

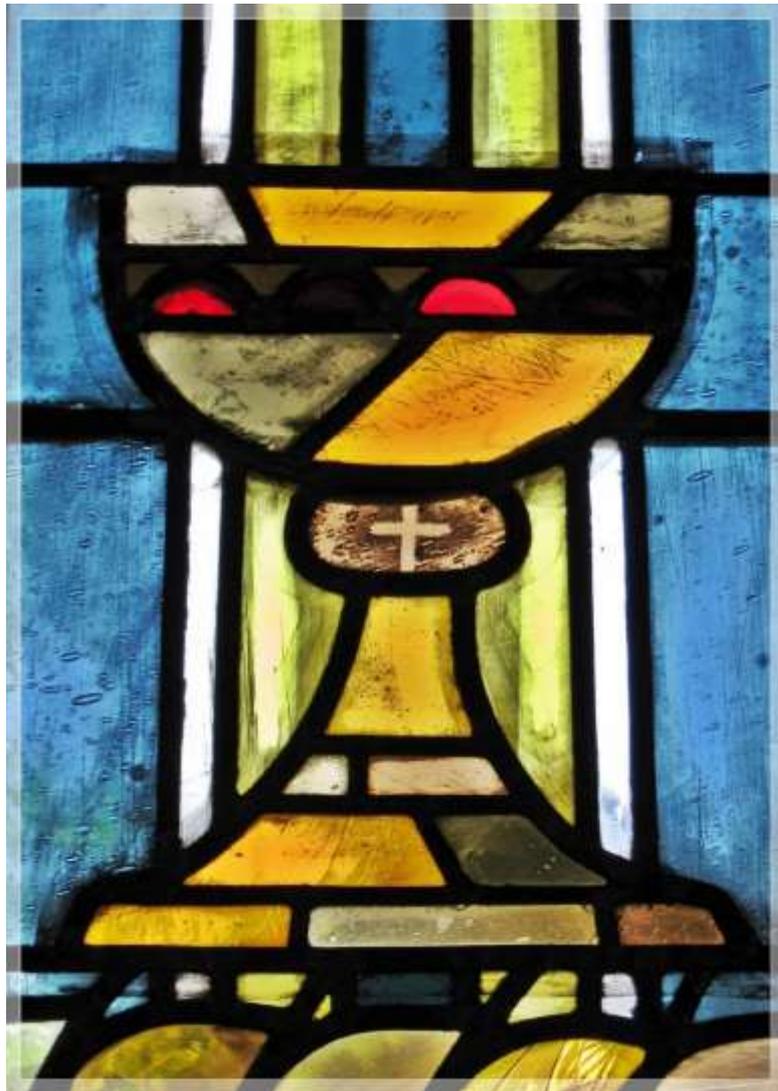
June & July 2019



GRIDIRON

The Magazine of the Parish Church of
Saint Laurence Upminster

£1



Service times

Sundays	Weekdays
Holy Communion 08.00	Tuesday, Morning Prayer 08.45
Sung Parish Mass 09.30	Wednesday & Thursday
Sunday Schools 09.30	Wednesday Evening Prayer 16.30
Evensong 18.30 <i>(see Parish Diary for details)</i>	Wednesday Mass 11.00
Footsteps	Celtic Worship
<p>This Service for pre-school children and grown-ups normally takes place monthly on a Monday at 09.30 in the Lady Chapel. The next service is on 24th June.</p> 	<p>A group meets 19.30-20.15pm on a Monday evening, once a month in the Lady Chapel, for Celtic worship (Celtic prayers, music, hymns and, from time to time, Communion). Services on 10th June and 1st July.</p> 

Additional services on Saints' Days are shown in the Diary in the back pages.

- Baptisms** These are administered during public services. Please contact the Parish Office to make arrangements.
- Wedding Banns** Please contact the Parish Office to make arrangements.
- Confessions** By appointment with the clergy.

Please inform the Parish Office or the Fr Roy of anyone who is ill or in need of a pastoral visit.

See back pages for useful telephone contact numbers

www.upminsterparish.co.uk

Parish Office ☎ 01708 220696

parish.office@upminsterparish.co.uk



From Fr Roy

The great season of Lent and Easter is drawing to its close. Since the season began early in March we have walked with Jesus through the temptations of the desert, watched his trial and his crucifixion and saw his body lifeless in the tomb. Then on Easter Day we rejoiced at the triumph of the resurrection and witnessed with the disciples Jesus' many appearances. The Easter season ended on Ascension Day as Jesus was lifted up into heaven.

The whole Easter story takes nearly four months to relate. Now as June begins we wait for the feast of Pentecost, the feast which celebrates the coming of the Holy Spirit. It is the Holy Spirit who descended to equip the disciples with the power they needed to build the Church.

Pentecost is followed by Trinity Sunday and then there is one more festival to celebrate. This is the festival which always falls on the first Thursday after Trinity Sunday: the festival of Corpus Christi. This day has a special place in my heart because it was on the feast of Corpus Christi that I celebrated the Mass for the first time as a priest.

This great festival has its roots in the mystery of Christ's real presence in the Eucharist. For Catholics (Roman and Anglican) and for many other Christians, the real presence of Christ in the Eucharist lies at the heart of our worship and at the heart of our church community.

Baptism may sow the seeds of our faith, but the Eucharist is its centre of gravity. It is the place of balance and identity. The Eucharist expresses that deep intimacy which we are called to have with the Lord Jesus Christ; that closeness of relationship and love which the Gospel expresses and calls us to enjoy.

When we come to the moment that we receive the Holy Communion we would do well to remember the words of St Thomas the Apostle: 'My Lord and My God'. Then as the sacrament is offered to us the minister says either 'The body of Christ' or 'The blood of Christ'. And we respond 'Amen'. Amen - so be it. Jesus Christ is truly present with us in the bread and wine of the Eucharist.

Our 'Amen' speaks of so many things. It includes the light and the shade of our faith. It brings us right into the mystery of what we celebrate at the Mass. Our

'Amen' speaks of the promise given to us by God the Father in the life, death and resurrection of Jesus Christ his son. This is the promise we share as we are fed by the Eucharist.

At the feast of Corpus Christi we give thanks to God for the active and real presence of Christ with us and among us, celebrated in his sacramental presence in the Eucharist. Whenever we come forward to receive Holy Communion we should remember that we bring with us our frail, often weak faith. As well as this we bring that deep need each of us feels. This is the need to be fed and to be drawn beyond ourselves into the full truth which is revealed in Jesus Christ who is truly present with us in the bread and wine of the Eucharist. Amen.

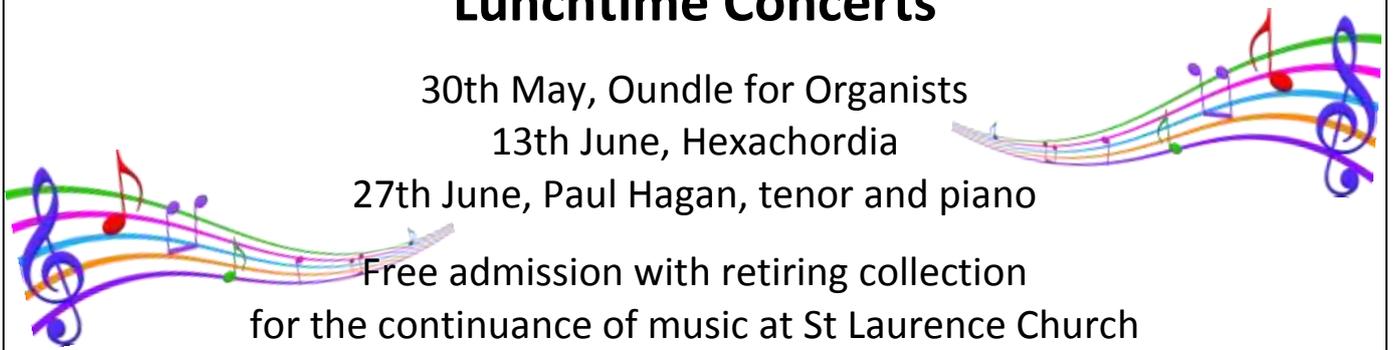
Lunchtime Concerts

30th May, Oundle for Organists

13th June, Hexachordia

27th June, Paul Hagan, tenor and piano

Free admission with retiring collection
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From the Editors

Dear Readers, welcome to another issue of Gridiron. The last time I edited we were waiting patiently in Advent for the coming of Jesus at Christmas. Now, six months later, we have walked through the wilderness of Lent and celebrated with joy the resurrection at Easter. Although not as busy for many of us, June still holds three feast days to be celebrated and Ascension to Pentecost sees the Thy Kingdom Come prayer initiative for evangelism - something we can all participate in, either as individuals or as groups. Whatever your plans are or your days bring, may you stay close to Jesus. *Joanne Chapman.*

From the Parish Registers

BAPTISM

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

19th May Isabel Masterson

FUNERAL

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

12th March Edward Keen

10th April Margaret Reading

30th April Tracy Pepper

INTERMENT OF ASHES

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

27th March Edward Keen

10th April Connie Dawson

15th May Margaret Reading

August & September Magazine Deadline

Items for inclusion in the August & September edition of *Gridiron* should reach the editorial team by **5th July**. 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 **August & September** Magazine will be on sale from **28th July**.

Thank you for your sponsorship...

Porchtalk has been sponsored for the year in memory of Gerald, Samuel and Barbara Giles, from their daughters and sisters Hazel Harman and Mary Breading.



Margaret Reading R.I.P

by Fr Chris Mann

Margaret was born on the 4th January 1925 in Portsmouth, the youngest of five children.

At the outbreak of war in 1939, she was evacuated and her formal school education came to an end. Margaret got involved in voluntary nursing and later, after completing her training, worked as a school nurse in London's East End. In later years, she became Area Nursing Officer for West Essex.

She married William Reading in 1955 and they moved to Severn Drive, on a new housing estate in Upminster. Margaret and Bill were very happily married for 29 years until his death in 1984. Margaret took early retirement in 1982 to look after Bill, and they moved to Roxburgh Avenue in 1983. Many years later I was to become a neighbour living diagonally opposite on the corner with Park Drive.

Margaret and Bill were very involved in Upminster's social life. They played bowls at the Clockhouse Bowls Club and were members of the Old Time Dancing Club, where Bill was a popular (and accomplished) pianist. They were great hosts and many happy family gatherings were enjoyed over the years.

After Bill died, Margaret started attending St Laurence, becoming very involved in Church life – flower arranging, catering for numerous parish events, washing church linen, and for many years she was on the Children's Society committee. She was happy to organise and to delegate, as well as to work in the background. She became the first female churchwarden in this parish, a duty she took very seriously and executed with distinction, as I can attest from my own experience. She was interested in people because she cared about them, she had a remarkable strength of faith and was a good friend and support to the clergy who served in this parish.

During her retirement, Margaret became a seasoned traveller, visiting China, Egypt, Equador, Russia, the U.S.A, Syria, Israel, Jordan and more. Perhaps the most amazing trip for Margaret and her elder sister Phyllis, both well into their eighties, was to Australia. These two intrepid travellers travelled around Australia flying from capital to capital for three weeks!

As the years went by, Margaret acknowledged when she couldn't do things anymore, always after a great deal of thought. When unable to attend church regularly she accepted a lift for the important services.

Once she was housebound, receiving the monthly prayer diary, *Time for God*, and receiving Communion at home became very important to her.

Her care for others was evident when someone from church visited her as she always enquired after those whom she knew who were having problems. This continued right to the end of her life.

Whilst Margaret was still in her own home, although her appetite was poor over the last few years, she enjoyed a glass, or two, of wine!

Although life became very trying for her, Margaret tried hard not to be miserable and still found pleasure in hearing about other people's events. Deborah told me that she was delighted when Michael and Juliet's daughter, Isabel, was born on Margaret's birthday. Isabel was always the first thing she asked Deborah about when she went to see her. Although life became tough for her, the essential Margaret never diminished.

Margaret was the youngest of five children, having three sisters and a brother. She was much loved by her nieces and nephews and other relatives, to whom she was a valued counsellor and friend. They have fond memories of her and miss her very much.



The Lent Lunches raised a fantastic £975.14. Thank you to all those who contributed and to the team of volunteers who hosted. The total amount raised throughout March and April was £2,036.36, which has been split equally between Little Havens and St Francis hospices.

Thank you to those who hand-delivered the Easter Flyers. Every home in the parish received one enabling people to be informed of the celebration which is Easter. Many then came to church to hear about the death and resurrection of Jesus, experience the love of God and the fellowship of the Holy Spirit. These flyers are invaluable for the mission and ministry of each and every one of us as Disciples of Christ and demonstrate our call to be evangelists.

Thank you also to everyone who volunteered their time and talents in preparing the church and churchyard to receive people and facilitate the extra services and activities through Holy Week and Easter.





**St Laurence Church
Building Improvements Fund Raising**

FETE & BBQ

Saturday 15th June from 1pm to 6pm

BBQ in the church grounds, Tombola
Treasure Hunt, Cake stand
Flower stall, Games and more

TABLE TOP SALE

Saturday 27th July in the Main Hall

£10 per 6ft table
sellers set up between 7.30 and 9am, doors open at 9am
50p entrance fee for adults, children free.

Sellers must book and pay in advance.
Please contact the Parish Office on 01708 220696 or at
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through their green token collection throughout the month of June 2019.
The more tokens put into the St Laurence Church box in the St Mary's Lane
store means the more money they can donate to our fund raising.

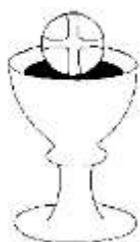


Why come to Holy Communion?

1. Because it is God's means of grace. That is, a way that God has provided for His purposes for us in Jesus Christ to be fulfilled. We cannot grow like Jesus Christ simply by trying to imitate Him. We need His life within us, and this He has promised to give. The bread and wine of the Holy Communion are the way He has appointed by which we may "feed upon Him".
2. Because it is a remembrance of Jesus Christ. Our Lord knew how easy it is, in our crowded lives, to forget. He Himself at the Last Supper appointed this means of remembering Him, above all in the death which He died for us upon the cross. No one who is regular and earnest communicant can long forget Him. And the world cannot altogether forget Him so long as it sees Christian people honouring Him in this way.
3. Because it is a bond of Christian fellowship. With all our differences of position and character, Christians form one people, for their faith and life is one. When we come together for a common meal, the Lord's Supper, drawing nearer to our one centre and Lord, we express and strengthen this unity. Our worship joins us, too, with all who love Jesus Christ, in heaven as well as on earth.
4. Because it is our consecration for service. As He gives Himself to us we cannot but feel impelled to give ourselves to Him. In the Holy Communion we offer to Him "ourselves, our souls and bodies, to be a reasonable, holy and living sacrifice." Receiving the bread and wine is a renewal of our allegiance to His kingdom, even as it is a renewal of our commission by Him.

Do you make it part of your duty to come regularly to the Holy Communion - every Sunday, or at least every month? If not, are you honouring God and Jesus Christ as you should - in His Church, in your life, before the world?

From St John the Evangelist, Walthamstow News Sheet dated July 1940.



And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood..."

(Luke 22:19-20. ESV)

The Upminster People Project 2018

by Rob Brabner

Last year, Upminster Camera Club undertook a photographic project in conjunction with Havering Museum and the Havering Local Studies and Family History group. The project was also endorsed by Havering Borough Council.

The brief was to capture the characters and lifestyle of people living, working or passing through Upminster in 2018. The accepted photos are to be archived by the Museum and will be an historic record for future generations to enjoy.



Some members of St Laurence Church consented to photographs being taken and included in the project. A few have already been published in Gridiron: Paul Hagan playing piano, Cheryl Hale flower arranging and Lance Jackson and his Morris Minor with the church in the background.

All photographs will be on display at Havering Museum, 19-21 High Street, Romford, RM1 1JU. The Museum is located very close to Romford Market and to the Golden Lion Pub (on the opposite side of the road). The exhibition opens on 29th July and runs until 10th August on Wednesdays to Saturdays from 11am to 5pm. Entry for adults is £3 and children up to 16 accompanied by an adult are free.

Most of the 1,000 plus photographs have been categorised i.e. Work, Leisure, Shops, Faith, etc. You can look up your photo by using the museum's touch screen if you know the surname of the person shown in the photo. Exhibition space is limited to about 40 prints so the majority of pictures will be available to view on a digital screen.

This was a fascinating project and the photographers who took part met some really interesting people. Though Upminster is a busy commuter town. The project also demonstrated that there really is a community spirit, with plenty of interesting activities and charitable events taking place and many organisations working here. I hope you can come along to the exhibition - it really is a great celebration of our town.



Photos of Lorraine Beeton and Chirs Mowat.

Resilience and faith in God

I have a great love for the Bible, especially the stories of men and women who lived their lives by faith. Not only did they display great trust in God, but also great resilience, often keeping going in the face of great adversity.

Nehemiah is such a person. His great achievement was to take a bunch of dispirited and down-hearted individuals and, in spite of much opposition and danger, motivate them to work together in a hostile environment to rebuild the walls of Jerusalem. This enormous task they achieved against the odds, and in a surprisingly short time – it took them only 52 days (Nehemiah 6:15)!

At the heart of Nehemiah's resilience was his faith in God. Even secular writers recognise the part that faith plays in building resilience. Nehemiah believed that the God of heaven was in control and His purposes were being worked out (Nehemiah 1:5). Since God had called him to the task, he would make sure that he could complete it. This kind of positive thinking is helpful when facing challenging circumstances. Nehemiah maintained a confident, hope-filled attitude even when things were against him.

Not only did this buoyant attitude keep Nehemiah going, it also motivated the people to persevere when at times they may have despaired and given up. Nehemiah persevered not because of his dogged determination, but because he was in touch with a source of strength outside himself. He had a deep, inner life with God that was expressed in prayer. Instinctively, he turned to God at every moment of fear, anxiety and need.

Extracted from 'Resilience in Life and Faith – finding your strength in God' by Tony Horsfall & Debbie Hawker.

Courage to die for You

This is the prayer of a man who died nearly 18 centuries ago. Cyprian of Carthage was martyred during the persecutions of the Roman Empire in 258. His prayer remains relevant for many in the world today.

We believe and trust, Lord, that at the time of terrible persecution, you will hear and answer our prayers with the utmost urgency. We pray with all our hearts that you will give us courage to remain true to the Gospel, and proclaim your Name right up till the moment of death. Then may we emerge from the snares of this world with our souls unscathed, and rise from the darkness of the world into your glorious light. Amen.

Westminster Abbey and Christian Martyrs of the C20th

by Rob Brabner



The main entrance for visitors is the West End of the Abbey beneath the large West Window. The famous twin towers at this end of the building are early 18th century by Nicholas Hawksmoor, but the lower part of the facade is fifteenth century gothic. Below the window are ten niches, which were intended for statues with, at a lower level, a further two niches on either side of the door. These spaces had been unoccupied but the Abbey decided they needed to be filled.

Tim Crawley designed the new statues and the abbey stone sculptors who worked on the French Richemont limestone were Neil Simmons, John Roberts and Andrew Tanser. The lower four niches were allegorical figures representing (as you face the door) to the left, Truth and Justice and to the right, Mercy and Peace.

The ten niches at the higher level are ten Christian martyrs of the twentieth century from a variety of Christian denominations and from left to right are:

1. Maximilian Kolbe, Polish Saint of the Roman Catholic Church, lost his life in the Nazi death camps in 1941. He substituted himself to save the life of a fellow prisoner who survived the war.

2. Manche Masemola, South African Anglican Catechumen, adhered to her faith and, after many earlier beatings, was eventually killed by her parents in 1928 aged just 16.
3. Janani Luwum, Ugandan Anglican Archbishop, killed by the Amin Government forces in 1977.
4. Grand Duchess Elizabeth of Russia, Saint of the Orthodox Church, killed by the Bolsheviks in 1918. A Sister of Love and Mercy since 1909 with a group of other women she opened a hospital and undertook a variety of other ventures on behalf of the poor. She died aged 54.
5. Martin Luther King Junior, American Baptist and Civil Rights Campaigner, killed in 1968 aged 39.
6. Oscar Romero, Salvadorian Roman Catholic Archbishop. Initially considered “conservative”, he became increasingly committed to the poor and was persecuted in his country. He was shot dead whilst celebrating Mass in March 1980, aged 63.
7. Dietrich Bonhoeffer, German Lutheran Pastor and Theologian. A highly regarded theologian, he was imprisoned and executed by the Nazis in 1945, aged 39.
8. Esther John, Pakistani Presbyterian Evangelist, born in India in 1929 as Qamar Zia. She moved to Pakistan at the time of partition, living and working in a Christian Mission Hospital in Karachi. She taught women to read and worked with them in the cotton fields. She was murdered in 1960, allegedly by a Muslim fanatic.
9. Lucian Tapiedi, Papua New Guinean Anglican Teacher and Missionary, killed by an Orokaiva tribesman during the Japanese invasion. The tribesman who killed Tapieda later converted to Christianity and built a church in memory of his victim, who died aged 21.
10. Wang Zhiming, Chinese Pastor and Evangelist, killed by state command in 1973 during the “Cultural Revolution”. He was executed at a mass rally of more than 10,000 people. In 1980, he was “rehabilitated” by party officials. The only known memorial of a Christian martyr of the Cultural Revolution was erected to Wang in Wuding County in 1981.

Credits: Christian Martyrs of the Twentieth Century available from Westminster Abbey Bookshop, second edition (2014).

Britain is in the midst of a loneliness epidemic

A survey by the Jo Cox Commission in 2017 revealed that nine million of us in the UK are affected by it.

So, no wonder that last year the Government even appointed the world's first loneliness minister, Tracey Crouch. And no wonder that the Marmalade Trust aims to raise awareness of isolation in the UK.

Loneliness hurts you physically as well as mentally. It has even been said that it can be as bad for your health as smoking 15 cigarettes a day. It can raise blood pressure, and cause diabetes and obesity.

Technology is a big factor: we send emails rather than talk, we have virtual team workspaces rather than speaking in person. We use LinkedIn and Facebook to keep in touch. One health expert said, "We're getting out of the habit of actual conversations."

People who work from home and who also live alone can go days without speaking to anyone. No wonder that the millennial generation, for whom technology accounts for an increasing percentage of their interaction, are reporting high levels of anxiety.

Experts advise that you simply try and make as many social connections as you can, however brief. Make tea for someone at work, or chat to your neighbour - just five minutes of your busy day could really make a difference to someone else's empty one.

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another." (*John 13:34 ESV*)

If after church you wait awhile,
someone will greet you with a smile.
Though if you quickly rise and flee,
we'll all seem stiff and cold maybe.
The one beside you in the pew
is perhaps, a stranger, too.
All here, we have our fears and cares,
all of us need each other's prayers.
In fellowship we bid you meet with us,
around God's mercy seat.

(*Anon. 2013 Friendship book*)



Good Friday Children's Activities



The Friends of City Churches

by Rob Brabner



In January 1994, Lord Templeman, a Law Lord, presented his Commissioners' Report on the future of City of London Churches. He recommended the closure of two-thirds of the thirty-six churches in the historic city square mile. The conclusions were greeted by applause by the City's clergy; however, there was much opposition, both within the church and amongst conservation groups. In the same year The Friends of the City Churches was born.

The FCC Charity is dedicated to the care and appreciation of the historic churches of the City of London. Many are not parish churches but guild churches linked with guild or livery companies. Through volunteering, publications and events, the Friends celebrate the rich spiritual, social and historic value of these remarkable Medieval, Stuart, Georgian and Victorian churches within the ancient Square Mile.

The formation of FCC brought together the many people who cared for and valued the city churches, with the aim of ensuring that they would be

preserved intact for posterity, and most importantly, be kept open to visitors on a regular basis. After a number of meetings it was agreed that regular opening of churches to visitors might be possible, provided responsible and reliable persons could be found to sit in a church on at least one day a week. As a result a team of volunteer watchers was organised who were able to watch first St Sepulchre – without - Newgate and then St Mary Aldermary.

Over the years the number of churches with regular watchers has increased to the current level of 19, thus providing the public with daily opportunities to visit these wonderful buildings and receive a warm welcome. The former Bishop of London, Richard Chartres, was a great supporter of the Friends and their work, and the new Bishop, Dame Sarah Mullally, is seemingly pleased to continue this support from the Diocese of London.

Since May 2013 the Charity has been based in St Mary Abchurch. The Friends run this church, keep it open every weekday with a service, lunchtime concert, presentations, lectures and talks, as well as events associated with the Worshipful Company of Fruiterers and other Livery companies.

The Friends continue to bring together the many people who love and cherish the city churches to help ensure they remain accessible to the whole community, encouraging and fostering a wider awareness and appreciation and helping their preservation for future generations.

For details of The Friends and when the city churches are open visit www.london-city-churches.org or see Rob Brabner who is a member of the Friends of the City Churches and a Church Watcher.



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Thy Kingdom Come

Thy Kingdom Come is a prayer initiative led by the Church of England for evangelisation. It will be held between Ascension and Pentecost, which is Thursday 30th May to Sunday 9th June 2019.



2019 is the 4th year in which it has been held and it continues to grow, especially in its ecumenical reach of different churches and denominations involved. Advice from the Archbishop of Canterbury to encourage people of all Christian dominations is to 'pray in your own way'.

Thy Kingdom Come is now established in 85 countries around the world who all pray at the same time, using the Lord's Prayer, with the intention of evangelisation.

A key theme for individual Christians who #pledgetoprayer (Twitter thread) is 'Pray for Five'. Christians are praying for five people they know that at least one might become a follower of Jesus. Thy Kingdom Come is not prescriptive as to how that might happen and individual, churches and groups of churches are encouraged to pray for their own ways of outreach.

To help light up the world in prayer or obtain resources visit www.thykingdomcome.global. Prayer journals are available free from the back of church.

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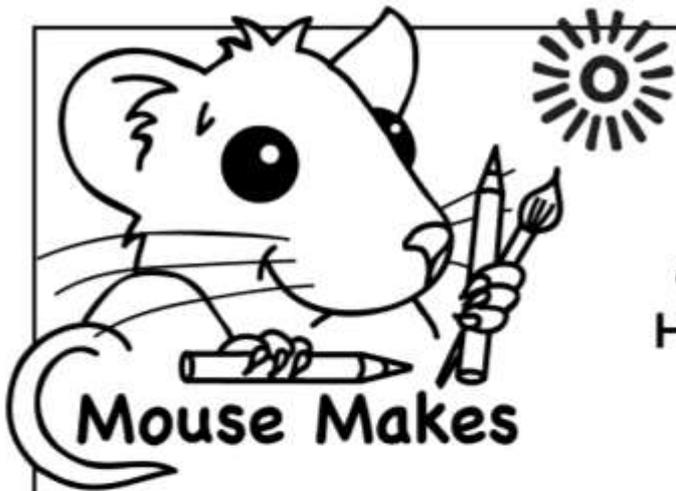


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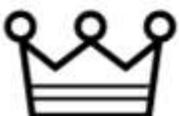
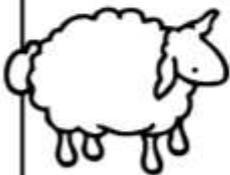
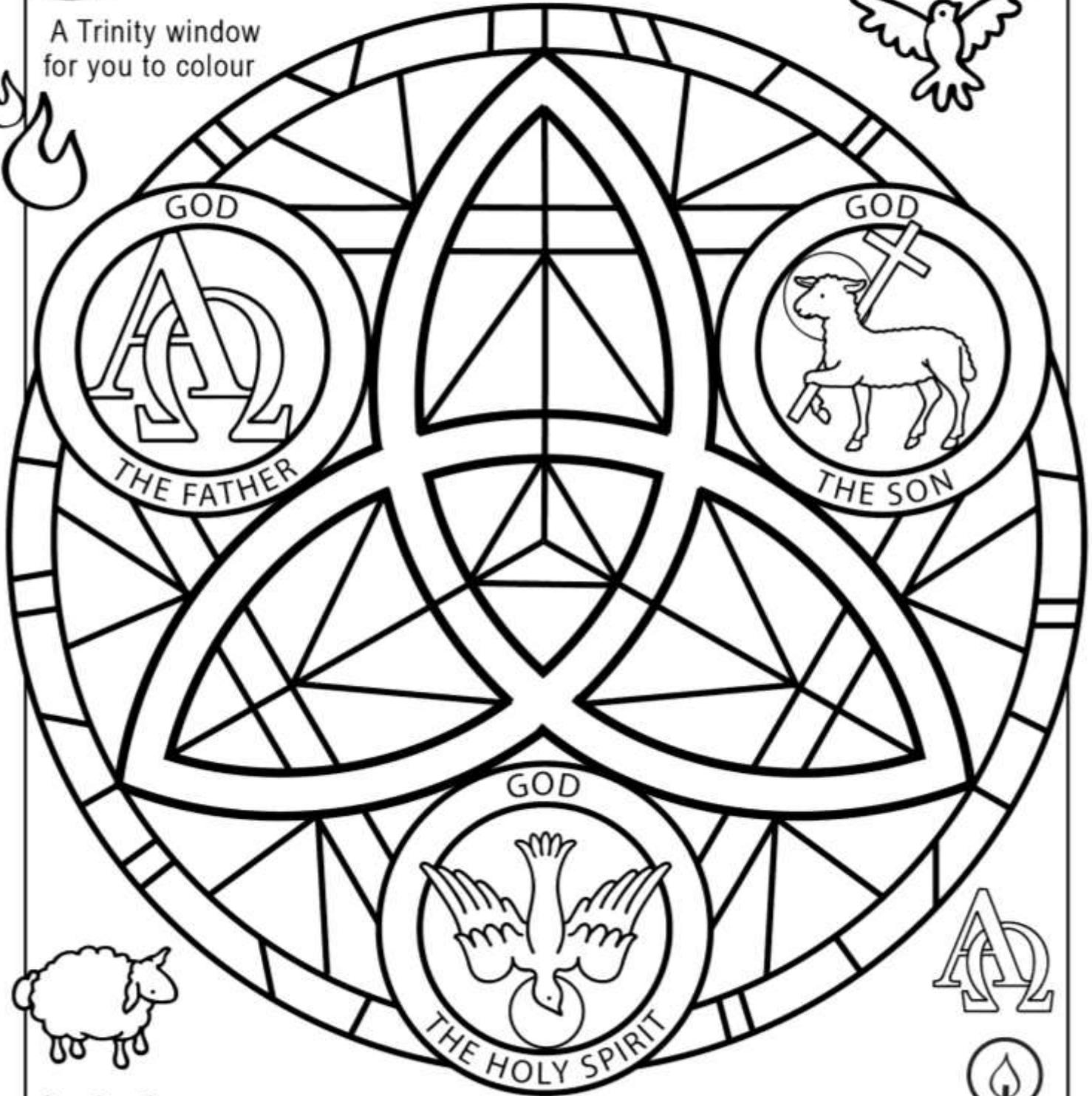
Mouse Makes

"May the *grace* of the Lord **JESUS CHRIST** and the *love* of **GOD** and the fellowship of the **HOLY SPIRIT** be with you."



2 Corinthians 13:13

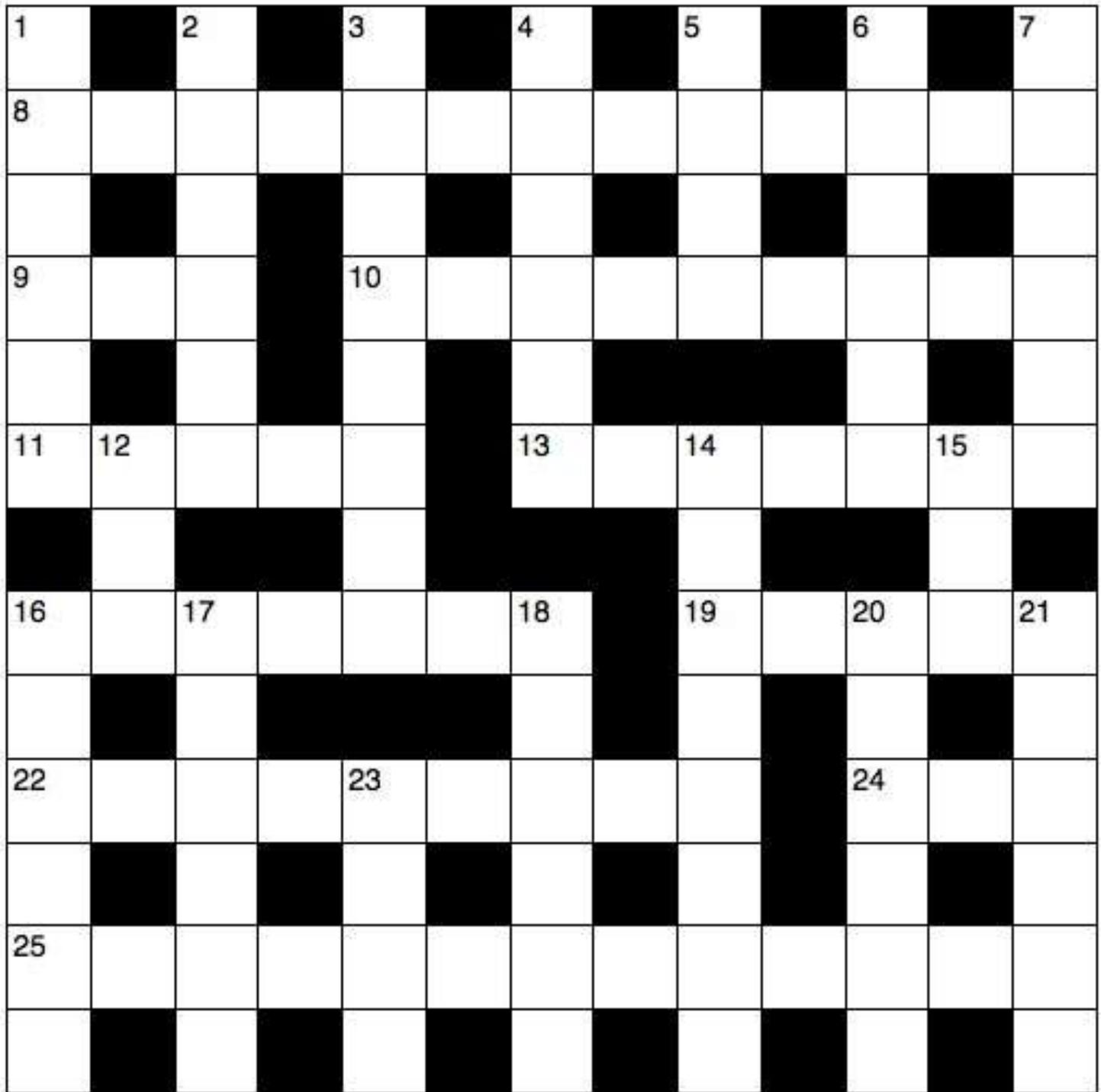
A Trinity window for you to colour



The Bible teaches us that God is three persons in one:
GOD = FATHER and SON and HOLY SPIRIT



Crossword



Across

1. Laban complained he had not been allowed to kiss them when Jacob fled with his family (Genesis 31:28) (13)
9. In favour of (3)
10. 'The child's father and mother ___ at what was said about him' (Luke 2:33) (9)
11. Swagger (Psalm 12:8) (5)
13. 'Terrors ___ him on every side and dog his every step' (Job 18:11) (7)

16. Bay bits (anag.) (7)
19. Preach, address an audience, speak in public (5)
22. Holy Communion (9)
24. 'On their way to ___ out the land, Joshua instructed them, "Go and make a survey of the land"' (Joshua 18:8) (3)
25. Joseph advised Pharaoh to appoint these to administer his grain storage plan (Genesis 41:34) (13)

Down

1. 'Assyria's pride will be brought down and ___ sceptre will pass away' (Zechariah 10:11) (6)
2. 'And Jesus grew in wisdom and stature, and in ___ with God and men' (Luke 2:52) (6)
3. The descendants of Esau (Genesis 36:9) (8)
4. The components of the crown that Jesus was made to wear before his crucifixion (John 19:2) (6)
5. Colour of cloth which was to cover holy objects in the tabernacle when moving camp (Numbers 4:6–12) (4)
6. One of the gold articles plundered from the Midianites offered to the Lord by the Israelite army 'to make atonement' (Numbers 31:50) (6)
7. 'The fathers have eaten sour grapes, and the children's teeth are set ___ ___' (Jeremiah 31:29) (2,4)
12. Ate (anag.) (3)

Answers will be published in the next issue of Gridiron.

Answers to the April & May crossword are ...

Across: 1 Priesthood. 7 Replica. 8 Get up. 10 Calf. 11 Governor. 13 See you. 15 Not see. 17 Incident. 18 Sake. 21 NSPCC. 22 Trample. 23 Perishable.

Down: 1 Papal. 2 In it. 3 Shalom. 4 Huguenot. 5 Outings. 6 Procession. 9 Perseveres. 12 Mordecai. 14 Escapee. 16 Snatch. 19 Apple. 20 Lamb.

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Charity of the Month June: Dementia Adventure

Dementia Adventure is a multi-award winning charity. They are based in Essex but work nationally and have an international following. They provide holidays, training, consultancy and research services.

Dementia Adventure has a vision and mission to enable a society in which people live well with dementia, get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives. A society where people enjoy a full range of activities, have strong relationships with people in their communities and have access to places connected to their interests, passions and dreams.

They believe in thinking differently about dementia and they positively focus on the individual and not on the illness. They look at what people can do, not what they can't, and concentrate on 'the possible'.

They value physical, mental and creative activity as fundamentally a part of 'living well with dementia'. Their aim is to develop a solid evidence base for their work, grounded in research, which will enable people living with dementia to have real choice and control to take positive risks in their lives.

They recognise that people's emotional bonds with each other and with nature are extremely important and work compassionately connecting people and places, nature and interests, passions and dreams.

They hold a belief that everyone has something to give and contribute to their community. They aim to challenge the stigma surrounding dementia by sharing positive, authentic stories and images of people enjoying dementia adventures.

Charity of the Month July: Guide Dogs for the Blind

Guide Dogs for the Blind exists to provide life-changing services to the 360,000 people who are registered blind or partially sighted, and the two million people in the UK living with sight loss.

In recent years they have expanded their services to help thousands more people with different needs. Their ambition is for a future where every person with sight loss has the confidence and support they need to live their lives to the full.

Despite the devastation caused by sight loss, 70% of adults receive no support within the first 12 months of diagnosis, and are likely to encounter poor education, high unemployment, depression, loneliness and financial insecurity throughout their lifetime.

Childhood sight loss is on the increase. There are around 35,000 children and young people living with vision impairment in the UK. Some 80% of a child's learning takes place using vision, and every day they go without support can affect their development.

As well as providing dogs they have a network of local teams which give one-to-one training and support on a practical and emotional level. They are also using technology to become more efficient and effective and transform the way they interact and deliver services.



Children's Easter art projects and Rosalind Hore's banner of Jesus help to make this Church a pleasant place to be and displays the vibrant faith which is alive here.



And Finally....

The best mathematical equation I have ever seen:
 $1 \text{ cross} + 3 \text{ nails} = 4 \text{ given}$.

Think Less, Feel More. Frown Less, Smile More. Talk Less, Listen More. Judge Less, Accept More. Watch Less, Do More. Complain Less, Appreciate More. Fear Less, Love More.

Bob Speel has an interest in sculpture and art and he recently visited St Laurence to look at the monuments here. He has a personal website and has now included a page about St Laurence. Take a look at www.speel.me.uk/essex/upminsterch.htm

Parish Diary for June

See inside front cover for regular Sunday service times

Sat	1 st	<i>Justin, martyr, c165</i>
Sun	2 nd	7th Sunday of Easter, 9.30am Sung Parish Mass, 6.30pm Choral Evensong
Mon	3 rd	<i>Martyrs of Uganda, 1885-7, 1977</i>
Tues	4 th	<i>Petroc, abbot, 6th century</i>
Wed	5 th	<i>Boniface (Wynfrith), bishop, martyr, 754</i>
Thurs	6 th	<i>Ini Kopuria, founder of the Melanesian Brotherhood</i>
Sat	8 th	<i>Thomas Ken, bishop, nonjuror, hymn writer, 1711</i>
Sun	9 th	Pentecost, 9.30am Sung Parish Mass, No Evensong at St Laurence. 6pm Service at All Saints', Cranham
Mon	10 th	7.30pm Celtic Worship.
Tues	11 th	<i>Barnabas the Apostle</i> , 6pm Havering Music School High Scorers Concert, 7.30pm Adventurers' Meeting, Parish Office
Thurs	13 th	1.05pm Lunchtime Concert
Fri	14 th	<i>Richard Baxter, puritan divine, 1691</i>
Sat	15 th	<i>Evelyn Underhill, spiritual writer, 1941</i> , 1pm Summer Fete and BBQ
Sun	16 th	Trinity Sunday, 9.30am Parish Sung Mass, 6.30pm Taizé Prayer
Mon	17 th	<i>Samuel and Henrietta Barnett, social reformers, 1913 and 1936</i> , 7.45pm Mission and Ministry Meeting, Parish Office
Tues	18 th	<i>Bernard Mizeki, martyr, 1896</i>
Wed	19 th	<i>Sundar Singh, sadhu (holy man) evangelist, teacher of the faith, 1929</i>
Thurs	20 th	11am Service at Little Gaynes Home, Corpus Christi, 8pm Sung Mass, Procession & Benediction at St Laurence with All Saints', Cranham
Sat	22 nd	<i>Alban, first martyr of Britain, c250</i>
Sun	23 rd	1st Sunday after Trinity, 9.30am Sung Parish Mass (Parade Service), 6.30pm Said Evensong
Mon	24 th	<i>Birth of John the Baptist</i> , 9am Footsteps
Tues	25 th	11.15am Service at The Oaks Home
Thurs	27 th	<i>Cyril, bishop, teacher of the faith, 444</i> , 1.05pm Lunchtime Concert
Fri	28 th	<i>Irenaeus, bishop, teacher of the faith, c200</i>
Sun	30 th	2nd Sunday after Trinity, 9.30am Sung Parish Mass, 6.30pm Said Evensong

Details of dates, times and venues of all meetings and events need to be recorded in the Parish Diary (Parish Office 01708 220696)

Parish Diary for July

See inside front cover for regular Sunday service times

Mon	1 st	<i>Henry, John and Henry Venn, priests, evangelical divines, 1797, 1813, 1873. 7.30pm Celtic Worship.</i>
Tues	2 nd	8pm CM&FG Meeting, Parish Office
Wed	3 rd	Thomas the Apostle
Sat	6 th	<i>Thomas More, scholar, and John Fisher, bishop, martyrs, 1535</i>
Sun	7 th	3rd Sunday after Trinity, 9.30am Sung Parish Mass, 6.30pm Solemn Evensong & Benediction
Thurs	11 th	<i>Benedict, abbot, c550</i>
Sun	14 th	4th Sunday after Trinity, 9.30am Sung Parish Mass, 6.30pm Said Evensong
Mon	15 th	<i>Swithun, bishop, c862, Bonaventure, friar, bishop, teacher of the faith, 1274</i>
Tues	16 th	<i>Osmond, bishop, 1099</i>
Wed	17 th	7.30pm PCC Meeting, Parish Office
Thurs	18 th	<i>Elizabeth Ferard, deaconess, founder of the Community of St Andrew, 1883</i>
Fri	19 th	<i>Gregory, bishop, and his sister Macrina, deaconess, teachers of the faith, c394</i>
Sat	20 th	<i>Margaret of Antioch, martyr, 4th cent., Bartolomé de las Casas, Apostle to the Indies, 1566</i>
Sun	21 st	5th Sunday after Trinity, 9.30am Sung Parish Mass, 6.30pm Said Evensong
Tues	23 rd	<i>Bridget, abbess, 1373</i>
Thurs	25 th	James the Apostle, 11.15am Service at Little Gaynes Home
Fri	26 th	<i>Anne and Joachim, parents of the Blessed Virgin Mary</i>
Sat	27 th	<i>Brooke Foss Westcott, bishop, teacher of the faith, 1901, 9am Table top Sale, Main Hall</i>
Sun	28 th	6th Sunday after Trinity, 9.30am Sung Parish Mass, 6.30pm Said Evensong
Mon	29 th	<i>Mary, Martha and Lazarus, companions of Our Lord</i>
Tues	30 th	<i>William Wilberforce, social reformer, Olaudah Equiano and Thomas Clarkson, anti-slavery campaigners, 1833, 1797, 1846, 11.15am Service at The Oaks Home</i>
Wed	31 st	<i>Ignatius of Loyola, founder of the Society of Jesus, 1556</i>

Details of dates, times and venues of all meetings and events need to be recorded in the Parish Diary (Parish Office 01708 220696)



Get in touch with

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Rector

The Reverend Susannah Brasier

Revd Susannah is currently on maternity leave. In emergencies and in the need of a priest please contact Fr Roy or the Churchwarden.

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