



23rd March 2025 *Third Sunday of Lent*

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
23 rd March	Sung Parish Mass	9.30 am
<i>3rd Sunday of Lent</i>	PCC Accounts Meeting	11.00 am
	Compline on Zoom	6.30 pm
Monday	Organ Teaching	11.00 am
24 th March	Organ Teaching	5.15 pm
Tuesday	Organ Teaching	11.00 am
25 th March		
Wednesday	Morning Prayer, Lady Chapel	8.45 am
26 th March	Staff Meeting, Parish Office	9.00 am
<i>Harriet Monsell, founder of the Community of St John the Baptist, 1883</i>	Said Mass, Lady Chapel	11.00 am
	Lent Group, Parish Office	11.45 am
	Evening Prayer, Lady Chapel	4.15 pm
Thursday	Lent Lunch, Main Hall	12.45 pm
27 th March	Choir Practice	8.00 pm
Friday	Coffee Morning, Main Hall	10.30 am
28 th March	Stations of the Cross, St Joseph's Church	7.30 pm
Saturday	Posy making in the Tower area of Church	10.30 am
29 th March		
Next Sunday	Holy Communion	8.00 am
30 th March	Sung Parish Mass	9.30 am
<i>4th Sunday of Lent, Mothering Sunday</i>	Compline on Zoom	6.30 pm

Compline reading this Sunday: Genesis 28:10-19a. **Mass readings next Sunday:** Exodus 2:1-10; 2 Corinthians 1:3-7; John 19:25b-27. **Compline reading next Sunday:** Isaiah 40:27-41:13

Coffee: 30th March - Clive, Penny and Jane

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

NOTICES

Annual Parochial Church Meeting: This will take place on Sunday 27th April in Church after the 9.30am Mass. All are invited to attend and everyone on the electoral roll is able to vote. The new roll is available today. Please see Jean Keen, Cheryl Hale or Keith Stewart if you wish to check your entry.

If you would be interested in standing to be a member of the Parochial Church Council (PCC) or as a Deanery Synod representative, please speak to Susannah, Jean Keen, Cheryl Hale or any other member of the current PCC. Whilst these roles require a level of commitment, they can also be flexible. It is important for the overall health of the church that we have a good number of people involved and representing a variety of viewpoints from the congregation.

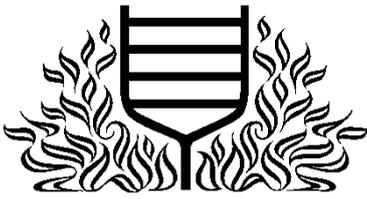
If you have been asked to write a report for the APCM Booklet the deadline for sending them in is today. Please email them to Joanne at: parish.office@upminsterparish.co.uk

Mothering Sunday Posies: Helpers are needed please to prepare the posies on Saturday 29th March meeting at 10.30am in the tower area of the church. Greenery will be gratefully received. Please let Jean Keen or Cheryl Hale know if you can help. Greenery will also be needed for Maundy Thursday (17th April), so please don't prune your shrubs just yet!

Palm Sunday (13th April) Reading of the Passion: If anybody is willing to read a part of the script, please contact Deborah Masterson by next Sunday 30th March. There will be a short read-through on Sunday 6th April at 11am in church.

Love Food, Hate Waste is a free event organised by Havering Council and will take place in the Main Hall this Tuesday, 25th March from 12 noon to 2pm. It is a workshop about how to reduce food waste and will involve cooking a meal (ingredients supplied) which can be eaten at the workshop or taken away. To book a space, please contact debbie.lee@haverling.gov.uk or 01708 433212.

Jane Lindsey has gained a place in this year's London Marathon on Sunday 27th April. She will be supporting two causes; our Building Improvements Project and, also, Millwall Lions Food Hub where she has volunteered in the past. Please take some time to read about Jane and her journey on the donation pages below and if you can, donate. No amount is too small. Please see separate donation pages: (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. Thank you.



AT THE MASS

23rd March 2025

Third Sunday of Lent

Introit 584 All my hope on God is founded

Setting St Anne's Mass - MacMillan

Collect of the Day

Almighty God,
whose most dear Son went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Isaiah 55:1-9

The LORD says this:

Everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!

Come, buy wine and milk
without money and without price.

Why do you spend your money for that which is not bread,
and your labour for that which does not satisfy?

Listen carefully to me, and eat what is good,
and delight yourselves in rich food.

Incline your ear, and come to me;
listen, so that you may live.

I will make with you an everlasting covenant,
my steadfast, sure love for David.

See, I made him a witness to the peoples,
a leader and commander for the peoples.

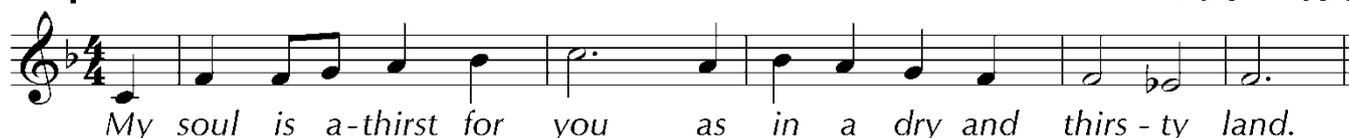
See, you shall call nations that you do not know,
and nations that do not know you shall run to you,

because of the LORD your God, the Holy One of Israel,
for he has glorified you.

Seek the LORD while he may be found,
call upon him while he is near;
let the wicked forsake their way,
and the unrighteous their thoughts;
let them return to the LORD, that he may have mercy on them,
and to our God, for he will abundantly pardon.
For my thoughts are not your thoughts,
nor are your ways my ways, says the LORD.
For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

Responsorial Psalm 63

Andrew Moore



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O God, you are my God; eagerly I seek you; my soul is athirst for you. My flesh also faints for you, as in a dry and thirsty land where there is no water. So would I gaze upon you in your holy place, that I might behold your power and your glory.

Your loving kindness is better than life itself and so my lips shall praise you. I will bless you as long as I live and lift up my hands in your name. My soul shall be satisfied, as with marrow and fatness, and my mouth shall praise you with joyful lips.

1 Corinthians 10:1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, 'The people sat down to eat and drink, and they rose up to play.' We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of

them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Lent Prose

Hear us, O Lord, have mercy upon us : for we have sinned against thee.

God, we implore thee, in thy glory seated : bow down and hearken to thy weeping children : pity and pardon all our grievous trespasses

Luke 13:1-9

There were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.'

Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, "See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?" He replied, "Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down." '

Offertory hymn	423 And now, O Father, mindful of the love
Anthem	From the deep places, hear my cry – Text: Timothy Dudley-Smith based on Psalm 130; Music: 15c German harmonised by Felix Mendelssohn-Bartholdy
Communion hymn	134 Praise to you, O Christ our Saviour
Final hymn	497 Lord of the Church
Organ Voluntary	Praeludium in D Minor, BuxWV 140 – Dietrich Buxtehude

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: Terry Evens, Delyse Maggs, Neil Parsons, Alan Butcher, Denise Comer, Baby Charles, Bob Bossey, Doreen, Michael Folkes, Mary Greig, Fr Tom Keighley, Stanley Oliver, Alan Jones, Sandra Clarke, Alice Sarpong, Michael McSweeney, Elizabeth Medley.

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: Barbara Playle, Janet Prestwood.

Anniversaries of the departed: Freda Soko, Hilda King, Justine Milner, Jean Biggs, Evelyn Metson, Stan Matthews, Janet Vigars, Norman Vigars, Jean Bond, Phil Norledge, Ruth Cross, Rachel Piper, Frances Martin, Keith Hall, Pauline Wallen, Carol Lendon, Ron Green.

CHARITY OF THE MONTH MARCH: WATERAID

Donation envelopes are available at the back of church.

Wateraid, 6th floor, 20 Canada Square,
London, E14 5NN.

Registration number: 288701



THANK YOU FOR YOUR SPONSORSHIP.....

Palm crosses and altar candles have been sponsored for March 'In memory of my parents' wedding anniversary.'

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.

ST LAURENCE CHURCH CARE OF CREATION



To swap or not to swap?

Making the decision to become ethical consumers is one thing. Knowing how we go about it is another. To help us, here are some useful resources:

Banking: www.bank.green

Chocolate: www.slavefreechocolate.org

Clothing & cosmetics: www.goodonyou.eco

Everything: www.ethicalconsumer.org

Calculate your individual carbon footprint and find advice:
www.climatestewards.org/offset

LENT LUNCH



A simple lunch of delicious soup, bread and fruit

Thursday 27th March, 12.45pm in the Main Hall

All will be made welcome

There is no charge but donations are invited for
our Lent charity, WaterAid



CONTACTS

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Churchwardens Jean Keen and Cheryl Hale

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Parish Safeguarding Officer Akosua Boachie

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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.**