



PORCHTALK

Sunday 22nd 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
22 nd February	Sung Parish Mass	9.30 am
<i>First Sunday of Lent</i>	Compline on Zoom	6.30 pm
Monday	Footsteps, Lady Chapel	9.30 am
23 rd February		
Wednesday	Morning Prayer, Lady Chapel	8.45 am
25 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	11.00 am
26 th February	Choir Practice	8.00 pm
Friday	Coffee Morning, Main Hall	10.30 am
27 th February	Stations of the Cross, St Joseph's Church	7.30 pm
Next Sunday	Holy Communion	8.00 am
1 st March	Building Faith	8.00 am
<i>Second Sunday of Lent</i>	Sung Parish Mass	9.30 am
	Compline on Zoom	6.30 pm

Compline readings this Sunday: Deuteronomy 6:4-9, 16-end.

Mass readings next Sunday: Romans 4.1-5,13-17, Genesis 12.1-4a, John 3.1-17.

Compline readings next Sunday: Numbers 21.4-9, Luke 14.27-33.

Saturday Pathsweepers: 7th March Perchard & Brabner

Coffee: 1st March Becky, Simon & Pauline

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

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.

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!

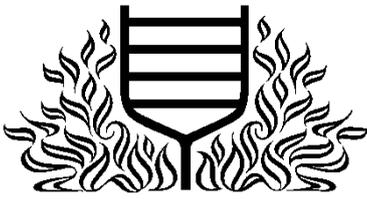
Save the Dates -Building Improvements fundraising events: Quiz (run by Tony Bloomfield) - evening of Sat 30th May; BBQ - late afternoon/early evening of Sat 18th July. More details to follow!

Revision of Electoral Roll will be from 1st March to 22nd March. You are eligible for the roll if you are aged 16 or over, baptized and consider yourself a member of St Laurence. If you would like an application form, or have any questions, please speak to Keith Stewart, our Electoral Roll Officer, or the Parish Office.

Annual Parochial Church Meeting. Please note that the date for this year's APCM is Sunday 19th April, after the 9.30am Mass. At this meeting we will be electing Parochial Church Council members, Church Wardens and representatives for Deanery Synod - important decision-making roles and groups in the life of the church. Please speak to Susannah if you would be interested in considering these roles.

Revised office opening hours. Please note that the Office will now be open during the hours of Tue. 8.30-1pm, Wed. 9-11am (Staff Meeting), Thur. 8.00-12.30pm.

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



AT THE MASS

22nd February 2026

First Sunday of Lent

Introit 121 Forty days and forty nights

Setting Mass of St Anne - Macmillan

Collect of the Day

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
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.**

Genesis 2:15-17, 3:1-7

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both

were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Gradual hymn

116 Be thou my guardian and my guide

Romans 5:12-19

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned - sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Lent Prose

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

O thou chief Corner-stone, Right Hand of the Father: Way of Salvation, Gate of Life Celestial: cleanse thou our sinful souls from all defilement.

Matthew 4:1-11

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written,

“One does not live by bread alone,
but by every word that comes from the mouth of God.” ’

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written,

“He will command his angels concerning you”,
and “On their hands they will bear you up,
so that you will not dash your foot against a stone.” ’

Jesus said to him, 'Again it is written, “Do not put the Lord your God to the test.” ’

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written,

“Worship the Lord your God,
and serve only him.” ’

Then the devil left him, and suddenly angels came and waited on him.

Offertory hymn	123 From ashes to the living font
Anthem	Lord, for thy tender mercy's sake. Text – J. Bull, Music – Farrant arr. Greening.
Communion hymn	134 Praise to you, O Christ our Saviour
Final hymn	702 Lead us, heavenly Father, lead us
Organ Voluntary	Herr, Ich Habe Missgehandelt – F W Marburg

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, Daphne Martineau. Spencer Croucher.

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: Geoffrey James, Matthew Murray, Patricia Merrigan, Barbara Edwards, Stuart Lane.

Anniversaries of the departed: Jim Menah, Joan Larkin, Roy Walker, Pat Worton, Margaret Blanch, Jean Blow, Reginald Grant, Jim Greig, Gladys Dorey, Sr Carmel Fennessy, Fr Michael Hore, Elizabeth Nelson, Edward Keen, John Marshall.

CHARITY OF THE MONTH FEBRUARY AND MARCH



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

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How can we help make an impact on our world? A simple overview.

The Fossil fuel industry has a huge impact on our world. Choosing more sustainable ways to travel ie public transport, carpooling, walking, biking, etc can make a difference and help our health too. When changing our cars or gas appliances, we are encouraged to look at the possibility of more fuel efficient purchases. These can often save us

money in the long run. Where possible, fitting solar panels can decrease our bills and our carbon footprint. Changing to renewal energy suppliers is also a good option.

The Food industry, in particular the beef and dairy industry, are huge contributors to climate change . If cattle were their own nation, they would be the 3rd largest emitter after US and China. Veganism is not essential; reducing our intake of meat and dairy products will help reduce emissions.. Through informed choices and supporting policy change, we can all make a difference.

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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Director of Music Nigel Lockwood

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Parish Office Verity Helby

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Open: Tue. 8.30-1pm, Wed. 9-11am (Staff Meeting), Thur. 8.30-12.30am.

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.**