

The Church of Saint Laurence, Upminster

PORCHTALK



21st July 2024 *Eighth Sunday after Trinity*

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.

Today	Holy Communion	8.00 am
21 st July	Sung Parish Mass	9.30 am
<i>8th Sunday after Trinity</i>	Evensong on Zoom	6.30 pm
Monday	Church Building Improvements Committee Meeting, Parish Office	7.30 pm
22 nd July		
Wednesday	Morning Prayer, Lady Chapel	8.45 am
24 th July	Staff Meeting, Parish Office	9.00 am
	Said Mass, Lady Chapel	11.00 am
	Evening Prayer, Lady Chapel	4.15 pm
Friday	Coffee Morning, Main Hall	10.30 am
26 th July		
Next Sunday	Holy Communion	8.00 am
28 th July	Sung Parish Mass	9.30 am
<i>9th Sunday after Trinity</i>	Evensong on Zoom	6.30 pm

Evensong readings this Sunday: Isaiah 25:1-9; 2 Corinthians 1:3-7

Mass readings next Sunday: 2 Kings 4:42-44; Ephesians 3:14-21; John 6:1-21

Evensong readings next Sunday: Job 19:1-27a; Hebrews 8

Saturday Pathsweepers: 27th – Bloomfield and Brabner. **Coffee:** 28th – Sally and Michelle

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

Revd Catherine is now on sick leave until at least the end of September, whilst she continues with medical appointments to diagnose and treat her symptoms. Please continue to remember her in your prayers.

Adelaide and Gordon Wesley invite you all to share in the celebration of their Golden Wedding Anniversary with cake and wine in the Main Hall after the 9.30 Mass next Sunday, 28th July.

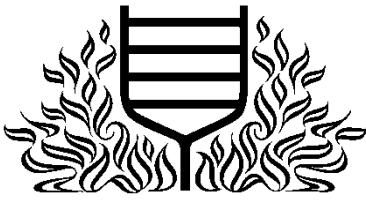
Carole Billings' latest quiz to raise money for the Church Building Improvements Fund is available. Please see Carole or a sidesperson after the service for a sheet.

Advance notice: Please note that there will be no Evensong on Sunday 18th August and no 8am Holy Communion on Sunday 25th August.

Confirmation - Arrangements are now clearer regarding this year's Confirmation service and preparation course. The course will take place on Tuesday evenings (10th & 24th Sept., 1st & 8th Oct., 19th Nov.) from 7.30-8.45pm in the Parish Office. The service will be in the late/afternoon evening of Sunday 13th October at another church in Havering (exact time and location will be communicated ASAP). If you would like to join the course, either with a view to being confirmed or as a refresher if you are already confirmed, if you cannot join the course but are interested in Confirmation, or if you have any other questions about this, please contact Susannah or Neil.

Dates for your diary: St Laurence Patronal Festival Cream Tea on Sunday 11th August at 4pm. Annual Ride & Stride with Heritage Open Day on Saturday 14th September. Harvest Festival Lunch on Sunday 29th September at 12.30pm.

Well, summer has finally arrived, but the Building Improvement Group's fundraising thoughts have already turned to autumn! Our Autumn Fayre is coming up on Saturday 12th October (put the date in your diary!) and we are hoping to make it an even bigger success than last year. So, we are calling all makers and bakers! If you are crocheting, knitting, sewing, jam making or preserving over the summer, please spare a thought for our stalls! All donations of hand-crafted goodies will be gratefully received. If you have any other thoughts or ideas for the Fayre, please do speak to one of the team. Thank you, and Happy Summer!



AT THE MASS

21st July 2024

Eighth Sunday after Trinity

Introit 584 All my hope on God is founded

Setting Mass of St Thomas - Thorne

Collect of the Day

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and govern
both our hearts and bodies
in the ways of your laws
and the works of your commandments;
that through your most mighty protection, both here and ever,
we may be preserved in body and soul;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Jeremiah 23:1-6

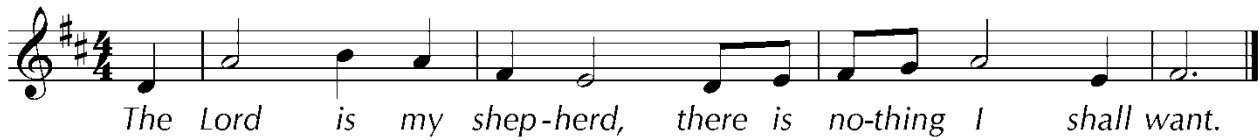
Woe to the shepherds who destroy and scatter the sheep of my pasture!
says the LORD. Therefore, thus says the LORD, the God of Israel,
concerning the shepherds who shepherd my people: It is you who have
scattered my flock, and have driven them away, and you have not attended
to them. So I will attend to you for your evil doings, says the LORD. Then I
myself will gather the remnant of my flock out of all the lands where I have
driven them, and I will bring them back to their fold, and they shall be
fruitful and multiply. I will raise up shepherds over them who will
shepherd them, and they shall not fear any longer, or be dismayed, nor
shall any be missing, says the LORD.

The days are surely coming, says the LORD, when I will raise up for David
a righteous Branch, and he shall reign as king and deal wisely, and shall
execute justice and righteousness in the land. In his days Judah will be

saved and Israel will live in safety. And this is the name by which he will be called: 'The LORD is our righteousness.'

Responsorial Psalm 23

Geoff Nobes



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The Lord is my shepherd; therefore can I lack nothing. He makes me lie down in green pastures and leads me beside still waters. He shall refresh my soul and guide me in the paths of righteousness for his name's sake.

Though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff, they comfort me.

You spread a table before me in the presence of those who trouble me; you have anointed my head with oil and my cup shall be full.

Surely goodness and loving mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

Ephesians 2:11-22

Remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision'—a physical circumcision made in the flesh by human hands—remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole

structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Alleluia

Plainsong

Mark 6:30-34, 53-56

The apostles returned from their mission. They gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

Offertory hymn

506 The Church's one foundation

Anthem

A new commandment (1988) – Text: John 13: 34-5,
Music: Richard Shephard

Communion hymn

448 I come with joy

Final hymn

775 Seek ye first

Organ Voluntary

Voluntary in E Minor – John Stanley

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: Linly Lo-Yee, Anthony Paternosta, Revd Catherine Towner, Fr Tom Keighley, Mary Ann Madden, Rosalind Manley, Michael McSweeney, Aloma Moore, Charles Osmond, Simon Pols, Brian Shaw, James Tape, Rosemary Watkins, Sylvia Wilson, Victoria Wright.

Wednesday: Denise Comer, Baby Charles, Bob Bossey, Florence Collins, Doreen, Michael Folkes, Mary Greig, Shirley Gunary, William Holden.

Additional Prayers: People awaiting exam results. All those receiving Home Communion.

Recently departed: Jan Black, Christine Drinkwater.

Anniversaries of the departed: Winifred Murrell, Nora Worton, Hilda Wood, Barbara Holden, Dorothy Morley, Jacqui Sexton, Ellen Fillery, Ted Worton.

CHARITY OF THE MONTH JULY: CHRISTIAN AID

Donation envelopes are available at the back of church

Christian Aid
35-41 Lower Marsh,
London SE1 7RL.
Registered charity number: 1105851



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 - 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.

THANK YOU FOR YOUR 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).

JUST ONE SWAP...



Simple Swap No.5 - Plastic Toilet Brushes lose their plastic bristles which releases plastic waste into the waterways.

Swap to a natural wooden and coconut fibre bristle loo brush. No need to change your brush holder. Rinse and allow the brush to dry before replacing in holder.

Why have we changed the toilet paper and why on earth is it brown? Well, the smallest things can make the biggest impact!

By choosing Naked Sprout's recycled, unbleached toilet paper, St Laurence is dramatically reducing our carbon footprint, our plastic waste and the impact of harsh chemicals in our world.

The paper is manufactured in Europe using onsite renewable energy in the world's highest rated B Corp factory.

Every Naked Sprout box sold provides a child in Africa safe water. Sales have helped support 'Just a Drop' projects reaching over **300 thousand people** across local communities, schools and health centres round the world.

These are just a few of the benefits. The downside? It's brown! This makes it more visible in the toilet bowl. If the cistern is not filled properly before flushing, the flush is not effective. The paper is very flushable; it has been tested rigorously!

CONTACTS

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Pastoral Assistant Deborah Masterson

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Churchwardens Jean Keen and Cheryl Hale

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Parish Safeguarding Officer Akosua Boachie

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Acting Director of Music Nigel Lockwood

parish.office@upminsterparish.co.uk

Parish Office Joanne Chapman

01708 220696 / 07592 946992 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

Planned Giving treasurer@upminsterparish.co.uk

Website 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

**Revd Susannah sends a weekly email about services, news and events.
Please email her if you would like to receive her emails.**