



17<sup>th</sup> March 2024 5<sup>th</sup> Sunday of Lent/Passion Sunday

## Welcome to Saint Laurence.

Adventurers (groups for children and young people) meet during the 9.30 am Mass. Leaders will normally invite children to join in with these at the appropriate point in the service. 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> 17 <sup>th</sup> March <i>5<sup>th</sup> Sunday of Lent/Passion Sunday</i>	Holy Communion Sung Parish Mass with Commissioning to First Communion Passion Reading Rehearsal in Church First Communion Session, Parish Office Compline on Zoom	8.00 am 9.30 am 11.00 am 3.00 pm 6.30 pm
<b>Monday</b> 18 <sup>th</sup> March	Organ Teaching Organ Teaching	11.00 am 5.15 pm
<b>Tuesday</b> 19 <sup>th</sup> March	No Morning Prayer today Lent Course on Zoom	7.30 pm
<b>Wednesday</b> 20 <sup>th</sup> March <i>Cuthbert, bishop, missionary, 687</i>	Morning Prayer, Lady Chapel Staff Meeting, Parish Office Said Mass, Lady Chapel Lent Course, Parish Office Evening Prayer, Lady Chapel	8.45 am 9.00 am 11.00 am 11.45 am 4.15 pm
<b>Thursday</b> 21 <sup>st</sup> March	No Morning Prayer today Choir Practice	8.00 pm
<b>Friday</b> 22 <sup>nd</sup> March	Coffee Morning, Main Hall Stations of the Cross, St Laurence Church	10.30 am 7.30 pm
<b>Next Sunday</b> 24 <sup>th</sup> March <i>Palm Sunday (Holy week begins today)</i>	Holy Communion with Reading of the Passion Liturgy of the Palms in Main Hall, Procession & Parish Mass with Reading of the Passion PCC Accounts Meeting, Parish Office Compline on Zoom	8.00 am 9.30 am 11.00 am 6.30 pm

**Compline reading this Sunday:** Exodus 7:8-24. **Mass readings next Sunday:** Isaiah 50:4-9a; Mark 14:-end of 15.  
**Compline reading next Sunday:** Isaiah 5:1-7

**Coffee:** 24<sup>th</sup> – Alison, Mark and Margaret

*Please let Revd Susannah 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

**Many thanks to all those who organised and supported our Lent lunch** on Thursday 7<sup>th</sup> March. It was a lovely time of fellowship, with delicious soup while raising money for St Francis Hospice.

**The 9.30am Mass next Sunday** will start from the Main Hall and we will walk in procession outside before entering church for the service. If you wish not to take part in the procession, please go directly from the hall into church.

**If you can help to clean and decorate the Church** for Easter please see Jean Keen. We will be starting at 10am on Saturday 30<sup>th</sup> March.

**We will be dressing the Altar of Repose** on Maundy Thursday and will need donations of greenery. Please leave donations in the tower area on Tuesday 26<sup>th</sup> or Wednesday 27<sup>th</sup> March, thank you.

**People are needed** to have a foot washed on Maundy Thursday, 28<sup>th</sup> March, at the 8pm service; to stay for the watch afterwards which lasts until midnight; for readers on Good Friday, 29<sup>th</sup> March, at 2pm and on Holy Saturday, 30<sup>th</sup> March, at 7pm. If you can volunteer, please speak with Susannah or sign up on the forms on the cabinet at the back of church.

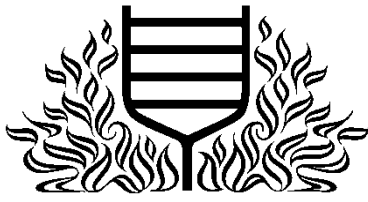
**Good Friday Children's Activities** in the Main Hall, Friday 29<sup>th</sup> March between 12pm and 3pm. If your child/children would like to join in all or part of the time please see Deborah Masterson or a member of the Clergy (contact details on back page).

**We will be holding short Easter Services in April** at Derham House Nursing Home on 4<sup>th</sup>, The Oaks Home on 11<sup>th</sup>, and Little Gaynes Home on 18<sup>th</sup>, all are Thursdays and will be at 10.45am. If you feel you can support one or all of these events please speak to Susannah.

**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). Bookings forms need to be given to Keith and Debbie Stewart today.

**Revision of the Electoral Roll** runs until 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.

**Thank you for all your food bank donations.** We are in need of UHT milk, 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.



# AT THE MASS

17<sup>th</sup> March 2024

*Fifth Sunday of Lent/Passion Sunday*

**Introit** 671 I will sing the wondrous story

**Setting** St Anne's Mass - MacMillan

## Collect of the Day

Most merciful God,  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
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.**

## Jeremiah 31:31-34

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, 'Know the Lord', for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

## Responsorial Psalm 51

Alan Rees



*Make me a clean heart, O God, and re-new a right spi-rit with - in me.*

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Have mercy on me, O God, in your great goodness; according to the abundance of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin.

For I acknowledge my faults and my sin is ever before me. Against you only have I sinned and done what is evil in your sight, So that you are justified in your sentence and righteous in your judgement.

I have been wicked even from my birth, a sinner when my mother conceived me. Behold, you desire truth deep within me and shall make me understand wisdom in the depths of my heart.

Purge me with hyssop and I shall be clean; wash me and I shall be whiter than snow. Make me hear of joy and gladness, that the bones you have broken may rejoice.

### **Hebrews 5:5-10**

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,  
'You are my Son,  
today I have begotten you';  
as he says also in another place,  
'You are a priest for ever,  
according to the order of Melchizedek.'

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

### **Lent Prose**

*Hear us, O Lord, have mercy upon us : for we have sinned against thee.*

Innocent, captive, taken unresisting : falsely accused, and for us sinners sentenced, save us, we pray thee, Jesu our Redeemer.

### **John 12:20-33**

Among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.' Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for

eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

‘Now my soul is troubled. And what should I say—“Father, save me from this hour”? No, it is for this reason that I have come to this hour. Father, glorify your name.’ Then a voice came from heaven, ‘I have glorified it, and I will glorify it again.’ The crowd standing there heard it and said that it was thunder. Others said, ‘An angel has spoken to him.’ Jesus answered, ‘This voice has come for your sake, not for mine. Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.’ He said this to indicate the kind of death he was to die.

<b>Offertory hymn</b>	145 It is a thing most wonderful
<b>Anthem</b>	Drop, drop, slow tears - Text: Phineas Fletcher. <i>Music: Orlando Gibbons arranged by David Blackwell</i>
<b>Communion hymn</b>	181 O sacred head, surrounded
<b>Final hymn</b>	707 Lift high the Cross (omit * verses)
<b>Organ Voluntary</b>	Ciacona in E Minor, BuxWV 160 – Dietrich Buxtehude

## 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, Aloma Moore, Alan Butcher.

**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, Jan Black, Michael McSweeney.

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

**Anniversaries of the departed:** Harry Pasquale, Hilda Halestrap, Alf Todd, Albert Parish, Geoffrey Piper, Margaret Reading, Freda Soko, Hilda King, Justine Milner, Evelyn Metson, Stan Matthews, Janet Vigars, Norman Vigars, Jean Bond, Phil Norledge, Ruth Cross.

## JUST ONE SWAP...



**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



## NOTICES CONTINUED

**The date for this year's APCM** is Sunday 21<sup>st</sup> April, after the 9.30am Mass. At this meeting we will be electing Parochial Church Council members and representatives for Deanery Synod - both important decision-making groups in the life of the church. Please speak to Susannah if you would be interested in considering these roles.

**Feeling Flush?** Why not consider twinning a toilet at St Laurence Church Toilet Twinning funds global water, sanitation and hygiene programmes run by Tearfund teaching communities about hygiene and supplying sustainable resources for families to build their own toilets. Lasting, whole-life transformation comes from working alongside someone, not making decisions on their behalf. Toilet Twinning's approach is about dignity and self-respect as much as it is about alleviating poverty and accessing safe sanitation. We have sponsored one toilet already. A certificate can be found in the Ladies, showing a photograph of our overseas toilet twin and GPS coordinates so the location of our twin's can be found on Google Maps! If you are stuck for an original gift idea, why not consider linking a loo? Certificates can be personalised. If you are interested in helping to twin our toilets, please speak to Susannah or Catherine.

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

## HOLY WEEK AND EASTER SERVICES AT ST LAURENCE

### **Sunday 24<sup>th</sup> March (Palm Sunday)**

- 8.00am Mass with Reading of the Passion  
9.30am Liturgy of the Palms, Procession and Parish Mass with Reading of the Passion  
6.30pm Compline on Zoom

### **Monday of Holy Week (25<sup>th</sup> March)**

- 9.30am Footsteps service for pre-school children  
4.30pm Evening Prayer

### **Tuesday of Holy Week (26<sup>th</sup> March)**

- 4.30pm Evening Prayer

### **Wednesday of Holy Week (27<sup>th</sup> March)**

- 11.00am Said Mass  
4.30pm Evening Prayer

### **Maundy Thursday (28<sup>th</sup> March)**

- 11.00am Chrism Mass at Chelmsford Cathedral  
8.00pm Solemn Mass of the Lord's Supper, followed by the Watch until Midnight

### **Good Friday (29<sup>th</sup> March)**

- 10am Walk of Witness from St Joseph's RC Church  
10.30am Churches Together Service in Upminster Park  
12-3pm Children's Good Friday Activities, Main Hall (please book in advance at [deborah.masterson@upminsterparish.co.uk](mailto:deborah.masterson@upminsterparish.co.uk))  
12-1.45pm Reflections for Good Friday in church  
2.00-3pm Liturgy of the Day in church

### **Holy Saturday (30<sup>th</sup> March)**

- 7.00pm Easter Vigil

### **Easter Day (9<sup>th</sup> April)**

- 8.00am Said Mass  
9.30am Parish Mass



# Holy Week

## 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.

## CONTACTS

**Rector** The Revd Susannah Brasier

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**Assistant Curate** The Revd Catherine Towner

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**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)

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