



Sunday 8th February 2026

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
8 th February	Sung Parish Mass	9.30 am
2 nd Sunday before Lent	Evensong on Zoom	6.30 pm
Wednesday	Morning Prayer, Lady Chapel	8.45 am
11 th February	Staff Meeting, Parish Office	9.00 am
	Said Mass, Lady Chapel	11.00 am
	Evening Prayer, Lady Chapel	4.15 pm
Thursday	Organ Teaching	10.00 am
12 th February	Choir Practice	8.00 pm
Friday	Coffee Morning, Main Hall	10.30 am
13 th February		
Saturday	Organ Teaching	9.30 am
14 th February	Organ Teaching	10.30 am
Next Sunday	Holy Communion	8.00 am
15 th February	Sung Parish Mass	9.30 am
Next Sunday before Lent	Baptism	11.30 am
	Quinquagesima Lunch, 12.30 for 1pm	12.30 for
	Organ Teaching	1.00 pm
	Evensong on Zoom	3.00 pm
		6.30 pm

Evensong readings this Sunday: Proverbs 8:1,22-31, Revelations 4

Mass readings next Sunday: Exodus 24.12-end, 2 Peter 1.16-end, Matthew 17.1-9

Evensong on Zoom next Sunday: Deuteronomy 6.4-9, 16-end, Luke 15. 1-10.

Saturday Pathsweepers: 21st Feb - Skinner & Mowat

Coffee: 15th Feb - Alison, Mark and Margaret

Please let Revd Susannah 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

Church opening and closing on Thursdays - We are in need of a volunteer to open and lock the church on Thursdays each week. If you may be able to help, please speak to Susannah or to Chris Mowat.

Quinquagesima lunch Sunday 15th February, 12.30pm for 1pm start in the main hall, adults £15, children £5. Please speak to Joan Prudden today if you would like to book.

Servers - If any children or adults would be interested in joining our team of altar servers, please speak to Susannah, or to Michael Masterson. We are always pleased to welcome new participants!

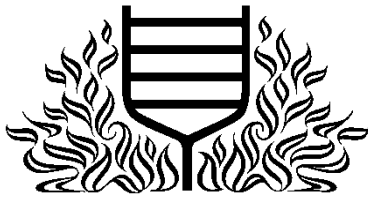
Ash Wednesday, 18th February - There will be a Said Mass at 11am and a Sung Mass at 8pm, both with the opportunity to receive the sign of the cross in ashes.

Stations of the Cross - once again we will be sharing this liturgy with St Joseph's Catholic Church on Friday evenings in Lent. All at 7.30pm, venues as follows - St Laurence: 20th Feb, 6th Mar, 20th Mar. St Joseph's: 27th Feb, 13th Mar, 27th Mar.

Lent book/course: We will be holding a Lent course on Wednesdays in Lent (25th Feb, 4th Mar, 11th Mar, 18th Mar, 25th Mar) at 11.45am in the Parish Office. We will be using the book 'Meeting God in John' by David F. Ford. Please let Susannah know if you would like to join the course. You will need to purchase a copy of the book. If you cannot attend the course, you may still like to follow the book at home - it is suitable for both group and individual use.

Save the Dates - Building Improvements fundraising events - Quiz (run by Tony Bloomfield) - evening of Sat 30th May; BBQ - late afternoon/early evening of Sat 18th July. More details to follow!

Please consult notice boards under the tower and in the porch for other notices and further information



AT THE MASS

8th February 2026

Second Sunday before Lent

Introit

532 All Creatures of our God and King
(omit starred verses)

Setting

A New People's Mass - Murray

Collect of the Day

Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns supreme over all things,
now and for ever. **Amen.**

Genesis 1:1-2:3

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

And God said, 'Let there be a dome in the midst of the waters, and let it separate the waters from the waters.' So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day.

And God said, 'Let the waters under the sky be gathered together into one place, and let the dry land appear.' And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, 'Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit

with the seed in it.' And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day.

And God said, 'Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.' And it was so. God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day.

And God said, 'Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.' So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.' And there was evening and there was morning, the fifth day.

And God said, 'Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.' And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.'

So God created humankind in his image,
in the image of God he created them;
male and female he created them.

God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the

breath of life, I have given every green plant for food.’ And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

Gradual hymn

389 Spirit of God, unseen as the wind

Romans 8:18-25

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Alleluia

Plainsong

Matthew 6:25-end

Jesus taught his disciples, saying: ‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?

Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Offertory hymn 601 Blessed assurance

Anthem Before I take the body of my lord, Text-Bell & Maule, Music - Bell

Communion hymn 427 Behold the lamb who bears our sins away

Final hymn 650 Great is thy faithfulness

Organ Voluntary Voluntary III Opus 7 – Stanley

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: Pam Chapman, Keith Sharp, Steve Martin, Vicki Hobbs, Fr Gareth Bowen, Ricky Schrembri, Denise Comer, Baby Charles, Doreen, Michael Folkes, Mary Greig, Stanley Oliver, Alan Jones, Sandra Clarke, Michael McSweeney, Terry Evens, Alan Butcher.

Wednesday: Mary Ann Madden, Rosalind Manley, Simon Pols, Brian Shaw, Glynis Whiting, Sylvia Wilson, Maria, Marie Tyler.

Additional Prayers: All those receiving Home Communion.

Recently departed:

Anniversaries of the departed: William Gunary, Sarah Millington, Ivy Oliver, Eric Pomfrett, Jane Spencer, David Lyus, Lilian Staines, Fred McGuire, Jack Woodroffe, Hilda Goer, Joan Kydd, Daphne Sawyer, Joan Herbert.

CHARITY OF THE MONTH FEBRUARY AND MARCH



Donation envelopes are on the notice board at the back of church.

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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 Verity (Parish Administrator).

CONTACTS

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Parish Office Verity Helby

01708 220696 parish.office@upminsterparish.co.uk

Open: Tue. 8.30-5pm, Wed. 9-11am (Staff Meeting), Thur. 8-12.30am.

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.**