



3<sup>rd</sup> March 2024 *Third Sunday of Lent*

## Welcome to Saint Laurence.

Adventurers (groups for children and young people) will not meet this morning but the activity packs and children's service books are available from the back of church. You are warmly invited to stay for refreshments in the Main Hall after the 9.30 Mass.

<b>Today</b>	Holy Communion	8.00 am
3 <sup>rd</sup> March	Parade Service Mass	9.30 am
3 <sup>rd</sup> Sunday of Lent	First Communion Meeting, Parish Office	11.00 am
	Compline on Zoom	6.30 pm
<b>Monday</b>	Organ Teaching	11.00 am
4 <sup>th</sup> March	Organ Teaching	5.15 pm
<b>Wednesday</b>	Morning Prayer, Lady Chapel	8.45 am
6 <sup>th</sup> March	Staff Meeting, Parish Office	9.00 am
	Said Mass, Lady Chapel	11.00 am
	Lent Course, Parish Office	11.45 am
	Evening Prayer, Lady Chapel	4.15 pm
<b>Thursday</b>	Morning Prayer, Lady Chapel	9.10 am
7 <sup>th</sup> March	Lent Lunch, Main Hall	12.45 pm
	Choir Practice	8.00 pm
<b>Friday</b>	Coffee Morning, Main Hall	10.30 am
8 <sup>th</sup> March	Stations of the Cross, St Laurence Church	7.30 pm
<b>Saturday</b>	Organ Teaching	9.30 am
9 <sup>th</sup> March	Posy making in the Tower area of Church	10.30 am
<b>Next Sunday</b>	Holy Communion	8.00 am
10 <sup>th</sup> March	Sung Parish Mass	9.30 am
4 <sup>th</sup> Sunday of Lent/Mothering Sunday	Compline on Zoom	6.30 pm

**Compline reading this Sunday:** Philippians 3:4b-14

**Mass readings next Sunday:** 1 Samuel 1:20-28; Colossians 3:12-17; John 19:25b-27

**Compline reading next Sunday:** Exodus 6:2-13

**Coffee:** 10<sup>th</sup> March – Margaret, Carole and Christine

*Please let Revd Susannah, Revd Catherine or Deborah Masterson know of anyone who is ill or in need of a pastoral visit, or housebound and wanting to receive the sacrament at home – or if you would appreciate a conversation or visit for any reason.*

## NOTICES

**Mothering Sunday Posies:** Helpers are needed please to prepare the posies on Saturday 9<sup>th</sup> March meeting at **10.30am** in the tower area of the church. Greenery will be gratefully received. Please see Jean Keen or Cheryl Hale.

**Gill Roome** would like to thank everyone who bought cards on 17<sup>th</sup> and 18<sup>th</sup> February. £245 was raised for the Lent charity, Saint Francis Hospice.

**Readers and Intercessors:** We are looking for some more people to read or lead intercessions during the 9.30am Mass. We would particularly welcome any children or young people who would like to read. If you think this is something you may like to be a part of, please speak with Susannah or Catherine.

**First Communion:** There will be a meeting today at 11am in the Parish Office, for parents and children in year 3 and above who are interested in being prepared for First Communion.

**Lent Lunch:** A simple lunch of delicious soup, bread and fruit. This Thursday 7<sup>th</sup> March, 12.45pm in the Main Hall. All will be made welcome. There is no charge but donations are invited for our Lent charity, St Francis Hospice.

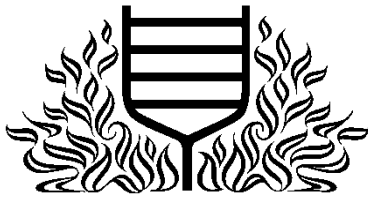
**Palm Sunday Reading of the Passion:** If anybody is willing to read a part of the script, please contact Deborah Masterson by next Sunday 10<sup>th</sup> March. There will be a short read-through on Sunday 17<sup>th</sup> March at 11am in church.

**Penny Went RIP:** There will be a memorial service for Penny in the Lady Chapel at 12.30 on Thursday 14<sup>th</sup> March, followed by the burial of her ashes in the churchyard. Anyone who would like to attend would be very welcome.

**The Church Building Improvements Fundraising Committee** are organising a St George's Day Meal at Top Meadow Golf Club on Tuesday 23<sup>rd</sup> April at 7pm. Cost is £30 per head (3 courses) or £25 (2 courses). Booking forms are available from Debbie and Keith Stewart.

**Revision of the Electoral Roll:** The revision period starts today and ends on Sunday 24<sup>th</sup> March. If you are aged 16 or over, baptized and consider yourself a member of St Laurence then you are eligible. If you are not yet on the roll and would like an application form or have any questions, please speak to Keith Stewart, our Electoral Roll Officer on 01708 227928, Susannah or a Churchwarden.

**Good Friday Children's Activities** in the Main Hall, Friday 29<sup>th</sup> March between 12pm and 3pm. If your child/children would like to join in all or part of the time please contact Deborah at [deborah.masterson@upminsterparish.co.uk](mailto:deborah.masterson@upminsterparish.co.uk) or a member of the Clergy (contact details on back page).



# AT THE MASS

3<sup>rd</sup> March 2024

*Third Sunday of Lent*

**8am Mass only. For the Parade Service at 9.30am  
please use the separate booklet.**

## **Collect of the Day**

Almighty God,  
whose most dear Son went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**

## **1 John 4:7-12**

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us.

## **Mark 1:9-15**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

## FOR YOUR PRAYERS

*Prayer request forms are available at the back of church. Please use them if you wish us to pray for someone.*

**Sunday:** Charles Osmond, Ann O'Riordan, Jan Black, Aloma Moore.

**Wednesday:** Rosemary Watkins, Mary Greig, Denise Comer, James Tape, Rosalind Manley, Brian Shaw, Bob Bossey, Baby Charles, Glynis Whiting, Michael Folkes, Fr Tom Keighley, Sylvia Wilson, Simon Pols, Mary-Anne Madden, Florence Collins, Anne Hendra, Jean Biggs, Doreen, Victoria Wright, William Holden, Shirley Gunary.

**Additional Prayers:** All those receiving Home Communion.

**Recently departed:** Kay Lane.

**Anniversaries of the departed:** Jack Brereton, James Finch, Elizabeth Osmond, Josiah Beale, Frank Littlewood, Beryl Lillington, Betty Skinner, Harry Pasquale, Hilda Halestrap.

## SAVE THE DATE

**Week of Prayer for Christian Unity, 12<sup>th</sup>- 19<sup>th</sup> May**

**Churches Together United Service**

**St Laurence Church, 6.30pm, Sunday 19<sup>th</sup> May**

## JUST ONE SWAP... JUST MY DROP!



It's easy to feel overwhelmed by the scale of problems in creation. Sometimes, we all feel, 'But what can I do? I'm just one person, my changes would be so small!' In Uganda, they have a saying, when the scale of a problem seems too large for just one person to contribute to change. They say: Drop by drop, fills the pot!

At St Laurence, rather than feeling there's nothing we can do, we'd like to encourage one another to contribute our 'drops' into the pot of caring for creation. We've come up with ways to make our everyday choices a little greener: some ideas for simple swaps around the home. Keep an eye on Porchtalk: we'll be sharing a different swap each month!

**Simple Swap No.1 Dish Washing:** Sponges with the green scrubbing side are made from different forms of plastic. Microfibre cloths/e-cloths are also made from and contain plastic fibre. Why not swap to a wooden dish brush, loofah washing up sponge or use a dishcloth made from natural materials and a bamboo pot scraper? We can compost all these after their useful life! For stubborn stuff: stainless steel pan scrapers can be recycled.

## FEBRUARY AND MARCH LENTEN CHARITY ST FRANCIS HOSPICE

Donation envelopes are available at the back of church.

Saint Francis Hospice, Havering-atte-Bower  
Romford, Essex, RM4 1QH.  
Registered charity number 275913



## CARD PAYMENT DONATIONS

We are always pleased to welcome both visitors and regular attendees to share our worship in this beautiful Grade 1 listed building. Please feel free to use our safe and secure card payment machine for confidential donations, located by the main door exit. Contributions help us maintain the substantial upkeep of this building for the benefit of the local community and our broader work as a church in general. Donations help to ensure that the church can continue to benefit future generations and the building can remain open to all as a haven of God's peace. Whatever you feel disposed to give will be thankfully received and faithfully applied.

## EASYFUNDRAISING

The church is registered (as St Laurence Church, Upminster) on [easyfundraising.org.uk](http://easyfundraising.org.uk) - if you register an account, select the church as a cause and download the web browser extension then every time you spend money on many retail websites and have activated the extension, a percentage of your spend will be donated to St Laurence at no cost to you. The individual amounts are small but every little adds up - please help us via this route if you can.

## SPONSORSHIP

If you would like to know about sponsorship, please pick up a leaflet from the back of church or speak to Jean and Cheryl (Churchwardens), Susannah (Rector) or Joanne (Parish Administrator).

## NOTICES CONTINUED

**Car Park Barrier:** We are compiling a list of key holders. If anyone has a key to the padlock on the car park barrier, please can you let Joanne in the Parish Office know.

**Thank you for all your food bank donations,** they are much appreciated each week. The food bank is in dire straights at the moment, with so much more food going out than is coming in and our stocks are really depleted. We are desperately in need of tinned soup, rice pudding, custard, tomatoes, spaghetti, baked beans, jam (or other spreadables!), tea bags (packets of 40 or 80), biscuits and cereal. We also appreciate toiletries, especially shower gel. Polite reminder, we are unable to distribute food that is out of date. Thank you so much!

**Girlguiding Needs You.** Several Girlguiding units meet at St Laurence Church throughout the week, several units have already closed due to lack of volunteers. We are looking for new leaders for one of our brownie units that is due to close in July if replacement leaders cannot be found. If this appeals to you or your family or friends please get in touch by email to [josieandsharon6thub@gmail.com](mailto:josieandsharon6thub@gmail.com). **We need your help.**

**Update regarding our link with The Children's Society** - St Laurence has had a connection with The Children's Society for over a hundred years and we look forward to the connection continuing for many years to come. After discussion and much sadness, however, the St Laurence Children's Society

Committee have taken the decision to disband the official status of the Committee, for a variety of reasons.

As a church we express our thanks to Penny Edwards for all she has done as Chair, and to all who have assisted her on the Committee.

We plan to continue regular support of The Children's Society through making it a Charity of the Month annually, and continuing to hold our Christingle service. We hope that other initiatives will also be possible. If you are interested in making direct donations, details of how to do this can be found on The Children's Society's website.

**The Big Plastic Count:** Everyday Plastic is teaming up with Greenpeace UK to find out just how much plastic packaging we throw away over the week of 11<sup>th</sup>- 17<sup>th</sup> March. The count will gather the evidence needed to convince UK ministers, supermarkets and big brands to lead the way at the Global Plastics Treaty talks that could finally phase out plastic production for good. Register to take part at: [www.thebigplasticcount.com/sign-up](http://www.thebigplasticcount.com/sign-up)

**The Marillac Neurological Care Centre**, located in Eagle Way Warley, is an independent ABI (Acquired Brain Injury facility) having some 52 beds and specialising in the rehabilitation of patients. Having previously been run by the Daughters of Charity it is now completely independent and acts as a non profit making charitable company and is registered as a charity. We are seeking additional Trustees to assist in the running of this wonderful institution. It is not an onerous task with a maximum of 4 board meetings per year and a monthly attendance (personal or by zoom/teams) on particular committees which are for an hour or so. If you feel that such a voluntary role would be of interest to you please contact Peter Nicol, Chair of Trustees at: [chair@marillac.co.uk](mailto:chair@marillac.co.uk)

**Dates for your Diary:** Forthcoming Concerts by Havering Singers. Saturday 20<sup>th</sup> April, 'The Armed Man' by Karl Jenkins and 'Gloria' by John Rutter. Tickets £16, Children under 11 go free. Saturday 20<sup>th</sup> July, 'Have you ever been in love?' A selection of love songs arranged by their Musical Director Jonathan Rathbone. Both concerts are 7.30 pm at St Peter's Church, Gubbins Lane, Harold Wood RM3 0QA. Email Steve for more information and to book at: [tickets@haveringsingers.org.uk](mailto:tickets@haveringsingers.org.uk)

*Please consult notice boards under the tower and in the porch for other notices and further information*

## CONTACTS

**Rector** The Revd Susannah Brasier

01708 220174 [susannah.brasier@upminsterparish.co.uk](mailto:susannah.brasier@upminsterparish.co.uk)

**Assistant Curate** The Revd Catherine Towner

01708 225374 [catherine.towner@upminsterparish.co.uk](mailto:catherine.towner@upminsterparish.co.uk)

**Pastoral Assistant** Deborah Masterson

01708 609816 [deborah.masterson@upminsterparish.co.uk](mailto:deborah.masterson@upminsterparish.co.uk)

**Churchwardens** Jean Keen and Cheryl Hale

[parish.office@upminsterparish.co.uk](mailto:parish.office@upminsterparish.co.uk)

**Parish Safeguarding Officer** Akosua Boachie

07760 791032 [safeguarding@upminsterparish.co.uk](mailto:safeguarding@upminsterparish.co.uk)

**Acting Director of Music** Nigel Lockwood

[parish.office@upminsterparish.co.uk](mailto:parish.office@upminsterparish.co.uk)

**Parish Office** Joanne Chapman

01708 220696/07592 946992 [parish.office@upminsterparish.co.uk](mailto:parish.office@upminsterparish.co.uk)

Open: Tue. 3.30-6pm, Wed. 9-11am (Staff Meeting), Thur. 9-11.30am.

**Hall Bookings** Becky Perchard

07341 434798 [halls.bookings@upminsterparish.co.uk](mailto:halls.bookings@upminsterparish.co.uk)

**Planned Giving** [treasurer@upminsterparish.co.uk](mailto:treasurer@upminsterparish.co.uk)

**Website** [www.upminsterparish.co.uk](http://www.upminsterparish.co.uk)

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

**Welcome to the Parish Church of Upminster.** If we have not met you before, do introduce yourself. If you wish, give these details to one of the officials.

Name

Telephone