard (see photo) built in 1495. Among the subsequent additions are a rococo style dining

room, added in the 1750s and a Victorian chapel designed by William Butterfield. However archaeologists have uncovered evidence of the sites' history going back 6,000 years.

The gardens also reflect changing styles over the years. They cover 13 acres and include rare trees and a walled garden. Some of the bishops were keen gardeners, for example, Bishop Compton, 1675 – 1713. He was a botanist and had people collecting plants for him worldwide. His successor was more interested in growing plants for food. The location of the garden, on a bend in the river, gives it a microclimate and so plants flower and crop earlier than elsewhere in the local area. There are a number of important old trees in the gardens, including a 200 year old Gingko Biloba, some Magnolias and an ancient Holm Oak.

In 1973 the Diocese of London leased Fulham Palace to the London Borough of Hammersmith and Fulham for 100 years. The gardens were opened to the public and the house used for offices. There was a plan to re-develop the whole site for housing, but a local campaign stopped that and led to the formation of the Fulham Palace Trust in 2011, which is doing a sterling job of providing all that is needed for a very worthwhile visit. The cakes were very good! Further information can be found at www.fulhampalace.org

Foodbank Crisis



Many of you will know that I volunteer at Harold Hill foodbank. I started doing this during lockdown in 2020 and I absolutely love it. I particularly enjoy meeting new people, hearing their stories and helping them out in their time of need. People come to the foodbank for lots of different reasons: it might be that they have a problem with their benefits, lost their job, have got into debt or escaped domestic abuse. Now, we also have our friends who have escaped the appalling war in Ukraine. The need for the foodbank is growing but as the cost of living crisis hits, donations are at their lowest.

Standard items we need include cereal, long life milk and fruit juice, sugar (500g and 1kg), tinned custard and rice pudding, instant mashed potato, jam, teabags and jars of pasta sauce. Other items are also much appreciated, such as toiletries (particularly deodorant, shampoo and toothbrushes), sanitary products and larger sized nappies.

Harold Hill foodbank doesn't just help people in Harold Hill. It helps people right here on our doorstep in Upminster and Cranham. If everyone who comes to church could bring just one item with them each week, it would make a huge difference to local people in need. There is a donation basket and a suggestion of items needed in the tower. You could also drop items into the collection basket in Waitrose in Upminster, or Tesco at Gallows Corner, take it directly to the foodbank or even pop items on my doorstep.

Thank you so much.

Sarah Keen, Foodbank Volunteer

Harvest Ploughmans Lunch

Sunday 25th September, St Laurence Church Main Hall
12.30 for 1.00 pm. Adults £10, U12s £2.50

Tickets from Joan Prudden 01708 223744
or contact the Parish Office



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The Glories of Summer

by Joanne Chapman

I love experiencing the distinct characters of the four seasons that we have in the UK. Time spent in God's creation brings me peace, stillness and awakens an awareness which is usually hidden under a blanket of busyness. Nature is my thin place. It is where I am strengthened and refreshed. The tiredness at the end of a day spent outside and away from technology, deadlines and schedules is wholly satisfying and contentedness envelopes me. A warm bath and a good meal are all that's needed to end such a day, before laying my head down for a good and deserved slumber.

Here are just some of the glories that I enjoy and give thanks for in the summertime...

- Buzzing bees and dainty butterflies flitting around in the flower beds.
- Meadows of wildflowers and tall grasses softly swaying in light breezes.
- Winding country lanes closeted between high hedgerows.
- Berries ripening and the anticipation of the first tasting.
- Cool woodlands with leaves rustling and sunshine dappling through the treetops.
- Sun-warmed sand and the hypnotic sound of waves lapping the seashore.
- Far reaching, blue-sky views from high cliff tops over a sparkling sea.
- The earthy aroma and raindrops glinting in sunshine after rainfall.
- Gazing on warm, clear nights at the stars and the excitement of seeing one shooting across the inky sky.



Volunteers Wanted!

Ride & Stride 2022 will be on Saturday 10th September and St Laurence Church will be supporting the event and raising funds for the work of the Friends of Essex Churches Trust. 50% of the amount that we raise will go direct to St Laurence's own Fabric Fund and support repairs necessary for our Grade I listed building.

We are seeking volunteers to join our walking/cycling team. We will be visiting churches on a planned route (yet to be decided) and we will be collecting sponsorship for our efforts from friends, family and the congregation.

The work of the Friends of Essex Churches Trust makes significant contributions in supporting churches in Essex and Metropolitan Essex (the London Boroughs within the Diocese of Chelmsford). For more information about the Trust please visit their website: www.foect and contact Rob Brabner if you are interested in joining the St Laurence team. Tel: 01708 457578 or email: robertbrabner@icloud.com



The poster is for the 'Ride & Stride' event. It features a green and white color scheme. At the top left is the 'FRIENDS OF ESSEX CHURCHES TRUST' logo in a decorative frame. To the right are icons of a bicycle and a church. Below the logo is a green banner with 'RIDE+STRIDE' in large, stylized letters, followed by 'SATURDAY 10th SEPTEMBER 2022' and '9am – 5pm'. A central white box with a blue border contains the text: 'RIDE or STRIDE and raise funds for your church. Fun for all the family. Please join us! See website for details'. To the right of this box are three large green footprints. At the bottom is a decorative border with various church-related icons and the 'RIDE+STRIDE' logo. The website www.friendsofessexchurches.org.uk/ride-stride and charity number 236033 are at the bottom.

FRIENDS OF ESSEX CHURCHES TRUST

RIDE+STRIDE
SATURDAY 10th SEPTEMBER 2022
9am – 5pm

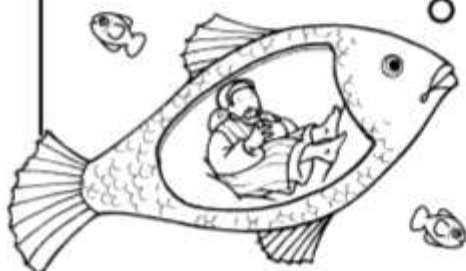
RIDE or STRIDE and raise funds for your church. Fun for all the family.
Please join us!
See website for details

www.friendsofessexchurches.org.uk/ride-stride charity number 236033



Mouse Makes

READ the full story
in the book of Jonah



What swallowed Jonah?

A big _____

How long was he there?

three _____ and
three _____

Jonah 1:17

JONAH'S JOURNEY

Which city did **God**
tell **Jonah** to go to?

_____ and why?
Jonah 1:12



Where did Jonah
try to go instead?

_____ What did he travel in?

_____ Jonah 1:3



What did God send to stop him?

A great _____

What did Jonah tell the **sailors**
to do to make the sea **calm**?

_____ him into the **sea**
Jonah 1:4-16



What did Jonah do?

_____ then what did the fish do?
Jonah 2:1-10

DID YOU KNOW?

In Bible
times wearing itchy
sackcloth made from
goat's hair was a sign of
grief and repentance



S W A L L O W E D H F
A D E M E S S A G E A
C R E L E N T E D S S
K D B V J G H B O A T
C A L M O O R N F I N
L Y W I N D O I I L G
O S P R A Y W G S O S
T A R S H I S H H R E
H T B N F O R T Y S A
N I N E V E H S H I P

When Jonah reached Nineveh
he proclaimed God's **message**...
the city would be overthrown in

_____ days
Jonah 2:1-10

What did the people do?

F _____

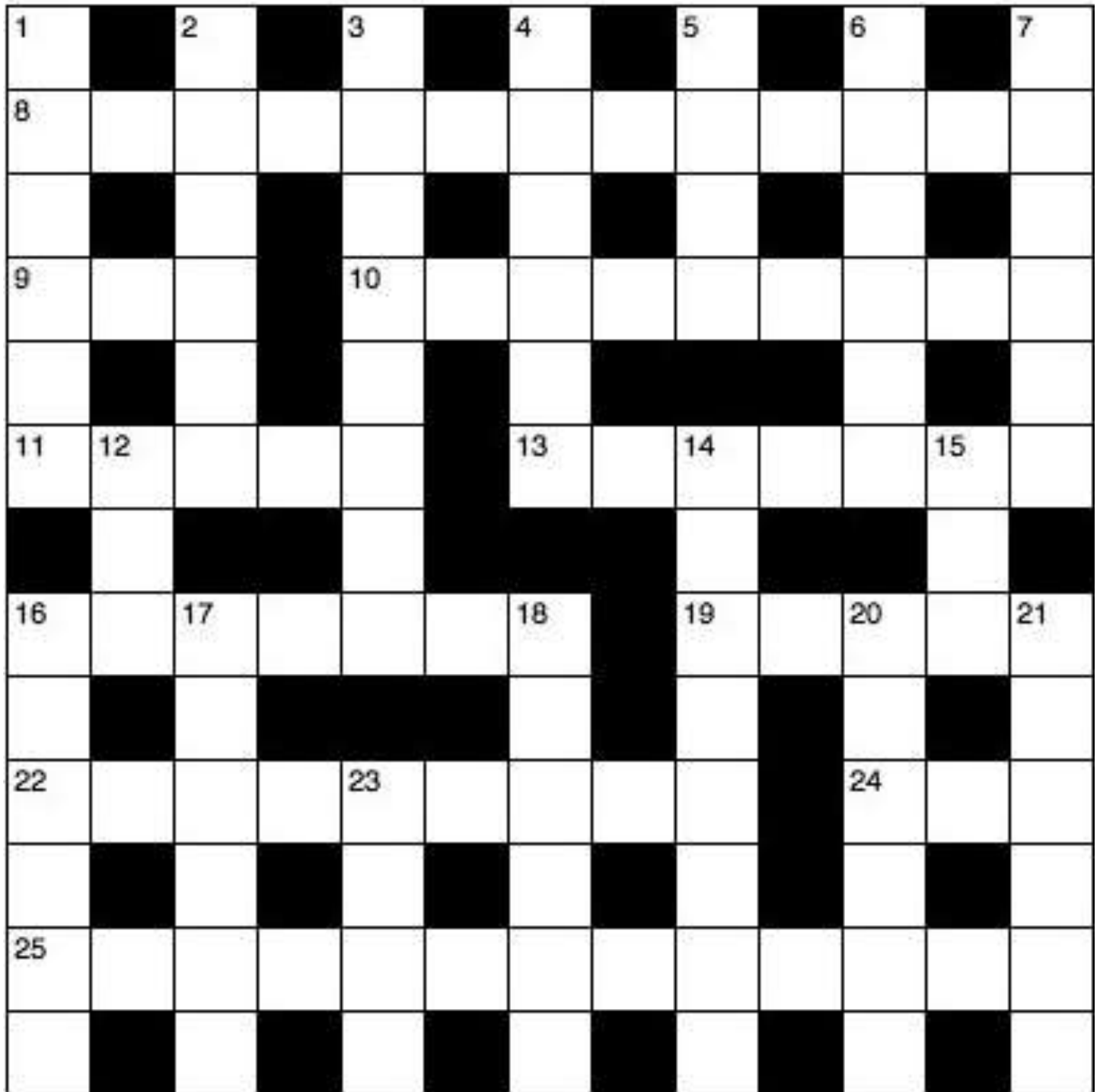
What did they put on?

_____ Jonah 3:1-9

What did God do?

R _____
Jonah 3:10

Find the missing words. Look up the Bible references then
look for them and the words on this page in **bold** in the word search



Across

- 8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)
- 9 International Nepal Fellowship (1,1,1)
- 10 Single (1 Corinthians 7:27) (9)
- 11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The _____ Archipelago (5)
- 13 Treachery (2 Kings 11:14) (7)
- 16 Of India (anag.) (2,3,2)

- 19 'God has put us apostles on display at the end of the procession, like men condemned to die in the _____' (1 Corinthians 4:9) (5)
- 22 Follower of a theological system characterized by a strong belief in predestination (9)
- 24 'Put these old rags and worn-out clothes under your arms to ____ the ropes' (Jeremiah 38:12) (3)
- 25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)

Down

- 1 The season when kings 'go off to war' (2 Samuel 11:1) (6)
- 2 Simon Peter's response to Jesus by the Sea of Galilee: 'Go away from me, Lord; I am a _____ man' (Luke 5:8) (6)
- 3 Beaten with whips (1 Kings 12:11) (8)
- 4 'You shall not _____ adultery' (Exodus 20:14) (6)
- 5 Encourage (Hebrews 10:24) (4)
- 6 Service of morning prayer in the Church of England (6)
- 7 'Take and eat this in remembrance that Christ died for you, and _____ him in your heart by faith with thanksgiving' (4,2)
- 12 Run (anag.) (3)
- 14 Member of 17th-century party that denied the right of autonomy to the Church (8)
- 15 'We will triumph with our tongues; we ____ our lips' (Psalm 12:4) (3)
- 16 Earnings (1 Corinthians 16:2) (6)
- 17 'I rejoice greatly in the Lord that ____ you have renewed your concern for me' (Philippians 4:10) (2,4)
- 18 How Paul described Philemon (Philemon 1) (6)
- 20 Multiple territories under the rule of a single state (Daniel 11:4) (6)
- 21 'You have been unfaithful; you have married foreign women, _____ to Israel's guilt' (Ezra 10:10) (6)
- 23 This month (abbrev.) (4)

Answers June and July Crossword

ACROSS: 1, Wickedness. 7, Harpist. 8, Teach. 10, Side. 11, Impostor. 13, Encamp. 15, Saddle. 17, Ignorant. 18, Tent. 21, Grass. 22, Olivier. 23, Wrongdoers. **DOWN:** 1, World. 2, Crib. 3, Entomb. 4, National. 5, Started. 6, Whispering. 9, Harvesters. 12, Imprison. 14, Centaur. 16, Unload. 19, Evils, 20, Give.

Charity of the Month

August: The Royal Hospital for Neuro-disability



support people who live with an acquired or traumatic brain injury, neuro-disability or long-term neurological condition. They've been helping improve the quality of life for people with complex disabilities for more than 160 years. They take an interdisciplinary, patient-centred approach to care, which means that different members of a clinical team work together in order to achieve a patients' goals. Their teams consist of Doctors, Nurses, Social Workers, Physiotherapists, Occupational Therapists, Speech and Language Therapists, Dietitians, Clinical Psychologists and Music Therapists. The RHN covers needs that are physical, mental and spiritual within the holistic care they offer.

September: At time of publication a charity had yet to be nominated.

And Finally....

The vicar had technical problems with the sound system one Sunday. Instead of starting the service as usual with 'The Lord be with you', he muttered: 'There's something wrong with the microphone.' Not hearing this, the congregation responded: 'And also with you.'

A child's definition: 'Ecclesiastic': material used to fasten a minister's robes.

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Parish Diary for August

See inside front cover for regular Sunday service times

Wed	3 rd	12.45pm Funeral, 3.30pm First Communion Preparation Session
Thurs	4 th	<i>Jean-Baptiste Vianney, cure d'Ars, spiritual guide, 1859,</i> 8.30am Organ Teaching
Fri	5 th	<i>Oswald, king, martyr, 642, 10.30am Coffee Morning</i>
Sat	6 th	Transfiguration of Our Lord , 9.30am Organ Teaching
Sun	7 th	8th Sunday after Trinity, 4pm Patronal Cream Tea,
Mon	8 th	<i>Dominic, priest, founder of the Order of Preachers, 1221,</i> 2pm Stewardship Meeting, Parish Office
Tue	9 th	<i>Mary Sumner, founder of the Mothers' Union, 1921</i>
Wed	10 th	<i>Laurence, deacon, martyr, 258</i>
Thurs	11 th	<i>Clare of Assisi, founder of the Poor Clares, 1253</i>
Fri	12 th	10.30am Coffee Morning
Sat	13 th	<i>Jeremy Taylor, bishop, teacher of the faith, 1667, Florence Nightingale,</i> <i>nurse, social reformer, 1910, Octavia Hill, social reformer, 1912</i>
Sun	14 th	9th Sunday after Trinity
Mon	15 th	The Blessed Virgin Mary 2pm Funeral
Thurs	18 th	8.30am Organ Teaching
Fri	19 th	10.30am Coffee Morning
Sat	20 th	<i>Bernard, abbot, teacher of the faith, 1153, William and Catherine</i> <i>Booth, founders of the Salvation Army, 1912 and 1890,</i> 9.30am Organ Teaching
Sun	21 st	10th Sunday after Trinity, 12pm Baptism
Mon	22 nd	11am Organ Teaching
Tue	23 rd	9am Organ Teaching, 10.30am Adventurers' Meeting, Parish Office
Wed	24 th	<i>Bartholomew the Apostle</i>
Fri	26 th	10.30am Coffee Morning
Sat	27 th	<i>Monica, mother of Augustine of Hippo, 387</i>
Sun	28 th	11th Sunday after Trinity
Mon	29 th	<i>Beheading of John the Baptist</i>
Tue	30 th	<i>John Bunyan, spiritual writer, 1688,</i> Parish Office Closed, 8pm CM&FG Meeting, Parish Office
Wed	31 st	<i>Aidan, bishop, missionary, 651,</i> Parish Office Closed, 7.30pm Choir Practice

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 September

See inside front cover for regular Sunday service times

Thurs	1 st	<i>Giles, hermit, c710, Parish Office Closed, 8.30am Organ Teaching</i>
Fri	2 nd	<i>Martyrs of Papua New Guinea, 1901, 1942, 10.30am Coffee Morning</i>
Sat	3 rd	<i>Gregory the Great, bishop, teacher of the faith, 604</i>
Sun	4 th	12th Sunday after Trinity, 12pm Baptism
Tue	6 th	<i>Allen Gardiner, missionary, founder of the South American Mission Society, 1851, 4.30pm Renewal of Wedding Vows</i>
Wed	7 th	<i>6pm Wedding Rehearsal, 7.30pm Choir Practice</i>
Thurs	8 th	Birth of the Blessed Virgin Mary
Fri	9 th	<i>Charles Fuge Lowder, priest, 1880, 10.30am Coffee Morning</i>
Sat	10 th	<i>9am-5pm Ride and Stride, 1pm Wedding</i>
Sun	11 th	13th Sunday after Trinity
Tue	13 th	<i>John Chrysostom, bishop, teacher of the faith, 407</i>
Wed	14 th	Holy Cross Day, 7.30pm Choir Practice
Thurs	15 th	<i>Cyprian, bishop, martyr, 258</i>
Fri	16 th	<i>Ninian, bishop, apostle of the Picts, c432, Edward Bouverie Pusey, priest, 1882, 10.30am Coffee Morning</i>
Sat	17 th	<i>Hildegard, abbess, visionary, 1179</i>
Sun	18 th	14th Sunday after Trinity
Mon	19 th	<i>Theodore, archbishop, 690</i>
Tue	20 th	<i>John Coleridge Patteson, bishop, and companions, martyrs, 1871</i>
Wed	21 st	<i>Matthew, Apostle and Evangelist, 7.30pm Choir Practice</i>
Fri	23 rd	<i>10.30am Coffee Morning</i>
Sun	25 th	15th Sunday after Trinity, 9.30am Harvest Parade Service, 12.30pm Harvest Ploughman's Lunch, Main Hall
Mon	26 th	<i>Wilson Carlile, founder of the Church Army, 1942, 9am Footsteps, 7.30pm PCC Meeting, Parish Office</i>
Tue	27 th	<i>Vincent de Paul, founder of the Lazarists, 1660</i>
Wed	28 th	<i>7.30pm Choir Practice</i>
Thurs	29 th	<i>Michael and All Angels</i>
Fri	30 th	<i>Jerome, translator, teacher of the faith 420, 10.30am Coffee Morning</i>

Details of dates, times and venues of all meetings and events need to be recorded in the Parish Diary (Parish Office 01708 220696)

On Saturday 1st October we will be holding a Pet Service. Details are not yet known. Please see Porchtalk and notice boards nearer the time.



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
Pastoral Assistant	Deborah Masterson deborah.masterson@upminsterparish.co.uk 01708 609816
Parish Office	Joanne Chapman parish.office@upminsterparish.co.uk 01708 220696
Churchwardens	Jean Keen and Cheryl Hale parish.office@upminsterparish.co.uk
Hon Secretary PCC	Beryl Speed beryl.speed25@virginmedia.com 01708 220696
Hon Treasurer	Tony Bloomfield treasurer@upminsterparish.co.uk 01708 536370
Planned Giving	treasurer@upminsterparish.co.uk
Electoral Roll Officer	Keith Stewart keithdebbie@btinternet.com 01708 227928
Director of Music	David Chan david.chan@upminsterparish.co.uk
Church Halls Hire	Becky Perchard halls.bookings@upminsterparish.co.uk 07341 434798
Gridiron Editors	Arlette Wiggins and Joanne Chapman gridiron@upminsterparish.co.uk
Gridiron Advertising	Maureen Gourley mlgourley@talktalk.net 01708 640747
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