



2<sup>nd</sup> June 2024 *First Sunday after Trinity*

## 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.

<b>Today</b>	Holy Communion	8.00 am
2 <sup>nd</sup> June	Sung Parish Mass	9.30 am
<i>1<sup>st</sup> Sunday after Trinity</i>	Evensong on Zoom	6.30 pm
<b>Monday</b>	Organ Teaching	11.00 am
3 <sup>rd</sup> June	Organ Teaching	5.15 pm
<b>Tuesday</b>	Morning Prayer, Lady Chapel	9.10 am
4 <sup>th</sup> June		
<b>Wednesday</b>	Morning Prayer, Lady Chapel	8.45 am
5 <sup>th</sup> June	Staff Meeting, Parish Office	9.00 am
<i>Boniface (Wynfrith), bishop, martyr, 754</i>	Said Mass, Lady Chapel	11.00 am
	Evening Prayer, Lady Chapel	4.15 pm
	Halls Committee Meeting, Parish Office	7.30 pm
<b>Thursday</b>	Morning Prayer, Lady Chapel	9.10 am
6 <sup>th</sup> June	Choir Practice	8.00 pm
<b>Friday</b>	Coffee Morning, Main Hall	10.30 am
7 <sup>th</sup> June		
<b>Next Sunday</b>	Holy Communion	8.00 am
9 <sup>th</sup> June	Sung Parish Mass with Baptisms and Admissions to First Communion	9.30 am
<i>2<sup>nd</sup> Sunday after Trinity</i>	Evensong on Zoom	6.30 pm

**Evensong readings this Sunday:** Jeremiah 5:1-19; Romans 7:7-end

**Mass readings next Sunday:** Genesis 3:8-15; 2 Corinthians 4:13-5.1; Mark 3:20-end

**Evensong readings next Sunday:** Jeremiah 6:16-21; Romans 9:1-13

**Coffee:** 9<sup>th</sup> June – Sally and Michelle

*Please let Revd Susannah, Revd Catherine 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

**Gill Roome is celebrating** a significant birthday and would like you to join her for cake and wine after the 9.30 Mass this morning.

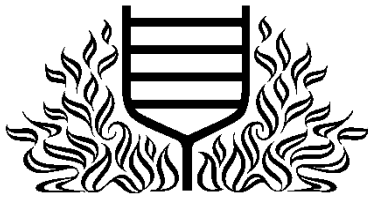
**Nest Sunday** after the 9.30 Mass we will be celebrating the First Communicants and Susannah's significant birthday with cake and wine in the Main Hall. Please join us if you can.

**Mediterranean Evening** in aid of the Church Building Improvements Project, Saturday 22<sup>nd</sup> June, 7pm in the Main Hall. Price per person is £20 for adults and £10 for under 18s. Advance booking is essential. To book please contact Joanne in the Parish Office or see Debbie Stewart.

**Ordinand on placement:** Today we welcome Carly Lucas who will be joining us on placement until 14<sup>th</sup> July. She has written the following by way of introduction: *'Hello all, I'm Carly and I am currently in my second year of Ordination Training with St Augustine's College of Theology, West Malling. I live locally and my sending church is St. Luke's, Cranham Park Fellowship. Having worked at a local secondary school for over 20 Years, teaching Drama and English, I have spent the last few years as a Director of The Havering Teacher Training Partnership. My current role gives me the opportunity to not only teach the PGCE but work and liaise with the secondary schools across the borough, training and supporting the next generation of teachers to achieve QTS. Working alongside theological study has been exciting and challenging! Family life is full and busy too, as we have a shared household with my wonderful mum and a hamster called Potato! I am a wife to Robert, and we have two amazing daughters, one of whom is at University and the other is starting sixth form in September! Music, dance and theatre shape our family life, and is where we spend our free time! I look forward to being on placement with you all at St Laurence and meeting you all.'*

**Acorns Day Opportunities** are holding an afternoon tea to celebrate Learning Disability Week. Acorns is a new group for adults with learning difficulties and disabilities, which runs on Wednesday and Thursday. Please come and taste our delicious home-made treats on Thursday 20<sup>th</sup> June from 1.30-3.30pm in the Main Hall. Tickets £5 per person. Email Sarah, [acorns484@gmail.com](mailto:acorns484@gmail.com) to book your ticket. See you there!

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



# AT THE MASS

2<sup>nd</sup> June 2024

*First Sunday after Trinity*

**Introit** 587 Amazing grace

**Setting** The Addington Service - Shephard

## **Collect of the Day**

O God,  
the strength of all those who put their trust in you,  
mercifully accept our prayers  
and, because through the weakness of our mortal nature  
we can do no good thing without you,  
grant us the help of your grace,  
that in the keeping of your commandments  
we may please you both in will and deed;  
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.**

## **Deuteronomy 5:12-15**

The Lord says this: Observe the sabbath day and keep it holy, as the Lord your God commanded you. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.

**Gradual hymn** 728 Meekness and majesty

## **2 Corinthians 4:5-12**

We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light

shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

**Alleluia**

Celtic

### **Mark 2:23-3:6**

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.'

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

**Offertory hymn**

471 We pray thee, heavenly Father

**Anthem**

O God, you search me and you know me (1992)

Text: Based on Psalm 139. Music: Bernadette Farrell

**Communion hymn**

468 Thee we adore

**Final hymn** 652 Guide me, O thou great Redeemer

**Organ Voluntary** Voluntary VIII from Opus 7 – John 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:** Aloma Moore, Anthony Paternosta, Linly Lo-Yee.

**Wednesday:** Rosemary Watkins, Mary Greig, Denise Comer, James Tape, Rosalind Manley, Brian Shaw, Bob Bossey, Baby Charles, Glynis Whiting, Michael Folkes, Fr Tom Keighley, Sylvia Wilson, Simon Pols, Mary-Anne Madden, Florence Collins, Doreen, Victoria Wright, William Holden, Shirley Gunary, Jan Black, Michael McSweeny, Ann O'Riordan, Charles Osmond, Alan Butcher.

**Additional Prayers:** Alexandrina and Ezra who were recently admitted to First Communion and Adam, Sophie, Sebastian and Eddie who will be admitted in next Sunday. People now sitting exams. All those receiving Home Communion.

**Recently departed:** Anne Taylor.

**Anniversaries of the departed:** Edith Hill, Amy Brabner, Florence Pendlebury, Albert Hodgson, Doris Anderson, Dorothy Edwards, Douglas Parke, Kathleen Spicer, Shirley Ellis, Greta Rose, Pam Bugler, Carol Carr, Beris Paul, Neil Edwards, Colin Edwards, Geoff Fielden, Tom Shaw, Albert Jackson, Ethel Jackson.

**This year marks the 100<sup>th</sup> Anniversary** of the foundation of the 2<sup>nd</sup> Upminster (St Laurence) Scout Group. As part of our celebrations, we will be holding a celebration of our 100 years on Sunday 10<sup>th</sup> November (following Remembrance Day services) and we are keen to hear from past members and leaders who have memorabilia, pictures or stories that could help to paint a picture of Scouting in Upminster. If you have any information that you are able to share or are a past member or leader and would like to attend, please contact us via our website [www.2ndupminsterscouts.org.uk](http://www.2ndupminsterscouts.org.uk) (or please contact St Laurence Parish Office if you do not have internet access but would like to be put in touch with the Scout Group).

## OF THE MONTH

### JUNE: YOUNG LIVES VS CANCER

Young Lives vs Cancer is a charity that helps children, young people and their families find the strength to face whatever cancer throws at them. They understand that everyone is different and work hard to make sure each family has what they need.



Services and care include...

- Day-to-day support, information, guidance and clinical care when a child is diagnosed with cancer and undergoes treatment.
- Financial grants for struggling parents or for young people who can't afford to get to hospital.
- Free 'Homes from Home', which are sited close to the hospitals, let families stay together.
- Emotional and educational support for teens and young people, helping them keep in touch with friends and organising school work.
- Preparing children and parents for death and providing bereavement support afterwards.

If they think families are not being heard, they speak up on their behalf by raising awareness of children and young people's experiences and championing their voices to politicians and decision-makers across the UK.

**Calling for help, God's on the line for you...** A group of volunteers lock our church halls after hirers have left a week each through the year. A simple task any able, trusted, reliable person can do; working or retired. If just two people join these loyal volunteers, it would be a help by spreading the rota. Could you call by each evening for a week on your way home from work, pop out for an evening stroll to help out, even cycle/drive the short distance? Are you wondering what you could do to help once in a while? This could be your chance. Please join the group of volunteers who welcome a little additional support - even if only 2 or 3 weeks out of 52 for a few minutes. Please speak to Nick Thomson, our Susannah or contact the Parish office. God's calling you for help with vital but light easy work, this could be your chance, please pick up the call!

## CARD PAYMENT DONATIONS

We are always pleased to welcome both visitors and regular attendees to share our worship in this beautiful Grade 1 listed building. Please feel free to use our safe and secure card payment machine for confidential donations, located by the main door exit. Contributions help us maintain the substantial upkeep of this building for the benefit of the local community and our broader work as a church in general. Donations help to ensure that the church can continue to benefit future generations and the building can remain open to all as a haven of God's peace. 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](http://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).

## JUST ONE SWAP...



**Simple Swap No. 4** - Flash (or similar) disposable floor cloths are a continuing cost both financially and environmentally.

If you have a floor mop 'system' swap to using a reusable and washable cloth instead. Repurposed old towels and flannels work well for this, cost nothing and reuse otherwise unwanted items.

Microfibre/E-cloths are made from plastic fibres and can release microplastics. Repurposed towels/t shirts etc make excellent cleaning cloths. To make sure you don't mix up your kitchen/bathroom cloths, mark them with coloured thread or ribbons – *pink for the sink, blue for the loo!*

## CONTACTS

**Rector** The Revd Susannah Brasier

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**Assistant Curate** The Revd Catherine Towner

01708 225374 catherine.towner@upminsterparish.co.uk

**Pastoral Assistant** Deborah Masterson

01708 609816 deborah.masterson@upminsterparish.co.uk

**Churchwardens** Jean Keen and Cheryl Hale

parish.office@upminsterparish.co.uk

**Parish Safeguarding Officer** Akosua Boachie

07760 791032 safeguarding@upminsterparish.co.uk

**Acting Director of Music** Nigel Lockwood

parish.office@upminsterparish.co.uk

**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