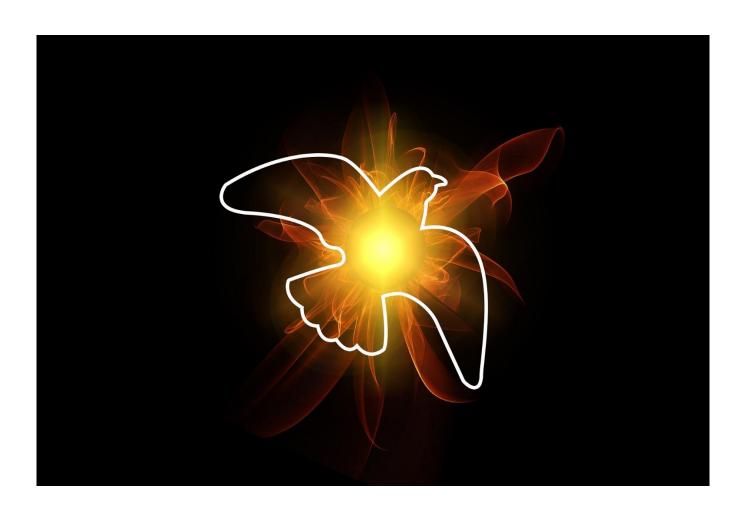
April and May 2020



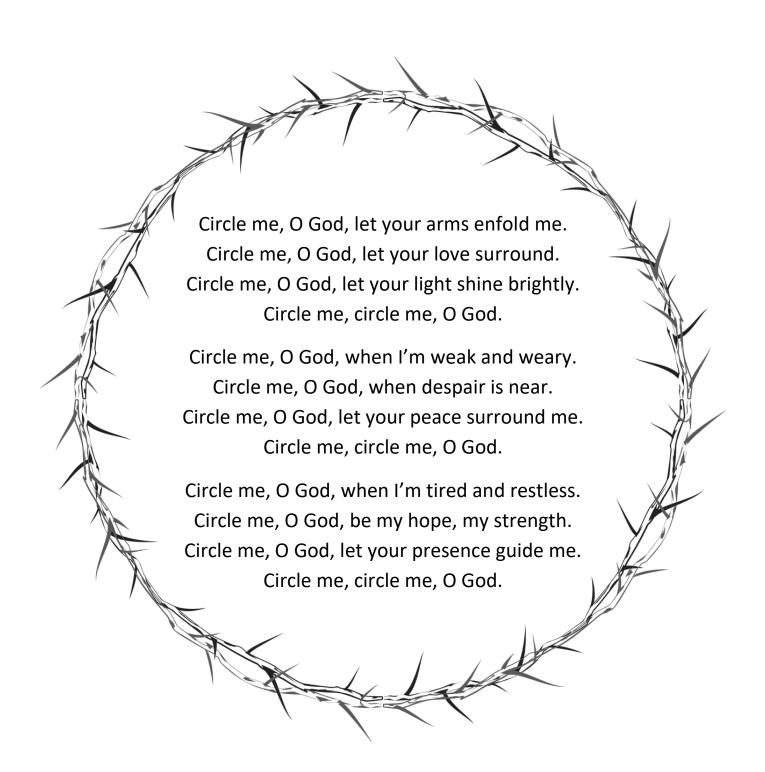
GRIDIRON

The Magazine of the Parish Church of Saint Laurence Upminster

£1



Circle me (Lorica) Traditional Celtic prayer of protection



Coronavirus

It has now become necessary to close the Church Building and the Parish Office. Although we are not able to gather together for worship, we can continue in a communion of prayer from our homes. We have produced a booklet for use whilst praying at home. If you do not already have a copy and would like one, please contact Revd Susannah. The booklet is available by email or by post.

If you would appreciate a conversation for any reason please call either Revd Susannah, Fr Roy or Deborah Masterson. Contact information can be found on the inside back page.

Parish Office work is continuing from home and you can email enquiries which will be picked up.

If you can, please continue to donate to the Foodbank using the collection point in Waitrose. Another way to help is to make a financial donation at https://www.trusselltrust.org/make-a-donation/. Also, if you are not in the high risk age group, the Harold Hill Foodbank are asking for extra volunteers to help keep the centre open. If you can help, please contact either Revd Susannah or the Parish Office.

We would like to support our Lent Charity CHICKS until Easter. If you wish, you can donate on their website at: https://www.chicks.org.uk/donate-now

The Fun Afternoon and Summer Fete have both been cancelled. We will look to re-schedule new dates when we can. Thursday Lunchtime Recitals have also been cancelled until September. Further updates and information will be posted on our website.

God bless.



St. Laurence, Yominoter.



From the Rector

'Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb.'

Thus begins the account of the Resurrection found in John's Gospel, which is often our Gospel reading at Mass on Easter Day. There is something very poetic and profound about this description; we can imagine Mary, coming to the tomb when it was not yet dawn, full of the grief, shock and confusion of the past few

days. She had stood at the foot of Jesus' cross, watching him die, watching not only the suffering of her friend, but the apparent destruction of the many hopes that she and his other friends had placed in him. We can only guess at how they spent that Holy Saturday, but it must have been a very difficult and strange Sabbath. And then Mary goes to the tomb at the first opportunity, presumably expecting to anoint Jesus' body, to do the last thing for him that she can, and she finds that the stone has been rolled away from the tomb. The Resurrection has happened in the midst of darkness, quietly, whilst there was no-one there to see it. Amidst the darkness, the light has broken in.

Each year, as we celebrate Easter, we will be aware both of many joys and many concerns around us – in our own lives or the lives of those close to us, in our wider society, and across the world. Some years it will be easy for us to relate to the joy and hope of Resurrection; at other times, it may seem much more difficult. Yet each year we affirm that the Resurrection does not happen in isolation from all that is happening in the world. It comes from suffering and death, from the midst of divisions and political turbulence, from a situation that seemed bleak and hopeless – and it happens even in the midst of darkness and regardless of whether there is anyone there to notice. Each year at St Laurence we mark the journey through Lent and particularly through Holy Week, remembering all that Jesus experienced, and remembering how the pain of Holy Week is drawn into the wonder of the Resurrection – how God in Jesus descends to the worst of the human condition, and through that experience then draws all of creation to share in the fullness of his redeeming love. If you have not previously experienced Holy Week worship, it may feel an unknown quantity – but it can be a very powerful experience, especially as we journey through the Triduum, the period from Maundy Thursday to Easter Day. We gather to celebrate Communion as Jesus gathered with his friends at the

Last Supper, we watch in prayer as his disciples watched with him in the Garden of Gethsemane – then, on Good Friday, we come to stand at the Cross, to contemplate both its horror and its glory. On Holy Saturday, we gather in darkness to witness the first light of Resurrection breaking in on the world, culminating in the joyful Eucharist of Easter Day. Each part of this journey, each part of this liturgy, enriches the meaning of the other.

As I write this article in early March, widespread concern about coronavirus reminds us that the world can change quickly. Yet in the Gospels we are reminded that whatever the changes and challenges before us, the Resurrection has taken place, even from and in the darkness, even if unnoticed. We are reminded that the truth of the Resurrection does not depend on us, but that it breaks into our lives to offer us God's presence in both joy and in pain, and to help us to share this extraordinary hope with others.

Wishing you peace and joy this Eastertide, Susannah

Please note: public worship during Lent, Holy Week and Easter will no longer be taking place. Ed.

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From the Editors



As I put together this edition of Gridiron we are at the start of Lent (yes, we do have to do things way in advance to keep to publishing deadlines!).

I always find it a solemn and reflective time of the church year. I hope that you all found time during Lent to think of what matters in your life.

"Look to the LORD and his strength; seek his face always" 1 Chronicles 16:11

Arlette Wiggins, Ed.

From the Parish Registers

BAPTISM

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

9th Feb Thomas Hugo Plantagenet Metham

16th Feb Laurence George Laxton

FUNERAL

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

14th Jan Leonard Ruff 27th Jan Rose Skeels

6th Feb Rosalind Roberts

MEMORIAL SERVICE

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

22nd Jan Gerald Cope

June and July Magazine Deadline

Items for inclusion in the June and July edition of *Gridiron* should reach the editorial team by 8th May. 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 June and July Magazine will be on sale from 31st May.

Carole Billing's quiz sheets have raised in excess of £1,000 so far!

Fundraising for our Church Building Improvements Project continues steadily, with our target currently about £700,000. The fundraising committee is currently seeking to action the PCC's decision to employ a bid writer with the aim of sourcing grants to help us achieve this sum. Thank you to all who have organised or participated in fundraising initiatives so far; further ideas or offers would be very welcome.

The main issue is that the Sacristy and Choir Vestry were not built to the same standard as the rest of the church, and the state of these areas is such that a rebuild is not only desirable but also necessary. While we are rectifying this state of affairs, we have the opportunity to modernise our facilities more widely, providing a community meeting space, a much improved area for activities with children and young people, and provision of toilets in the church building.

On a Sunday recently those attending all services were invited to go into the Sacristy and Choir Vestry to see the areas for themselves. Those who did were particularly surprised to see large cracks in the internal stonework.

For further information, please see the table at the back of the church, where you will find special envelopes for donations for our project. Any cheques should be made payable to 'PCC of Upminster' — or please contact the Parish Office for bank transfer details.

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Who was Isabella Gilmore?

Isabella Gilmore was born in London in 1842. Her mother was Emma Morris nee Shelton, daughter of Joseph Shelton, a teacher of music on Worcester. Her father was William Morris, a partner in the firm Sanderson and Co., bill brokers in the City of London; he died when she was only 5 years old. She did have five brothers to whom she was close; one of the older ones being William Morris who was to become one of the most famous Victorian figures as artist, interior designer, and social reformer. In adulthood, Isabella had a happy marriage to naval officer Arthur Gilmore, but sadly she was widowed at the age of 40. Childless, she began training as a nurse at Guy's Hospital. Two years later in 1884, she took on as her own, eight orphaned nieces and nephews from her late brother, Rendall.

In 1886, she was recruited by Anthony Thorold, the Bishop of Rochester, to revive the female diaconate in his diocese. Her initial reluctance, based on her lack of theological training and her lack of knowledge of the Deaconess Order, was worn down by the Bishop. At the end of October 1886, she felt she received a calling during Morning Prayer. She later wrote "... it was just as if God's voice had called me, and the intense rest and joy were beyond words." Gilmore and the Bishop of Rochester proceeded to plan for an Order of Deaconesses for the Church of England where the women were to be "A curiously effective combination of nurse, social worker and amateur policemen". In 1887, she was a deaconess and a training house for other woman was put in place, later to be named Gilmore House in her honour. Isabella served actively in the poorest parishes in South London until her retirement in 1906.

In her nearly 20 years of service, she re-established the female diaconate in the Anglican Communion. She had personally trained at least seven other head deaconesses for other dioceses before she died in 1923. At her memorial service, Randall Davidson, the Archbishop of Canterbury, foretold, "Someday, those who know best will be able to trace much of the origin and root of the revival of the Deaconess Order to the life, work, example and words of Isabella Gilmore." She is remembered with a commemoration in the Calendar of Saints in some parts of the Anglican Communion on 16th April.

The Box in the Corner

Looking back to the 1950s, it seemed like a different world. One in which small suburban living rooms were crammed to overflowing with people transfixed by a tiny flickering screen in the corner of the room. Their main reason for being there on this day in 1953 was to see the



coronation of Queen Elizabeth II. There seemed to be an atmosphere of patriotic enthusiasm about, which even in a small boy like me couldn't be missed. But for many, at least as big an attraction was the chance to see a television set actually working.

The technology then was pretty primitive – the screens not much bigger than a modern smartphone and the picture black and white and, frankly, blurred. But is seemed so clever that such a thing was possible. It gave people lucky enough to have access to a TV a chance to feel part of an event at which, ordinarily, they would just be distant spectators. Radio had done that to some extent but....now the sound had pictures. I strongly suspect that one of the reasons that the Queen is so much valued by so many people is that the generation that grew up with her has, largely through television, been able to feel involvement with her that just wasn't possible before.

But that was then. Things have moved on. For many of us television has become so much a part of our lives that we have long since stopped seeing it as a technological wonder. But maybe we've also lost our sense of wonder about being able to see and be part of events and experiences in ways that otherwise we couldn't have dreamed about. And to my mind, that's a pity.

Maybe we'll never get back the awe at the technology that people had in 1953, but it is good to pause and ask ourselves sometimes if we should try to recover the sense of privilege that our access to a world beyond ourselves can give.

"Father, we are truly grateful for the opportunities with which technology enriches our lives. Make us sensitive to the responsibilities that come with them. Amen."

From BBC4 Radio 4 – Prayer for the Day – First broadcast on Monday 2nd June 2014 by George Craig (sourced by Rob Brabner)

6th Upminster Rainbows Visit to St Laurence Church

On 29th January 2020, a group of Rainbows from 6th Upminster group accompanied by the group leaders and young leaders Emily and Francesca were treated to a visit to St Laurence Church hosted by Deborah Masterson, Lay Pastoral Assistant, and Father Roy.

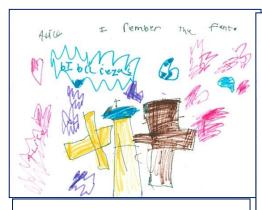
Deborah described how St Laurence Church had evolved and about St Laurence himself and the history of the church and afterwards let the girls explore the church in order to find answers about the church using a quiz sheet. One of the questions included looking for the little wooden mice carved in different places on some of the pews.

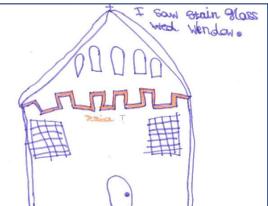
Then Deborah, together with Father Roy, explained the meaning of the sacrament and showed the girls some of the special clothes worn by priests and other members of the church. Emily was dressed up in some of these clothes and also Father Roy showed the girls a very special robe which is unique to St Laurence Church which he wears on very special occasions.

At our meeting on Wednesday 12th February those girls who had taken part in the visit drew some pictures and wrote or reported the things they remembered about their visit. The pictures will be displayed in church.

Ffyon, Freya, Lottie, Jessica, Minnie and Scarlett all drew pictures of St Laurence Church and here are some of the comments made by them and the other girls:

Alice, Lottie, Hallie and Emily remembered the font and drew pictures of it. Sophia wrote "I remember the font and I remember that we found the mouse." Esra and Mila wrote that they remembered sitting on the pews. Freya remembered seeing the bread and wine and that she found a bible. Minnie said they put special clothes on Emily and wrote "The cross is important because Jesus died on it." Hallie remembered seeing the font and she drew a picture of a stained glass window and a mouse. Jessica wrote "I saw a stained glass window." Scarlett wrote "Jesus died on the cross. If a church has a cross it means it is a Christian church. Stained glass windows are very expensive." Scarlett also remembered what Deborah had told us that St Laurence is reported as saying. Scarlett wrote "People are more important than things." Sam and Jenny were grateful to Deborah and Father Roy for giving up their time to allow the visit to take place and giving the girls some ideas about the purpose and history of St Laurence Church.













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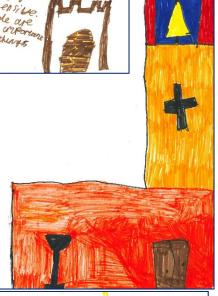
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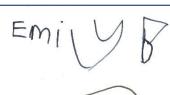
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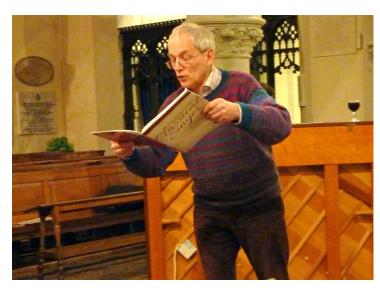




Choir AGM Helen Gregory

The Choir Association AGM on Thursday 13th February was well attended. Richard gave his last report as DOM- but insisted it was not going be any sort of Oscar speech (not wrong there, Richard!). We're all pretty sad it was his last (although he may come and heckle next year).

We were entertained by Nick who became a vagabond at one point; Julie set everyone straight regarding an Alto's lot; Paul let rip on the piano with a Rolling Stones number and a piece by Enya before taking us to the X Factor with Impossible! Doreen advised against having our heads turned by flattery before making us feel quite tiny and wee in our part of the universe and let's





face it, what's not to love about a bit of Python? Richard knocked out the Pink Panther (by Bach, Richard?). Chris M rounded up the entertainment in his own inimitable way with a rendition of "A week in the life of a Parish Priest," set to The Gas Man Cometh by Flanders and Swann!

the right number of keys on a standard piano!

We were quizzed by Hannah W and Paul and, quite frankly, I'm still puzzled, although amazingly I DID get

It was lovely to see Lorna Allen again, who came to support this annual choir event; and great to see so many members of the congregation as well. Similar sort of time next year, folks?!



Quinquagesima Lunch



Havering Council's magazine "Living in Havering" reports that the third largest ever Bronze Age archaeological hoard discovered in the UK, and found in Havering, will be on display at the Museum of London Docklands from April.

The find consists of 453 bronze objects dating between c900 and c800 BC. The hoard includes weapons and tools, including axe heads, spearheads, fragments of swords, daggers and knives, alongside some other unusual objects rarely found in the UK.



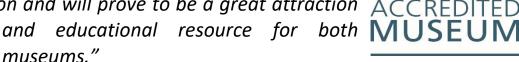
Roy Stephenson, London's Historic Environment Lead at the Museum of London, said "We're thrilled to be able to display this momentous discovery for the first time at the Museum of London Docklands as the centrepiece of a major exhibition in April 2020..."



Peter Stewart, Chair of the Havering Museum, said: "Havering Museum is very proud to be associated with the Museum of London and to be given the opportunity of displaying artefacts from the incredible Bronze Age hoard following the

major exhibition at the Museum of London Docklands.

The hoard is hugely significant in the long history of Havering and London and will prove to be a great attraction ACCREDITED





The Museum of London Docklands is located at West India Quay in East London. Opened in 2003 it tells the story of the port, river and city, focusing on trade, migration and commerce in London. The exhibition, "Havering Hoard: A

Bronze Age Mystery", is free. It opens on 3rd April and continues until 1st November. The museum is open daily from 10am – 6pm and there is easy access via Docklands railway. All information is available on the museum's website – www.museumoflondon.org.uk.

Please contact the museum if you plan to visit to check they will be open. Ed

Pentecost – celebrating the gift of the Holy Spirit

The Day of Pentecost marks fifty days since Easter Day and brings the Easter season to an end. It is a major feast of the Church's year when Christians recall how God's Holy Spirit was given to the disciples after Jesus' ascension, empowering them to begin the work of making disciples of all nations.

Pentecost (which comes from the Greek word for 'fiftieth') has its roots in the Jewish Feast of Weeks.

Jesus had promised his followers that, although they would not see him after his Ascension, they would receive the Holy Spirit to guide and inspire them.

The Acts of the Apostles describes how the crowds gathered in Jerusalem – representing many nationalities and speaking many languages – were able to hear the disciples preaching in their own language.

'When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.'

Acts 2, Chapter 2

The colour most often associated with Pentecost is red, representing the tongues of fire which the Acts of the Apostles describes appearing above the heads of the disciples as a sign that they had received the Holy Spirit.

With its focus on God's Spirit being poured out on believers, Pentecost is one of the most popular days for baptisms and confirmations in the Church's year.

Pentecost is also referred to as Whit Sunday (or Whitsun), especially in the north west, where traditional parades called Whit Walks take place, often featuring brass bands.

Many churches set aside the ten days between Ascension and Pentecost as a special time of prayer for the gift of the Holy Spirit. Thy Kingdom Come — the global wave of prayer established in 2016 following an invitation from the Archbishops of Canterbury and York — has seen millions of Christians across denominations and across the world joining together to pray for more people to come to know Jesus.

Information taken from the Church of England website — www.churchofengland.org/our-faith/living-out-our-faith/pentecost

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Summary of PCC Meeting held on 5th February 2020

Review of Safeguarding: Katie Bowman, Parish Safeguarding Representative, attended for this item and gave an update on the position. She stressed the importance of safeguarding and urged all who are required to have training and checks to co-operate fully. Katie was thanked for her dedication and commitment in this increasingly complex area. In the future it may become a requirement for more people to be trained and checked if their roles identify them as coming into contact with children and vulnerable adults.

Charities: It was agreed that the charity portion of the Mothering Sunday collection should go to the Railway Children and that Oasis would be the Charity of the Month for May.

Church Building Improvements Project: There was considerable discussion on the ethics of applying for funding from the National Lottery, following which the PCC voted narrowly against doing so. However, it was felt that this debate should perhaps be put before a wider audience and the views of the congregation sought. Arrangements to engage a bid writer were in hand. There was some discussion on the summer fete which would be co-ordinated by Chris and Nancy Mowat.

Contactless Giving: It was considered essential to facilitate contactless giving in the near future. A report on the technology involved and the systems available was discussed. One of the options was selected for a trial and the project would now move forward.

APCM: Tony Mason was due to stand down from the PCC, having served for six years. Melvyn Gallagher was eligible for re-election after three years. Elections would take place for three members of the PCC (subsequently increased to four with the resignation of Yvonne Osmond) and three Deanery Synod representatives. A limit has been introduced on the number of terms a lay person may serve as a representative. Christine Foot wished to stand down as Churchwarden after four years in the role. She was thanked for her service. Jean Keen was willing to stand for election as a Churchwarden but a second nomination would be welcome. The PCC can now deal with the appointment of sidespeople as this no longer has to be dealt with at the APCM.

Away Day: This was reviewed and ways of moving forward with the action points were discussed. Task groups were formed to look into stewardship, analysing the budget and refreshing Porchtalk. Initiatives to draw in new

people and ways of becoming less dependent on legacies and halls income need to be found.

Car Park: In view of continuing problems, a scheme to install a control system administered by Smart Parking Ltd had been looked into in great detail and a report presented. This was discussed and it was decided not to go ahead as it would cause more problems than it would solve.

Electoral Roll: This stands at 151.

Other matters discussed included baby changing facilities, report on 4th December Deanery Congress, closure of Boyce Trust, legacies, Bishop Stephen's leaving collection, alarm call-out list, purchase of new computer for the Parish Office, Choir Vestry/Sacristy roof gullies, lunchtime concerts, advertising for new Director of Music, hall cleaners, liaison with uniformed organisations.

Misspelled Acomb sign proclaims 'Chris is Risen'

A church was presented with signs reading 'Chris is Risen' after a mix up at the printers. Acomb Parish Church, in York, had ordered four banners saying 'Christ is Risen' but the 'T' was missing off the finished article.

However, Assistant Curate Ned Lunn said the error was discovered before the signs were delivered. A BBC Radio York Facebook post has been shared more than 3,000 times, prompting one response of "More T Vicar?"

Mr Lunn said "I'm so glad the customer spotted the mistake. It'll save a bit of embarrassment and a lot of confusion. I had to check the banners when I distributed them though, just to make sure! The pastor at the Baptist Church is actually called Chris and he's got to get up for a sunrise service at 6.30am on Easter Sunday - his predecessor didn't manage to get up for the service last year".

From the BBC website

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Antonina and Angelo Iannuso received a wedding gift in 1953, a plaster plaque of Our Lady. The couple admitted to being 'tepid and neglectful Christians', but hung the mass-produced plaque on the wall behind their bed in their home, in an unpretentious residential area of Syracuse.

When Antonina became pregnant she suffered with toxaemia which resulted in convulsions and temporary blindness. Early one morning she suffered a seizure. A few hours later her sight was returned. When she was able to see, her eyes were focused on the Madonna, which, to her amazement was weeping effusive tears. "I opened my eyes and stared at the image of the Madonna above the bedhead. To my great amazement, I saw the effigy was weeping".

After calling in her sister-in-law and also her aunt, they inspected the plaque and could see that tears were falling from the eyes of the Madonna. Neighbours also came in to confirm the phenomenon. The weeping was not continuous, but happened about six or seven times that morning, and again in the evening.

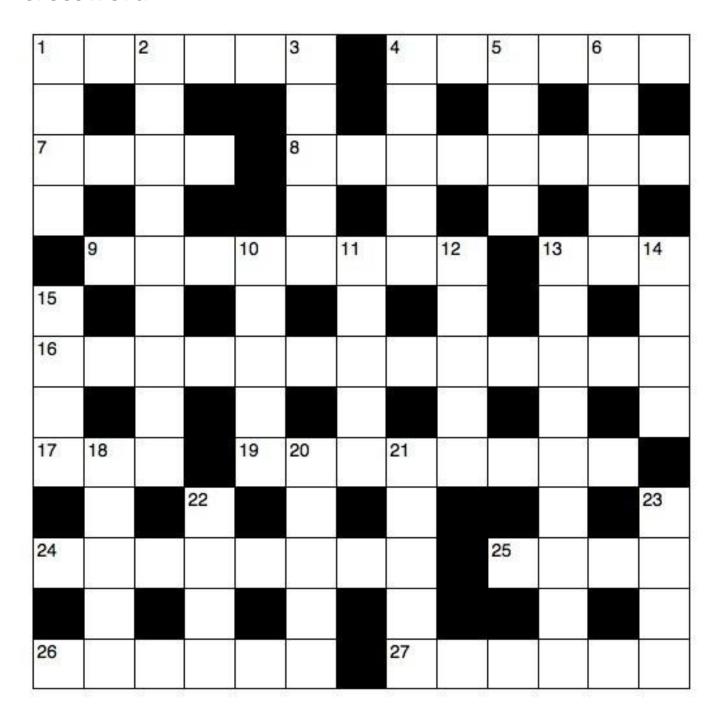
Miraculous cures were claimed as crowds grew, church authorities became involved and scientific tests were arranged. Tears from an adult and a child were compared to samples from the plaque. Scientists concluded that "...that the liquid examined is analogous to human tears". The medical commission examined 290 cases of extraordinary cures relating to the 'Weeping Madonna' and considered 105 were of special interest.

In 1954 Pope Pius XII stated in a radio broadcast "We acknowledge the unanimous declaration of the Episcopal Conference held in Sicily on the reality of the event. Will men understand the mysterious language of those tears?"

A completely new church was designed in 1957 by French architects Michel Andrault and Pierre Parat, but work did not begin until 1966 due to controversies over the design and the excavations which revealed 6th Century BC archaeology on the site, these remains have been incorporated into the Sanctuary of Madonna delle Lacrime (Our Lady of Tears).

The first person to experience a miracle of healing was also the first to observe the weeping. From the time Antonina lannuso first saw the tears, she recovered completely froth the toxemia and gave birth to a healthy son on December 25th 1953.

Crossword



Across

- 1 The earth is one (6)
- 4 'On a hill far away stood an old cross' (6)
- 7 'I am the vine and my Father is the gardener' (John 15:1) (4)
- 8 The Caesar who was Roman Emperor at the time of Jesus' birth(Luke 2:1) (8)
- 9 'Your should be the same as that of Christ Jesus' (Philippians 2:5) (8)
- 13 Jesus said that no one would put a lighted lamp under this(Luke 8:16) (3)
- 16 Involvement (1 Corinthians 10:16) (13)

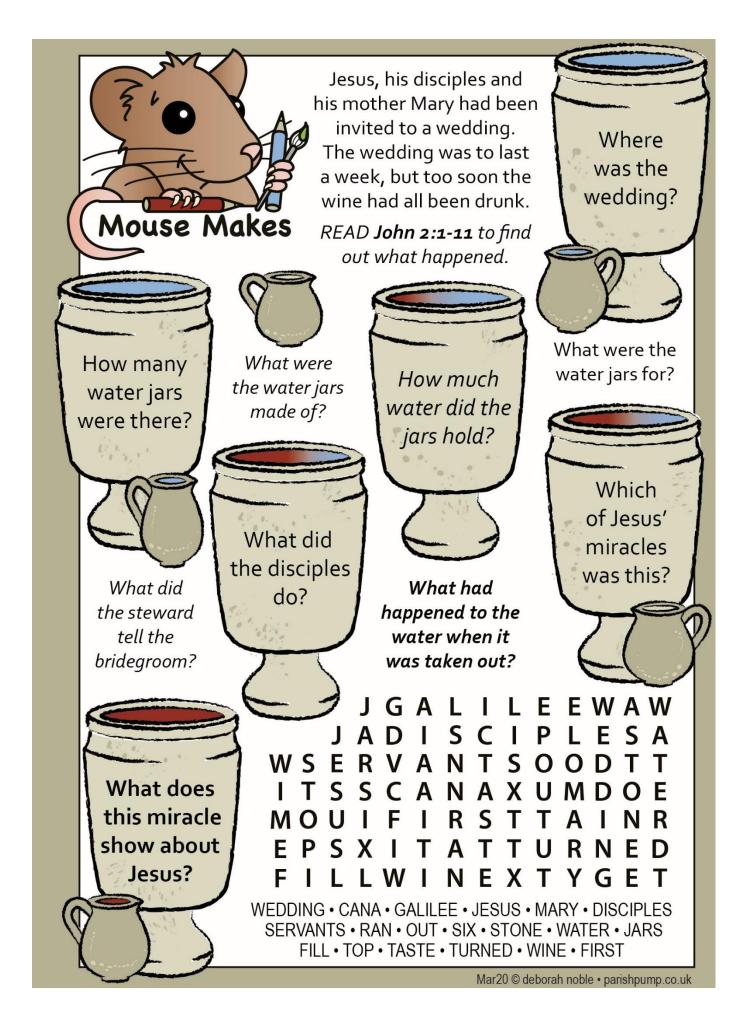
- 17 Armed conflict (2 Chronicles 15:19) (3)
- 19 Where the Gaderene pigs were feeding (Mark 5:11) (8)
- 24 What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)
- 25 The Venerable , eighth-century Jarrow ecclesiastical scholar (4)
- 26 8 Across issued a decree that this should take place (Luke 2:1) (6)
- 27 Come into prominence (Deuteronomy 13:13) (6)

Down

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
- 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)
- 3 Gospel leaflet (5)
- 4 Physical state of the boy brought to Jesus for healing (Mark 9:18)
- 5 Tugs (anag.) (4)
- 6 To put forth (5)
- 10 Nationality associated with St Patrick (5)
- 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)
- 12 'After this, his brother came out, with his hand grasping heel' (Genesis 25:26) (5)
- 13 At Dothan the Lord struck the Arameans with at Elisha's request (2 Kings 6:18) (9)
- 14 'Peter, before the cock crows today, you will three times that you know me' (Luke22:34) (4)
- 15 Spit out (Psalm 59:7) (4)
- 18 'When I , I am still with you' (Psalm 139:18) (5)
- 20 Concepts (Acts 17:20) (5)
- 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)
- 22 Does (anag.) (4)
- 23 The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)

Answers to the February and March crossword. ACROSS: 8, Cross-examined. 9, Ash. 10, Apocrypha. 11, Sci-fi. 13, Typical. 16, Visited. 19, Offer. 22, No account. 24, RAC. 25, Sovereign Lord. DOWN: 1, Oceans. 2, Hophni. 3, Islamist. 4, Exhort. 5, Omar. 6, On spec. 7, Add all. 12, CBI. 14, Plotting. 15, Awe. 16, Vanish. 17, Starve. 18, Daub it. 20, Furrow. 21, Recede. 23, Cure.

Mouse Makes

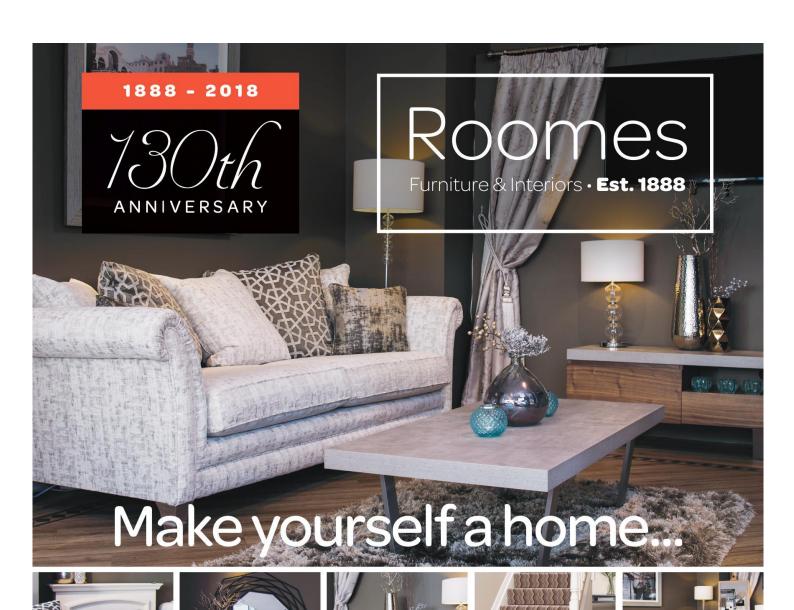




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Churchwardens	Christine Foot (contact via Parish Office)	01708 220696
	parish.office@upminsterparish.co.uk	
Hon Secretary PCC	Beryl Speed	01708 228793
	beryl.speed@ntlworld.com	
Hon Treasurer	Tony Bloomfield	01708 536370
	tony_bloomfield@aol.com	
Planned Giving	Steve Roome (contact via Parish Office)	01708 220696
	parish.office@upminsterparish.co.uk	
Electoral Roll Officer	Keith Stewart	01708 227928
	keithdebbie@btinternet.com	
Director of Music	Richard Brasier	07595 598754
	brasier_96@hotmail.com	
Church Halls Hire	Carole Billings	01708 749670
	carole.billings1@btinternet.com	
Gridiron Editors	Arlette Wiggins and Joanne Chapman	
Gridiron Editors	Arlette Wiggins and Joanne Chapman gridiron@upminsterparish.co.uk	
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