

The Church of Saint Laurence, Upminster

PORCHTALK



26th January 2025 *Third Sunday of Epiphany*

Welcome to Saint Laurence.

Adventurers (groups for children and young people) meet during the 9.30 am Mass. Leaders will normally invite children to join in with these at the appropriate point in the service. Activity packs and children's service books are available from the back of church.

You are warmly invited to stay for refreshments in the Main Hall after the 9.30 Mass.

Today	Holy Communion	8.00 am
26 th January	Sung Parish Mass	9.30 am
<i>3rd Sunday of Epiphany</i>	Evensong on Zoom	6.30 pm
Monday	Organ Teaching	11.00 am
27 th January		
Tuesday	Organ Teaching	11.00 am
28 th January		
Wednesday	Staff Meeting, Parish Office	9.00 am
29 th January	Said Mass, Lady Chapel	11.00 am
	Wedding and Baptism Rehearsal	3.45 pm
Thursday	Choir Practice	8.00 pm
30 th January		
Friday	Organ Teaching	9.30 am
31 st January	Coffee Morning, Main Hall	10.30 am
	Memorial Service for Shirley Gunary	1.00 pm
Next Sunday	Holy Communion	8.00 am
2 nd February	Sung Parish Mass	9.30 am
<i>Presentation of Christ in the Temple - Candlemas</i>	Solemn (Choral) Evensong, Procession and Benediction	6.30 pm

Evensong readings this Sunday: Numbers 9:15-end; 1 Corinthians 7:17-24

Mass readings next Sunday: Malachi 3:1-5; Hebrews 2:14-end; Luke 2:22-40

Evensong readings next Sunday: Haggai 2:1-9; John 2:18-22

Coffee: 2nd February – Clive, Penny and Jane

Please let Revd Susannah know of anyone who is ill or in need of a pastoral visit, or housebound and wanting to receive the sacrament at home – or if you would appreciate a conversation or visit for any reason.

NOTICES

Please note: It is not possible to hold the Footsteps service in church this Monday, 27th January due to the lack of heating. We will be leading a service in St Laurence Pre-School but, unfortunately, this cannot be open to the public.

Shirley Gunary's Memorial Service is at 1pm this Friday, 31st January and will be followed by refreshments in the Main Hall. For catering purposes, please let Susannah or Deborah know if you will be staying for refreshments. There will be a retiring collection for Alzheimer's Society.

Everybody is very welcome to Choral Evensong and Benediction in church on Sunday 2nd February to celebrate Candlemas.

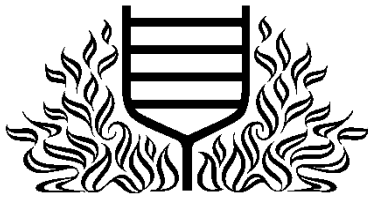
Please could you help to run a new service? - Later this year Susannah is hoping to trial a new form of service - to run on a monthly basis in the church hall at 8am on a Sunday, aimed particularly at primary school aged children and their families. This will only be possible with some volunteers to assist. Volunteers would need to complete DBS checks and safeguarding training and be available between 7.30am - 9.15am on a Sunday. If you think you may be able to help, please contact Susannah.

There will be a meeting for parents and children, who are in Year 3 and above, who are interested in preparing to receive Holy Communion. This will be held in the parish office at 11am on Sunday 9th February.

Last call for the February Feast on 25th February at Top Meadow. If you would like to join us please make sure your menu choices and payment are given to Debbie Stewart by the end of today. If you haven't yet got a menu and booking form please ask a sidesperson for a copy.

Acorns Day Opportunities would like to thank everyone who supported our Christmas Fayre. We raised £400, which we will put towards new resources.

Thank you so much for all your donations to Harold Hill Foodbank. In 2024, over 1500kg of food and other important items were donated by St Laurence to help local people in need.



AT THE MASS

26th January 2025

Third Sunday of Epiphany

Introit 588 And can it be

Setting The Addington Service - Shephard

Collect of the Day

Almighty God,
whose Son revealed in signs and miracles
the wonder of your saving presence:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your mighty power;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Nehemiah 8:1-3, 5-6, 8-10

All the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the Lord had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the Lord, the great God, and all the people answered, 'Amen, Amen', lifting up their hands. Then they bowed their heads and worshipped the Lord with their faces to the ground. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading.

And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, 'This day is holy to the Lord your God; do not mourn or weep.' For all the people wept when they heard the words of the law. Then he said to them, 'Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength.'

Gradual hymn 628 Father of heaven

1 Corinthians 12:12-31a

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

Indeed, the body does not consist of one member but of many. If the foot were to say, 'Because I am not a hand, I do not belong to the body', that would not make it any less a part of the body. And if the ear were to say, 'Because I am not an eye, I do not belong to the body', that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, 'I have no need of you', nor again the head to the feet, 'I have no need of you.' On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.

Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all apostles? Are all prophets? Are

all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts.

Alleluia

Taizé

Luke 4:14-21

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

‘The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,
to proclaim the year of the Lord’s favour.’

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, ‘Today this scripture has been fulfilled in your hearing.’

Offertory hymn 104 Songs of thankfulness and praise

Anthem Jesus calls us here to meet him (1989)
- Music: Lewis Folk Melody arr. John Bell.
Text: John Bell & Graham Maule

Communion hymn 258 O thou who camest

Final hymn 510 Will you come and follow me

Organ Voluntary Carillon de Westminster – Louis Vierne

FOR YOUR PRAYERS

Prayer request forms are available at the back of church. Please use them if you wish us to pray for someone.

Sunday: Linly Lo-Yee, Noel Lyons, Baby Florence, Alan Butcher, Terry Evens, Delyse Maggs, Paul Jackman, Denise Comer, Baby Charles, Bob Bossey, Doreen, Michael Folkes, Mary Greig, Fr Tom Keighley, Stanley Oliver, Alan Jones, Sandra Clarke, Paul Matthews.

Wednesday: Mary Ann Madden, Rosalind Manley, Charles Osmond, Simon Pols, Brian Shaw, James Tape, Rosemary Watkins, Glynis Whiting, Sylvia Wilson, Camilla Jackson, Revd Catherine Towner.

Additional Prayers: All those receiving Home Communion.

Recently departed: Claire Easton, Shirley Gunary, Doreen Mulley, Daphne Freeman, Desmond Gammon, William Holden, Suzanne Gerred.

Anniversaries of the departed: Bill Harding, Ray Mulley, Margaret Holden, Reg Watson, Brian Coleman, Sam Potton, Maggie Holden, Valerie Smith, Amy Parsons, William Gunary, Sarah Millington, Ivy Oliver, Eric Pomfrett, Jane Spencer, David Lyus, Lilian Staines.

CHARITY OF THE MONTH JANUARY: YOUTH PWR CHARITY

Donation envelopes are available at the back of church.

Youth PWR Charity, Weatherill House,
23 Whitestone Way, Croydon, CR0 4WF.

Registered charity number: 1193805.



DONATIONS

A cash collection will be taken during Sunday morning services for church funds, which support our mission and ministry including the upkeep of this historic site. If you do not carry cash, we also have a card machine located by the main door which can be used before or after the service.

If you are a UK taxpayer, please consider Gift Aiding your donation - either via the machine or (for cash) using the envelope available in the pew. This means that your donation will be worth more to the church but at no extra cost to you.

If you would like information about joining our Planned Giving scheme, leaflets are available from the back of church.

Thank you - whatever you feel disposed to give will be thankfully received and faithfully applied.

EASYFUNDRAISING

The church is registered (as St Laurence Church, Upminster) on easyfundraising.org.uk - if you register an account, select the church as a cause and download the web browser extension then every time you spend money on many retail websites and have activated the extension, a percentage of your spend will be donated to St Laurence at no cost to you. The individual amounts are small but every little adds up - please help us via this route if you can.

THANK YOU FOR YOUR SPONSORSHIP.....

If you would like to know about sponsorship, please pick up a leaflet from the back of church or speak to Jean and Cheryl (Churchwardens), Susannah (Rector) or Joanne (Parish Administrator).

ST LAURENCE CHURCH CARE OF CREATION



Simple Swap No. 11 - Consider swaps for more sustainable food products: Odd box is a company delivering weekly boxes of fruit and veg that would otherwise be foodwaste. It is either 'too odd' or 'too many' for the supermarkets. It is possible to exclude items you do not like. A small fruit and veg box contains 7 types of vegetable and 3 types of fruit @ £14.49. Other sizes available. www.oddbox.co.uk. Refill Cabin is at South Ockendon Garden Centre on Saturdays 10am - 3pm. Refill your dried goods and household products in 'Ermintrude' the Eco Cabin.

CONTACTS

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Director of Music Nigel Lockwood

07899 876247 metcautdesign@googlemail.com

Parish Office Joanne Chapman

01708 220696/07592 946992 parish.office@upminsterparish.co.uk

Open: Tue. 3.30-6pm, Wed. 9-11am (Staff Meeting), Thur. 9-11.30am.

Hall Bookings Becky Perchard

07341 434798 halls.bookings@upminsterparish.co.uk

Planned Giving treasurer@upminsterparish.co.uk

Website www.upminsterparish.co.uk

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

Welcome to the Parish Church of Upminster. If we have not met you before, do introduce yourself. If you wish, give these details to one of the officials.

Name

Telephone

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