

August and
September 2024



GRIDIRON

The Magazine of the Parish Church of
Saint Laurence Upminster

£1

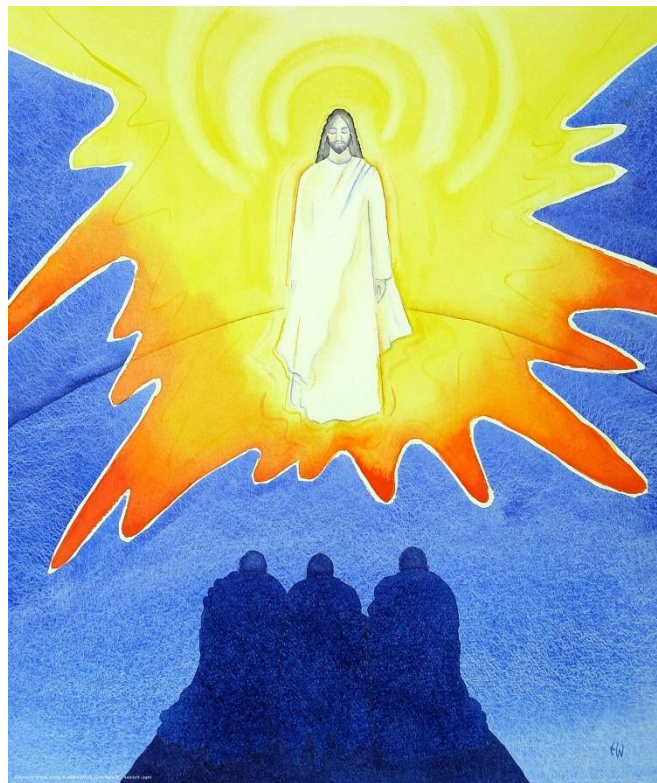


Illustration by Elizabeth Wang R-60099-CW-V2 'The Transfiguration'

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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 (except 25/8)
Sung Parish Mass	
Sunday Schools	09.30
Evensong	09.30
(see Parish Diary for details)	18.30

Weekdays

Tuesday	Morning Prayer	09.10
Wednesday	Morning Prayer	08.45
	Mass	11.00
	Evening Prayer	16.15
Thursday	Morning Prayer	09.10

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 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



From the Rector

I once went on retreat to Glasshampton Monastery, in rural Worcestershire. Glasshampton is a house of the Society of St Francis (the Anglican Franciscans). The Franciscans have a number of houses across the UK, but Glasshampton is perhaps the most austere – a place of contemplation and solitude, with simple food, little heating except in the guest quarters, and a way of life very much centred upon regular acts of daily prayer and upon the eucharist. My time there was enjoyable and beneficial. But one thing stands out in my mind even well over a decade later: an inscription on one part of the exterior of the building. Taken from the works of the 15th century spiritual writer Thomas à Kempis. It reads, ‘Man, why seekest thou repose? Thou are born to labour.’ As a newly-ordained curate, I found this sobering to say the least!

For many people, at some point in their lives at least, August is a month when the pace of life might change somewhat, perhaps to become a little more leisurely than at other points in the year. But, as the quotation above demonstrates, Christianity has not always found it easy to promote rest or relaxation! There is a side to Christian vocation which, rightly on one level, emphasises that it can be sacrificial, that it can be demanding, that it may ask a lot of us and require us to take up our cross, whatever that may be, and follow Christ. And yet, alongside that, we have a Biblical creation story where even God had to rest on the seventh day, we have visions of life with God which are all about rest and refreshment, and we have a theology which says that we are saved by the grace of God, not by how much we do or achieve. Slowly, in recent times, it feels as though the Church and individual Christians are seeking to do more to develop balanced theologies of both exertion and rest, recognising that we can draw nearer to God through both, and understanding that seeking the right balance better enables us to grow towards being the people God has made us to be.

The ability for us to have a choice in the balance of rest and work varies, of course, across different experiences, situations and times of life. It is affected by caring responsibilities, by expectations at work, by illness and many other factors. But where we do have some autonomy, it is important that we reflect regularly upon the balances in our lives, upon our calling to embrace both duty

and joy, and upon the degree to which both can be found, and God can be found, in both our times of effort and our times of rest.

With my prayers and best wishes

Susannah

Summary of PCC Meeting held on 15th May 2024

The three newly-elected members, John Leaback, Linda Lockwood and Pauline Smith, were welcomed to the PCC. Nigel Lockwood and Deborah Masterson were co-opted. Clive Edwards was reappointed as Vice Chairman, Tony Bloomfield as Treasurer and Beryl Speed as Secretary. An extra person was required to serve on the Standing Committee and Chris Mowat was appointed.

Expensive repairs were needed to the boiler at 6 Gaynes Park Road. In view of its age, it was decided it should be replaced by a new boiler. Alternative heating for environmental reasons was not considered viable at present but research would be carried out to meet future needs.

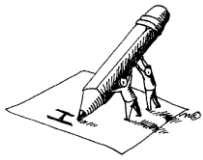
In addition to the repairs already carried out further work had been recommended on Minor, Derham and Hurford Halls in order to prolong their lifespan. This was discussed and agreed.

Other items discussed included legacy income, churchyard closure, Zoom subscription, wildlife planting and other Care of Creation matters, drainage problems relating to the Building Improvements Project, how to encourage more planned giving, utilities research, car park hazard caused by parking on the pavement next to the clergy space, problems with the sound system and the break-in at the Parish Office. Reports were given on finances and all other routine matters.

Forthcoming Events

St Laurence Patronal Festival Cream Tea, Sunday 11th August at 4pm (Adults £5, Children under 12 £2) and
Harvest Festival Lunch, Sunday 29th September 12.30pm (Adults £10, children under 12 £2.50)

To book please contact Deborah Masterson (01708 609816)
or Joan Prudden (01708 223744)



From the Editors

Dear Readers

What a bumper issue we have for you! Usually, the editors have to find articles from various sources to make up the magazine but this month so much has gone on in the church and many people have written pieces for inclusion that my job has been easier than usual.

It is wonderful to see how many things go on within our church community and how we share the good news of Jesus' love.

As one of my (many) favourite hymns says: 'A new commandment I give unto you, that you love one another as I have loved you, that you love one another as I have loved you'.

Arlette Wiggins, Editor

From the Parish Registers

BAPTISM

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

9th June Adam Edward Barkwith
 Sophie Ann Barkwith

FUNERAL

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

20th May Joan Kathleen Ellis

October and November Magazine Deadline

Items for inclusion in the **October and November** edition of *Gridiron* should reach the editorial team by **Friday 6th 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 **Sunday 29th September**.

Curacy – Neil Barrett

I was ordained in September 2021 after 3 years of training at St Mellitus College. At that point I entered into curacy, and I have been asked to share with you what curacy has been to me. Well, let's start with the Church of England definition: Curacy is a vital time when newly ordained ministers continue to learn and grow in the roles to which God has called them. And I would say that is my experience, but it's been so much more.



Starting my curacy at St Luke's, Cranham, was an interesting time as I had been a member of the congregation there for over 20 years, and then to be serving them as an ordained minister was a challenge to begin with. I was consciously aware, that I was there to serve now, rather than be part of the congregation. I was there to help signpost people towards God, to help them in their discipleship with Jesus, to grow in faith and to support them in their needs. Then, after being ordained as a Priest, to administer the sacraments.

I also felt the enormity of all of this responsibility, and I think that part of growing into the role is that one learns to increasingly rely on God for the strength, wisdom and discernment to deal with all of these things, because none of us ordained or otherwise can do these things without God. And I have increasingly learned the importance of prayer and scripture as part of my ongoing formation.

And as time went on, I became more comfortable in the role and got to know many more people in the congregation in ways that I hadn't before.

Then I came on placement to St Laurence to learn a whole new tradition of church, one that I was familiar with from the congregation side, but, just like at St Luke's, I had to learn how to do it from the front, which was equally daunting, to say the least. But hopefully, I am more confident now and I am certainly more comfortable.

It's been a wonderful experience to see how people can meet with God in different, yet equally meaningful ways across traditions and God is just as present in both. That is one of the most important things to have learned and

one I will take with me into my future ministry, and, I hope, will make me more the Priest that God wants me to be.

It's been a privilege to come to serve at St Laurence and I have had some great conversations with some of you. If I haven't had the chance to have a chat with you yet and you'd like to, please come and say hello.

Wasps *by Michael Blencowe of the Sussex Wildlife Trust*

Legendary protest singer Woody Guthrie had the slogan 'This Machine Kills Fascists' emblazoned across his guitar. The lead singer of John Peel's beloved Half Man Half Biscuit had 'This Machine Kills Wasps' across his. Fascists and wasps. Equally hated and despised. But while one are a bunch of loathsome invertebrates that should be slapped every time they start to agitate us, I have to confess I have some empathy towards the wasps.



The wasps' world was created way back in April. A single pregnant queen emerged from her winter-long hibernation, flew, fed and founded a new colony. She single-handedly constructed 30 hexagonal homes from chewed-up wood, laid an egg in each and lovingly tended to her new babies which, when grown, became her workers. Through sheer determination, spit and sawdust they enlarged the colony, constructing an impressive suspended structure. Other workers collected food – caterpillars, flies, spiders – to feed the now-flightless Queen as she produced more eggs.

June was the golden age of the Empire. The colony swelled to almost 6000 wasps. There was a real buzz about the place. An entire self-contained Utopian society in matching yellow and black uniforms working together to serve their illustrious leader. Inside the dome, the temperature was maintained at 32 degrees. When the temperature rose on hot days, the workers united and the whole colony whirled their wings creating a community-powered air-conditioning unit.

But dark rumours started. The Queen was becoming crazy for power. Workers' eggs were being destroyed to ensure only the Queen's offspring were raised. She had started to create other Queens in her image. With no more workers being born, work levels in the colony increased. The wasps were slaves to a tyrant.

Then came the news. The Queen is dead. Her mesmeric hold over every wasp was lost. Revolution! The virgin Queens fled to mate, hibernate and start a new colony next year. Meanwhile the colony falls into anarchy. Paper walls are torn down, the temperature plummets. Rome burns. There is fighting and cannibalism. Those that stay face death from cold and starvation. One wasp manages to escape. Alone, betrayed by his leader, without family, without purpose he is confused and lost in an unfamiliar world. Like so many he turns to alcohol to quieten his pain and the fermented fallen fruits of Autumn provide temporary relief. Intoxicated and hungry he stumbles around searching for sugar.



And now in his dying days he bumps into us: giant creatures with sweet drinks and snacks. Our reaction to this 15mm political refugee? To swat him away with rolled up copies of The Daily Mail. So this Autumn, have some sympathy for the lowly wasp.

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Archdeacon's Visitation

On Wednesday 12th June the Archdeacon's Visitation service was held at St Luke's, Cranham, during which Jean and Cheryl were formally admitted to the office of Churchwarden for the coming year. Their contribution to church life is invaluable and I am very grateful to them for continuing to fulfil this vital role. Please pray for their ministry - and do consider whether God may be calling you to be a future Churchwarden too! If you would be interested to know more about what it involves, please speak to me, Jean or Cheryl.

Rev'd Susannah



Donations

St Laurence Church is here to benefit the community within which it is set. Without charitable donations the Parochial Church Council (PCC) would not be able to meet the costs to do this. All contributions help to ensure that the building can remain open as a haven of God's peace, now and into the future. Whatever you feel disposed to give will be thankfully received and faithfully applied.



You can scan this QR code to donate to our Buildings Improvements fund.

There is a safe and secure card payment machine for making confidential donations by the main door of the church.

The church is registered (as St Laurence Church, Upminster) on easyfundraising.org.uk

To sponsor items (an organ pipe, candles, flowers, etc.) please pick up a leaflet from the back of church or speak to Jean and Cheryl (Churchwardens), Susannah (Rector) or Joanne (Parish Administrator). Contact details are on the inside back cover.

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Ride & Stride 2024 - Saturday 14th September - Open House Week

by Rob Brabner

St Laurence is once again hoping to support the 'Ride & Stride' event for our church and also the Friends of Essex Churches Trust (the area also covers the eastern London Boroughs) and their very worthwhile work in supporting churches of Christian denominations within 'Churches Together'. The Friends provides financial support for essential repairs and improvements to church buildings.

On the same day St Laurence will also be welcoming visitors taking part in the Open House weekend - although these days it seems to have been extended, so it's a long weekend!

How can you help? We need volunteer walkers, and, if possible, cyclists. We also need stewards in church on the day to welcome visitors. Can you give an hour of your time?

We also need sponsorship to support our walking team - you can sponsor them for an amount for each church visited, or the more popular method is to donate a fixed amount. All contributions are welcome.

Fifty per cent of the amount we raise will support St Laurence's Building Fabric Fund and the other half will support the work of The Friends of Essex Churches Trust - do check out their website - friendsofessexchurches.org.uk, which gives a full explanation of their activities and aims.

If you would like any further information about Ride & Stride or the Heritage Open Day please do speak to me - home no 01708 457578 (with ansafone) or email: robertbrabner@icloud.com

Please do support us this year, we do appreciate any way you can help - this is a very worthwhile cause.

News from the Chelmsford Diocese

The Bishop of Chelmsford has announced that the next Dean of Chelmsford will be the Rev Canon Dr Jessica Martin.

Jessica currently serves as Residentiary Canon at Ely Cathedral and during 2024 has served as one of two theological advisers to the bishops of the Church of England.

Speaking about her appointment Canon Jessica said:

'I'm filled with excitement at the prospect of coming to be part of the Cathedral community in Chelmsford. I hope, too, to play a focussed and enthusiastic part in serving the city, county and wider diocese. These are rich and diverse overlapping communities and I am very eager to find how I may serve them. I look forward to becoming part of the steady foundation of prayer, praise and worship that the Cathedral represents and maintains, and to all that grows out from that in Christian service. There are relationships to make and to deepen, and a compelling vision that waits for us to discover and bring to fruition together - for which I know excellent work has already begun.'



Jessica Martin grew up in the Surrey commuter town of Woking. She studied literature at university, which she later taught at Trinity College in Cambridge. Following her ordination in 2004 she served as a priest, alongside her life as a lecturer, until 2010 when she became the vicar of three country parishes in South Cambridgeshire. Her southernmost church was just two hundred yards away from the Essex border. Gradually taking on other responsibilities, Jessica served on the Bishop of Ely's senior staff and contributed to the Church of England's ongoing reflections on sexuality. Since 2016, she has been a Canon of Ely Cathedral, with special responsibility for learning. She has written two religious books (as well as some academic ones): 'Holiness and Desire', which is about sacred and profane loves and how they fit together and which was longlisted for the Michael Ramsey Prize, and 'The Eucharist in Four Dimensions', about the way that Holy Communion uses place and space and time. During 2024 she has been one of the two theological advisers to the bishops of the Church of England. She plays the oboe and the piano, and is married to the writer Francis Spufford. She has two daughters, Stella and Theodora.

Building Improvements Group - Quiz Night

After a gap of several years, we held a **Quiz Night** in the Main Hall on 11 May, as part of our ongoing fundraising towards the Church Building Improvements Project.



Our Treasurer, Tony Bloomfield, had very kindly volunteered to run the quiz for us. And what an enjoyable evening it was, with eight rounds of entertaining questions on a wide variety of themes (including *'It takes two'*; *'What happens in May'*; *'Tony's playlist'* - we're not quite sure what it said about Tony's music taste... – *'The Female of the Species'*; *'Highbrow'*; *'Lowbrow'*; and *'The Best of British'*). Interspersed between each of these rounds were some TV themes for us to identify and agonise over and, as Tony said, to stop us disappearing to the bathroom to Google the quiz answers - as if!

Tony has since done a quick review of the quiz answers and makes the following fun observations:

- We have some real music buffs who will be hard to beat!
- 6 out of 9 tables knew their Lady Gaga and Nirvana - and one participant admitted to surprisingly enjoying the Nirvana intro!
- Hardly anyone remembered Brookside (this was Julie's favourite soap)
- Our opera knowledge needs collective work!!
- The only questions no-one got right was Female of the Species (poem by Kipling) and Pepperland (people were really thinking Pigs not Beatles).
- But we have board game expertise in abundance.
- Everyone knows their poker hands - 9 out of 9...
- And everyone knows what a snakebite is.
- People know their Kardashians
- But only 3 out of 9 tables got the one bible-related question correct.....



Our thanks go to everyone who came along and supported this event, and especially to Tony and Julie Bloomfield for providing such an entertaining night. We also thank Nigel Lockwood for setting up the sound equipment and everyone else who helped in any way. The icing on the cake was that the evening raised £750 towards our project.

If, like Tony, any of you have your own ideas for future fundraising the Building Improvements Team (*Debbie Stewart, Revd Susannah, Chris Mowat, Sarah Keen, Christine Clifford*) will be very pleased to hear from you.



First communion



Adam, Alexandrina, Edward, Ezra, Sebastian and Sophie were admitted into their First Communion in May and June. As usual, after the service, the congregation were able to join them in celebrating with wonderful cakes made by Jean and Sarah Keen.



Mediterranean Evening



by Debbie Stewart

For a few hours on the evening of the 22nd June the Main Hall was transformed into a Mediterranean resort - Upminster-sur-Mer, on the Costa San Lorenzo(!)

This was a far cry from the dark cold night in January when the idea first popped into my head. The rest of the committee were in favour and so, over the ensuing months, I gradually accumulated Mediterranean-themed raffle prizes, bunting and napkins, searched for Mediterranean posters, put together a table quiz and kept a look-out for suitable Mediterranean food and drink.

As the event approached, the good old British weather stubbornly refused to shift into Summer and people asked me if we would be switching on the heating if they were going to come dressed in their holiday garb as we had suggested. Luckily the weather improved and we enjoyed a pleasantly warm and dry evening. The background music really added to the Mediterranean 'feel'.



The large selection of food on offer to the 57 people who attended included barbecued chicken and halloumi kebabs, stuffed vine leaves, Borek (Turkish pastry filled with cheese & spinach), Italian Tomato & Mozzarella salad; Greek salad, houmous, pasta salad, rice salad, taramasalata, Italian meats, French cheeses and authentic Turkish flatbreads. The Onçu Turkish Supermarket in Hornchurch supplied us with a large tray of delicious Baklava

which proved to be very popular. To round that off we enjoyed a selection of 'Cornettos'.

One guest was overheard to remark, *'This is fantastic - I feel like I am in a taverna in Corfu!'* Praise indeed! In fact everybody seemed to be really enjoying themselves and the feedback has all been positive.





However, these events do not happen by magic. A huge round of applause goes to Clive Edwards and Keith Stewart who stood outside for most of the evening diligently barbecuing the kebabs; Alison Cox and Penny Edwards for spending hours threading chicken and veg onto skewers; Susannah for chopping and slicing; Sally Thomson for creating an excellent music playlist, supplying the sound equipment and lots of yummy Greek salad; Nancy

Mowat for acting as bartender; Christine Clifford and Sarah Keen for selling the raffle tickets for several weeks; Mark Skinner and Rob Brabner for helping set up and decorate the hall.

Congratulations go to the Lucas family (*pictured right*) for winning the Table Quiz.

Raffle prize winners were: Gill & Steve Roome (Hamper); Akosua Boachie (Tapas plates); Yvonne Osmond (Cointreau); Chris Mowat (Gin) and Penny Edwards (Bougainvillea).



This was a wonderful evening which raised nearly £1280 for our Building Improvement project. However, there is still some way to go. Your ideas for possible future events would be most welcome - and even more so if you would be prepared to join our small but enthusiastic committee to help them come to fruition. Please give it some serious thought. We cannot do this without more help, yours included.



Cheryl and David's 25th wedding anniversary

During coffee after the 9.30am Mass on Sunday 12th May we celebrated Cheryl and David's 25th wedding anniversary with wine and cake – beautifully made by Jean Keen.



Significant birthdays!

On the 2nd June Gill Roome celebrated her 70th birthday and then on 9th June Susannah celebrated her 40th birthday. How lucky are we as a congregation to have so much cake to eat – expertly made by Jean and Sarah Keen!



What's in A Name - Some Further City of London Churches (part 2)

by Rob Brabner

St Lawrence, Jewry

This church serves the City of London Corporation. Though the church was gutted by bombs in December 1940 the building was impressively restored by Cecil Brown between 1954-57. Recently the church was closed again for 18 months after further refurbishment. The church has a most impressive interior: white and gold gilding on the ceiling, chandeliers and fine modern woodwork. The church is open on weekdays and the 'Jewry' refers to the church's position on the edge of the then Jewish quarter of the medieval City.



St Margaret Pattens

This church is situated in the shadow of the 'Walkie Talkie' building. 'Pattens' may refer to the wooden soles raised on iron hoops, to keep women's shoes above the dirty streets, which were made in the neighbourhood. A pair of original pattens are still in safekeeping in the vestry, along with the hourglass formerly used for timing the sermon (twenty-nine minutes apparently being the limit before the sand ran out!). The church is normally open on weekdays. The spacious interior includes many interesting features. A row of pegs in the north aisle allows provision to leave your wig!

St Mary Abchurch

Friends of the City of London Churches use this church as their base. Rebuilt by Wren after the Great Fire between 1681-86. The only City church with an authentic carved reredos (screen behind the altar) by Grinling Gibbons. 'Abchurch' possibly from a benefactor called 'Abba', or a corruption of 'Up' church (i.e. up the hill from the river). The church is open on weekdays.



St Mary Aldermary

A rare example of Wren working in the 'gothic' style, another church with an impressive interior. The name seems to refer

to 'older Mary' to distinguish it from other 'St Mary' churches, but of less ancient foundation. This church is first mentioned in 1080.

St Mary-le-Bow, Cheapside

The famous Bow Bells Church and one of Wren's most celebrated towers and steeples. The 'great bell of Bow' features in the nursery rhyme 'Oranges & Lemons'. The bell rang to sound the curfew in the City at 9pm from the year 1469 until 1876 when it was discontinued. The name of the church probably comes from the 'arches' or 'bows' in the Norman crypt beneath the church.



St Mary Woolnoth

This church was partly restored after the Great Fire, but then completely rebuilt by Nicholas Hawksmoor in 1716-27. Open on weekdays the church has a coffee stall inside. It is on a site close to Bank Station on the corner of Lombard St and King William St. The name is possibly after 'Wulfnoth'; a suggested 11th century founder or alternatively from a nearby wool market of the Middle Ages.

St Michael Paternoster Royal

Named Paternoster after the rosary makers in the neighbouring lane and Royal a corruption of La Réole, a town in Bordeaux with a connection to the local wine importing district. The church is also famous for its connection with Richard Whittington, four times Lord Mayor of London. The diocese of London has decided that this church is no longer required and is currently marketing the building with a long lease. The church is very close to St James Garlickhythe (mentioned in the part 1 article).



St Nicholas, Cole Abbey

The church remains consecrated, though it is a successful coffee shop. The church was gutted in WW2 and restored by Arthur Bailey, 1961-62. 'Cole Abbey' is probably a corruption of Cold Harbour, a medieval shelter for travellers.

Holy Sepulchre London

Only in the last few years has this church returned to this name. It was formerly known as St Sepulchre-without-Newgate. The church is first mentioned in 1137. The largest of all the post-Great Fire churches, with plenty of interest in it. It has

associations with the notorious Newgate Prison, where the Old Bailey now stands on the other side of the road. Sir Henry Wood, founder of the Promenade Concerts, learnt to play the organ here aged 14, and his ashes are interred under the St Cecilia window in the Musicians' Chapel. After the end of the Prom season in the Royal Albert Hall, the wreath that adorned the bust of Sir Henry Wood is laid here on Sir Henry's final resting place. The church is named after the Church of the Holy Sepulchre in Jerusalem - a group of pilgrims from St Laurence visited the church in Jerusalem back in 2009.

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Holy Days

6th August The Transfiguration - a glimpse of Jesus' future glory

The story is told in Matthew (17:1-9), Mark (9:1-9) and Luke (9:28-36).

It was a time when Jesus' ministry was popular, when people were seeking Him out. But on this day, He made time to take Peter, James and John, His closest disciples, up a high mountain. In the fourth century, St Cyril of Jerusalem identified it as Mount Tabor (and there is a great church up there today), but others believe it more likely to have been one of the three spurs of Mount Hermon, which rises to about 9,000 feet, and overlooks Caesarea Philippi.

High up on the mountain, Jesus was suddenly transfigured before His friends. His face began to shine as the sun, His garments became white and dazzling. Elijah and Moses, of all people, suddenly appeared, and talked with Him. A bright cloud overshadowed the disciples.

Peter was staggered, but, enthusiast that he was, immediately suggested building three tabernacles on that holy place, one for Jesus, one for Moses and one for Elijah. But God's 'tabernacling', God's dwelling with mankind, does not any longer depend upon building a shrine. It depends on the presence of Jesus, instead. And so a cloud covered them, and a Voice spoke out of the cloud, saying that Jesus was His beloved Son, whom the disciple should 'hear'. God's dwelling with mankind depends upon our listening to Jesus.

Then, just as suddenly, it is all over. What did it mean? Why Moses and Elijah? Well, these two men represent the Law and the Prophets of the Old Covenant, or Old Testament. But now they are handing on the baton, if you like: for both the Law and the Prophets found their true and final fulfilment in Jesus, the Messiah.

Why on top of a mountain? In Exodus we read that Moses went up Mount Sinai to receive the sacred covenant from Yahweh in the form of the Ten Commandments. Now Jesus goes up and is told about the 'sealing' of the New Covenant, or New Testament of God with man, which will be accomplished by His coming death in Jerusalem.

That day made a lifelong impact on the disciples. Peter mentions it in his second letter, 2 Peter 1:16 - 19 - invariably the reading for this day.

The Eastern Churches have long held the Transfiguration as a feast as important as Christmas, Epiphany, Ascension and Pentecost. But it took a long time for the

West to observe the Transfiguration. The feast starts appearing from the 11th and 12th centuries, and the Prayer Book included it among the calendar dates, but there was no liturgical provision for it until the 19th century.

14th September Holy Cross Day

On Holy Cross Day the Church celebrates the Cross as a symbol of triumph, as the sign of Christ's victory over death. Holy Cross Day goes right back to 14 September 335, and we have the mother of a Roman Emperor to thank for it.

Helena was a devout Christian, and after her son, Constantine, was converted, they agreed that she should travel from Rome to Israel, and seek out the places of special significance to Christians.

Of course, much of Jerusalem had been destroyed by the Romans around 135 AD. But even so, Helena finally located what she believed to be the sites of the Crucifixion and of the Burial (and modern archaeologists think she may well be correct). The sites were so close together that she built one large church over them – the Church of the Holy Sepulchre.

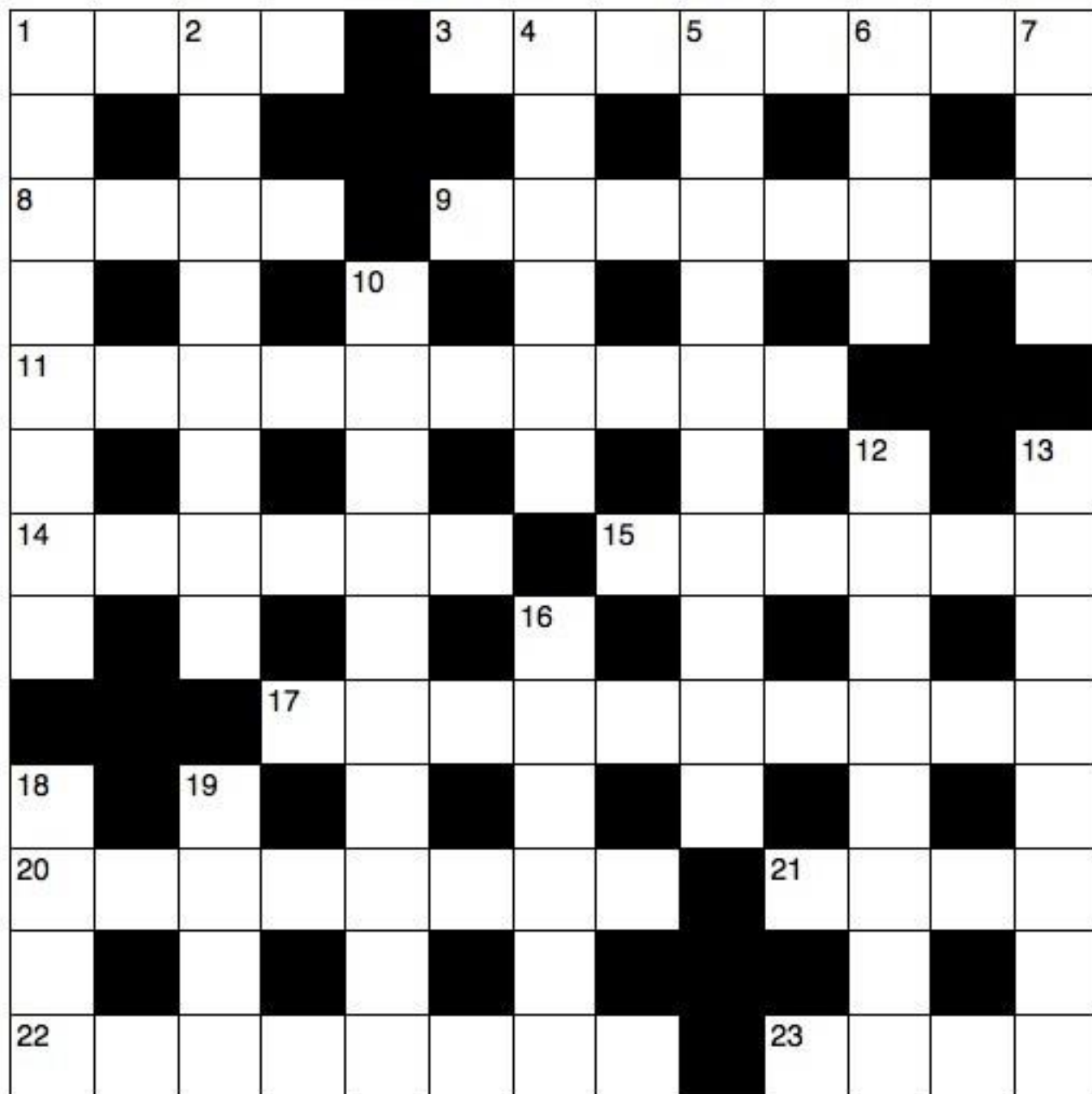
That church, built in honour of the Cross, was dedicated on 14 September 335.

The sign of the Cross has been used by Christians since early times. Tertullian, writing his *De Corona* around AD 211, noted that Christians seldom did anything significant without making the sign of the cross.

What is its significance? Well, people often put their initials or some sort of personal mark on something to show that it belongs to them. The Cross is the personal mark of our Lord Jesus Christ, and we mark it on ourselves as a sign that we belong to him. Even in the book of Revelation, we read that the servants of God are 'sealed' or 'marked' on their foreheads as a sign that they are His.

A preacher once put it this way: if you were explaining to someone how to make a cross, you would say: 'Draw an I.' That is you standing before the Lord, saying, 'Here I am'. Then cancel that vertical stroke with a horizontal stroke – as if to say: 'Lord, I abandon my self-will and make you the centre of my life instead. I abandon myself to your love and service.'

On Holy Cross Day, we recall Jesus' wonderful promise: "And when I am lifted up, I will draw all men unto me." (John 12:32)



Across

- 1 and 3 Two of the disciples who witnessed the transfiguration of Jesus
(Luke 9:28) (4,3,5)
- 3 See 1 Across
- 8 'Let us draw — to God with a sincere heart in full assurance of faith'
(Hebrews 10:22) (4)
- 9 O Simon is (anag.) (8)
- 11 Form of government under the direct rule of God or his agents (10)
- 14 How Jesus found his disciples when he returned to them after praying in
Gethsemane (Luke 22:45) (6)
- 15 In The Pilgrim's Progress, the name of the meadow into which Christian
strayed, which led to Doubting Castle (2-4)

- 17 Glad sin rat (anag.) (10)
- 20 Spinal column (Leviticus 3:9) (8)
- 21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)
- 22 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)
- 23 Adam and Eve's third son (Genesis 4:25) (4)

Down

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

Answers to June/July Crossword

ACROSS: 1, Ambush. 4, School. 8, Tired. 9, Famines. 10, Citadel. 11, Endor. 12, Atonement. 17, Avert. 19, Oracles. 21, Married. 22, Lance. 23, Rhythm. 24, Hyssop.

DOWN: 1, Attach. 2, Biretta. 3, Sided. 5, Compete. 6, Owned. 7, Lustre. 9, Falsehood. 13, Ostrich. 14, Talents. 15, Farmer. 16, Asleep. 18, Early. 20, Alley.

The Baby's Cry

by Richard Littledale

The following was first broadcast on Radio 4's 'Prayer for the Day' on 12 February 2016

By the time that many people hear this, they will have been woken by all manner of extraneous noises. It might have been a feline dispute in the road outside, a plane flying overhead or even the noise of a radio itself. Of all the sounds in the world, the hardest to ignore is a baby's cry. The survival of our species depends, quite literally, upon our inability to ignore it - we are hardwired in such a way that we cannot let it go unchecked.

I want to spare a thought right now for those who would love to be woken by that sound. They are the people who long for their nights to be interrupted by a baby's cry or their days by the rhythm of a baby's life - feeding and changing and caring. Right now, one in four pregnancies in the United Kingdom ends in early miscarriage or stillbirth. One quarter of those who long for the sound of their baby's cry do not get to hear it.

Last year, people started to use the word 'miscourage' when talking about miscarriage - and I applaud the initiative. For too long the stigma of something unmentionable has been added to the considerable heartache of failing to carry a pregnancy full term. This should not be so, surely? And if talking about it helps, then the least the rest of us can do is to listen.

There's a touching verse in the Psalms where David says that God has 'kept his tears in a bottle.' In other words none of them have gone unnoticed. Could you let somebody talk who needs to today?

Dear God, we pray today for those who long to hear their baby's first cry, and those who are working to ensure that they can. Amen

Published in Volume II Prayer for the Day by Watkin Media Ltd by arrangement with the BBC in 2016.

Charity of the Month

August: The Miscarriage Association



**MISCARRIAGE
ASSOCIATION**
The knowledge to help

Miscarriage can be a very unhappy, frightening and lonely experience. The Miscarriage Association acknowledges the distress associated with pregnancy loss and strives to make a positive difference to those it affects.

The Miscarriage Association was founded in 1982 by a group of people who had experienced miscarriage. They felt strongly that someone needed to provide the support and information which they had found lacking in their medical care and so they set up a new charity.

More than 40 years later, the Miscarriage Association has grown and developed in many ways, but they still pursue those founding aims: offering support and information to anyone affected by the loss of a baby in pregnancy, raising awareness of miscarriage and promoting good practice in medical care.

September: Essex Community Foundation

The Essex Community Foundation provides grants to charities and voluntary organisations in Essex.



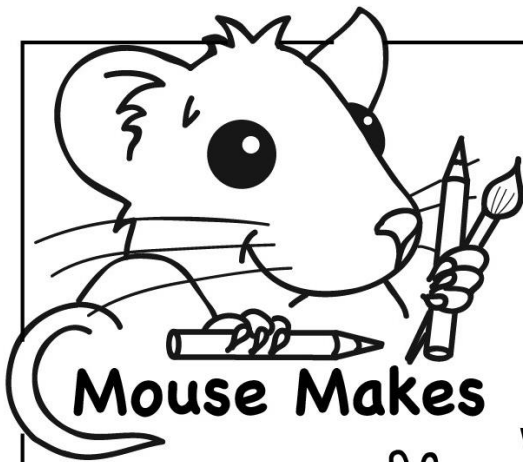
They do this by working with individuals, families, businesses and charitable trusts, helping them to find and fund local groups that are tackling the issues they care about most.

They were set up by an Essex couple when they sold the family sweet-making business, Trebor, to Cadbury's in 1989. Ian and Angela Marks decided to give back to the county where their family had lived and worked for generations.

Ian and Angela believed that a community foundation could provide the route through which people could come together, make donations and support charities and voluntary groups in their local area that were improving the lives of local people. It could also foster a stronger sense of community spirit.

Thanks to the vision of Ian and Angela, they have grown to support hundreds of organisations each year and continue to inspire more and more people to join them in growing their funds to make an even bigger impact.

Their Vision remains to encourage strong, generous communities – an Essex where everyone works together to enhance the quality of local life.



"AND WHEN YOU PRAY,
PRAY THEN LIKE THIS ..."

Where does Jesus say
to go to pray?
Matthew 6:6



What does God know
before you ask Him?
Matthew 6:8



What can we ask God
to deliver us from?
Matthew 6:13

If you forgive others
what will God do?
Matthew 6:14

"Always be full of **joy**.
Never stop praying.
Whatever happens,
always be **thankful**."
1 Thessalonians 5:16-18

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



ROOM • PRAY • ASK • NEEDS • HEARD • JESUS
LORDS PRAYER • OUR • FATHER • HALLOWED • HONoured
NAME • THY • KINGDOM • COME • YOUR • WILL • DONE
EARTH • HEAVEN • DAILY • BREAD • FORGIVE • DEBTS
SINS • TEMPTATION • DELIVER • EVIL • AMEN

Parish Diary for August

See inside front cover for regular Sunday service times

Fri	2 nd	10.30am Coffee Morning
Sun	4 th	10th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Mon	5 th	<i>Oswald, king, martyr, 642</i>
Tues	6 th	Transfiguration of Our Lord
Wed	7 th	<i>John Mason Neale, priest, hymn writer, 1866</i>
Thurs	8 th	<i>Dominic, priest, founder of the Order of Preachers, 1221</i>
Fri	9 th	<i>Mary Sumner, founder of the Mothers' Union, 1921</i> 10.30am Coffee Morning
Sat	10 th	<i>Laurence, deacon, martyr, 258</i>
Sun	11 th	11th Sunday after Trinity, 4.00pm Patronal Cream Tea, 6.30pm Evensong (on Zoom)
Tues	13 th	<i>Jeremy Taylor, bishop, teacher of the faith, 1667, Florence Nightingale, nurse, social reformer, 1910, Octavia Hill, social reformer, 1912</i>
Wed	14 th	<i>Maximillian Kolbe, friar, martyr, 1941</i>
Thurs	15 th	The Blessed Virgin Mary
Fri	16 th	10.30am Coffee Morning
Sun	18 th	12th Sunday after Trinity, No Evensong
Tues	20 th	<i>Bernard, abbot, teacher of the faith, 1153, William and Catherine Booth, founders of the Salvation Army, 1912, 1890</i>
Fri	23 rd	10.30am Coffee Morning
Sat	24 th	Bartholomew the Apostle
Sun	25 th	13th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Tues	27 th	<i>Monica, mother of Augustine of Hippo, 387</i>
Wed	28 th	<i>Augustine, bishop, teacher of the faith, 430</i>
Thurs	29 th	<i>Beheading of John the Baptist</i>
Fri	30 th	<i>John Bunyan, spiritual writer, 1688</i> 10.30am Coffee Morning
Sat	31 st	<i>Aidan, bishop, missionary, 651</i>

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

Sun	1 st	14th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Mon	2 nd	<i>Martyrs of Papua New Guinea, 1901, 1942</i>
Tues	3 rd	<i>Gregory the Great, bishop, teacher of the faith, 604</i>
Wed	4 th	<i>Birinus, bishop, 650</i>
Thurs	5 th	8.00pm Choir Practice
Fri	6 th	<i>Allen Gardiner, missionary, founder of the South American Mission Society, 1851</i> 10.30am Coffee Morning
Sun	8 th	15th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Mon	9 th	<i>Charles Fuge Lowder, priest, 1880</i> 8.00pm CM&FG Meeting, Parish Office
Thurs	12 th	8.00pm Choir Practice
Fri	13 th	<i>John Chrysostom, bishop, teacher of the faith, 407</i> 10.30am Coffee Morning
Sat	14 th	Holy Cross Day, Ride and Stride, Heritage Open Day
Sun	15 th	16th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Mon	16 th	<i>Ninian, bishop, apostle of the Picts, c432, Edward Bouverie Pusey, priest, 1882</i>
Tues	17 th	<i>Hildegard, abbess, visionary, 1179</i>
Thurs	19 th	<i>Theodore, archbishop, 690</i> 8.00pm Choir Practice
Fri	20 th	<i>John Coleridge Patteson, bishop, and companions, martyrs, 1871</i> 10.30am Coffee Morning
Sat	21 st	Matthew, Apostle and Evangelist
Sun	22 nd	17th Sunday after Trinity, 6.30pm Evensong (on Zoom)
Wed	25 th	<i>Lancelot Andrewes, bishop, spiritual writer, 1626, Sergei of Radonezh, monastic reformer, teacher of the faith, 1392</i> 7.30pm PCC Meeting, Parish Office
Thurs	26 th	<i>Wilson Carlile, founder of the Church Army, 1942</i> 8.00pm Choir Practice
Fri	27 th	<i>Vincent de Paul, founder of the Lazarists, 1660</i> 10.30am Coffee Morning
Sun	29 th	Michael and All Angels, 9.30am Harvest Parade Service, 12.30pm Harvest Festival Lunch, 6.30pm Evensong (on Zoom)
Mon	30 th	<i>Jerome, translator, teacher of the faith, 420</i> 9.30am Footsteps



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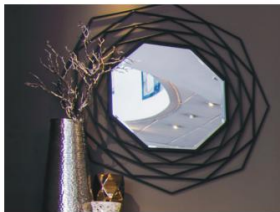
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