

April and May 2025



GRIDIRO

The Magazine of the Parish Church of
Saint Laurence Upminster

£1



Service Times

The service schedule may change at short notice. Please refer to Porchtalk or contact the Parish Office for up-to-date information.

Sundays

Holy Communion	08.00
Sung Parish Mass	09.30
Sunday Schools	09.30
Evensong	18.30
<i>(see Parish Diary for details)</i>	

Weekdays

Wednesday	Morning Prayer	08.45
	Mass	11.00
	Evening Prayer	16.15

Footsteps

We are not able to hold Footsteps Without heating in Church.
Please refer to *Porchtalk* for when services resume.



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

Baptisms and Wedding Banns

These are administered during public services.
Please contact the Parish Office to make arrangements.

Confessions

By appointment with the clergy.

**Please inform the Parish Office or Revd Susannah
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

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From the Rector

As I write this article at the beginning of March, the first snowdrops are appearing in the garden and the weather has finally been sunny for several days at a time (albeit still rather cold!) I am reminded yet again of how much the weather and the natural rhythms of the season can affect our outlook. Whilst there can be something to be said for the peace of winter evenings or the crisp beauty of a cold day, many of us find that too much cold, wet or gloomy weather takes

a toll on our mood, our energy levels or our outlook on events.

I once went on a retreat just after Easter to the Taizé Community in France. The weather was beautifully warm - but not too hot - the skies blue, flowers blooming. It was idyllic, and I had a very strong sense of how the weather was mirroring the difference that the good news of Easter makes to our souls and our lives. The truth and the value of Christianity really do hinge on the good news of Easter and the promise that death is transfigured by life, that no situation is ever hopeless, that God's love and mercy are greater than everything else. Easter changes the parameters of what is possible and of what we can dare to hope and to believe.

Holding fast to Easter faith is often not easy to do. Tragic events around the world and closer to home can make it very difficult at times. However, as we observe Holy Week we are reminded that the horror of Good Friday is as much part of Easter as the glory of resurrection - the resurrection is worth celebrating only because it takes in the suffering of the world. God does not stand apart from suffering but is there in the midst of it. Throughout history there have been many examples of Christians in very difficult circumstances who have held on to the promise of Easter and its defiant statement that evil, pain and grief will not have the final word.

There is a traditional prayer, often used in Compline (Night Prayer) which provides a beautiful expression of Easter hope, and which you may find it helpful to use during this season and as we journey towards Pentecost:

'Come, O Spirit of God, and make within us your dwelling place and home. May our darkness be dispelled by your light, and our troubles calmed by your peace; may all evil be redeemed by your love, all pain transformed through the

suffering of Christ, and all dying glorified in his risen life.'

Amen

with my prayers and best wishes

Susannah

William Rose Holden (31st December 1934 - 16th January 2025)

William Holden was our Patron for 30 years, from 1995 until his death in January this year. The patron has the final say in the process to appoint a new incumbent to a parish. Often the patron is the Bishop or a church society, but some parishes, such as ours, retain a private patron. As many of you will know, members of the Holden family held the patronage and were the incumbents of Upminster for almost 200 years. The final Holden Rector was Hyla Rose Holden, who retired in 1971. When he died in 1995, his nephew, William, took on the patronage.



Some private patrons have little to do with parishes outside of their involvement in the appointment process. This, however, was not William. Despite living some distance away, in Hove, through the thirty years of his patronage he maintained an active and lively interest in St Laurence and was unfailingly supportive - as someone astutely observed after his death, 'supportive but never interfering'. He visited St Laurence on a regular basis, and kept in contact between visits. His final visit to Upminster was in September 2022, when he spoke to us about the remarkable experience of receiving Maundy Money at the Royal Maundy Service. In recent times, when poor health prevented William from visiting us in person, he became a weekly attender at our Zoom Evensong, and also on several occasions said Morning Prayer with me over Zoom. His steadfast faith, trust in God and sense of gratitude - even as he faced declining health and multiple close bereavements - were very inspiring.

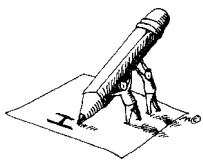
William was a pivotal member of his own church, St Peter's, West Blatchington - who visited us for a Joint Evensong here and in turn invited our choir back to sing in their church. He was a Lay Reader and was widely involved in the life of Hove Deanery and Chichester Diocese. He was interested in and

knowledgeable about many aspects of church life, theology and the Bible. One of his great passions was encouraging everyone to discover their vocation, and it was with this enthusiasm that he acted as a mentor on the 'Living Faith' course run by the Diocese of Chichester - a course designed to enable lay people to explore their gifts, their discipleship and their sense of calling.

A number of us from Upminster attended William's Requiem Mass at West Blatchington - a moving service which attested both to William's faith and to what he meant to his family, fellow Christians and numerous others. He was commended to God with sorrow and yet in the confidence that his lifelong pilgrimage of faith has now found its fulfilment in God's eternal life.

With William's death the patronage is due to pass to his son, Simon - as I write, the transition is in process. Simon worships at St John of Jerusalem, Hackney, where he is on the PCC, and has also visited Upminster on multiple occasions. We look forward to our partnership with him going forward. Please remember him, and all William's family, in your prayers.

Revd Susannah



From the Editors

Dear Readers

Welcome to the Spring issue of Gridiron!

Whilst I sit at my desk compiling these pages I am looking out at a cold but bright, sunny day: There are white-edged grey clouds scudding past high up in the blue. Birds are singing their songs, announcing their territories. Blossoms and bulbs are flowering and a brave insect or two is out and about, but, that sharp wind, the cold nights, they remind us that we are still half in winter. It feels like Spring is nature's Lent before the Easter of full Summer arrives.

I hope the articles in this magazine will reflect some of that sentiment and that you get a sense of travelling along from Lent into Easter, Spring into Summer. God bless and Happy Easter!

Joanne Chapman, Editor

June and July Magazine Deadline

Items for inclusion in the June and July edition of *Gridiron* should reach the editorial team by **Friday 2nd 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 **Sunday 25th May**.

From the Parish Registers

BAPTISM

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

8th February George Christopher and Ivy Ann Newman
2nd March Paul O'Neill

MARRIAGE

We offer our congratulations to and pray for:

8th February Ian Christopher Newman and Carly Louise Wall

BURIAL

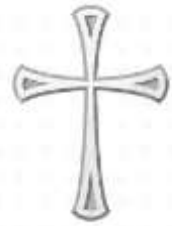
We offer our deepest sympathy to the family and friends of:

16th January Mabel Doreen Mulley

INTERMENT OF ASHES

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

7th March Patricia Anne and Martin William Charles Wales
15th March Rita Olive and Kerry John Langler



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Shirley Marian Gunary (2nd January 1933 - 18th December 2024)



Shirley Nash was born on 2nd January 1933 in Stepney, within the sound of Bow Bells, which made her a genuine cockney. The family moved to Upminster and the girls first attended the Bell School on St. Mary's Lane, and then the Brentwood Ursuline, where Shirley made a group of friends with whom she maintained contact throughout her life.

She worked hard and did well at school, although she did get up to some mischief too! On the daily train commutes to the Ursuline, she and friends would compete to see who could be the fastest to climb across the luggage racks from one end of the carriage to another.

On leaving school, she secured a coveted job at the Bank of England, forming close friendships which continued throughout her life. In her teens, Shirley joined 'The Guild' here at St. Laurence Church, where she met Bill and a courtship began. They were married at St. Laurence on the 4th September 1954, and moved into their first home on Melstock Avenue in Upminster. Will was born two years later, followed a little later by Jo. The growing family then moved to Gidea Park, to a home where Shirley and Bill would remain for over 60 years, and shortly after the move, Ali arrived, making the family complete. Shirley was a devoted wife and a great support to Bill through the ups and downs of life. They were married for an impressive 69 years.

As a mum to Will, Jo and Ali, she balanced warmth and concern with discipline. Whenever they travelled, they always had to let her know when they had arrived at their destination safely, even when they were in their 60s! She was always there when they needed her, whether it was to lend an ear, give advice or provide practical support. She could be a tough disciplinarian when the need arose.

In the late 1960s, Shirley was asked to temporarily run a local playgroup; in those days no qualifications, training or experience were required. However, with her characteristic common sense and humour she made a great success of it. Lifelong friendships, Christmas concerts, humorous scripts, crêpe paper costumes, her Les Dawson-style piano playing became legendary until she

retired thirty years later. She received an invitation to Buckingham Palace, following a creation made by the children for the Queen's Silver Jubilee.

When Will, Jo and Ali were young, family holidays were often spent with her sister, Jean, and her boys in Jaywick, until Bill and Shirley bought their dream holiday flat in Bournemouth in the late 1960s, and which, for the next 50 years became a second home. Many happy memories were created there over the years entertaining numerous visitors.

When all the children had eventually left home, Shirley began to involve herself in new activities, playing badminton and joining the Upminster Probus group, where she soon took on the role of running the raffle, thoroughly enjoying the monthly shopping trip with her friend to choose the prizes.

Shirley was quite the wordsmith. She excelled at cryptic crosswords, even having a go at them with family members in the last year of her life. In addition to writing the annual Christmas play for her Playgroup, she composed a number of successful rhyming speeches which she delivered at Bill's Masonic Ladies Nights. She could spot (and would, invariably, comment on) any spelling error a mile away.

Navigation was not one of Shirley's many talents! Despite many years of driving to Bournemouth from Gidea Park in her trusted Mini, she never went the same way twice and often took a 'scenic route'. On one occasion she drove a friend to Harlow using a map of Essex on a tea towel as her guide! They did make it to their destination!

Frugality was another hallmark of Shirley's life. Whether this was due to growing up in the war years or just due to her outlook on life, she was never one to waste anything. Food was never thrown away and sell-by dates were a thing to be ignored, but judging by Bill and Shirley's good health and longevity, maybe there is something to be said for this.

Family was Shirley's greatest joy. Growing up she loved being part of huge get-togethers, and when she had children of her own, hosting many birthday and Christmas celebrations. There were party games, laughter and endless amounts of food that she would have been preparing for weeks. She loved to provide tea and cake for those who popped in. If she knew you were coming, she would have baked your favourite cake in advance.

It seemed for several years that there may be no grandchildren, but, all at once, they began to arrive and she went on to have 11, and eventually 11

great-grandchildren. As each grandchild arrived, Shirley would drop everything to go and lend a hand so that the new mum could get some rest. As the family continued to expand, special occasion gatherings, such as her 75th birthday, the Golden Wedding and Diamond Wedding anniversaries, took place at large party houses in different parts of the country.

In 2023, owing to Bill's deteriorating health and Shirley's diagnosis of Alzheimer's, they moved from Gidea Park, to the Glebe House Care Home in Almondsbury, just a few minutes away from Jo, allowing Shirley and Bill to remain together and receive the wonderful care that they needed and deserved.

One of the things Shirley will be remembered for is having a great sense of humour and she could always see the funny side of life. Even when her dementia began to take over, she could still come up with an intentional funny comment. She had a very stoical approach and always tried to look on the bright side of the circumstances that life brought, her cheerful nature leaving a lasting impression on everyone she met.



Building Faith

A new, informal early morning service
for primary school aged children with their parents/carers
Refreshments, prayer, Bible story and building blocks activity

4th May, 1st June, 6th July, from 8am - 8.45am
Main Hall, St Laurence Church

For more information please contact the Parish Office:
parish.office@upminsterparish.co.uk 01708 220696



Holy Week and Easter Services at St Laurence

Sunday 13th April (Palm Sunday)

- 8am Mass with Reading of the Passion
9.30am Liturgy of the Palms, Procession and Parish Mass
with Reading of the Passion
6.30pm Compline on Zoom

Monday of Holy Week (14th April)

- 10.30am Children's service in the Derham Hall - story, Lego, prayers and refreshments

Tuesday of Holy Week (15th April)

- 4.30pm Evening Prayer

Wednesday of Holy Week (16th April)

- 11am Said Mass
4.30pm Evening Prayer

Maundy Thursday (17th April)

- 11.00am Chrism Mass at Chelmsford Cathedral
8pm Solemn Mass of the Lord's Supper, followed by the Watch until 10pm

Good Friday (18th April)

- Morning Walk of Witness and Churches Together joint service
(please see Porchtalk for details nearer the time)
12-3pm Children's Good Friday Activities in the Main Hall
(please book in advance)
2-3pm Liturgy of the Day in church

Holy Saturday (19th April)

- 8pm Easter Vigil

Easter Day (20th April)

- 8am Said Mass
9.30am Parish Mass
No Evening Service



Forgiveness

By Chris Edmondson

The Rt. Revd Chris Edmondson was Bishop of Bolton from 2008 until his retirement in 2016. Ordained in 1973, he has worked in a variety of parish and diocesan posts and was Warden of Lee Abbey, Devon from 2002 until 2008. He is now an Honorary Assistant Bishop in the Diocese of Leeds.

She stood there quietly sharing her story, occasionally with tears in her eyes, and you could hear a pin drop. An apparently ordinary middle-aged woman recounting an extraordinary and painful story: the murder of her son seven years before, as a result of a random knife attack. A young man about to be married - a case of being in the wrong place at the wrong time.

And the audience? A group of 30 male prisoners and me, along with others visiting the prison that day, were privileged to be flies on the wall for this extraordinary encounter.

What we witnessed is part of a programme called 'restorative justice'. It works on the premise that crimes need to be viewed less as violations against society and more as violations against individuals and in terms of the effects they have on them. When seen through the restorative lens, the all-important questions are not so much around 'Who is to blame?' as 'What can be done to make things better in the long term, for victims, the offender and the community?'

That particular prison visit will remain long in my memory, as I saw a woman, without bitterness, motivated by her Christian faith. She was able not only to forgive those who had taken her son's life, but also to help the men in her audience, some of whom had committed equally serious crimes, to realise at a deeper level the impact on their victims and to see the possibility of repairing the physical and emotional damage caused by crime.

Lord, give all today who may feel the need for revenge or retaliation the grace to follow the costly steps of Your Son in the ways of restoration and healing.
Amen

The above was broadcast on BBC Radio 4's 'Prayer for the Day' on 12th October 2009 - the anniversary of the death of the prison reformer Elizabeth Fry (1780 - 1845). Published in the UK and USA 2016 by Watkins, an imprint of Watkins Media Limited, by arrangement with the BBC.



Summary of PCC Meeting held on 3rd February 2025

It was agreed to install a fire brigade-compliant bollard next to Derham Hall to deter parking on the pavement. The exact siting was discussed.

No members of the PCC are due to retire at the next APCM on 27th April. Becky Perchard and Nick Thomson are eligible for re-election having served three years. There are seven vacancies on the PCC. Members of the congregation should be encouraged to consider standing. There are also currently two vacancies for representatives on the Deanery Synod to serve for one year until elections in 2026.

A complete revision of the Electoral Roll has to take place this year. The revision period will run from 16th February to 16th March and everybody on the current roll will be contacted plus others who might be interested.

It had not been possible to change to LED lighting on the exterior of the church using the existing fittings. A quote had been obtained for new fittings and this was approved.

The Rector outlined her plans for the proposed new service for children attending at 8 o'clock which would be held once a month on a trial basis. More volunteers are required to help with this.

Due to the Church of England's environmental policy it is proving difficult to get permission to install new gas boilers. The Rector has put forward a very good case and the Archdeacon and our Architect have been supportive. A decision is awaited. The lack of heating is having a detrimental effect on the organ. Its condition is being closely monitored as any damage would lead to very significant repair costs.

The Rector paid tribute to William Holden who will be a great loss. He has been a wonderful patron and has given great support to the church over many years.

Other matters that received attention included churchyard trees, faculty submission for 'Tommy' silhouettes to become permanent, speed bumps, weatherproofing of bell tower, legacy income, Choir Association bank account, Fairtrade refreshments, use of eco-friendly products for cleaning halls, sacristy safes, gutter clearance, problems with floor in Minor Hall, pre-school changes, car park marking. A comprehensive report on finances was given together with reports on communications and many other routine matters.

St Mary's Church, Mundon - A Hidden Essex Gem

by Rob Brabner



The church of St Mary's, Mundon, is situated on the Dengie Peninsula with the nearest town being Latchingdon. The church was originally an estate church attached to Mundon Hall to serve the Hall's residents, staff and the agricultural workers on the surrounding land. It is now in the care of the church charity 'The Friends of Friendless Churches'.

'The Friends' website states '... squelching marshes, open skies and cockleshell spits make up the Dengie Peninsula in Essex. On it, you'll find St Mary's Church with its curious double-storied Tudor tower wrapped in a timber-framed skirt.'

It could almost pass as a spaceship and, in fact, Mundon's apocalyptic landscape peppered with petrified oaks inspired the Martian landing scene in H G Wells' *'The War of the Worlds'*.

The description of the church as a 'spaceship' is somewhat fanciful, but H G Wells certainly knew the Dengie Peninsula. He lived close by for a number of years at Great Easton, near Great Dunmow, and it is generally believed that the Dengie landscape inspired Wells in his famous novel.

The sheer simplicity of this church has its own attraction. The church is now associated with St Mary's, Maldon, has at least one service a year and is open to visitors on a regular basis (check the website for the exact times).

The church has a picturesque wooden tower, scarcely higher than the nave roof. Entry to the church is via the north porch, itself a fine example of early 17th century carpentry. There is wind bracing to the lower walls to keep the porch intact and attached to the main structure. There is some good carving of vine leaves on the four-centred arch. The interior has a large 18th century clear glass east window, early 19th century box pews and an 18th century pulpit with a sounding



board. The church displays signs of work carried out during the 14th, 16th and 18th centuries. The humble interior is very impressive and the chancel has a semi-circular wooden arch proclaiming 'Behold the Lamb of God'.

'The Friends' have carried out valuable restoration work in recent years, including repairs to the tower and roof, and, more recently, stabilisation due to the marsh-like ground on which the church stands. The small churchyard is attractive and there is an area for car parking at the front.

A lifeline for churches in need

Dear Friend

We are working hard to secure the future of the UK's historic churches, and with your support we are making a difference. From delivering training to funding repairs, we help hundreds of churches each year. But the overall picture for churches is concerning.



In January, the UK Government announced that it would be extending the Listed Places of Worship Grants Scheme, but only for one year and with a reduced budget. The scheme, which covers VAT costs for listed churches to carry out repairs, has been a lifeline since it was introduced more than 20 years ago.

That's why we will continue to work with the Government, to make sure that the value of churches is understood.

What was clear from the Westminster Hall debate was just how many people and churches had contacted their MPs about the Listed Places of Worship Grants Scheme. We are very grateful to everyone who did this; it made a significant difference. Not only did it encourage a variety of MPs from different parties to attend, but it also meant that MPs highlighted many examples of churches in their own constituencies in their speeches.

Our research was quoted by MPs during the debate, as they made the case for why the scheme should be renewed and to show the importance of church buildings in communities today.

Thank you for all you are doing in support of our work.

Claire Walker

Chief Executive National Churches Trust



February Feast

We enjoyed another evening of delicious food and good company at Top Meadow's Clubhouse Restaurant on Tuesday 25th February and this year I actually remembered to take some photos!

Whilst we were somewhat fewer in number due to illness or being on holiday, it was lovely to welcome some new faces.

Whilst fellowship was the main aim of the evening, we also raised £333 for our Building Improvements Project.

Many thanks to all of you who came along or gave a donation. *Debbie Stewart*



Quinquagesima Lunch - 2nd March



Quinquagesima is the last Sunday before the start of Lent.

Being the last Lord's Day before the start of the Lenten season, it is known for meat consumption as people feast before beginning their fast on the Ash Wednesday.

At St Laurence we have met together for a lunch on this Sunday for many years and enjoy the caring, sharing and fellowship this brings.

Revd Catherine Says Goodbye to St Laurence

Since coming to live with you, I have baptised some of you, I have married some of you, led some of you to confirmation and presided over our communion with Christ, in the giving and receiving of bread and wine.

We have prayed together, sung together, broken bread together, laughed

together and in the passing of dear friends, we have mourned together. We've read scripture together, and talked about what that scripture might mean to us in our ordinary everyday lives. Maybe, most memorably of all, I have spoken to you, about what it means, to be... a wheelbarrow.

And just as that wheelbarrow represented unobtrusive love, I hope I have been a vessel of love for you, as you have been vessels of love to me. Put simply, I have dwelt with you. And you have dwelt with me. Because all of this, is the stuff of family life, a Christian family life.

In the Garden of Gethsemane, Christ explains to us that he wishes us, as his disciples, to dwell in him, as he dwells in his Father, that we, too, through him, might dwell with our heavenly Father. Dwelling together in this love, is dwelling in Christ.

As a trainee priest, over the years, one works and ministers in many different parishes. You get to see the good, the less good and the hardened hearted. But at St Laurence today, I tell you truly, I have experienced, the very, very best.



As a former English teacher, you were never going to get away without a quotation from Shakespeare: 'Parting is such sweet sorrow'. Sorrow, because we are to be parted. But sweet sorrow, here, because had no mutual affection or communion in Christ been forged, there would be no missing of each other.

And, of course, to bring quotation right back down to gritty earth, we live in the joy that we shall meet again, and we do know where, even if we don't know when.

I would only add to this, that you never truly leave a real 'home'. So, I invite you to raise a glass to our St Laurence Church family. May we always be vessels of love, to one another and to others: To our ordinary, unobtrusive, wheelbarrow lives.

Hawthorn *by Michael Blencowe of the Sussex Wildlife Trust*

You could set your calendar by it. Around the first day of May, our ancestors would step outside to find foamy white clouds erupting across the countryside; the Hawthorn was blooming, spring was turning to summer. The sight was so visually stunning and so linked with the arrival of May that Hawthorn became the only British plant to be named after the month in which it blooms. Well, the name Hawthorn is derived from the Anglo-Saxon 'hagathorn' (haga meaning hedge). I'm referring to that other name for Hawthorn: May-tree.



Unlike the impetuous Blackthorn, which flowers in March before it's even bothered to grow leaves, the Hawthorn is more dignified. It waits until it has clothed itself in undergarments of lobed leaves before it dons a resplendent gown of exquisite white flowers. This stunning costume and perfect timing meant Hawthorn took centre stage at May Day celebrations and it partied with Green Men, Morris Dancers, Maypoles and May Queens. 'Gathering nuts in May' actually refers to 'gathering knots of May' to make May Day garlands and decorations.

Then, in the middle of the eighteenth century, tragedy struck. I don't know about you, but I get thrown into disarray twice a year when the clocks change. My life would have gone into meltdown in 1752 as our whole calendar changed from Julian to Gregorian, and we lost an entire 11 days. In this new timeline, Hawthorn now found itself late for the party, blooming around May 12th. It wasn't the first time Hawthorn had been cast aside. Superstitions dictated that bringing Hawthorn indoors led to misfortune - even death. This could stem from the fact that Hawthorn blooms release trimethylamine, which gives the flowers that unpleasant smell of cat's wee and attracts pollinating insects. It's also a chemical formed in decaying tissue and reminded people of the smell of the Black Death - and nobody wanted to be reminded of that.

I remember at primary school being taught 'Ne're cast a clout 'til May is out'. I translated this gibberish into the fact that you should keep your warm clothes on until the end of May. I've only just discovered that 'May is out' refers to Hawthorn blooming. My clouts could have been cast weeks earlier.

But the world has changed since I was a nipper - we're warming up.

For a temperature-sensitive plant like Hawthorn, the blooming times are changing again. Hawthorn is responding to climate change by flowering up to two weeks earlier than it was thirty years ago. It has crept back to bloom around May Day and is now more commonly seen flowering at the end of April. So, this May Day, cast your clouts, get out into the great outdoors, and welcome the return of the real May Queen.

St Boniface of Crediton - Apostle to the Germans - Missionary and Martyr

Today, Boniface is better remembered in Germany than in his native England. Tradition places his birth at or near to Crediton in the year 675. He was christened Wynfrith and dedicated himself to the monastic life from an early age later becoming a Benedictine Monk, first at Exeter and then at Nursling, near Southampton. The Church celebrates St Boniface on 5th June and in 2019, Devon County Council, in conjunction with the main Christian denominations, deemed St Boniface Patron Saint of Devon.



In the year 718 he left England to take the Gospel to the heathen tribes of Germany. He made an immediate impression as one who moved with power and his results were lasting. He is recorded as carrying his mission to Hesse, Bavaria, Westphalia, the Thuringia and Württemberg. Three times he journeyed to Rome to report his progress to the Pope. On the second visit he was made a bishop, eventually establishing his see at Mainz. The Pope gave him the name of Boniface after the fourth century saint and martyr, Boniface of Tarsus. The name means fortunate and auspicious.

One legend linked with Saint Boniface is the felling of the Donar Oak, a tree revered by German pagans and sometimes called 'Thor's Oak'. The people were amazed that Boniface was not struck down by Thor after the tree was felled and consequently they converted to Christianity. Boniface is reputed to have built a church from the wood of the felled tree.

To help with his work Boniface enlisted other English missionaries from Wessex, which included women as well as men.

The text of many letters, written by and about Boniface still exist; they are

valuable historic documents and give a picture of a great and lovable man. Pope Gregory III around 732 made him an Archbishop, and his later years were busy organising the West German Church and reforming the Frankish Church in alliance with King Pepin the Short.

When Boniface was over seventy years old he still had no thought of rest and turned his attention to Holland. There his life ended in martyrdom. At a place called Dokkum, he and his companions were set upon by heathen Frieslanders and put to the sword; when they broke in on him, he was sitting quietly in a tent reading the scriptures to Christian neophytes. He and his companions were martyred on Pentecost Sunday. Shortly after, Archbishop Cuthbert of Canterbury wrote to St Lull that 'we in England lovingly reckon Boniface among the best and greatest teachers of the faith'. Boniface's tomb at Fulda, where he founded a monastery, is revered as a sacred spot.

Most of the above has been compiled from 'A Dictionary of Saints' by Donald Attwater published by Penguin - firstly published in 1965.

How Things Have Changed

by Rob Brabner

I am indebted to Alf Ellis, son of a former churchwarden of St Laurence (also named Alf) for this article. Alf Ellis is currently Chairman of Upminster Camera Club - but this item is equally applicable to all of us who belong to any sort of club or association i.e. Probus Clubs, Townswomen Institutes, Arts Societies, Horticultural Societies, etc... He has been checking through our club archive and produced this wonderful nugget:

The context for this is as follows: it was written by Dennis Mickleburgh ARPS, APAGB for the East Anglian Federation of Photographic Societies (EAF) centenary 1910 - 2010 book. He died shortly after its publication, at the age of 86. Dennis had joined Upminster Camera Club after the Ford Photographic Society closed. He was an active member at Upminster Camera Club, President of the EAF in both 1966 and 1994. He was an active photographic judge, had a good sense of humour and, when presented with a photo of a flower to critique, would say that there were only two kinds of flowers he could recognize - tulips and non-tulips! Anyway, the extract from the book takes us back to 1910.

In 1910, when the Federation was formed, the treatment of visiting judges and lecturers was that they were expected to travel by first class train and were met at the station by a groom with a pony and trap or by a chauffeur of what

would now be a vintage car. They and their considerable luggage would be driven to the best hotel in town where a room or suite was reserved for them. After a period of rest, settle-in and afternoon tea, they would put on evening dress and would be met and driven to the club meeting place. After the meeting they would be taken back to their hotel where, after a period of rest, they would be met and wined and dined by the club president, together with one or more of the club members. The following morning they would be driven from their hotel to the station. Then days after arriving home they would invariably receive a letter of thanks from a lower order committee member whose sole function was to write these letters.

An after-Easter prayer

by Elsie Campbell

Don't leave our Lord amidst the lilies
Within a hallowed sphere
Don't praise Him only in your churches
In Easter hymn and prayer...

Keep Him beside you through
The business of ordinary days,
In the common place encounters
Along the humdrum ways.

Our Master told us very simply
What He would have us do....
He taught: "Love one another
Even as I love you."



Field of Peace

North Stifford, RM16 5UJ

www.thameschase.org.uk

The 17.5 acres Field of Peace is located between North Stifford Village and the Mardyke River. Sir Fielding Clarke and Lady Mary Milward Clarke once lived in Coppid Hall. Sir Fielding died in 1928, and later on the 19th June 1933, his widow donated the land to the elderly of the village. The name 'Field of Peace' derives from her wish that the field should be a place to 'sit in peace'. Davy Down and the Field of Peace form part of the Bridleway which runs from Ship Lane, Aveley, to Fen Lane Bulphan; a distance of 4.2 miles. Accessible at all times, unsurfaced paths, picnic area.



Jane is running the London Marathon 2025 for Millwall Lions Food Hub and St. Laurence Church Upminster Building Improvements Projects

I'm Jane and I am a member of the congregation at St Laurence Church, Upminster. The first time I attended this church I was alone, but after attending for just a couple of weeks I was made to feel extremely welcome and as though I had been part of this congregation for a very long time. Since attending I have become more and more involved and recently was able to use a community day offered by my place of work to help with restoring the railings surrounding the church with some of my colleagues. Being a part of this project and seeing what could be achieved with some sandpaper, paint, helping hands and a few cups of tea inspired me to raise funds for our Building Improvements Projects.

I am also a Millwall Football Club supporter and have been for over 25 years. At first my husband and children went to the games but as the years have rolled by I have become an avid supporter attending both home and away games. Although things have changed at the club during this time, the one thing that has remained constant is the togetherness that the club brings, which can be seen through the Millwall Community Trust and equally in the Millwall Lions Food Hub. I have volunteered on a few occasions as the company I work for allows me to work within the community one day per year. We call it a 'Day to Amaze'! What I have found amazing is the hard work and commitment that all the volunteers have to ensure that local families are helped and supported.

I have always said from a very young age that I wanted to achieve two things for myself in life. One was to do a parachute jump and the other was to run the marathon. Two very random things, I know!! Well, I completed the parachute jump when I was 20 years old so it was just the marathon to go. I'm not a runner at all so I really don't know where this idea had sprung from. But for years and years I have entered the marathon on the off chance that I might gain a place. Each year, getting the same reply - 'Not this time!' But, this year in June, whilst sitting at the airport, waiting to go to a concert by The Killers, I received an email to say 'You're In!' Not being a runner, I was absolutely terrified by the thought of what I had been offered. However, since June I have trained, starting with the Couch to 5K and continued with the running so that

when the time came to actually 'train', I would be ready!



That time has arrived and I am now deep into my marathon training plan. I feel stronger mentally to be able to take on this challenge and I am getting fitter physically, too. With all that

said, I couldn't think of two better causes to actually 'run' for than the church that I attend and also Millwall Food Hub, taking into account all the behind-the-scenes action that goes on to help both communities both north and south of the river. Please donate if you can to either cause here:



(Church) www.gofundme.com/f/janes-london-marathon
or (Millwall) www.gofundme.com/f/jane-v-london-marathon
Cash donations can also be given to Jane Lindsey.

Things to do in April and May

Colchester Castle, Castle Park, Colchester, CO1 1TJ

www.colchester.cimuseums.org.uk

The largest Norman Keep in the country, almost 1,000 years old, and with a place to play in Colchester's history dating back to Roman times.

Copped Hall, Crown Hill, Epping, CM16 5HR

www.coppedhalltrust.org.uk

Copped Hall is a fine Georgian mansion that is currently under restoration. It is superbly sited on a ridge overlooking its landscaped parkland.

RHS Hyde Hall, Creep hedge Lane, Rettendon Common, Chelmsford, CM3 8ET

www.rhs.org.uk

Giant Easter egg hunt, 5th - 21st April. Easter Holidays: Storytelling Adventure, Tuesday 8th April. Plant Health and the Garden Ecosystem. Tuesday 8th April. Late Spring Workshop in 'A Year in Your Garden Series'. Thursday 8th May.

Wat Tyler Country Park, Pitsea Hall Lane, Basildon, SS16 4UH

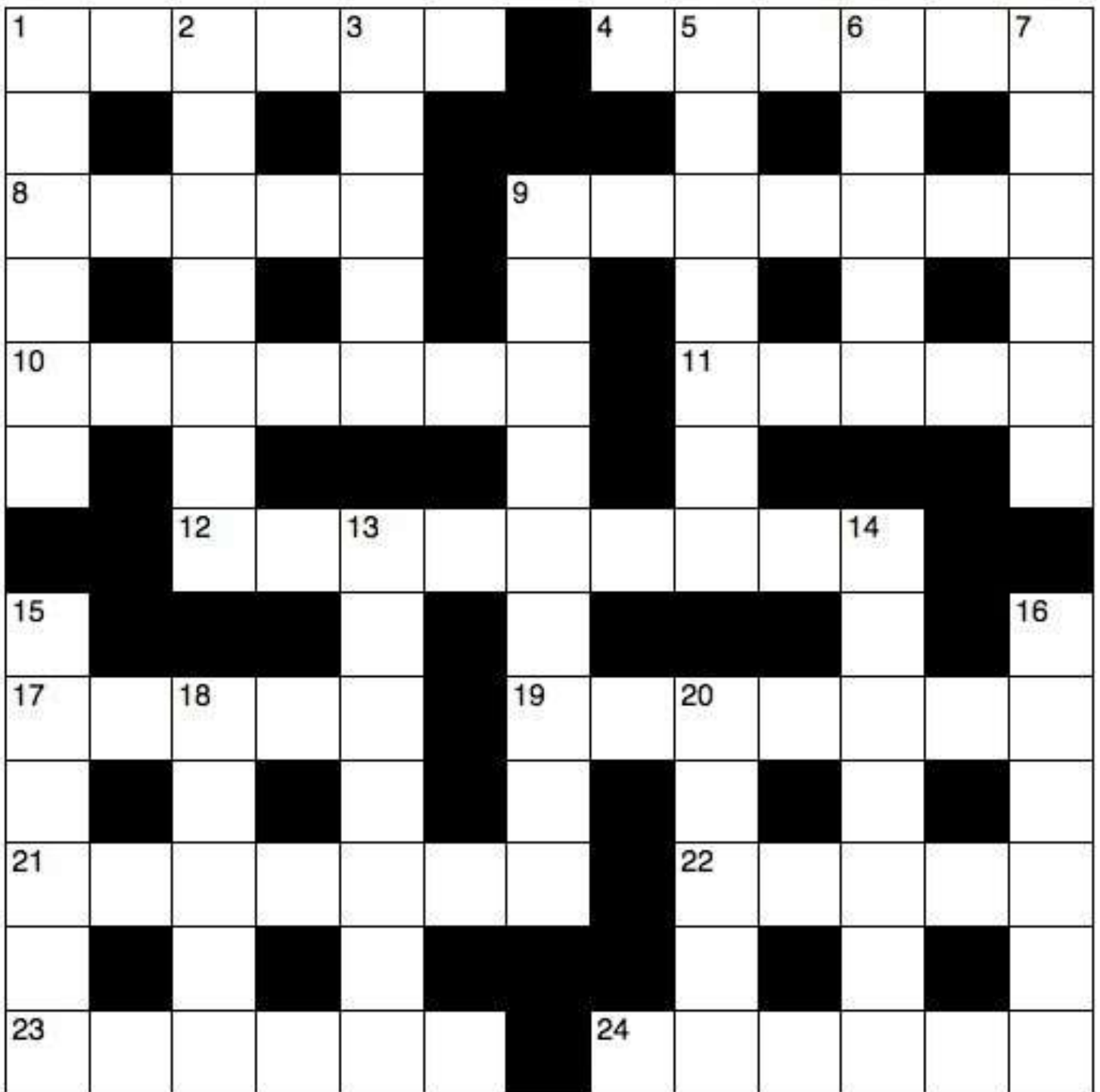
www.wattylercountrypark.org.uk

125 acres of country walks, wildlife spotting, adventure play, Café, Basildon Heritage, Essex Field Club, Arts Labyrinth, Marina and Miniature Railway.

Weald Country Park, Weald Road, Brentwood, CM14 5QS

www.explore-essex.com

520 acres of woodland, wildflower meadows and open grassland with Stick Man Sculpture Trail, Kid's play area, Deer park, Café, Lake and Fishing.



Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks ___ __ hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry _____ (7)
- 11 'Look, here is _____. Why shouldn't I be baptized?' (Acts 8:36) (5)

- 12 Repossessed (Genesis 14:16) (9)
 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3–4) (5)
 19 'Moses was not aware that his face was _____ because he had spoken with the Lord' (Exodus 34:29) (7)
 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
 22 Grill (Luke 24:42) (5)
 23 'The lot fell to Matthias; so he was added to the _____ apostles' (Acts 1:26) (6)
 24 'I was sick and you looked after me, I was in _____ and you came to visit me' (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
 2 Academic (1 Corinthians 1:20) (7)
 3 Publish (Daniel 6:26) (5)
 5 For example, the Crusades (4,3)
 6 11 Across is certainly this (5)
 7 He reps (anag.) (6)
 9 Liberator (Psalm 18:2) (9)
 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
 15 The human mind or soul (6)
 16 'O Lord, while precious children starve, the tools of war increase; their bread is _____' (Graham Kendrick) (6)
 18 'We played the flute for you, and you did not _____' (Matthew 11:17) (5)
 20 Bared (anag.) (5)

Answers to 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.

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Charity of the Month

April - WaterAid

Seven hundred and three million people in the world - almost one in ten - don't have clean water close to home. WaterAid's mission is to transform the lives of the people who have been left furthest behind by improving access to safe water, sanitation and hygiene.



With their partners and supporters, they have made a huge difference over the last 40 years. Over the coming decade, with communities, civil society, governments, the private sector and financial institutions, they will focus their efforts in four key areas where they will have the biggest impact.

- Achieve universal, sustainable and safe access in focused geographic areas to influence wider change.
- Prioritise WASH (water, sanitation and hygiene) across the health sector to improve public health.
- Strengthen the resilience of WASH to climate change.
- Increase the quantity and quality of financing.

May - United Society Partners in the Gospel (USPG)

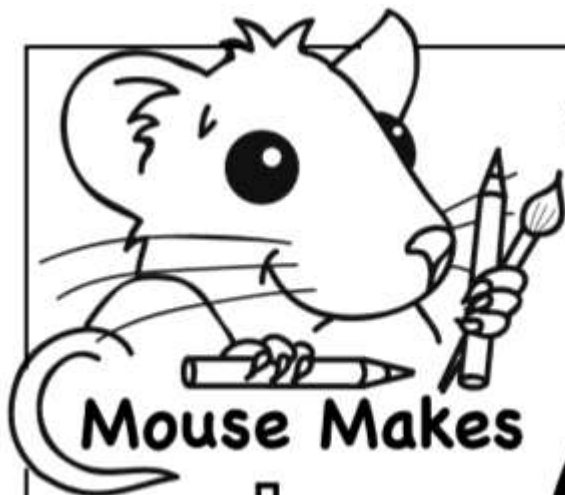
Rethinking Mission ● Energising Church ●
Championing Justice

USPG is an Anglican mission agency who partner with churches and communities to enliven faith, strengthen relationships, unlock potential and champion justice.



USPG has played a significant role in Christian mission since its foundation in 1701. They have a global perspective, long-standing relationships with churches of the Anglican Communion and over 60 programmes working in partnership and supporting churches across their communities and contexts. They encourage words and actions which express love and solidarity and go beyond self-interest and national boundaries.

Their vision is for the churches of the Anglican Communion to experience a deeper fellowship together in Christ and to be sources of transformation within their communities and beyond.



On the cross Jesus opened wide his arms for us.
Jesus put an end to death by dying for us,
and showed us the resurrection to
come by His raising to new life!



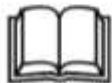
Jesus is risen!

The angel said:
"Jesus ...is not here, for He
has risen, just as He said."
Matthew 28:6



Jesus is here

Jesus said:
"Where two or three
come together
in my name I am
there with them."
Matthew 18:20



READ the story of
the resurrection in:
Matthew 28:1-10
Mark 16:1-19
Luke 24:1-49
John 20:1-29
and 21:1-14

R E D E E M E R
E A S T E R P I
S A V I O U R S
U L T I M J A E
R I E D E L I N
R V J E S U S S
E E W B S P E P
C C L O I S S N
T H O S A N N A
I R R O H Y E U
O I D N P P W S
N S G O T E L L
K T A F O A I O
I Y O G J C F R
N U J O Y E E B
G O O D N E W S



Jesus will come again!

Jesus said:
"I will come back
and take you to
myself so that you
will be where I am."
John 14:3



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LORD • SAVIOUR • KING



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Parish Diary for April

See inside front cover for regular Sunday service times

Tues	1 st	<i>Frederick Denison Maurice, priest, teacher of the faith, 1872</i> 12pm Interment of Ashes
Wed	2 nd	11.45am Lent Group, Parish Office
Thurs	3 rd	8pm Choir Practice
Fri	4 th	10.30am Coffee Morning 7.30pm Stations of the Cross, St Laurence
Sun	6 th	5th Sunday of Lent, 11am Palm Sunday read-through in Church 6.30pm Compline on Zoom
Tues	8 th	10.30am Adventurers' Leaders Meeting, Parish Office
Wed	9 th	<i>Dietrich Bonhoeffer, Lutheran pastor, martyr, 1945</i> 11.45am Lent Group, Parish Office
Thurs	10 th	<i>William Law, priest, spiritual writer, 1761, William of Ockham, friar, philosopher, teacher of the faith, 1347</i> <i>George Selwyn, bishop, 1878</i>
Fri	11 th	10.30am Coffee Morning 7.30pm Stations of the Cross, St Joseph's Church
Sun	13 th	Palm Sunday, 8am Mass with Reading of the Passion, 9.30am Liturgy of the Psalms, Procession and Parish Mass with Reading of the Passion, 6.30pm Compline on Zoom
Thurs	17 th	Maundy Thursday,
Fri	18 th	Good Friday
Sat	19 th	Easter Eve
Sun	20 th	Easter Day
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>HOLY WEEK and EASTER See <i>Porchtalk</i> for details of all services</p> </div>		
Thurs	24 th	8pm Choir Practice
Fri	25 th	10.30am Coffee Morning
Sun	27 th	2nd Sunday of Easter, 11am APCM in Church 4pm Confirmation Service, St Nicholas, Elm Park
Mon	28 th	<i>George, martyr, patron of England, c304</i> 9.30am Footsteps in Church, 8pm CM&FG Meeting, Parish Office
Tues	29 th	Mark the Evangelist 10am Group Visit to Church
Wed	30 th	<i>Pandita Mary Ramabai, translator, 1922</i> 7.30pm Halls Committee Meeting, Parish Office

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 May

See inside front cover for regular Sunday service times

Thurs	1 st	Philip and James, Apostles, 8pm Choir Practice
Fri	2 nd	<i>Athanasius, bishop, teacher of the faith, 373</i> 10.30am Coffee Morning
Sun	4 th	3rd Sunday of Easter, 8am Building Faith, Main Hall, 12pm Baptism, 6.30pm Evensong on Zoom
Thurs	8 th	<i>Julian of Norwich, spiritual writer, c1417</i> 8pm Choir Practice
Fri	9 th	10.30am Coffee Morning
Sun	11 th	4th Sunday of Easter, 6.30pm Evensong on Zoom
Mon	12 th	<i>Gregory Dix, priest, monk, scholar, 1952</i> 7.30pm PCC Meeting, Parish Office
Wed	14 th	Matthias the Apostle
Thurs	15 th	8pm Choir Practice
Fri	16 th	<i>Caroline Chisholm, social reformer, 1877</i> 10.30am Coffee Morning
Sat	17 th	12pm Wedding, Quiz Night, Main Hall - see <i>Porchtalk</i> for details
Sun	18 th	5th Sunday of Easter, 12pm Baptism, 6.30pm Evensong on Zoom
Mon	19 th	<i>Dunstan, archbishop, monastic reformer, 988</i> 9.30am Footsteps in Church
Tues	20 th	<i>Alcuin, deacon, abbot, 804</i>
Wed	21 st	<i>Helena, protector of the Holy Places, 330</i>
Thurs	22 nd	8pm Choir Practice
Fri	23 rd	10.30am Coffee Morning
Sat	24 th	<i>John and Charles Wesley, evangelists, hymn writers, 1791 and 1788</i>
Sun	25 th	6th Sunday of Easter, 6.30pm Evensong tbc - see <i>Porchtalk</i> for details
Mon	26 th	<i>Augustine, archbishop, 605, John Calvin, reformer, 1564, Philip Neri, founder of the Oratorians, spiritual guide, 1595</i>
Wed	28 th	<i>Lanfranc, monk, archbishop, scholar, 1089</i>
Thurs	29 th	8pm Ascension Day, Sung Mass with All Saints' Church at St Laurence
Fri	30 th	<i>Josephine Butler, social reformer, 1906, Joan of Arc, visionary, 1431, Apolo Kivebulaya, priest, evangelist, 1933</i> 10.30am Coffee Morning
Sat	31 st	Visit of the Blessed Virgin Mary to Elizabeth

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

St Laurence Church Corbets Tey Road, Upminster, RM14 2BB

Rector	The Reverend Susannah Brasier susannah.brasier@upminsterparish.co.uk	01708 220174
Pastoral Assistant	Deborah Masterson deborah.masterson@upminsterparish.co.uk	01708 609816
Assistant Curate	The Reverend Neil Barrett revd.neilbarrett@gmail.com	
Safeguarding Officer	Akosua Boachie safeguarding@upminsterparish.co.uk	07760 791032
Parish Office	Joanne Chapman parish.office@upminsterparish.co.uk	01708 220696
Churchwardens	Jean Keen and Cheryl Hale parish.office@upminsterparish.co.uk	
Hon Secretary PCC	Beryl Speed beryl.speed25@virginmedia.com	
Hon Treasurer	Tony Bloomfield treasurer@upminsterparish.co.uk	01708 536370
Planned Giving	Tony Bloomfield treasurer@upminsterparish.co.uk	01708 536370
Electoral Roll Officer	Keith Stewart keithdebbie@btinternet.com	01708 227928
Director of Music	Nigel Lockwood metcautdesign@googlemail.com	07899 876247
Church Halls Hire	Becky Perchard halls.bookings@upminsterparish.co.uk	07341 434798
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