

October and
November 2023



GRIDIRON

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



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 18.30

*(see Parish Diary
for details)*

Weekdays

Tuesday	Morning Prayer	09.10
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 09.30 in the Lady Chapel. The next service is on **30th October and 27th November.**



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

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From Revd Catherine

In Conversation...

If truth be told, I'm not mad keen on living by myself, so when I'm at home these days, you'll usually find me tapping away on the computer or pottering around in the kitchen, with the radio on.

Recently, a series of programmes aired about 'UPFs' – not a term I'd heard

before this autumn. Ultra-Processed Foods, as it turns out, account for over half the foodstuffs eaten in the UK every day. Why should this concern us? Because UPFs, the presenting doctor tells us, '...give the body calories without necessarily providing nutrition.' So, we may be eating more, but feeling less well.

I've always thought of myself as eating a good diet. I cook from scratch, rarely have take-aways and actively seek out the best bakeries for excellent bread. Invited by the radio, however, I start rooting through my kitchen cupboards. I find cuppa-soups, but they're out of date, proving my relative innocence. Tomato purée ingredients? Tomatoes. So, that's okay, but the baked beans have all sorts in there and even the butter beans a 'firming agent', whatever that is.

As I close the cupboard, the doom from the radio gets worse: 'Almost all mass-produced bread contains emulsifiers...' and sausages and ham are apparently UPFs too.

So, how hard would it be, to cut out UPFs? Surely, making food simpler, should be simple? Not so! My heart sinks, as when I enquire, both my favourite bakers in Upminster sell bread which contains emulsifiers. It seems the 'candy floss' diet Lord Reith and his contemporaries were so afraid would pervade our airwaves, full of sweet frippery but of no substance to strengthen our minds, has pervaded our actual diets. It seems that we can't very easily get away from substances which provide calories without goodness or interfere with our body's ability to process food beneficially.

In circumstances such as these, I always refuse to be defeated. Instead, I choose not to focus on what I cannot do, but on what I can: with a little reading of labels, I have found ciabatta in Upminster which is made with flour, olive oil and yeast alone. Bacon, from the butcher, is only a partly processed food. I cannot cut out UPFs but I can take measures to cut down. I can both limit damage to, and improve the health of, my body.

This is an especially important point to make at this time, as we begin to introduce our Care of Creation work in and around St Laurence. As conversations begin in each team, we are not asking each other how we can cut out our impact on the environment – we can't. But rather than feeling defeated, we're starting to do our research, read a few more labels and in conversation with each other, look at how we can cut down on damage and improve the life chances of our Earth and all who dwell upon her.

Revd Catherine

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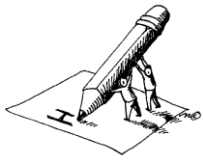
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From the Editors

Dear Readers,

As I sit here putting together this edition of *Gridiron* the sun is streaming through the windows and it just doesn't feel like September but, as we enter the darker, winter months, we begin to think of what is coming up in the life of this church. In October we have the All Souls' Service where we remember those close to us whom we no longer see. In November we remember those who gave their lives during conflicts across the years. All of us have been touched by loss and we look to God to give us help.

'Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life." John 8:12'

Arlette Wiggins, Editor

From the Parish Registers

BAPTISM

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

23 rd July	Teddy Buffoni-Venables
30 th July	Elena and Asher Sahote
	Max, Jake and Charlie Everitt

FUNERAL AND BURIAL

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

18th July	Brenda Elizabeth Voak
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RENEWAL OF WEDDING VOWS

We offer our congratulations and pray for:

12 th August	Jacqui and Mark Seaton
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December 2023 and January 2024 Magazine Deadline

Items for inclusion in the December 2023 and January 2024 edition of *Gridiron* should reach the editorial team by **Friday 3rd November**. 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 **December 2023 and January 2024** Magazine will be on sale from **Sunday 26th November**.

The City of London Church of St Mary Aldemary

by Rob Brabner



There are five surviving City churches ascribed to 'St Mary'. St Mary Aldemary's name may derive from 'the older Mary' to distinguish it from the others. The first reference to this church was c1080. The 17th century tower is considered one of the finest in the country and is a familiar City landmark.

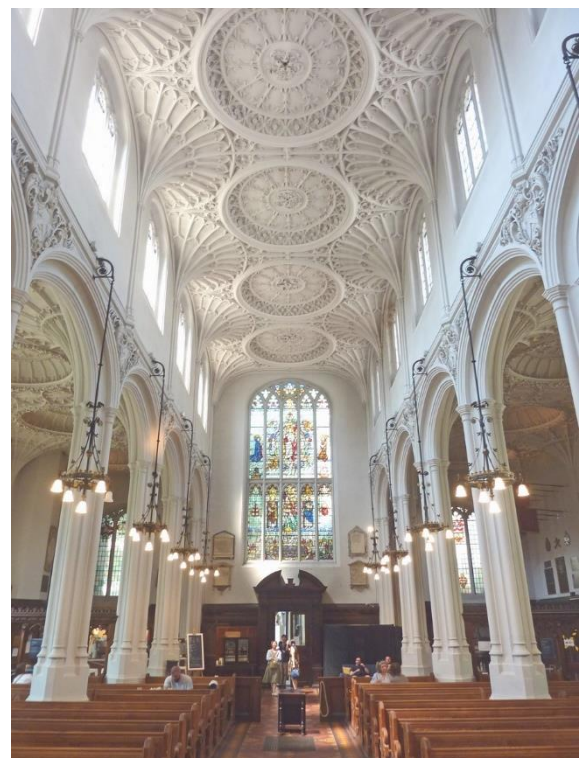
The church is situated in Watling Street between Cheapside and Cannon Street, not far from St Paul's Cathedral.

The church is open every weekday, with a coffee shop inside and refreshments also in the forecourt, but it is also a place for peace and contemplation. In 2010 the Moot Community moved into the church with the Host Café in 2012.

The Moot Community defines its core values as a 'Rhythm of Life', to be and belong using prayer and reflection, both collectively and personally as part of the community's calling. To go deeper with God, to prioritise times of personal silence and to seek regular retreats. Through the week they guide and support meditation, Taizé prayer and reflection and regular Wednesday evening services.

On entering the church the interior makes an immediate light and airy impression. There are fan-vaulted plaster ceilings by Henry Doogood (yes, his real name!), one of Christopher Wren's finest craftsmen and the ceiling has 'saucer domes', restored and floodlit in 2004. Slender piers, slightly pointed arches and clerestory, all typical 'Perpendicular' style, are a delight.

The church has some fine fittings, modern stained glass, pulpit and font, together with memorials.



On a lighter note the blank monument on the north side of the chancel wall is explained as in memory of a man whose wife remarried before she had decided on the right wording. Perhaps no comment was the most appropriate!

- Before 1100 - Church founded, believed to be Benedictine monks from Christchurch Priory, Christchurch, Canterbury
- 1666 - Great Fire of London - 89 churches destroyed including St Mary Aldemary
- 1678 - Reconstruction by Wren, unusually in a Gothic style, Wren normally favoured 'Classic', but there are two theories why 'Gothic' was used: either the surviving medieval remains or simply Gothic may have been the favoured style of the parishioners
- 1876/7 - Victorian refurbishment of both exterior and interior.
- 1940/1 - Enemy action destroys Victorian stained glass; however fabric survives largely undamaged
- 1952 - Church ceases to be a parish, becomes a Guild church within the parish of St Mary-le-Bow
- 2010 - Moot Community moves into the church
- 2012 - Host Cafe introduced

Holy Days in October

from Parish Pump

4th St Francis of Assisi - love for the Creation

St Francis (1181 - 1226) is surely one of the most attractive and best-loved of all the saints. But he began by being anything but a saint. Born the son of a wealthy cloth merchant of Assisi, Francis' youth was spent in fast-living, parties and on fast horses as a leader of the young society of the town. Then he went to the war between Assisi and Perugia, and was taken prisoner for a year.

By the time of his release, Francis had changed. Perhaps his own suffering had awakened him to that of others. In any case, he abandoned warfare and carousing, and began to help the poor and the lepers of his area. Then one day a voice seemed to come from the crucifix in the small, semi-derelict church of Damiano, Assisi: 'Go and repair my house, which you see is falling down'.

This religious experience was a vital turning point in Francis' life: Jesus Christ became very real and immediate to him. His first action was to begin repairing

the church, having sold some of his father's cloth to pay for materials. His father was not amused; in fact he was furious - until Francis renounced his inheritance and even his clothes by his dramatic stripping off in the public square of the town. The Bishop of Assisi provided him with simple garments, and Francis began his new life.

His inspiration was always religious, not social, and the object of his quest was always the Crucified Christ, not Lady Poverty for her own sake. Francis rebuilt San Damiano, and then travelled as a pilgrim. His compassion for the poor and lepers became famous. Soon disciples joined him, and they set up a communal life in simple wattle and daub huts. They went on occasional preaching tours. (Not until later did they become an Order whose theologians won fame in the Universities.)

In 1219 Francis visited the Holy Land, and his illusions about the Crusaders were shattered. He went on to seek out the Sultan, and tried to convert him. Back home, he found his Order was now 5,000 strong, and growing. Francis stepped down as head, but continued to preach and was immensely popular. He died after a prolonged illness at the age of 45, and was canonised in 1228.

Francis' close rapport with the animal creation was well known. The story of his preaching to the birds has always been a favourite scene from his life. He also tamed the wolf of Gubbio. This affinity emphasises his consideration for, and sense of identity with, all elements of the physical universe, as seen in his Canticle of the Sun. This makes him an apt patron of nature conservation.

The 20th century witnessed a widespread revival of interest in Francis. Sadly, some films and books caricatured him as only a sentimental nature-lover or a hippie dropout from society. This ignores the real sternness of his character, and his all-pervasive love of God and identification with Christ's sufferings, which alone make sense of his life. Two ancient, and many modern English churches, are dedicated to him.

**You can advertise in Gridiron from as little as
£11 per issue. Please contact Maureen Gourley
01708 640747 mlgourley@talktalk.net**

Ons' Lieve Heer op Solder – Our Lord in the Attic

by Clive Edwards



The Alteratie (Eng: Alteration) is the name given to the change of power in Amsterdam on May 26, 1578, when the Catholic city government was deposed in favour of a Protestant one. As a result of the Alteratie, the Catholic parish churches and chapels came into the hands of the Protestants, who renamed them. Catholics had nowhere to conduct services. It was not illegal to practice Catholicism, however it had to be done in private, so hidden churches sprung up in various parts of the city.

This museum is a faithful restoration of one of these 'hidden' churches. The canal house, on the 14th century canal Oudezijds Voorburgwal, was built in 1630. It comprised a typical merchant's house, tall and narrow, fronting the canal. Houses were taxed on their width, hence

the narrowness. The number of front steps (the higher the door the less likely the ground floor rooms were to be flooded) was also taxed. There are two smaller adjacent houses to its rear to form a small terraced block. The alley between the houses that front the canal gave access to the front doors of the rear houses. The height of the properties means the windows on the lower floors have reduced light yet have unrestricted views if you look upwards!

Jan Hartman (1619-1668), a well-to-do Catholic merchant, bought the house on 10 May 1661, together with the two adjacent houses. The transaction costs him 16,000 guilders: a considerable sum.

Between 1661 and 1663 the top three floors of the three houses were joined together to form a church.

Standing at the front door you experience a normal merchant's house. A parlour, meeting rooms for the merchant to conduct his business. Kitchen and bedrooms give no hint to what is above. After climbing

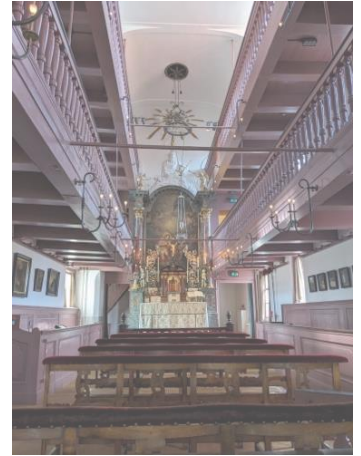




two flights of steep stairs, it is quite surprising to suddenly enter a church. The three floors of the three houses combined create a considerable space for pews, organ, altar and every other type of feature you would expect in a Catholic church.

Horizontal and vertical metal braces keep the structure stable. The pews are on the repurposed second floor with two galleries above comprising the house's

third and fourth floors. This creates the height. You feel you are on a ground floor staring at a vaulted ceiling yet you are already two floors up.



A handheld audio guide is included in the entry price.

It is well worth a visit. Tickets are available in advance. <https://opsolder.nl>

Holy Days in November

from Parish Pump

1 All Saints' Day – the feast day of all the redeemed

All Saints, or All Hallows, is the feast of all the redeemed, known and unknown, who are now in heaven. When the English Reformation took place, the number of saints in the calendar was drastically reduced, with the result that All Saints' Day stood out with a prominence that it had never had before.

This feast day first began in the East, perhaps as early as the 5th century, as commemorating 'the martyrs of the whole world'. A Northern English 9th century calendar named All Hallows as a principal feast, and such it has remained. Down the centuries devotional writers have seen in it the fulfilment of Pentecost and indeed of Christ's redemptive sacrifice and resurrection.

The saints do not belong to any religious tradition, and their lives and witness to Christ can be appreciated by all Christians.

Among ancient English churches, 1,255 were dedicated to All Saints - a number only surpassed by those dedicated to the Virgin Mary.

St Laurence Building Improvements Project

The Building Improvements Team has been busy since our successful Soirée in June.

As you will see from the advert elsewhere in this edition, the next fundraising event is an Autumn Fayre on **Saturday 14 October**. It will run from 10.30am - 3pm, and there will be lots of items on sale from a variety of community groups - as well as our own church-run stalls (e.g. cakes, homemade cards, tombola, lucky dip, treasure hunt, raffle) and, of course, refreshments!

Please come and support this event, and bring your friends too. If you are unable to come, please consider buying some raffle tickets which will be on sale before the event and/or donate money through the usual channels*.

If you have any small, unused/unopened items suitable for our tombola or lucky dip the team would love to take them off your hands! (Revd Susannah, Penny Edwards, Christine Clifford, Debbie Stewart, Sarah Keen, Chris Mowat).

As already mentioned, the committee has been busy planning ahead, and has booked some dates for 2024. More details to come soon, in plenty of time for you to make a note in your diary - and look forward to more fun while fundraising!

* You can donate to this project in a variety of ways: use the Building Improvements-labelled wall safe by the church door; speak to one of the team; or, if you prefer, scan this QR code:



Upcoming Services

Pet Service – Sunday 1st October, 4.00pm

All Souls' Service – Sunday 29th October, 4.00pm

**Parade Service at War Memorial – Sunday 12th
November, 10.45am**

Raising funds for
St Laurence Church
Building Improvements



St Laurence Church
Building Improvements

Autumn Fair

Saturday 14 October

10.30 am - 3.00 pm

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RM14 2BB

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cakes, cards, small
local businesses,
fun and games**

For more info: 01708 220696

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Our American Chorister Friends

by Chris Mowat



On Sunday 13th August, we were able to welcome again Kim Bossey and her daughter Kathryn (Katie) who joined our choir for the 9.30am service. Kim and Katie have been members of the Royal School of Church Music (RSCM) Residentiary Choir for many years and have frequently joined Chris Mowat and Sarah Keen in singing in a cathedral or similar venue for a week.

The RSCM Residentiary Choir consists of about 40 auditioned adults who will sing all the services in a cathedral for a week. Individual vocal coaching is included and the Choir is directed by a professional director who is

currently Martyn Rawles, the Organist and Assistant Director of Music at Lichfield Cathedral. For some years the Organist has been Kris Tomsett, the Assistant Director of Music at Newcastle Cathedral.

Notwithstanding the cost of travel, Kim and Katie love coming to the UK to be part of the Choir and until fairly recently they were also joined by their own Director of Music, Dennis Akerman, whose wife has suffered health issues, preventing him from joining us.

The RSCM has a strong presence in America as, indeed, in other parts of the world. Long-standing friendships have developed over many years and we have been fortunate to have these links to so many choristers and to share the singing experiences. Venues where the Choir has been in residence in recent years include Wells, Coventry, Dublin, Ely, Bristol, Chester, Salisbury and York.

The motto of the RSCM is:-

‘I will sing with the Spirit and with understanding also’

We give thanks for the gift of music.

St Laurence Patronal Festival Cream Tea – August 4th



Golden Wedding Anniversary of Chris & Nancy Mowat



Nancy and Chris Mowat celebrated their 50th wedding anniversary with cake and wine after the 9.30am service on 20th August 2023.

Their cake was made by Jean Keen.



Seen in the porch of a parish church in N. Lincolnshire.

BEWARE!

Here we practise the inclusive Gospel
of Jesus Christ.

This means you may be mixing with
tax-collectors, sinners, adulterers, hypocrites,
Greeks, Jews, women as well as men,
female and male priests,
homosexuals, lesbians, the disabled,
dying thieves and other sinners.

Black people, Asians and other ethnic minorities,
Muslims, Bishops, bigots, peoples of other faiths,
strangers from Rome and Nigeria, heretics, etc., etc.

Even you, dear guest, are welcome.

In fact, anyone like those whom Jesus mixed with

So beware,
this is not a private club!

Welcome to ALL

Worth a Visit: Chelsea Physic Garden (founded 1673)

by Rob Brabner

Very close to the Royal Hospital Chelsea and The National Army Museum is the historic Chelsea Physic Garden. This is the second oldest Botanical garden in the country - the oldest being at Oxford. The nearest tube station is Sloane Square on the District Line.

This year is the 350th anniversary of its founding. The Garden was first leased by the Worshipful Society of Apothecaries of London in 1673 to grow the medicinal plants they needed to train their apprentices. The site was perfect, being close to the Thames for transport, and with a microclimate suitable for many varieties of plants. The Worshipful Society of Apothecaries was founded in 1617 and the Livery Company is one of the largest in the City and is based in Blackfriars Lane. Apothecaries' Hall was rebuilt on the same site after the original hall was burnt down in the Great Fire of London of 1666.

The Arms of the Worshipful Society of Apothecaries represent Apollo the God of Healing, overpowering the dragon of disease, represented by the wyvern. At the top is a rhinoceros as it was believed that the horn, when powdered, had medicinal powers.

Apothecaries travelled widely, gathering plants and knowledge about their healing properties.



Today we know that from medieval times many of the local healers and midwives who kept the knowledge of the healing properties of the plants were women. The apothecaries used to plant helpful plants next to harmful ones that looked similar. This practice helped the young apothecaries to stop deadly mistakes once they qualified.

The Garden has a statue of Sir Hans Sloane (1660 - 1753). He was probably the most famous apothecary to train at the Garden. He made his wealth through his medical practice and through plantations worked by enslaved peoples in Jamaica, which he inherited through marriage. Today, of course, the slavery connection is abhorrent, but the positive impact he had on the Garden, and the subsequent benefit for everyone cannot be denied.

Today the Garden is run by an independent charity and supported by volunteers. The charity has an active education role focussing on plants and furthering the science of botany. The Garden boasts a collection of over 4,500

different plant species spread over 4 acres. The vast majority are medicinal, herbal or edible.

The walk through the Garden takes the visitor through clearly marked areas of the world featuring particular plants and their medicinal use in healing. All plants in the Garden are labelled with their family, genus and species, together with their country of origin. The Garden has plenty of areas to rest, there are greenhouses and a pond to enjoy plus the normal café and sales area. Check out the Chelsea Physic Garden website for the details of opening times and ticket prices.

A fascinating day out that I can recommend.



Pink Poppy



Asteraceae



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incorporating Horace Fry



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Essex Wildlife Trust

Essex Wildlife Trust is setting out to restore rare chalk grassland habitat at Chafford Gorges Nature Discovery Park, for the benefit of rare invertebrates and flora species.

Currently, the site has the biggest population of man orchids in Essex. The project will support the growth of this population, alongside other orchid species and chalkland plants.

The 200-acre site in Thurrock is the Trust's most biodiverse reserve, supporting hundreds of wildlife species due to the varying habitats of lakes, meadows and woodland. The site is also important for its geological and historical features as a retired 19th-century chalk quarry.

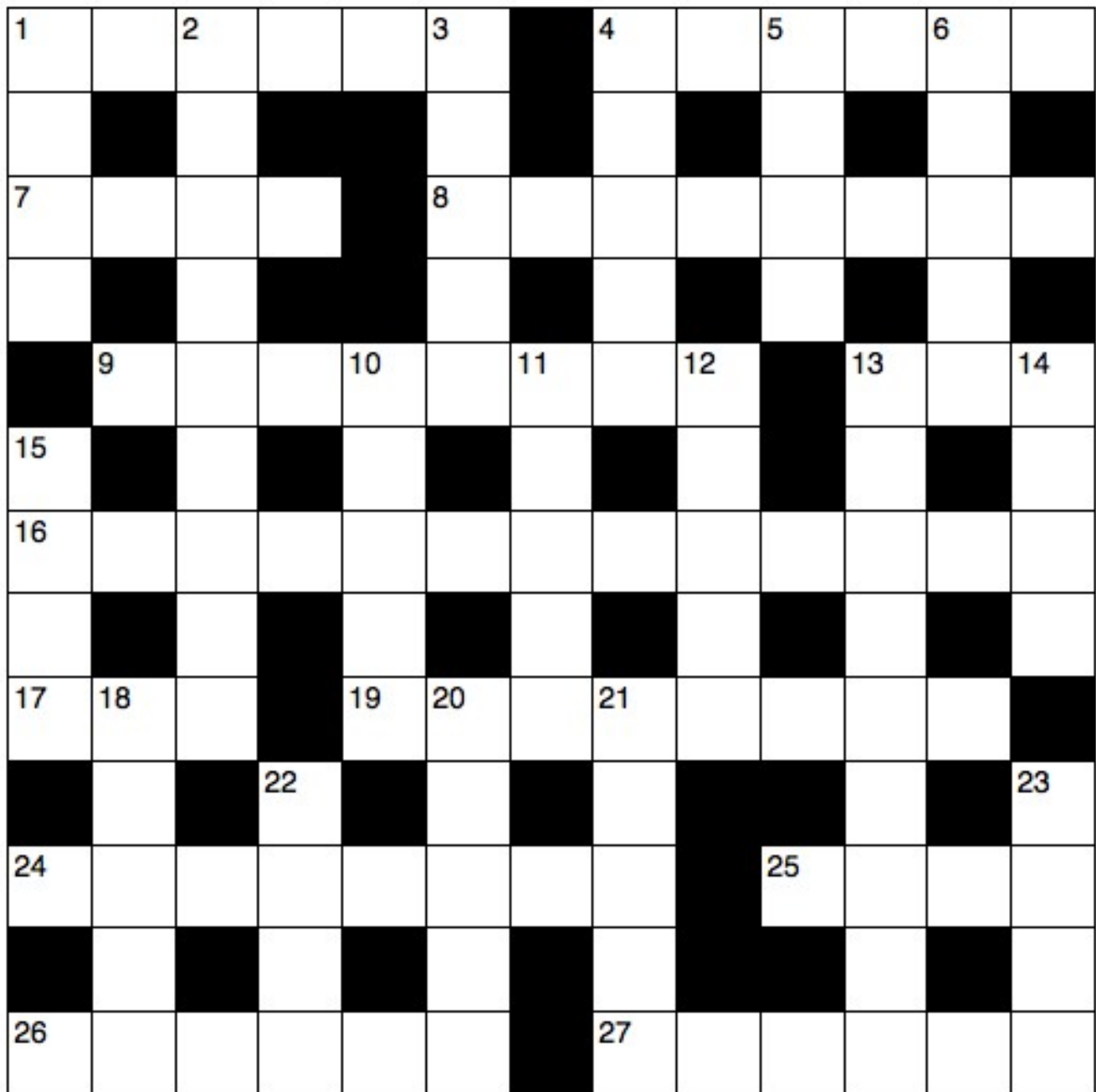
Chalk grasslands are one of the rarest habitats at the site and are nationally important. Chalk grassland, also known as calcareous grassland, is found over limestone and chalk rocks. The chalk grassland at Chafford Gorges Nature Discovery Park is one of the few remaining places for this rare habitat in Essex.

Initial project work will begin in September for six weeks, with work commencing again in the following spring. Areas of secondary woodland will be transformed into meadows.

The public is advised to take note of temporary signage and any temporary pathway closures during this period.



The clearance and restoration work at Chafford Gorges Nature Discovery Park has been funded through Countryside Stewardship, supported by Natural England.



Across

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all — before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their — end' (Ps 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest(Luke 9:46) (8)
- 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
- 16 'He has sent me to bind up the — ' (Isaiah 61:1) (6-7)
- 17 Moved rapidly on foot (Matthew 28:8) (3)

- 19 and 8 ' — a great company of the — host appeared with the angel' (Luke 2:13) (8,8)
- 24 Hindrance (Romans 14:13) (8)
- 25 Comes between Luke and Acts (4)
- 26 Empower (Acts 4:29) (6)
- 27 'Get these out of here! How dare you turn my Father's house into a — !' (John 2:16) (6)

Down

- 1 Sunrise (Psalm 119:147) (4)
- 2 The part of the day when Cornelius the Caesarean centurion had a vision of an angel of God (Acts 10:3) (9)
- 3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)
- 4 'No one can see the kingdom of God unless he is born — '(John 3:3) (5)
- 5 Animal hunted or killed as food (Ezekiel 22:25) (4)
- 6 'He encouraged them — — remain true to the Lord' (Acts 11:23) (3,2)
- 10 Ruses (anag.) (5)
- 11 Jewish priestly vestment (Exodus 28:6) (5)
- 12 Visible sign of what had been there (Daniel 2:35) (5)
- 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)
- 14 'This is my — , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)
- 15 One of Noah's great-great-grandsons (Genesis 10:24) (4)
- 18 Traditionally the first British Christian martyr (5)
- 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)
- 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
- 22 Bats (anag.) (4)
- 23 'You strain out a — but swallow a camel' (Matthew 23:24) (4)

Answers August and September crossword.

ACROSS: 8 Kiriath Jearim. 9 Toe. 10 Ill at ease. 11 Hated. 13 Miletus. 16 Started. 19 Micah. 22 Leviticus. 24 Eli. 25 Mary and Joseph.

DOWN: 1 Sketch. 2 Priest. 3 Samizdat. 4 Shalom. 5 Wept. 6 Breast. 7 Embers. 12 Art. 14 Limassol. 15 UNA. 16 Salome. 17 Adverb. 18 Decade. 20 Clever. 21 Height. 23 Tear.

Charity of the Month

October – Motor Neurone Disease Association MND is the short term for motor neurone disease, which affects the nerves known as motor neurones. These nerves are found in the brain and spinal cord and they help tell your muscles what to do.



Since 1990, the MND Association has developed a number of MND Care Centres and networks across England, Wales and Northern Ireland. They improve the support and co-ordination of services for people living with MND as well as promoting effective, integrated working between health, social, research and voluntary sectors.

November – Parkinson's UK Living with Parkinson's can feel overwhelming if you don't have the right support. Parkinson's UK helps everyone feel in control of their life with Parkinson's.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

When you live with a complex condition like Parkinson's, you need access to high quality local health and care services that meet your needs. Parkinson's UK work directly with the NHS to improve services for everyone with Parkinson's across the UK. They campaign for and fund specialist Parkinson's nurses, therapists and other health care professionals. And support them to give the best care possible. They also educate non-specialist health and care professionals so they better understand the condition.

Kings Cuts Tree Services

www.kingscutstreeservices.co.uk

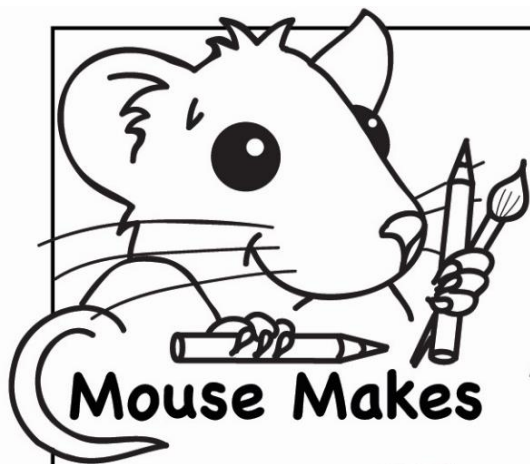
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What food did God supply for his people in the wilderness?

_____ and _____

Numbers 11:7-9 and 31

After Elijah came to visit, what never ran out?

_____ and _____



1 Kings 17:14



What food did the ravens feed Elijah?

_____ and _____

1 Kings 17:6



What food did John the Baptist eat in the wilderness?

_____ and _____

Matthew 3:4

What did the boy give Jesus to feed 5,000 people?

Five _____

and two _____

John 6:9

What drink ran out at the wedding?

and what did Jesus use to make more?

John 2:3 and 7

FIND THE BIBLE VERSE

Change each letter in this bible verse to the letter **before** it in the alphabet.

NBO TIBMM OPU
MJWF PO CSFBE
BMPOF, CVU PO
FWFSZ XPSE UIBU
DPNFT GSPN UIF
NPVUI PG HPE.

NBUUIFX 4:4

DID YOU KNOW?

As Lot escaped Sodom with his family an angel told him not to stop or look back, but Lot's wife did look back and became a pillar of salt.

READ Genesis 19 v15-26

Find the words below and the answers to the questions all in the word search

OLIVES • CHEESE
FIGS • DATES
MUSTARD
RAISINS • WHEAT
SALT • GRAIN
FRUIT • GRAPES
VEGETABLES

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

Parish Diary for October

See inside front cover for regular Sunday service times

Sun	1 st	17th Sunday after Trinity, 4.00pm Pet Service, No Evensong
Tues	3 rd	<i>George Bell, bishop, ecumenist, peacemaker, 1958</i>
Wed	4 th	<i>Francis of Assisi, friar, deacon, 1226</i>
Thurs	5 th	8.00pm Choir practice
Fri	6 th	<i>William Tyndale, translator, martyr, 1536</i> , 10.30am Coffee Morning
Sun	8 th	18th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Mon	9 th	<i>Denys, bishop, and companions, martyrs, c250, Robert Grosseteste, bishop, philosopher, scientist, 1253</i>
Tues	10 th	<i>Paulinus, bishop, missionary, 644, Thomas Traherne, poet, spiritual writer, 1674</i>
Wed	11 th	<i>Ethelburga, abbess, 675, James the Deacon, companion of Paulinus, 7th cent.</i> , 11.00am Healing Mass (tbc)
Thurs	12 th	<i>Wilfrid, bishop, missionary, 709, Elizabeth Fry, prison reformer, 1845, Edith Cavell, nurse, 1915</i> 8.00pm Choir practice
Fri	13 th	<i>Edward the Confessor, king, 1066</i> , 10.30am Coffee Morning
Sat	14 th	10.30am – 3.00pm Autumn Fair, Main and Minor Halls
Sun	15 th	19th Sunday after Trinity, 4.00pm Evensong with members of the Rose Croix, No Evensong
Mon	16 th	<i>Nicholas Ridley and Hugh Latimer, bishops, martyrs, 1555</i>
Tues	17 th	<i>Ignatius, bishop, martyr, c107</i> , 8.00pm CM&FG Meeting, Parish Office
Wed	18 th	<i>Luke the Evangelist</i>
Thurs	19 th	<i>Henry Martyn, translator, missionary, 1812</i> 8.00pm Choir practice
Fri	20 th	10.30am Coffee Morning
Sun	22 nd	20th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Wed	25 th	<i>Crispin and Crispinian, martyrs, c287</i>
Thurs	26 th	<i>Alfred, king, scholar, 899, Cedd, abbot, bishop, 664</i> 8.00pm Choir practice
Fri	27 th	10.30am Coffee Morning
Sat	28 th	<i>Simon and Jude, Apostles</i> , Clocks go back 1 hour tonight
Sun	29 th	Last Sunday after Trinity, 4.00pm All Souls' Service, No Evensong
Mon	30 th	9.30am Footsteps
Tues	31 st	<i>Martin Luther, reformer, 1546</i> , 11.00am Adult Fellowship Meeting in Church

Parish Diary for November

Wed	1 st	<i>All Saints' Day</i>
Thurs	2 nd	<i>Commemoration of the Faithful Departed, 8.00pm Choir practice</i>
Fri	3 rd	<i>Richard Hooker, priest, teacher of the faith, 1600, Martin of Porress, friar, 1639, 10.30am Coffee Morning</i>
Sun	5 th	4th Sunday before Advent, 6.30pm Evensong (on Zoom)
Mon	6 th	<i>Leonard, hermit, 6th cent., William Temple, archbishop, teacher of the faith, 1944</i>
Tues	7 th	<i>Willibrord, bishop, 739</i>
Wed	8 th	<i>Saints and martyrs of England</i>
Thurs	9 th	<i>Margery Kempe, mystic, c1440, 8.00pm Choir practice</i>
Fri	10 th	<i>Leo the Great, bishop, teacher of the faith, 461, 10.30am Coffee Morning</i>
Sat	11 th	<i>Martin, bishop, c397, 2.30pm Wedding</i>
Sun	12 th	3rd Sunday before Advent, Remembrance Sunday, 10.45am Parade Service at War Memorial, No Evensong
Mon	13 th	<i>Charles Simeon, priest, evangelical divine, 1836</i>
Tues	14 th	<i>Samuel Seabury, bishop, 1796, 7.30pm PCC Meeting, Parish Office</i>
Thurs	16 th	<i>Margaret, queen, philanthropist, 1093, Edmund Rich, archbishop, 1240 8.00pm Choir practice</i>
Fri	17 th	<i>Hugh, bishop, 1200, 10.30am Coffee Morning</i>
Sat	18 th	<i>Elizabeth, princess, philanthropist, 1231</i>
Sun	19 th	2nd Sunday before Advent, 6.30pm Evensong (on Zoom)
Mon	20 th	<i>Edmund, king, martyr, 870, Priscilla Lydia Sellon, a restorer of the religious life in the Church of England, 1876</i>
Wed	22 nd	<i>Cecilia, martyr, c230</i>
Thurs	23 rd	<i>Clement, bishop, martyr, c100, 8.00pm Choir practice</i>
Fri	24 th	<i>10.30am Coffee Morning</i>
Sat	25 th	<i>Catherine, martyr, 4th cent., Isaac Watts, hymn writer, 1748</i>
Sun	26 th	Christ the King, 6.30pm Deanery Confirmation Service at St Andrew's, Hornchurch, No Evensong
Mon	27 th	<i>9.30am Footsteps</i>
Wed	29 th	<i>Day of Intercessions and Thanksgiving for the Missionary Work of the Church</i>
Thurs	30 th	<i>Andrew the Apostle, 8.00pm Choir practice</i>

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



Get in touch with

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

Rector	The Reverend Susannah Brasier susannah.brasier@upminsterparish.co.uk	01708 220174
Assitant Curate	The Revd Catherine Towner catherine.towner@upminsterparish.co.uk	01708 225374
Pastoral Assistant	Deborah Masterson deborah.masterson@upminsterparish.co.uk	01708 609816
Safeguarding Representative	Katie Bowman safeguarding@upminsterparish.co.uk	01708 640133
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	
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
Acting Director of Music	Nigel Lockwood parish.office@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
Parish Website	www.upminsterparish.co.uk	

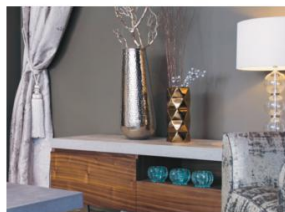
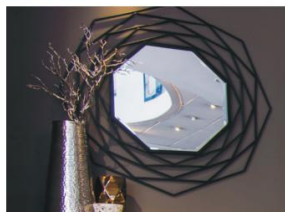
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