

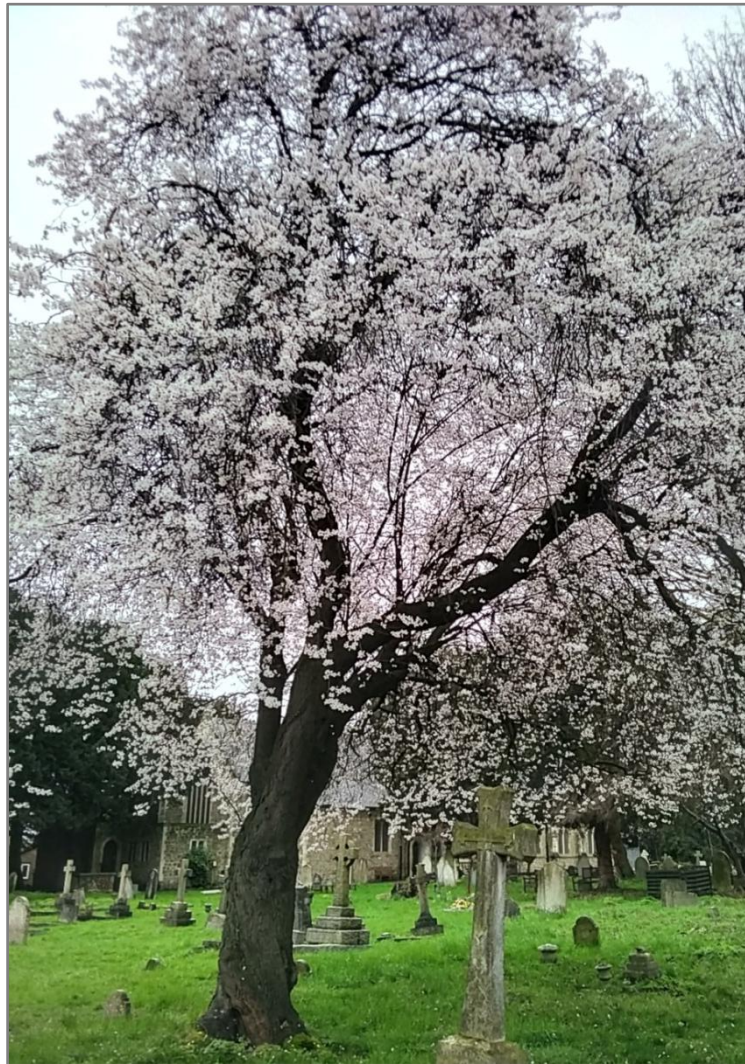
April and May 2024



# GRIDIRON

The Magazine of the Parish Church of  
Saint Laurence Upminster

£1



*For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.*

*Romans 1:20 ESV*

## 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

|           |                |       |
|-----------|----------------|-------|
| Tuesday   | Morning Prayer | 09.10 |
| Wednesday | Morning Prayer | 08.45 |
|           | Mass           | 11.00 |
|           | Evening Prayer | 16.15 |
| Thursday  | Morning Prayer | 09.10 |

### Footsteps

This Service for pre-school children and grown-ups normally takes place monthly on a Monday at 09.30 in the Lady Chapel. The next services are on **29<sup>th</sup> April and 20<sup>th</sup> May.**



*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](http://www.upminsterparish.co.uk)

Parish Office ☎ 01708 220696

[parish.office@upminsterparish.co.uk](mailto:parish.office@upminsterparish.co.uk)

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## From the Rector

'Jesus, like some of your disciples, we sometimes find ourselves struggling to understand your risen presence. But by your Holy Spirit you live in us, and to each one you say: 'Come, follow me, I have opened for you a way of life.'

*- An Easter prayer of Brother Roger of Taizé*

As you read this, we will be embarking upon Eastertide – fifty days in which we celebrate the absolute essence of the Christian Gospel: the Resurrection – the event with which Christianity began, to which it all points, and without which it makes no sense. The Resurrection of Jesus is beautifully mysterious, disarmingly understated (it happens in a garden in the dark with nobody else there) and yet utterly disruptive of the world's order and assumptions. Many hours have been spent debating the Resurrection on various levels, and yet its entire point is that its truth is not reliant upon our belief, or lack of it. Humanity, in times past and now, is so conditioned to the idea that to enable something good we must work for it, strive for it and earn it – that its success depends upon us, our understanding of it, our ability to create and grasp it. But the Resurrection turns that whole assumption on its head. It is an act of God, done without an audience, accomplished whether or not anyone chooses to believe in it. It is an act of freely offered redemption, of pure gift and unbounded grace, and it is extended to all of creation, then, now and always – world without end.

Sometimes it is easy for us to forget this gift of grace. In all our striving, all that we have to deal with in life, all that concerns us, it can be, for good reason, easy to lose sight of the fact that God has gone before us, that he has opened the way to true fullness of life, and that nothing can change that or take it away from us. This can be especially true of discourses about the current state of the Church or prevailing attitudes to faith – we can act as though everything is dependent upon us or upon general opinion, and lose sight of the fact that the central claim of the Resurrection is that God has already taken care of what is most essential, and that will still be the same whatever may happen in the Church of England or elsewhere.

Equally, we cannot ignore the fact that even as we celebrate this Easter, there will still be many places in the world, or in individual lives, where it still feels much more like Good Friday – where there is horrendous suffering,

devastation or despair. The enduring truth of the Resurrection should never be used to belittle or deny or trivialise the very real suffering going on in the world. We must not forget that Jesus was not raised in a happy vacuum, but that he was raised, with the marks of his wounds still visible, in a tomb guarded by soldiers – and that he then appeared to friends who were huddled in locked rooms for fear of others and who would go on to suffer violent persecution for his sake. The Resurrection does not deny the reality of suffering, or evil, or the world's other pains, but seeks to point to a way through and beyond, to bring about changes of heart, and to inspire compassion and care for all those who are suffering. It does not explain suffering, or death, or evil and disaster, but it does promise us that none of these will have the final word, and that the way of life overcomes the way of death.

Amidst all that may be happening in our lives this Eastertide, may we be able to keep the Resurrection at the heart of our thoughts, and the assurance that, come what may, God will never forsake us.

Wishing you the joy and peace of Easter,  
Susannah

## Church Building Improvement Project

It's good news - we are making progress! The fund is building up steadily - a tribute to the support that's come from many and various quarters, including our fundraising events.

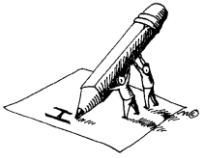


The completion of repairs to the church arising from the Quinquennial Report also makes things clearer, and enables us to focus on our building project. As a result our architect has instructed a quantity surveyor to scrutinise the project, especially in the light of new regulations, and to estimate the cost.

In the meantime we should all keep up the good work. The Building Improvement Project committee has a number of fundraising events planned for this year. The next event will be a Quiz on Saturday 11<sup>th</sup> May, 7.15 for 7.30pm in the Main Hall. Tables of 8, £8 per person. To book contact the Parish Office or one of the Fundraising Committee.



Ways to donate: Scan QR code, labelled wall safe by the church door, transfer to PCC of Upminster, sort code 60-22-06, account 13064185 (reference 'BuildingImp') or cheque payable to PCC of Upminster.



## From the Editors

Dear Readers

We have completed our journey through the wilderness of Lent and arrived once more at that most holy and joyous day of Easter. Whatever the way of our lives, I hope that the steadying hand of God and the fellowship of Jesus will enable us to travel together and travel well.

In the beginning it was love that moved God to create. May each and everyone be moved by that same love for all that God has created. I may be called naïve by some but, the simple and child-like plea for world peace forms part of my daily prayer.

Whoever you are, whatever your religion, may God reign in you until the end of days and may your life be filled with hope and wonder at all things.

*Joanne Chapman, Editor*

## From the Parish Registers

### BAPTISM

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

11<sup>th</sup> February Odette Elizabeth Clayton

### FUNERAL

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

11<sup>th</sup> January Joan Ruth Jackson

### INTERMENT OF ASHES

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

25<sup>th</sup> January Joan Ruth Jackson

26<sup>th</sup> January William Malcolm Asheton Gunary

14<sup>th</sup> March Penelope Mary Christine Went

### BURIAL

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

13<sup>th</sup> February Brenda Childs-Barry



## June and July Magazine Deadline

Items for inclusion in the June and July edition of *Gridiron* should reach the editorial team by **Friday 3<sup>rd</sup> May**. We would prefer to receive items by e-mail at [gridiron@upminsterparish.co.uk](mailto: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 26<sup>th</sup> May**.

## Where has all the scaffolding gone?

*by Chris Mowat*

In the April and May edition of Gridiron in 2023, I wrote about the repair work to be undertaken to the church building arising from the Quinquennial Survey. Somewhat optimistically, I mentioned an estimate of 13 weeks for everything to be completed. The project has taken rather longer but in the long term what has been done will help to preserve the building.

All the rainwater pipes, hoppers and gulleys have been cleared; repairs undertaken to the roof, stonework and glass, and the chest tomb, on the lawn behind the War Memorial, rebuilt.

Whilst the contractors were working aloft, they reported that the stonework to the east face of the tower was crumbling and needed re-pointing. The PCC took the decision that whilst the scaffolding was in place this work should be done and it is evident from inspection how good that east wall now looks. The previous holes in the stonework where old beams went through, (known as put logs), have now been turned into swift boxes to enable swifts to nest without them being disturbed by pigeons.

Internally the defective plaster in the Lady Chapel and Ante Chapel was repaired and the PCC agreed that those chapels should be redecorated as part of the contract as well as the South Porch.

In addition to the above, the issue of the storm damaged weather vane has been dealt with in that the top of the spire was opened up and the contractors removed the long post for refurbishment. The post which, along with the weather vane, has been in place for over 100 years, needed cleaning and the blacksmith undertook this, drilling additional bolt holes to make it more secure to the spire timbers. The post is now in place with a new spigot and cap welded to it, waiting for a new weather vane. This is in the process of being made and in due course will be installed together with a re-gilded wind vane by way of a cherry picker.

The whole project not only involved our architect and Bakers of Danbury Heritage Ltd, but also a specialist health & safety consultant overseeing the work process and a structural engineer to inspect and advise on the removal of, and work needed to, the weather vane post.

Leaving aside the 149 calls to my mobile from the scaffold alarm company, which arose invariably when a pigeon or squirrel caused the alarm to be



triggered, it was an interesting project and I have certainly learned much about the skill, demands and knowledge applied to work on a Grade 1 listed building.

Throughout the process everything was undertaken with professionalism and expertise for which we should be grateful. Our thanks are recorded to Barbara Singer of Thomas Ford & Partners, our architects, Bakers of Danbury Heritage Ltd and the other professionals involved.

## Summary of PCC Meeting held on 6<sup>th</sup> February 2024



**Safeguarding:** Akosua Boachie has been appointed as the new Parish Safeguarding Officer. Michelle Barkwith will be assisting her with some of the administration on DBS checks and training. The Church of England's new Safeguarding Standards were reviewed particularly with regard to new DBS checks which have been made available.

**PCC Elections:** Five people are due to step down at the next APCM, with two being eligible for re-election. There are already three vacancies on the PCC plus a requirement for a replacement for Lance Jackson. This gives a total of eight vacancies plus one to serve for two years.

**Care of Creation:** An update was given on the team's latest meeting. Various suggestions regarding the churchyard will need to be discussed with the Gardening Squad. The involvement of the uniformed organisations would also be encouraged. There was a proposal to install a bike shed. Other matters being followed up related to recycled toilet paper, toilet twinning, energy consumption, 'just one thing' simple swaps and future articles for *Gridiron/Porchtalk*.

**Electoral Roll:** This stood at 129. Dates for the annual revision were fixed.

**Other matters** discussed included legacy income, salary matters, the Children's Society, office photocopier and repairs to Derham, Hurford and Minor Halls. In addition reports and updates were given on all matters relating to finance, Quinquennial repairs and other building issues, communications, Churches Together and Deanery Synod.

## Tribute to Joan Jackson by her sister, Irene

Joan was born on 29th March 1933 to Tom and Jessie. They met at a talent contest. Jessie played the piano for contestants. Tom had a wonderful tenor voice. He not only won the contest but also the heart of Jessie. They became engaged and married in 1930. Joan was born in 1933, in Stepney Green. She had a very happy childhood with adoring grandparents, aunties, uncles and cousins. In the early days there was always music in the house. Mum played piano, Dad sang, Joan played the accordion with her Auntie Betty. So there was always music during family get-togethers – such happy times. Then in 1939 war reared its ugly head, and her Dad and Uncles were all called up and served in various parts of the world. So it was decided that all the Aunties and cousins should go to live with their grandparents in Newbury Park.



In June 1940 Joan welcomed a baby sister Irene. Being the eldest grandchild she took everyone under her wing. She supported everyone through thick and thin. Jessie was a loving mother to Joan and her little sister, and during the war they were evacuated to Wales. As the war raged on she had a telegram to say Tom was missing, presumed dead, shortly followed by another telegram to say he was on his way home. Jessie's health was quite fragile with various respiratory problems, so news like this didn't help and she had a mild heart attack.

With the war over, Mum, Joan and Irene went to Kings Cross station to meet Tom. Uncles returned safely too. Aunties, Uncles and cousins then moved on to make a home of their own. But because Jessie's health was deteriorating it was thought best that Tom, Jessie, Joan and Irene stayed with grandparents to help look after Joan and Irene, as Tom was working.

Sadly in 1948 Jessie passed away. Joan was 15, Irene was 8. The whole family was devastated, and great sadness overwhelmed everyone, particularly as it was the time that the grandparents were to celebrate their Golden Wedding. Joan was such a lovely, gentle, caring person that she took it upon herself to look after Irene. Both Joan and Irene went to dancing classes, so the musical talents were growing. Joan and Irene had beautiful singing voices and sang many duets together. They both took singing lessons and sang in the tutor's choir as well as performing a musical show every year.



When Irene was 16 Joan enrolled her for an audition to join an entertainment company. She passed and played 'Cinderella'. The company was called Rowse Entertainments, and both Irene and Joan joined the company, performing pantomimes, concerts and revues. Those were wonderful times and they made lots of friends, many of whom are still in contact now. Joan had spent so much time looking after her sister that she really didn't have a social life herself. But that all changed when she met Lance. Roles were then reversed when it was Irene's turn to look after Joan to make sure the romance progressed in the right direction!

Music appeared in their lives once again. Joan had this beautiful voice and played the piano. Lance had a good voice too and played the piano. Also in the meantime Irene was engaged to Tony, who also played the piano, and was a member of Rowse Entertainments as well. Joan and Lance became engaged and in 1962 Irene and Tony got married in March, followed in December by Joan and Lance. The four of them spent many happy times together, and their children. Joan and Lance had Camilla, followed by Giles. Tom was devoted to his grandchildren. Tom was always a very heavy smoker, for many years, but this caught up with him and he died in 1969.

Joan and Lance were devoted members of St Laurence Church. They both sang in the choir. Joan was part of the flower arranging team, helped with children's groups, and many church activities and functions. They were both loyal and caring people who would help anyone in need, and much loved by all.

We gather here today to give thanks and celebrate Joan's life. Her passing on 13th December brought much sadness to us all. But as the saying goes, 'The Lord moves in mysterious ways' and Lance and Joan are together again in God's house and reunited with family and friends who have gone before them.

## **Church Building Improvements Fund Raising Quiz Night**



Saturday 11<sup>th</sup> May at 7.15 for 7.30pm in the Main Hall

Tickets £8 per person

Tables of 8 – come as a team or join a table of others

Bring your own food and drinks



Contact: [parish.office@upminsterparish.co.uk](mailto:parish.office@upminsterparish.co.uk)  
or speak with Debbie Stewart or Revd Susannah

## Tribute to Bill Gunary by Will Gunary

Born in Seven Kings in April 1931 Bill was the youngest of four, with 3 older sisters. His family moved out to Upminster and at 11 he attended Brentwood School. He loved school, enjoying success with numbers and sport but less so spelling! He remained very loyal, his school blazer appearing in photos of him way beyond his school years and only covid prevented him from taking up an invitation to visit the school more recently.



During the holidays he helped on his grandad's farm (where he actually lived for a time during the war). He had a great time driving tractors, taking apart and mending machinery. He might well have gone into farming himself but once he left school he went into family business with his father. Gunary farmers had been trading since 1870s, his grandfather, Charles both farmed in Essex and traded at Covent Garden, as C. Gunary & Son. For those who saw Bill struggle with a mobile phone you'd be surprised to hear he was an early adopter of new technology within Market Gardening. He loved visiting supplier farmers all over the south east and beyond, and it was then we suppose he developed his own internal sat-nav with a photographic memory of every road he travelled on, In the early 1970s he undertook the move from Covent Garden to the New Covent Garden at Nine Elms where he was presented to the Duke of Edinburgh at its official opening.

Freemasonry was one of his great passions. As a young man he was initiated into the Dagenham Lodge at Upminster, where his own father was already a long-established member, and so started a long and fulfilling lifetime of Masonic involvement. He became the very first joining member of the New Elizabethan Lodge founded where his father had been one of the founding members in 1958. He would go on to distinguish himself in these Lodges as well as joining' and achieving high status in various other orders within Freemasonry. Once he had retired from work he was able to devote even more time to his Freemasonry, and his enthusiasm, commitment and natural talent in the Craft was recognised. He made many lasting friendships within Freemasonry and will be greatly missed both within the Essex Fraternity and beyond.

Church was another of his passions and he had a long association with St Laurence. As a young man he was part of the church Guild where he enjoyed

fellowship, friendship and love, as this was where he met mum. He had a tremendous faith and was involved in all aspects of church life. When he had been serving for 50 years he requested that he served with his family so the serving team consisted of himself, his nephew, 4 great nephews, a great niece and a school friend. Quite unique!!

Family was very important to Bill and he was proud of his ancestry/heritage. He had a keen interest in, and encyclopaedic knowledge of, the family tree and loved family gatherings on both a big and small scale. He settled down to start his own family, marrying Shirley in September 1954. He had 3 children Will, Jo and Ali and then moved to Gidea Park where he lived in the family home for over 60 years. As a dad he was a strict, no nonsense type but would happily play numerous board games with us on a Sunday and, as we grew older was more than willing to put himself out as a taxi service. He did however teach us all to drive the minute we were 17, showing hitherto unseen patience! Bill enjoyed family summer holidays. Not so keen on travelling abroad he loved the seaside and had a special connection to Bournemouth where he used to visit his aunt as a boy. It wasn't such a surprise when he bought the flat down there, almost on a whim. He had lots of happy memories of times spent there with friends and family. In later years he would sit in his chair by the big window, with his book, looking out at the sea and snoozing. He thoroughly enjoyed seeing his grandchildren and joked about providing him with his own cricket team, which was indeed the case. More recently providing him with a second team of great grandchildren! He did have his vices though. He had a sweet tooth and was very partial to chocolate. He led us astray by signing us up to a chocolate tasting club without telling us!

Among his many qualities were: A sense of humour –from his corny puns to his sense of fun, dressing up as millennium bugs and the like.

Generosity: He rarely allowed us to pay for anything, always having paid the restaurant bill before we even realised it! He took a great interest in the many charities he regularly supported. One such charity that was very close to his heart is the Scotts Project Trust which was founded in 1990 to build homes for people with learning disabilities founded by his best man and his wife.

A true gentleman. So kind Honest. A great companion a highly regarded being, a man of warm friendship and generosity of spirit. His life was marked in service to others and his love for his family, his God and friends was steadfast and unwavering. A kind and thoughtful gentleman and a man of deep faith and

integrity – a great example to us all.

He leaves a big hole in so many lives but also leaves us with lovely, fond, and happy memories, of such a generous, inspirational man.

## From the Archives

*by Chris Mowat*

When the Bell and Ringing Chambers in the Church Tower were cleared out as part of the Quinquennial Repairs programme, various old papers were found which had probably been stored in the Tower for decades.

Some of them make interesting reading and I set out below some of the notes from a minute book covering the Churchwardens' and Sidesmen Committee (1911-1920) and the Parochial Church Council (1920-1928)

- 1912/13 Gas lighting introduced into the church
- Oct. 1914 Church Hall offered to the local Hospital Committee for use as a hospital if required for wounded soldiers
- Dec. 1914 It was recorded that the weather vane on the spire had been bent during a heavy gale just after Christmas. *(some 100 + years later parts of it fall down!)*
- April 6, 1920 The first Parochial Church Council was formed.
- Mar. 23, 1922 Provision of wall around the churchyard in place of wooden fence agreed – cost £67.15.0
- Jan. 1, 1926 Consecration of new burial ground of Churchyard extension, provided by taking in the Rectory Kitchen Garden.

All the above is before the east end of the church building was extended and there was no church hall facing on CorbetsTey Road. How times have changed!

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## A Thought for the Day - Memories

*The Revd Dr Leslie Griffiths, Lord Griffiths of Burry Port, is a British Methodist Minister and a Labour Life Peer. He served as President of the Methodist Conference from 1994-95 and is President of the Boys' Brigade.*

*This 'Prayer for the Day' was first broadcast on BBC Radio 4 on Thursday 6<sup>th</sup> November 2014:*

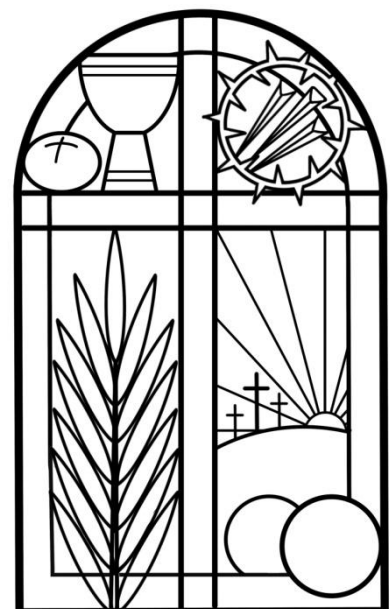
'Memory's a strange and wonderful thing. Just consider this. A letter arrives in the post. I don't have to open it to know who it is from: the handwriting gives the game away. As soon as I see the envelope, I can picture the person who wrote it, someone who's known me since I was a child. At the very sight of it, warm and vivid memories flood into my mind. Before I start to read, I've been transported back in time. See what I mean?

And I could add so many examples to show the way apparently innocuous events are charged with the possibility of opening our minds, awakening us to old pleasures (or fears, of course) and reminding us that the past hasn't gone forever. It lurks barely below the rim of our consciousness, just waiting for its moment to greet us. It could be a place we pass through, a snatch of music we hear, someone's face, the bite of an apple - any one of so many things that releases an energy we didn't know existed.

It isn't that our minds stretch back to a disappearing past; it's more the past rising up to claim the present. I get this feeling every time I take bread and wine in a service of Holy Communion. 'Do this in remembrance of me,' Jesus said, and those words do the trick every time. Time isn't just an ever-rolling stream that bears us all away. It's with us, in us, around us, bubbling away beneath the surface and always waiting to surprise us.

*Dear Lord, live with us today, go with us into today's work. Give us a sense of your abiding presence with us in all we do. We thank you for all that is past and trust you for all that is to come. Amen.'*

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## Quinquagesima Lunch



Quinquagesima Sunday is the last Sunday before Lent - the first day of Lent being Ash Wednesday. It is a tradition at St Laurence to hold a lunch that Sunday afternoon and this year that fell on Sunday 11<sup>th</sup> February. After the morning services the preparations in the kitchens heated up! A lovely cooked meal ensued with good company and hearty conversation. Here are some of the 'staff' and 'diners enjoying the day.





## 60 Years and Still Sparkling

Congratulations to Joan and Rob Prudden who recently celebrated 60 years of marriage. The couple were married on 7<sup>th</sup> September 1963 in St Barnabas Church, Manor Park, London E12. We shared in their Diamond Anniversary Celebrations with cake and wine on Sunday 10<sup>th</sup> September. Here are the happy couple and the beautifully decorated, diamond studded cake which was delicious and made by Joan herself and then decorated by Jean Keen.



## Newlywed Mr and Mrs Wiggins-Twigg

On Saturday 24<sup>th</sup> February, Simon Wiggins and Sophie Twigg married in St John the Baptist Church, Randwick, Gloucestershire. This is the church where Sophie's grandparents were married and her great grandfather was church warden. Congratulations to the happy couple and their family.

# Slugs

*by Michael Blencowe of the Sussex Wildlife Trust*

I've had a strange fascination with slugs since I was a little boy. Back then I believed that they were homeless snails that had lost their shells. It turns out I was right. Sort of. The whole eviction process had started as far back as the murky Mesozoic when some land snails cast off the shackles of a shell and evolved into slugs for some truly independent living. Sure, shells are great for protection and will help you avoid drying out but they're clunky and require calcium to construct. Without them you can roam anywhere and (to name-check another mollusc) the world's your oyster.



The slug's shell has never been completely lost - a fragment remains hidden under their skin, a tiny, shrunken souvenir of their snail ancestry. Another link to their slimy dynasty is that all slugs, like all snails, are both male and female. As hermaphrodites, they possess both sets of sexual organs and this means that, if the situation dictates, they can go it alone and simply self-fertilise to produce their offspring. A true state of independence. Self-fertilisation creates a clone - or in a slug's case hundreds of clones - but the problem with inbreeding is a lack of genetic variability. Clones all possess the same weaknesses. An entire slug population can be wiped out by the same parasites and pathogens. To produce varied and resilient offspring, most slugs go in for the more old-fashioned approach of finding a partner for a quick rustle in the undergrowth.



But one garden slug species has turned this chore into art - a flamboyant celebration of a lack of independence. The spotted and striped Leopard Slugs start their performance by chasing each other around a tree, giving each other sonic, sensuous strokes and cheeky nibbles. They then climb, shimmy along a branch, and descend on a rope made of their own mucous. Here, hanging in mid-air, the slugs evert their sexual organs, entwining them to create a moonlit globe. This graceful, balletic trapeze performance must be one of the most mesmerising sights on our planet. If you search hard enough, you can find beauty in the strangest places. Still, if I was strolling through the woods at night, I'd hate to walk into it face-first!



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# Just one swap... Just my drop!

It's easy to feel overwhelmed by the scale of problems in creation. Sometimes, we all feel, 'But what can I do? I'm just one person, my changes would be so small!' In Uganda, they have a saying, when the scale of a problem seems too large for just one person to contribute to change. They say: Drop by drop, fills the pot!



At St Laurence, rather than feeling there's nothing we can do, we'd like to encourage one another to contribute our 'drops' into the pot of caring for creation. We've come up with ways to make our everyday choices a little greener: some ideas for simple swaps around the home.

## Simple Swap No. 1 - Dish washing

Sponges with the green scrubbing side are made from different forms of plastic. Microfibre cloths/e-cloths are also made from and contain plastic fibre.

Why not swap to a wooden dish brush, loofah washing up sponge or use a dishcloth made from natural materials and a bamboo pot scraper? We can compost all these after their useful life! For stubborn stuff: stainless steel pan scrapers can be recycled.

## Simple Swap No. 2 - Kitchen Roll

Why not swap kitchen roll for repurposed cloths made from worn out garments, towels or flannels? We could all mop up spills and mess without costing the environment or ourselves! Repurposed cloths can simply be washed with our normal laundry and used - well, almost forever!

## Simple Swap No. 3 – Food Wraps

Clingfilm is non-recyclable plastic. We could choose some much greener options:

**Wax wraps:** A pack of 3 costs between £10 -£14. Each wrap lasts at least one year and can be refreshed with a rewaxing bar. At end of their life, we can compost them! Wax wraps mould to food (but they're not for use on raw meat or fish, or excessively hot or wet food).

**Recycled aluminium foil:** A 10m roll of the 'If you Care' brand costs £1.19 from Waitrose and can be washed, reused and then recycled.

**Paper snack and sandwich bags:** 48 bags from the 'If You Care' brand costs £5 from Waitrose. We can recycle or compost after use.

**Elasticated food covers:** These are good for using over bowls and containers. We could make our own, or they're about £20 for 4. They can be used nearly forever – so a great saving over the years!

**Beaded food covers:** These are perfect for use on the table and in the fridge.

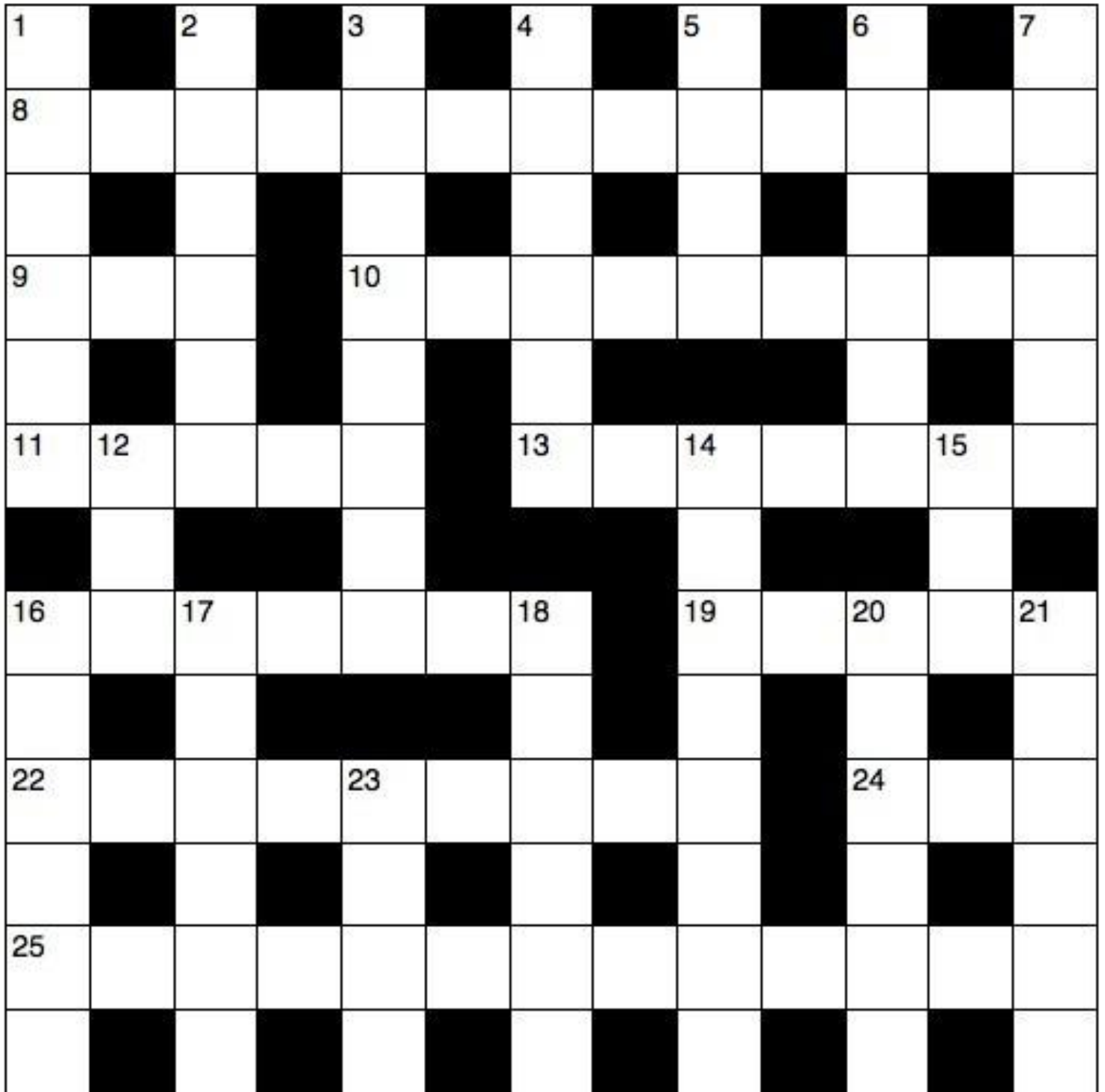
We could also **reuse glass jars** for storing food in the fridge; coffee jars are perfect. We are told... that Pringle lids fit Gü glass ramekin dishes which are great for storing small amounts in the fridge!

## Faith Through Art

Rosalind Hore created a series of images to illustrate the season of Lent which were displayed in church. These are just two of the boards which were displayed alongside the words:

Drop, drop, slow tears, and bathe those beauteous feet, which brought from Heaven the news and Prince of peace. In your deep floods drown all my faults and fears; nor let his eye see sin, but through my tears.





**ACROSS**

- 8 'He poured out his life unto death, and was numbered with the \_\_\_\_' (Isaiah 53:12) (13)
- 9 'When they had sung a hymn, they went \_\_\_\_ to the Mount of Olives (Matthew 26:30) (3)
- 10 Comes between Galatians and Philipians (9)
- 11 'Your heart will \_\_\_\_ and swell with joy' (Isaiah 60:5) (5)
- 13 Muslim holy month (7)
- 16 Ten ears (anag.) (7)
- 19 Under (poetic abbrev.) (5)



- 22 How Abram described himself to God when he complained that his inheritance would pass to a servant (Genesis 15:2) (9)
- 24 'Go to the \_\_\_\_, you sluggard' (Proverbs 6:6) (3)
- 25 Debar from receiving Communion (13)

### DOWN

- 1 My \_\_\_\_ for His Highest (Oswald Chambers' best-known book) (6)
- 2 Festival of the resurrection (6)
- 3 'His sons will prepare for war and \_\_\_\_ a great army' (Daniel 11:10) (8)
- 4 'Let not the \_\_\_\_ string his bow' (Jeremiah 51:3) (6)
- 5 Name of the River Thames in and around Oxford (4)
- 6 'From then on Judas watched for an opportunity \_\_\_\_ \_\_\_\_ him over' (Matthew 26:16) (2,4)
- 7 'But Christ is faithful \_\_\_\_ \_\_\_\_ \_\_\_\_ over God's house' (Hebrews 3:6) (2,1,3)
- 12 Long-handled implement used to till the soil (Isaiah 7:25) (3)
- 14 Order to which monks and nuns devote themselves (8)
- 15 Appropriate (Proverbs 15:23) (3)
- 16 I, uncle (anag.) (6)
- 17 'They gave him \_\_\_\_ \_\_\_\_ of broiled fish' (Luke 24:42) (1,5)
- 18 'Weren't there three men that we \_\_\_\_ \_\_\_\_ and threw into the fire?' (Daniel 3:24) (4,2)
- 20 Mountain where Noah's ark came to rest (Genesis 8:4) (6)
- 21 'Don't you know that friendship with the world is \_\_\_\_ towards God?' (James 4:4) (6)
- 23 Prominent architectural feature of large cathedrals such as St Paul's (4)

### Answers to the February/March Crossword

**ACROSS:** 1 Prosperity; 7 Raisins; 8 Admit; 10 View; 11 Confetti; 13 Distil; 15 Groyne; 17 Navigate; 18 Whit; 21 Enoch; 22 Trodden; 23 Prophetess. **DOWN:** 1 Pride; 2 Ovid; 3 Pastor; 4 Reaffirm; 5 Timothy; 6 Providence; 9 Tridentine; 12 Kingship; 14 Saviour; 16 Statue; 19 Hades; 20 Rome.

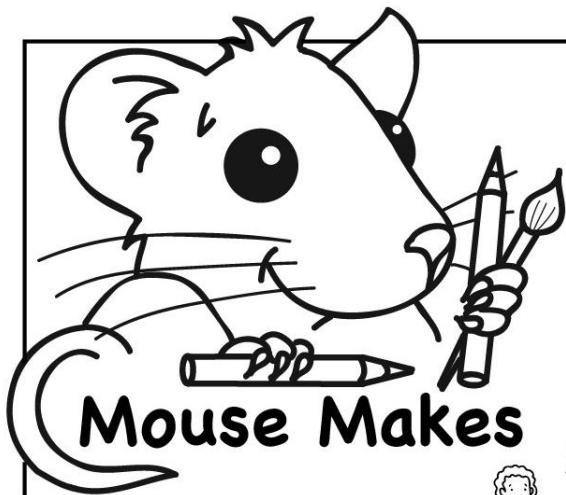
## Week of Prayer for Christian Unity

Sunday 12<sup>th</sup> to Sunday 19<sup>th</sup> May

*Please see Porchtalk for details of events and services during the week*

The week will conclude with a Churches Together United Service  
in St Laurence Church at 6.30pm on Sunday 19<sup>th</sup> May

**All Welcome**



Some time after Jesus had risen a few of His disciples met together to go fishing. They fished all night but caught nothing. As the sun rose a man on the shore asked; "Have you caught anything?" "Not a thing" they answered.



He said to them "Throw your net out onto the right side of the boat and you will catch some." So they did and they and they caught so many fish they could not pull in the net. Then John recognised the man, "It is the Lord!"



**READ**

the story in **John 21**



How many times had the risen Jesus revealed himself to the disciples before this?

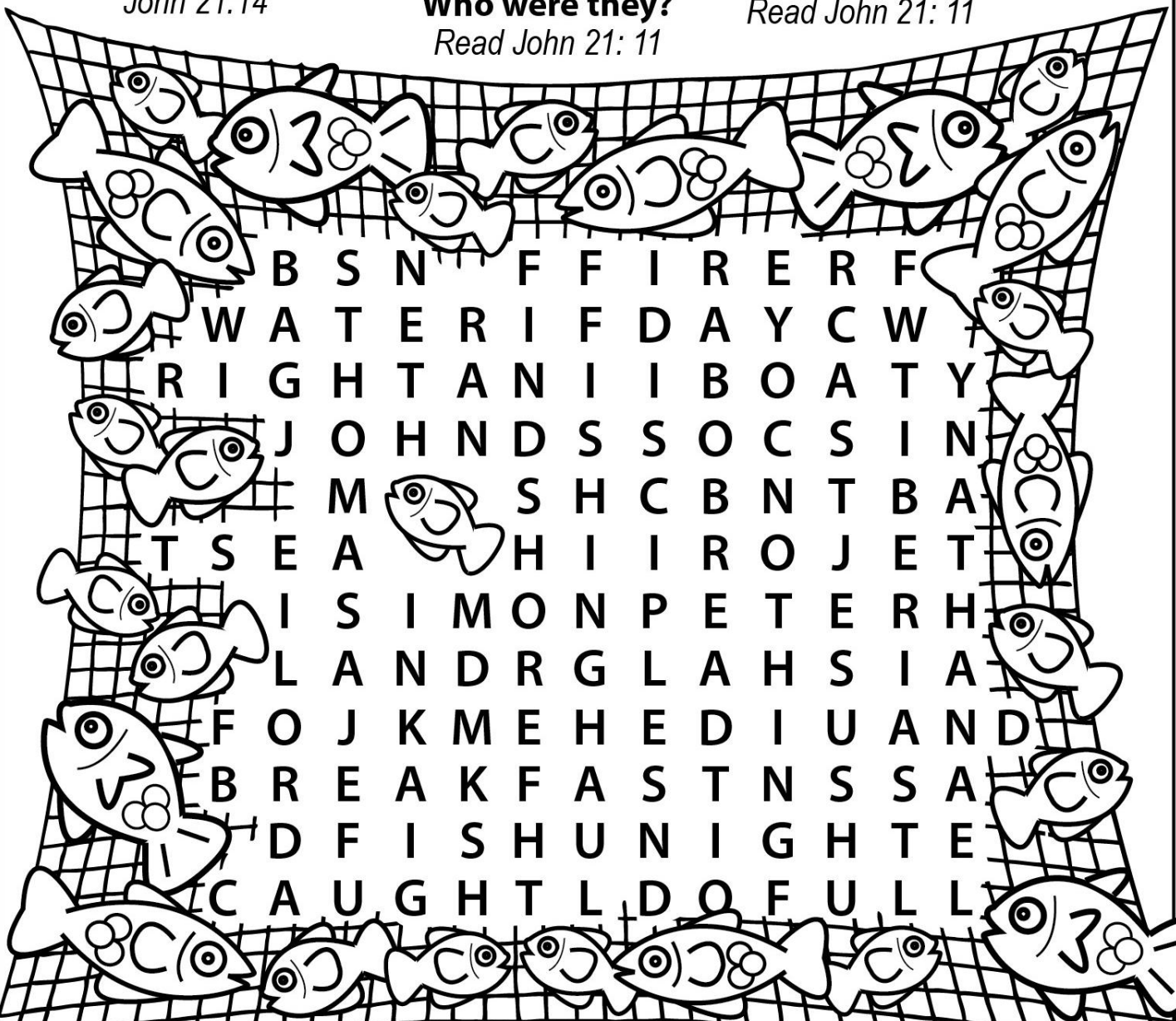
Read John 21:14



How many disciples were there? Who were they?

Read John 21: 11

How many fish did they catch? Read John 21: 11



DISCIPLES • TIBERIAS • SEA • SIMON PETER • THOMAS • NATHANAEL • JOHN • DAY FISHING • BOAT • NIGHT • CAUGHT • NOTHING • WATER • SHORE • FISH • CAST • NET RIGHT • FIND • HAUL • LORD • FULL • LAND • FIRE • BREAD • BREAKFAST • JESUS

## Charity of the Month

### April: Macular Society

Every day, around 300 people are diagnosed with macular disease. It's the biggest cause of sight loss in the UK. Macular disease is cruel and isolating. It steals people's sight, independence and the ability to do the things you love. It can affect people of any age - even children - but not enough is known about why, and there is still no cure.

The macula is part of the retina at the back of the eye. It is only about 5mm across but is responsible for our central vision, most of our colour vision and the fine detail of what we see. A healthy macula is about 250 microns (one quarter of a millimetre) thick. The macula has a very high concentration of photoreceptor cells – the cells that detect light. They send signals to the brain, which interprets them as images. The rest of the retina processes our peripheral, or side vision.

Nearly 1.5m people in the UK have macular disease. Age-related macular degeneration (AMD) is the most common condition, generally affecting people over the age of 55. AMD is the biggest cause of sight loss in the UK, affecting more than 700,000 people. A group of rare inherited conditions called macular dystrophies can affect much younger people. Some of these rare conditions can appear in childhood, although some are not diagnosed until later in life.

### May: USPG - United Society Partners in the Gospel

The logo for USPG (United Society Partners in the Gospel) features the letters 'USPG' in a bold, stylized, hand-drawn font. A small cross symbol is positioned at the top right of the letter 'G'.

USPG were formed in 1701 and their perspective has always been global. The aim of USPG is to bring people together from different parts of the global Church in mutually enriching conversation and profound encounters in order to deepen faith in Jesus Christ. They promote education and leadership and strengthen the unity and capacity of the Anglican Church.

The world is battered by suffering, distress and disturbance: environmental degradation, turbulent global politics, gender injustice, the forced displacement of millions of people and the harassment and killing of indigenous peoples... the list goes on. In the face of these traumas, the churches of the Anglican Communion are called to be communities of resistance and hope. Such challenges cry out for words and actions that

express love and solidarity and go beyond narrow self-interest and national boundaries.

Working with partners to help the Church demonstrate the healing power of Christ's love USPG travel, they listen, they bring church leaders together, they form relationships of trust so that everyone can learn from each other. Their role is today's world is to love our global neighbours and to work for justice and peace.

## **And Finally....**

*From 'Bats in the Belfry' by Murray Watts*

"You Gentiles have taken everything from us', argued the Jew.

"Like what?" said his Christian friend.

"Like the Ten Commandments, for a start."

"We may have taken them," replied the Christian, "but you can't possibly accuse us of keeping them!"

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# Parish Diary for April

**See inside front cover for regular Sunday service times**

|       |                  |  |
|-------|------------------|--|
| Thurs | 4 <sup>th</sup>  | 10.45am Easter Service, Derham House Nursing Home  |
| Fri   | 5 <sup>th</sup>  | 10.30am Coffee Morning   |
| Sun   | 7 <sup>th</sup>  | <b>2<sup>nd</sup> Sunday of Easter 6.30pm Evensong (on Zoom)</b>   |
| Mon   | 8 <sup>th</sup>  | <b>Annunciation of Our Lord to the Blessed Virgin Mary</b>   |
| Tues  | 9 <sup>th</sup>  | <i>Dietrich Bonhoeffer, Lutheran pastor, martyr, 1945</i>  |
| Wed   | 10 <sup>th</sup> | <i>William Law, priest, spiritual writer, 1761, William of Ockham, friar, philosopher, teacher of the faith, 1347</i>    |
| Thurs | 11 <sup>th</sup> | <i>George Selwyn, bishop, 1878, 10.45am Easter Service, The Oaks Residential Care Home, 8pm Choir Practice</i>           |
| Fri   | 12 <sup>th</sup> | 10.30am Coffee Morning   |
| Sun   | 14 <sup>th</sup> | <b>3<sup>rd</sup> Sunday of Easter, 6.30pm Evensong (on Zoom)</b>  |
| Tues  | 16 <sup>th</sup> | <i>Isabella Gilmore, deaconess, 1923</i>   |
| Thurs | 18 <sup>th</sup> | 10.45am Easter Service, Little Gaynes Residential Home, 8pm Choir Practice   |
| Fri   | 19 <sup>th</sup> | <i>Alphege, archbishop, martyr, 1012, 10.30am Coffee Morning</i>   |
| Sun   | 21 <sup>st</sup> | <b>4<sup>th</sup> Sunday of Easter, 11am APCM, Main Hall, 6.30pm Evensong (on Zoom)</b>                                  |
| Tues  | 23 <sup>rd</sup> | <i>George, martyr, patron of England, c304, 7pm St George's Day Meal, Top Meadow</i>                                     |
| Wed   | 24 <sup>th</sup> | <i>Mellitus, bishop, 624, Seven Martyrs of the Melanesian Brotherhood, 2003</i>  |
| Thurs | 25 <sup>th</sup> | <i>Mark the Evangelist, 8pm Choir Practice</i>   |
| Fri   | 26 <sup>th</sup> | 10.30am Coffee Morning   |
| Sat   | 27 <sup>th</sup> | <i>Christina Rossetti, poet, 1894</i>  |
| Sun   | 28 <sup>th</sup> | <b>5<sup>th</sup> Sunday of Easter, 6.30pm Evensong (on Zoom)</b>  |
| Mon   | 29 <sup>th</sup> | <i>Catherine of Sienna, teacher of the faith, 1380, 9.30am Footsteps in Church, 8pm CM&amp;FG Meeting, Parish Office</i> |
| Tues  | 30 <sup>th</sup> | <i>Pandita Mary Ramabai, translator, 1922</i>  |

**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**

|       |                  |   |
|-------|------------------|---|
| Wed   | 1st              | Philip and James, Apostles  |
| Thurs | 2nd              | Athanasius, bishop, teacher of the faith, 373, 8pm Choir Practice   |
| Fri   | 3rd              | English saints and martyrs of the Reformation Era,<br>10.30am Coffee Morning  |
| Sun   | 5 <sup>th</sup>  | <b>6<sup>th</sup> Sunday of Easter, 12pm Baptism, 6.30pm Evensong (on Zoom)</b>   |
| Wed   | 8 <sup>th</sup>  | <i>Julian of Norwich, spiritual writer, c1417</i>   |
| Thurs | 9 <sup>th</sup>  | <i>Ascension Day, 8pm Mass</i>  |
| Fri   | 10 <sup>th</sup> | 10.30am Coffee Morning  |
| Sat   | 11 <sup>th</sup> | 7.15 for 7.30pm Quiz Night, Main Hall   |
| Sun   | 12 <sup>th</sup> | <b>7<sup>th</sup> Sunday of Easter, 6.30pm Evensong (on Zoom),<br/>Week of Prayer for Christian Unity begins</b>                  |
| Tues  | 14 <sup>th</sup> | <i>Matthias the Apostle</i>   |
| Wed   | 15 <sup>th</sup> | 7.30pm PCC Meeting, Parish Office   |
| Thurs | 16 <sup>th</sup> | <i>Caroline Chisholm, social reformer, 1877, 8pm Choir Practice</i>   |
| Fri   | 17 <sup>th</sup> | 10.30am Coffee Morning  |
| Sun   | 19 <sup>th</sup> | <b>Pentecost, 6.30pm Churches Together United Service in Church</b>   |
| Mon   | 20 <sup>th</sup> | <i>Alcuin, deacon, abbot, 804, 9.30am Footsteps in Church</i>   |
| Tues  | 21 <sup>st</sup> | <i>Helena, protector of the Holy Places, 330</i>  |
| Thurs | 23 <sup>rd</sup> | 8pm Choir Practice  |
| Fri   | 24 <sup>th</sup> | <i>John and Charles Wesley, evangelists, hymn writers, 1791 and<br/>1788, 10.30am Coffee Morning</i>                              |
| Sat   | 25 <sup>th</sup> | <i>The Venerable Bede, monk, scholar, historian, 735, Aldhelm,<br/>bishop, 709</i>  |
| Sun   | 26 <sup>th</sup> | <b>Trinity Sunday, 6.30pm Evensong (on Zoom)</b>  |
| Tues  | 28 <sup>th</sup> | <i>Lanfranc, monk, archbishop, scholar, 1089</i>  |
| Thurs | 30 <sup>th</sup> | <i>Day of Thanksgiving for the Institution of Holy Communion (Corpus<br/>Christi), 7.30pm Mass at All Saints' Church, Cranham</i> |
| Fri   | 31 <sup>st</sup> | <i>Visit of the Blessed Virgin Mary to Elizabeth,<br/>10.30am Coffee Morning</i>  |

**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

|                                    |   |              |
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| <b>Assistant Curate</b>            | The Revd Catherine Towner<br>catherine.towner@upminsterparish.co.uk     | 01708 225374 |
| <b>Pastoral Assistant</b>          | Deborah Masterson<br>deborah.masterson@upminsterparish.co.uk            | 01708 609816 |
| <b>Parish Safeguarding Officer</b> | Akosua Boachie<br>safeguarding@upminsterparish.co.uk                    | 07760 791032 |
| <b>Parish Office</b>               | Joanne Chapman<br>parish.office@upminsterparish.co.uk                   | 01708 220696 |
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| <b>Hon Secretary PCC</b>           | Beryl Speed<br>beryl.speed25@virginmedia.com                            |              |
| <b>Hon Treasurer</b>               | Tony Bloomfield<br>treasurer@upminsterparish.co.uk                      | 01708 536370 |
| <b>Planned Giving</b>              | treasurer@upminsterparish.co.uk   |              |
| <b>Electoral Roll Officer</b>      | Keith Stewart<br>keithdebbie@btinternet.com                             | 01708 227928 |
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