

## Welcome to St Laurence's!



**S**T LAURENCE'S IS A LIVELY, MULTI-ETHNIC COMMUNITY that values diversity. In our church today you will find a wide section of the people of Catford and beyond, united in worship and service. As well as offering people a place to worship, we also run a large community centre

that is extensively used by local people.

Over the past one hundred and twenty-five years many changes have taken place in our community. We have been serving people living and working in the centre of Catford since 1888; today our diversity enriches our parish family and broadens our understanding of God and of the mission of the church.

Our mission is quite simple: to offer, on behalf of a part of the world that God loves, namely Catford, the praise it has largely forgotten to express.

May I welcome you very warmly to St Laurence's, on behalf of the whole congregation, and whether you are with us for just a Sunday or for many years, I pray that you will find the presence of God in this remarkable place.

Fr Charles  
Vicar

# CONTENTS

Welcome to St Laurence's! .....	1
Services in Church	
Services at St Laurence's.....	3
Sunday Services .....	3
Weekday services .....	3
Healing ministry .....	4
Receiving Holy Communion.....	4
First Communion and confirmation.....	4
Baptisms .....	4
Funerals .....	5
Junior Church .....	5
Preachers on Sundays .....	5
Getting married at St Laurence's .....	6
Joining In...	
Supporting the Church Financially .....	7
Church Choir .....	8
Reading Lessons and leading prayers .....	9
Serving at the Altar .....	9
Activities for Adults	
St. Laurence House Group.....	10
The Mothers Union .....	11
The Mothers Union prayer .....	11
Activities for Young People	
Scouting at St Laurence's .....	12
Mini-Choir, Men's Choir, Women's Choir.....	13
Rainbow Tots .....	13
Getting Involved	
Social Events .....	13
Volunteering .....	14
Joining the coffee rota: .....	14
Flower arranging .....	14
Ministry of Welcome .....	15
Christian Aid .....	15
St Laurence Centre	
St Laurence Centre.....	16
Who Runs Things?	
The Ministry Team.....	17
The Parochial Church Council .....	17
An Octagonal Church?	
An octagonal church? .....	18
Why do the Clergy wear coloured robes? .....	19
Contacts	
Contact List .....	20

# SERVICES AT ST LAURENCE'S

## Sunday Services

- 8am Holy Communion
- 10am Sung Eucharist, with crèche, junior church and Sunday School followed by refreshments in the main hall. On one Sunday a month we have a family eucharist.
- 6pm Simple evening service or choral evensong (monthly)

## Weekday services

As well as three services every Sunday, there are additional services at festivals such as Christmas and Easter and at other times. Details of these are advertised in advance. In addition we have a service in the Lady Chapel almost every day of the week, at which you would be very welcome. Most mornings there is morning prayer at 7.30am, while there is a daily communion service at different times. The times are published every week on the weekly pewsheet, and also on a notice on the church door as well as on the church website.

In general, weekday masses follow this pattern:

Monday: 7.30am

Tuesday: 7.30pm

Wednesday: 10.30am, followed by coffee

Thursday: 9.30am

Friday: 6.30pm

The Lady Chapel is generally open daily for prayer and private meditation during daylight hours. Some people use the chapel to pray before services and light a candle as a symbol of their prayers.

## Healing ministry

St Laurence's takes the healing that Jesus offers to humanity very seriously. Jesus said "Come unto me all you who labour and are heavy-laden, and I will give you rest". Once a month (at least) we have a special service in the Lady Chapel with laying on of hands and anointing for any who wish. Please ask for more information, or have a word in private with the vicar or any member of the ministry team.

## Receiving Holy Communion

Anyone who receives the bread and the wine in their own church is welcome to receive here at St Laurence. If you do not wish to receive the communion you are welcome to come to the altar rail to receive a blessing. Please keep your heads bowed and your hands below the rail to indicate that you wish to receive a blessing.

## First Communion and confirmation

Courses leading to admission to communion (children aged 7 plus) or confirmation (only adults) are held during the year and are announced in the church notices. For further details please contact Fr Charles or Peter Charles.

## Baptisms

Baptisms take place during the 10am service. To book a baptism for your child, please attend a Sunday service and then talk to the vicar afterwards to fix a date. If you live outside the parish, he will ask you to see your own vicar, as a matter of courtesy, for his or her approval. (This is rarely withheld!)

## Funerals

To arrange a funeral either at St Laurence Church or at a local cemetery or crematorium, please contact Fr Charles (020-8698 2871). Ashes may be laid to rest in the memorial garden at the front of the Church.

## Junior Church & Creche

Junior Church takes place during the Sunday morning service. It is for children aged 5–11; there are two groups, one for KS1 children, the other for KS2. Children leave the church immediately after the Gospel reading and make their way to the church hall, and return at the offertory.

During Junior Church, the children have activities based on the same Bible readings that have been read in church.

On family mass Sundays (often the first Sunday of the month) children stay in church for the whole service, which will generally be more child-friendly.

We have a dedicated team of six teachers who each take a Sunday a month; we are always looking for new people to volunteer. If you would like to be part the team, please have a word with Mairead Thomas, the Junior Church co-ordinator, anytime. This is open to anyone 18+ who enjoys working with children; we provide all materials.

Toddlers are most welcome to St Laurence's. If they need to run around at any point, please feel free to take them into the coffee bar (behind where the choir sit). In the corridor beyond, there is a cupboard full of toys.

## Preachers on Sundays

The Sunday sermon is for many people the high point of their week! We are fortunate in having six licensed preachers on our team. In addition, to mark special seasons of the year such as Lent and Advent, we invite distinguished visiting preachers; some Sundays, this will be followed by a discussion in the church hall over coffee after the service.

## Getting married at St Laurence's

**T**O BE MARRIED you must be at least sixteen years of age; if under eighteen you must have the consent of both parents (or guardians) in writing on our official form. If you have been divorced, and your former partner is still alive, please discuss this with the Vicar before booking your wedding.

To be married in St. Laurence Church, one party must live in St. Laurence's parish (unless you have been a regular worshipper at the church for at least six months and are on our Electoral Roll). You will be asked to provide proof of your address and passport.

### How to make the arrangements

Either ring the Vicar (020-8698 2871) to make an appointment for a first meeting or speak to him after the Sunday service. At the first meeting, which you must both attend, you will be asked to fill in a wedding application form, and we will set a date and time for your wedding. As there are a number of weddings at St. Laurence's, it is best to fix the date and time as early as possible. You will also be asked to pay a deposit of £80. If you cancel the booking the deposit will be refunded unless cancellation is less than a month before the date booked. At this first meeting (which generally lasts about an hour), we will outline all the things you need to think about to plan a good wedding service.

At least a month before the wedding, we will have a second meeting to finalise your plans and complete the arrangements. There may need to be a third meeting, if your wedding is going to be large. And then we have a rehearsal one or two days before the wedding just to make sure that everything is going to be perfect!

Together, we hope to help you achieve the wedding service of your dreams.

## Supporting the Church Financially

In times past the farming communities, having brought the Harvest home, gave their tithe to the church – a share of the crops they had gathered. In modern times we are not farmers and so we share what we have – our money.

We cannot keep the gospel message to ourselves, it has to be shared. Giving money to the church helps spread the gospel message – helps it to be shared. Stewardship is about our commitment to God and the Church. We should give willingly and with joy.

Our stewardship of the Church, in addition to the provision of sacramental items of worship, and the music through the choir (part is a highly regarded youth activity) – also involves maintaining the fabric of the church, the concrete, the bricks and mortar, the roof, the furnishings, the lighting and the heating – the list is as long as the list of things that we need to do at home to maintain our homes in good order. And also, as at home, there is never too much money – there always seem to be a shortage.

Here at St Laurence we encourage giving through the Gift Aid Scheme. For every 80p you give to the church we claim back from the Government the Basic Rate of Income Tax of 20p that you have already paid from your salary, pension or other income. For example a donation of £8 becomes £10!

The Gift Aid scheme is quite simple – you formalise your giving by agreeing to pay by monthly standing order direct from your bank account or to give through the Gift Aid Pledged Envelope scheme.

£8 or £80 given anonymously through the Collection plate is gratefully received. But given through the Gift Aid Scheme becomes £10 or £100, at no cost to you – provided you are a UK taxpayer.

Standing order and gift aid declaration forms are available at the welcome table. To join the Gift Aid Pledged Envelope scheme please ask one of the churchwardens.

## Church Choir

**L**EARNING TO SING is an excellent way to grow in mind, body and spirit. Every child should have the opportunity to develop their musical talents, to learn to read music and to learn the discipline and teamwork of singing in a choir – they may become a Pavarotti or they may manage no more than a few notes, but either way, the sheer enjoyment of singing with a group of other people is something that no child should be denied.

We at St Laurence's are delighted to be able to support a large and active choir, who don't just sing, but also play football, go bowling, and even go on holiday abroad together. They in turn support our services, but also have a lot of fun!

Our church choir is looking for singers! If you are interested in singing and you are a young person aged 8 or over, why not come and join us? We would also welcome new adult members for the choir; if you can sing alto, tenor, or bass, please feel free to contact Huw, the Director of Music, for more details.

We meet on Wednesdays for theory lessons (learning what the dots mean) and singing practice, and again on Friday evenings when the adult choir members join us for a full practice.

We sing every Sunday, and go on trips to sing in Cathedrals in the UK such as Southwark, Liverpool, and St David's. We also go on trips to sing abroad: in 2007 we went to Amsterdam, in 2009 we visited Berlin, in 2013 Ypres, in 2010 and 2014 Tuscany, and in 2015 Durham.

As a thank you, we have a choir bursary fund, that is able to assist with music lessons for promising singers.

Jocelyn Freeman

[choir@stlaurencecatford.org.uk](mailto:choir@stlaurencecatford.org.uk)

Other musical events such as concerts and organ recitals are held at St Laurence and are advertised in the church notices and on the noticeboards.

## Reading Lessons and leading prayers

On a Sunday morning at the 10 am service the lessons are read and the main prayers (intercessions) are led by members of the congregation. If you feel that you would like to take part in this important part of the service, please contact Sue Dearie who organises the rota.

## Serving at the Altar

The servers assist the celebrant at the Eucharist to lead the worship of the people.

At St. Laurence we have a very good reputation for our serving teams.

At our main service each Sunday there is a team of 6 serving consisting of...

- the MC (Master of Ceremonies) who is in charge of the team
- the CRUCIFER who carries the cross in processions.
- two ACOLYTES who carry the candles in processions and assist at the altar table.
- the THURIFER who carries the Thurible (incense burner) in procession and assists at the altar table.
- a BOAT PERSON who carries the incense in a vessel (boat) and accompanies the Thurifer.

Opportunities to join our serving team range from 8 years old upwards and the team consists of men and women. Once you are trained, you usually serve once a month.

We also meet together every month to meet each other socially and to rehearse for special services such as Christmas and Easter.

We are always looking for new servers and if you feel that you would like to be one of the team please contact Kofi Hagan or Fr Iain (07793 906941) for further details.

## St. Laurence House Group

**H**AVE YOU EVER THOUGHT YOU WOULD LIKE TO KNOW MORE ABOUT THE BIBLE and other religious topics? If so why not come along to our House Group?

It does not matter how well you know your Bible or how long you have been a Christian, we are very informal and learn from each other.

The subjects we have discussed over the years have been very varied and have consisted of The parables, The Lord's Prayer, Women of the Old and New Testaments, The Book of Revelation, The Holy Trinity, The Gospels of Matthew, Mark and Luke and many more.

We meet every second Wednesday (except Advent and Lent when we meet weekly) in homes of some of the group members from 8pm until 9.30.

If you are interested please ask for a leaflet at the Welcome Table or contact Fr Iain (07793 906941) or Peter Charles.





## The Mothers Union

**T**HE MOTHERS UNION is a world-wide family organisation, that believes in the importance of family life. Although originally only open to mothers, it is now open to all – men and women alike. The Mothers Union can be found in every parish of the Church of England. The aim of the Mothers Union is the advancement of the Christian religion in the union of marriage and family life.

At St Laurence our Mothers union meets on the first Tuesday of every month from 8-9.30pm. We often have guest speakers. The Mothers Union is well attended. Amongst our other activities are visiting the sick and the house bound, fund raising, planning events, taking part in services and social events.

As a member of the Mothers Union, wherever you go to in the world you can maintain your membership. If you can't attend a local meeting then there you can stay in touch with postal membership.

Enrolling member: Beverley Lashley

### The Mothers Union prayer

Loving Lord

We thank you for your love so freely given to us all

We pray for families around the world

Bless the work of the Mothers Union,

as we seek to share your love,

through the encouragement, strengthening

and support of marriage and family life.

Empowered by your spirit may we be united in prayer

and worship in love and service

Reach out your hand across the world in Jesus name.

AMEN.

# ACTIVITIES FOR YOUNG PEOPLE

## Scouting at St Laurence's



**Y**OUR LOCAL SCOUT GROUP based at St Laurence Church provides exciting and varied opportunities for all young people and welcomes help and support from adults who want to help make a difference.

Scouting aims to promote the development of young people in achieving their full physical, social and spiritual potential as individuals, as responsible citizens and as members of their local, national and international communities. The methods are by providing an enjoyable and attractive scheme of progressive training, based on the Scout Promise & Law and guided by adult leadership.

The 10th Lewisham South Scout Group provides Scouting for all young people aged from 6 years old to 14 years old, meeting in the Youth Room ('The Den').



Beaver Scouts (age 6 years to 8 years)  
Meet Thursday from 5.30 pm until 6.45 pm



Cub Scouts (age 8 years to 10½ years)  
Meet Thursday from 7 pm until 8.15pm



Scouts (age 10½ years to 14 years)  
Meet Tuesday from 7.15 pm until 8.45 pm

For further information contact:  
"Jay" on 020 8650 0876

**10th Lewisham South (St Laurence)**  
**Baden-Powell's Own Scout Group**

## Mini-Choir

Our mini-choir for very young children is led by Mairead Thomas, either during Junior Church or after mass. They perform regularly at Sunday services.

## Men's Choir and Women's Choir

These rehearse after mass from time to time, and take part in family masses together or separately.

## Rainbow Tots

On Wednesday mornings 9.30–11am, we run a playgroup for all carers and toddlers in the main church hall, where the children have space to run around.

## SOCIAL EVENTS

We run a programme of social events during the year for young and old, including parish lunches, dances, talent competitions and other entertainments. Details of these are advertised in the Church notices. Our parish lunches are always popular, and on days when we are celebrating the National Day of members of the congregation, not only is the food delicious but often it is given free!



## VOLUNTEERING

**T**HERE ARE ALWAYS MANY POSSIBILITIES FOR VOLUNTEERING in the parish, whether you have only a few minutes available or several hours. If you have a little time on your hands, and would like to give something back to the work of God through his church, do please have a word with Fr Charles or one of the churchwardens.

### Joining the coffee rota:

Of the many ways you can serve the community of Catford and the congregation here, perhaps the easiest is joining the coffee rota, and helping prepare refreshments after the service. We have 7 teams of people, and so you are only on duty once every 7 weeks. And it is a great way to get to know other members of the congregation.

### Flower arranging

Most Friday mornings you will find a small team preparing to decorate the church and chapel with flowers.

The arrangements are planned and colour co-ordinated, the flowers are ordered in advance and delivered on a Friday morning

Normally there are 3 arrangements to do, but on festival Sundays – Easter, Christmas and Harvest – there will be more.

Members of the congregation are able to donate towards the cost of the flowers and it is possible to have arrangements done in memory of a loved one or in celebration of a birthday. It is also possible to donate at Easter towards the purchase of remembrance lilies.

If you want further information on flower arranging or wish to arrange a special arrangement, please contact Eula Nicholas.

## MINISTRY OF WELCOME

### Welcome team

Every Sunday morning a group of people welcome worshippers to the 10am service and ensure that they have the required books for the service.

### Welcome Table

After the 10 am service there is a Welcome Table where newcomers and visitors can pick up information on St Laurence church and our activities. If you have any queries about what we do or who you should contact the Welcome Table is a good place to enquire.

If you have someone you'd like to appear on the prayer list, or have a message for the clergy, or have noticed someone who doesn't seem to have been in church for while, please let someone on the Welcome Table know about it.

## CHRISTIAN AID

Every year in the spring, we undertake a parish wide collection to raise money for Christian Aid. Volunteers are always required, either to deliver collection envelopes to all the houses in the parish or to collect them a few days later. In addition to the money raised for charity, this is also a major witness to the people of our parish.

Robert Green can tell you more.

## ST LAURENCE CENTRE

**S**T LAURENCE CENTRE has excellent facilities for the use of all

If you wish to hire a room for a party, wedding, meeting or any other social gathering, there is always someone in the Parish Office on Thursday evenings between 6.30 pm–7.30 pm, when you can look at the rooms we have and fill in the necessary booking forms. Alternatively, if you are unable to come on a Thursday, you can always ring 020 8698 9706 and we will get back to you and try to meet your requirements. I am also in church most Sundays should you wish to make an enquiry.

We have a large Hall for up to 200 people, the Jubilee Room and Coffee Bar, both able to accommodate 50 people, and a Youth Room of similar size, mainly for children.

There are many activities throughout the week. There is a carer and toddler group for the under 5's on a Thursday morning, and for other children there are Scouts, St. John Ambulance, Catford Community Choir, and keyboard lessons.

For others there is a badminton club, music societies, an arts society, martial arts, and many more. A luncheon club is run weekly for the Turkish-speaking elderly in the Coffee Bar..

The Centre is always a place of activity where people can meet and join others in a comfortable atmosphere.

If you need to hire a room or join an activity, we look forward to hearing from you.

Kay Lanston  
Centre Manager

For more information, please ring the parish office on  
(020) 8698 9706

## THE MINISTRY TEAM

The Ministry team is responsible for organising the worship and pastoral ministry at St Laurence. Currently the team consists of five priests (Fr Charles Pickstone, the Vicar; Fr Hugo Adán Fernaández, curate, Fr Iain Farquhar, honorary curate, and Fr Anthony Atherton, Fr Andrew Grant, retired priests) and three lay ministers (Grace Blyth; Peter Charles; Ijeoma Nwajiobi).

## THE PAROCHIAL CHURCH COUNCIL

The PCC, as it is generally known, is the body which runs the organisation of the Church. It consists of elected officers of the Church, who are elected by the congregation at the annual meeting and nine ordinary members.

The PCC is responsible for all decisions to do with running the Church and the Community Centre.

In order to vote at the annual meeting you need to be on the Church electoral roll. This is usually updated each year before the annual meeting (shortly after Easter).

For 2017/18, the PCC members are as follows:

Churchwardens: Dele Muji & Ray Williams

Elected members: Esme Alexander, Sybil Bair, Megan Barford,  
Brenda Cox, Victor Obasogie, Antoinette Ojiako,  
Henry Otoo, Bridgit Sam-Bailey, Matthew Wright

Ex-officio members: Kay Lanston, centre manager, Beverley  
Lashley (MU), Jocelyn Freeman, director of music,  
Joyce Turpin, PCC secretary

Deanery synod reps: Kenneth Agumadu, Grace Blyth, Jeni  
Griffith, Robert Green

Clergy & Readers: Fr Charles, Fr Iain, Peter Charles, Grace  
Blyth

## An octagonal church?

**O**UR CHURCH WAS BUILT IN 1968. The previous church had stood in central Catford where Laurence House is today from 1887. The new church was designed in the most modern style – Liverpool Roman Catholic cathedral, the first round church to be built in England in modern times, was only completed the previous year.

Traditionally, churches have been built on a straight line running from the west end entrance door to the high altar at the east end. In the 1960s people began to sense the presence of God more among each other than somewhere beyond a wall at the far end of a long building. Our church reflects this discovery. In St Laurence's, we are aware of the presence of the whole family of God, worshipping and praying together – just as in New Testament times Jesus was generally to be found in the market place, teaching and healing in the midst of the people.

This important insight inspires everything that we do at St Laurence's. The steel ring behind the altar also reflects the circle of God's love, which encompasses the whole of humanity – and, indeed, the whole world. It also reminds us that God's love is unending. A great religious poet, Henry Vaughan, began a well-known poem with the lines

“I saw Eternity the other night like a great Ring of pure and  
endless light.”

Even though our octagonal church is (nearly) round, God's eternity and majesty are important for us in our worship; and we have found ways of expressing this in ways more in keeping with God's being born as a man in a stable and teaching in the market-place. The octagonal building gathers the congregation into a community; the beautiful windows by Carter Shapland lift up the ceiling and dome, and create a remarkable sense of sacred space; the circular sanctuary slightly raises the altar above the people, so that the action there can be seen – just as Jesus might have gone up a hill or onto a boat to teach his people.

At St Laurence's we celebrate a Jesus who is to be found in the very midst of his people.

## Why do the Clergy wear coloured robes?

**Y**OU WILL PROBABLY NOTICE that as the Church year progresses the clergy wear different colour vestments. Sometimes these colours will be reflected in the altar covering or the front of the lectern. But what do they mean and why do we use them?

The Church year is broken into a number of seasons. The year starts with Advent (4 weeks before Christmas) and then Christmas. After this we go into ordinary time until the beginning of Lent (5 weeks before Easter). The Easter season is followed by Pentecost and then we return to ordinary time until we reach Advent again and the Church year restarts. Each of these seasons is represented by a colour. In addition special feasts days such also have liturgical colours. But why do we use them?

They serve as a reminder of where in the Church year we are in and seek to reflect the mood of that season. They also help us to mark the changing of the seasons.



## CONTACT LIST

### Parish clergy:

Fr Charles Pickstone (Vicar) 020 8698 2871

Fr Hugo Adán Fernández (curate) 07593 310 487

Fr Iain Farquhar (asst. priest) 07793 906941

Fr Anthony Atherton, Fr Andrew Grant

### Lay ministers (Readers)

Peter Charles

Grace Blyth

### Lay minister (Pastoral)

Ijeoma Nwajiobi

### Director of Music

Jocelyn Freeman

### Junior Church co-ordinator

Maíread Thomas

### Community centre manager

Kay Lanston: [kay@stlaurencecentre.org.uk](mailto:kay@stlaurencecentre.org.uk)

### Churchwardens

Dele Muji, Ray Williams

### PCC Secretary

Joyce Turpin

### Church Treasurer

Dele Muji

### Parish administrator

Melinda Gereb

### Lesson reader co-ordinator

Sue Dearie

### Sacristan

Kofi Hagan

### Christian Aid

Robert Green

Anyone whose number is not listed above – please contact them via the Parish office: (020) 8698 9706

Websites: Church: [www.stlaurencecatford.org.uk](http://www.stlaurencecatford.org.uk)

Centre: [www.stlaurencecentre.org.uk](http://www.stlaurencecentre.org.uk)

email: [info@stlaurencecatford.org.uk](mailto:info@stlaurencecatford.org.uk)