

The Church of Saint Laurence, Upminster

PORCHTALK



28th July 2024 *Ninth 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
28 th July	Sung Parish Mass	9.30 am
<i>9th Sunday after Trinity</i>	Evensong on Zoom	6.30 pm
Monday	Organ Teaching	9.00 am
29 th July		
Wednesday	Morning Prayer, Lady Chapel	8.45 am
31 st July	Staff Meeting, Parish Office	9.00 am
<i>Ignatius of Loyola, founder of the Society of Jesus, 1556</i>	Said Mass, Lady Chapel	11.00 am
	Evening Prayer, Lady Chapel	4.15 pm
Thursday	Funeral	2.00 pm
1 st August		
Friday	Coffee Morning, Main Hall	10.30 am
2 nd August		
Saturday	Organ Teaching	9.30 am
3 rd August		
Next Sunday	Holy Communion	8.00 am
4 th August	Sung Parish Mass	9.30 am
<i>10th Sunday after Trinity</i>	Evensong on Zoom	6.30 pm

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

Mass readings next Sunday: Exodus 16:2-4,9-15; Ephesians 4:1-16; John 6:24-35

Evensong readings next Sunday: Job 28; Hebrews 11:17-31

Coffee: 4th August – Margaret, Carole and Christine

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

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 today.

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.

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.

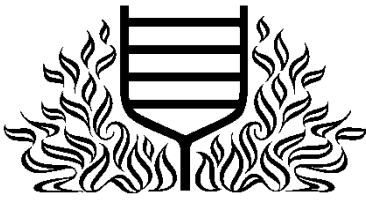
Advance notice: Please note that there will be no Evensong on Sunday 18th August and no 8am Holy Communion on Sunday 25th August. At 9.30am on 25th August there will be Morning Prayers with hymns instead of Mass. Adventurers' will still meet and the readings and intercessions will happen as normal. If you would like help in finding a local church which is holding a Eucharistic Service that morning, please speak with Susannah.

IMPORTANT NOTICE REGARDING COMMUNION - The Bishop of Chelmsford has instructed that all parishes should now have returned to the pre-pandemic model of receiving Communion. Therefore, with effect from Sunday 11th August, we will be offering a shared chalice once again. It has long been the Church's teaching that the consecrated bread and wine each alone contain the fullness of Christ's presence, so if you do not wish to consume from a shared chalice, receiving the bread only is still a valid way to receive Communion.

Please do not under any circumstances seek to intinct the bread into the wine - when this is done by multiple people it becomes a significant hygiene issue. If you feel unwell or think you may have an infectious illness, even if it is only a cold, it is best to receive in one kind and to forego the chalice. Many thanks.

Please do have a word with Susannah, Neil or Deborah if you have any questions or concerns about these changes.

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.



AT THE MASS

28th July 2024

Ninth Sunday after Trinity

Introit 601 Blessed assurance

Setting The Addington Service - Shephard

Collect of the Day

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy 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.**

2 Kings 4:42-44

A man came bringing food from the first fruits to Elisha, the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, 'Give it to the people and let them eat.' But his servant said, 'How can I set this before a hundred people?' So he repeated, 'Give it to the people and let them eat, for thus says the LORD, "They shall eat and have some left." ' He set it before them, they ate, and had some left, according to the word of the LORD.

Gradual hymn 639 Give thanks

Ephesians 3:14-21

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith,

as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

Alleluia

Celtic

John 6:1-21

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But

he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

Offertory hymn 593 At the name of Jesus

Communion hymn 442 Eat this bread

Final hymn 652 Guide me, O thou great Redeemer

Organ Voluntary Final (Symphonie VI) – Louis Vierne

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, June Mason, Alan Butcher, Denise Comer, Baby Charles, Bob Bossey, Florence Collins, Doreen, Michael Folkes, Mary Greig, Shirley Gunary, William Holden, Fr Tom Keighley.

Wednesday: Mary Ann Madden, Rosalind Manley, Michael McSweeney, Aloma Moore, Charles Osmond, Simon Pols, Brian Shaw, James Tape, Rosemary Watkins, Glynis Whiting, Sylvia Wilson, Victoria Wright.

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

Recently departed: Jan Black, Christine Drinkwater.

Anniversaries of the departed: Hilda Wood, Barbara Holden, Dorothy Morley, Jacqui Sexton, Ellen Fillery, Ted Worton, John Hendra, Edwin Wallen.

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!

NOTICES CONTINUED

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.

Around 10 people a week take their own life in London. If someone was in crisis, would you know what to say? Thrive LDN has partnered with The Zero Suicide Alliance to create the #ZeroSuicideLDN campaign. The campaign aims to encourage Londoners to access the Zero Suicide Alliance's free, online, suicide prevention training. The training takes around 20 minutes to complete and is designed to help people identify warning signs and feel comfortable having conversations about suicide with friends and family. For information and to take part visit:

www.thriveldn.co.uk/communications/campaign/zerosuicideldn/

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

CONTACTS

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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.**