

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

March 2019



Rector: Revd Peter Smith, 01992 767897
 Churchwardens: Stephen Brown, 07960 809799 Paul Collins 01992 767703
 Benefice Office: Abbey Church Centre, Waltham Abbey, EN9 1XQ. 01992 767897
 Church address: Horseshoe Hill, Upshire, Waltham Abbey, Essex, EN9 3SS.
 Website: www.stthomaschurchupshire.com Find us on facebook
 Email address: stthomasupshire@btinternet.com
 Editor: Mrs Lyn Wackett, 94 Upshire Road, Waltham Abbey EN9 3PA. 01992 711573.
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This Newsletter is free: donations to Lyn Wackett. Copy date for April Newsletter: 14th March

SERVICES AND DIARY FOR MARCH

Every Monday:	11.30-12.30pm	Open Hour in the church
Every Friday:	11.30-12.30pm	Quiet Hour in the church
Saturday 2 nd	10am-12.30pm	Open Meeting to discuss our vision for the future of St Thomas'
Sunday 3 rd	The Sunday next before Lent 9.15 a.m. <u>HOLY COMMUNION</u> Readings: 2 Corinthians 3:12-4:2 Luke 9:28-36	
Saturday 9 th	10.30am-12noon	FLOWER FESTIVAL COFFEE MORNING at 94 Upshire Road. All welcome
Sunday 10 th	The First Sunday of Lent 9.15 a.m. <u>HOLY COMMUNION</u> Readings: Romans 10:8b-13 Luke 4:1-13	
Friday 15 th	8pm	Upshire COMMUNITY FESTIVAL MEETING in the Village Hall All welcome
Sunday 17 th	The Second Sunday of Lent 9.15 a.m. <u>HOLY COMMUNION</u> Readings: Philippians 3:17-4:1 Luke 13:31-end	
Wednesday 20 th	12noon-2pm	EARLY SPRING LUNCH in church – 07960 809799 to book
Sunday 24 th	The Third Sunday of Lent 9.15 a.m. <u>HOLY COMMUNION</u> Readings: 1 Corinthians 10:1-13 Luke 13:1-9	
Wednesday 27 th	2.15 p.m.	Upshire Mothers' Union meet in the Village Hall
Sunday 31 st	The Fourth Sunday of Lent (Mothering Sunday) 9.15 a.m. <u>HOLY COMMUNION</u> Readings: Colossians 3:12-17 Luke 15:1-3, 11b-end 3.00 p.m. <u>MOTHERING SUNDAY CELEBRATION SERVICE</u> Reading: Exodus 2:1-10	

Sunday 7th April

The Fifth Sunday of Lent

9.15 a.m.

HOLY COMMUNION

Readings:

Philippians 3:4b-14

John 12:1-8

READERS (1st Reading)

3rd: Sue McK

10th: Olive S

17th: Maureen S

24th: Gwen H

31st: Keith S

7th April: Carol S

SIDESPEOPLE

Linda & Stephen A

Sue McK & Fred C

David W & Norma B

Fred C & Barbara J

Pauline C & Sue McK

Linda & Stephen A

OPEN HOUR/QUIET HOUR

Stephen & Paul, the Churchwardens, will be in the church every Monday morning between 11.30am and 12.30pm for the Open Hour also Fridays at the same time for Quiet Hour. Do pop in if you'd like to have a chat and a cup of tea or coffee, or if you want to sit and have time for reflection and prayer.

FLOWER ROTA FOR MARCH & APRIL

March 3rd: available. LENT begins on 6th March: No flowers in church.

EASTER – 21st April – everybody. All are welcome to come along and help decorate the church for Easter. We will meet in the church from 9.30am on Saturday 20th.

If anyone would like to donate towards flowers in memory of a loved one on any of the available dates, please contact Lyn Wackett on 01992 711573 to discuss this with her or to have your name added to the flower rota. For Wedding or special occasion flowers please contact Marion Locke on 07789 643147.

WHEN IS ST THOMAS' CHURCH OPEN?

Every Sunday 9am – 11am for the 9.15am Service.

Every Monday 11.30am – 12.30pm for Open Hour.

Every Friday 11.30am – 12.30pm for Quiet Hour.

The above times and dates are subject to Services not known at the time of publication – check the Newsletter each month for further information.

PRAYER REQUESTS

You are invited to offer names to be added to our prayer diary to remember those who are unwell or unhappy, and to remember special dates, anniversaries, weddings, baptisms, etc.

First names only are required as God will know who we are praying for.

Contact Lyn Wackett on 01992 711573 or email lynanddavewackett@hotmail.co.uk

This month we pray for Carol & Allan, Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Brenda & Tony, Jacqui & Bob, Anne, Pam & John, Barbara, Janet, Len, Rita, Vernon, Mal, Glen, Louise, Sue, Cyril, Christine, Tim, Andy, Rosalind, Tom, Cathy, Barry, Bill, Maureen, Vivien, George, Doreen, Nathan, Beverly, the Price family and the White family.

ANAGRAM

Unscramble this 12 letter anagram: ONGOINGTRACE. The answer will be found elsewhere in the Newsletter.

COPPER JAR

Our thanks to the people who donated their coppers and small change to the Disability Fund via the Copper Jar, raising £18 in January.

UPSHIRE COMMUNITY FESTIVAL will take place over three days – 7th, 8th and 9th June.

It will be a WEEKEND OF FUN, FOOD, FLOWERS, ARTS AND CRAFTS.

CHURCH FLOWER FESTIVAL – “Through the Decades – 1930s-2020”.

Various stalls in the churchyard.

Events in the Village Hall for 80th ANNIVERSARY OF UPSHIRE PRIMARY SCHOOL.

Sponsors, volunteers, stewards, ideas/suggestions welcome.

Will you help bring our community together?

The next meeting is at 8pm on Friday 15th March in the small hall of Upshire Village Hall –
do come along, everybody welcome, come and meet your neighbours!

FLOWER FESTIVAL COFFEE MORNING

at LYN & DAVE’S, 94 UPSHIRE ROAD, EN9 3PA

SATURDAY 9th MARCH, 10.30am-12noon

To raise funds for flower arrangements by
Upshire Mothers’ Union members and St Thomas’ ‘Teas’ ladies
(mostly the same ladies!)

Admission free. Refreshments, raffle, bring & buy.

Everybody welcome!

CHURCHWARDENS’ CHATTER

We are holding an open meeting at St Thomas’ Church on Saturday 2nd March at 10am for all to attend to discuss their vision for the future for St Thomas’.

We have been advised that our Electoral Roll has to be renewed this year to bring us in line with the rest of the Diocese. Forms are available from the church or speak to a member of the PCC.

An Early Spring Lunch will be held in St Thomas’ Church 11.45 for noon-2pm on Wednesday 20th March. Menu: Roast Beef, Yorkshire pudding, new potatoes, mixed vegetables, onion gravy, desserts with custard or cream and hot drink all for £6.50. Mini market and Raffle. Ring 07960 809799 to book.

It has been decided to hold the Arts, Crafts & Collectables event in the church on one day only - Saturday 6th April, 11am-4pm. To book a stall contact Stephen on 07960 809799. If you would like to demonstrate your art or craft contact the same number as soon as possible as spaces are already being taken. Stalls, refreshments, etc. Admission free.

Come along to our Mothering Sunday Celebration Service on Sunday 31st March at 3pm in the church followed by tea in the Village Hall. Donations of sweet or savoury food towards the tea would be much appreciated and should be delivered direct to the Village Hall by 2.45pm at the latest.

Stephen Brown 07960 809799

Paul Collins 01992 767703

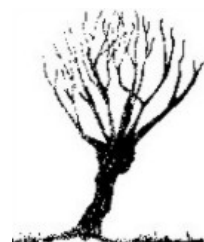
STAMPS!

Please continue to save your postage stamps and foreign or out of circulation coins – many charities can use them to raise funds. At the moment we are supporting the Herts and Essex Air Ambulance. Stamps and coins can be left with Lyn and Dave at 94 Upshire Road, or brought along to church any Sunday.

Note: please remember to leave about ½” of envelope around the stamp. Thank you.

EPPING FOREST HERITAGE TRUST – Guided Walks 2019

Friends of Epping Forest have now merged with Epping Forest Centenary Trust to form EPPING FOREST HERITAGE TRUST. The aim is, as ever, to work to preserve Epping Forest and increase people's knowledge, understanding and engagement with the Forest.



FOREST WALKS AND MORE

Join our programme of Forest walks or come along to our family activity session at the Epping Forest Visitor Centre. Enjoy the Forest with us and discover more of its heritage. Some walks are a gentle stroll, while others are taken at a faster pace. These walks are free but donations to support the work of the Trust are welcome. Please come suitably dressed for walking in the Forest, which can be wet and muddy.

Sunday 17th March, 10am-1pm

Discovering Deer

Join Mick Collins as we look for signs of deer and hopefully enjoy sightings of them. We shall walk on to the Deer Sanctuary and see en route clues about their behaviour and impact on the Forest.

Meet at Lodge Road Car Park, off the Epping New Road (B1393), to the north of the Wake Arms Roundabout (Miller and Carter). Grid Ref TQ431998

Thursday 4th April, 10.30am-12.30pm

Memories of Edwardian Times in Snaresbrook

Join Georgina Green for a walk to hear about children's games at the Hollow Ponds, Cockneys at the Rising Sun and find out how the area is connected with the Buxton family.

Meet at the Forest car park on the south side of Snaresbrook Road, London E18. Grid Ref TQ395890

Thursday 18th April - Drop in between 11am & 2pm

Family Easter Discovery Activities

Eggs and more, bird mobiles and hopefully we'll see baby birds through our webcam. Free but donations encouraged.

Meet: Epping Forest Visitor Centre

For further information email: enquiries@efht.org.uk Tel: 020 8508 9061 or speak to Sue McKinley in church. www.efht.org.uk

If you would like to become a member, email: membership@efht.org.uk or write to EFHT, Warren Lodge, Loughton, Essex IG10 4RN.

UPSHIRE SHORT MAT BOWLS CLUB

We are looking for new members. Everyone is welcome to come along and join our friendly club. No experience is necessary.

We meet at UPSHIRE VILLAGE HALL on Monday afternoons from 2-4.30pm,

Tuesday and Wednesday evenings from 7-9.30pm. Free Car Parking.

Please phone for more information – or just pop in.

Monday: Sarah Dodds, 01992 610542

Tuesday: Kitty Warner 01992 788660 or Fred Corsham 01992 711720.

Wednesday: Jackie Sullivan 07541 082064 or Dave Wackett 01992 711573.

If you are interested please give us a ring or leave your name and number and we will contact you.

WALTHAM ABBEY FLORAL ART SOCIETY

We meet at the Royal British Legion Hall, Brooker Road, EN9 1HY. Doors open at 7.15pm for a 7.45pm start, all are welcome.

Chairlady: Marjorie Chapman, 01992 712975 Secretary: Chris Beales, 01992 712704

Tuesday 26th March: Demonstration "For Home and Away"

Tuesday 23rd April: Workshop

June – outing to be arranged

Tuesday 24th September: Demonstration "A Night at the Opera"

Tuesday 22nd October: AGM and workshop making a Christmas wreath

Tuesday 26th November: Demonstration "Tis the season to be jolly"

Tuesday 10th December: Our Social Christmas Evening

MIND AND SPIRIT NETWORKING LUNCH

Friday 15th March, 12noon-1.30pm at The Orchard Day Unit, St Margaret's Hospital, Epping.

(Parking on site but a parking ticket may need to be purchased.)

Guest speaker Mark Neville, Alzheimer Society Essex Dementia Friendly Communities Coordinator: "Responding to Dementia". All welcome: further information from Jane Walters 07803 939023

Janewalters2003@hotmail.com

UPSHIRE MOTHERS' UNION

Come and Join Us!

We are a friendly group who meet on the

4th Wednesday of the month in the Village Hall,

Upshire at 2.15pm until 4pm or in St Thomas' Church for our Corporate Communion Services at 2.15.



At our January meeting Bryn Elliott gave an interesting talk, accompanied by a slide show, on 'Lippitts Hill Camp in War and Peace'. Lippitts Hill Camp was originally a rose nursery until the military took over. In 1932 it was set up as a gun site. The adjacent Thompson Wood was already a gun site in the Great War, but it was decided more guns were needed to protect the Small Arms factory in the Lea Valley.

In the summer of 1942 the Americans arrived and the British guns gave way to the B Battery of the US Military. By mid June 1944 the Americans had gone and the site was returned to the British and then became a Prisoner of War camp for the captured German soldiers. By the end of the 40s the POW camp had gone too. Some of the prisoners stayed in Britain, one being Walter Weiland who later became a naturalised Briton and went on to become Waltham Abbey Town Mayor in 1989. Both the Americans and the Germans left memorials of their stay, which can still be seen today. All that is left of the Americans is a brick pillar, the brass plaque was stolen. The Germans left a carved concrete statue of a man, this is just inside the gate.

In the 50s the London Police moved their training for police cadets, dogs and horses to Lippitts Hill Camp. In 1966 the firearms training was also set up and in 1967 the Police Helicopter arrived. As it had better security than other helicopter sites and being out of Area Control at Heathrow, it became a base for all areas. In 2003 the guns were pulled out and moved to Gravesend.

In 2012 it was used as a base for the Air Ambulance during the Olympics. In 2015 the National Police Air Service took over. NPAS found the site too expensive to operate from and looked for a new site. In 2019 they will be moving to a new site on North Weald Airfield.

Lippitts Hill camp also houses a nuclear bunker and the Civil Defence Control Room. The Control Room was built in 1946 as a 'spare' police information centre to replace Scotland Yard if needed. Most of the buildings, including barracks on site are still well preserved today.

Our next meeting will be Corporate Communion on 27th March in St Thomas' Church at 2.15pm, followed by tea in the church. All are welcome. Tea Hostesses: Mrs Joan O'Mullane and Mrs Sue McKinley. Raffle: Ms Kate Dale.

For further information about forthcoming meetings contact our Branch Leader, Mrs Ann Smith on 01992 767809.

WALTHAM ABBEY SALVATION ARMY

Join us for coffee and biscuits and browse in our shop – open every Tuesday between 9.30 am and 12noon in the Salvation Army Hall, Sewardstone Street, Waltham Abbey. We appreciate donations of new and good second-hand items for the shop.

FOOD BANK

The local Food Bank based at the Salvation Army, Sewardstone Street, Waltham Abbey is in need of donations of cash, canned and dried foods as the reserves are being stretched to the limit.

Some families' circumstances are such that they are no longer able to feed their families of small and vulnerable children. Are you able to help in any way?

Donations of food for the Food Bank may be brought in on Wednesdays and Fridays between 4.30 and 5.30pm. The Food Bank are having to spend £100 a month to buy food to stock the food parcels, any donations of food or money would be gratefully and joyfully received.

SOUTH WEST ESSEX CHOIR

ROSSINI **Petite Messe Solennelle**

*Rossini wrote on his score - 'Have I just written sacred music, or rather, sacrilegious music?'
In reality the work has stood the test of time, as a wonderful example of a unique set of operatic skills
applied to the spiritual business of composing a mass.*

Saturday 6th April 2019 – 7.30pm
St Gabriel's Church, Aldersbrook Road, Wanstead E12 5HH

Tickets for all concerts may be purchased via our website
www.southwestessexchoir.org.uk

ANAGRAM

The answer to the anagram is CONGREGATION.



THE ROYAL BRITISH LEGION

Brooker Road, Waltham Abbey.

We are extending a warm welcome to the headquarters for visitors, locals and friends...

We have a fully licensed bar which is open all week except

Thursdays, facilities for social events i.e. line dancing, bingo sessions and live entertainment on Saturday nights, and good car parking facilities at rear of the building.

Please come along from 7pm, you will be most welcome.

WALTHAM ABBEY HISTORICAL SOCIETY

Established 1953. President: Stan Newens.

Waltham Abbey Historical Society's aims are to promote the study and appreciation of local history, to encourage archaeological and documentary research, and to ensure the preservation of local records.

Friday 15th March Puddephat Lecture – Grenville Welch

Church – Saved for the People and the Nation. The story of the 1960-65 Appeal Fund and the Restoration of the Parish Church of the Holy Cross and St Lawrence, Waltham Abbey

All meetings are at 8pm in the Waltham Abbey Baptist Church Hall, Paradise Road, Waltham Abbey, EN9 1RL. Visitors are always welcome at our meetings (£1 per person).

Visit our website: www.walthamabbeyhistoricalsociety.org.uk

WALTHAM ABBEY CHURCH activities for March

Music for Lunch Saturdays 12.30pm.

Admission free: retiring collection. Refreshments served 12noon-12.30pm

2nd: Lawrence Williams *baritone*, Jonathan Lilley *piano*.

9th: Musicians from Trinity Laban Conservatoire

16th: Musicians from Trinity Laban Conservatoire

23rd: Broxbourne Music Centre end-of-term concert

30th: Performer to be advised

Other Activities

Saturday 2nd: Waltham Abbey Mothers' Union Baked Potato Lunch,
12noon-2pm, Abbey Church Centre

Wednesday 6th, Ash Wednesday

Holy Communion 10am; Ash Wednesday Eucharist 8pm

Thursdays 14th, 21st, 28th: Benefice Lent Course, time and venue to be advised.

Saturdays 23rd & 30th: Lent Lunch (soup, bread, cheese, tea or coffee) from 11am,
Abbey Church Centre.

Further information from the Parish Office, The Abbey Church Centre, Abbey Gardens, Waltham Abbey
(01992 767897) parish.office@walthamabbeychurch.co.uk

ST THOMAS' CHURCH, UPSHIRE, EN9 3SS

IMPORTANT MEETING!

Saturday 2nd March, 10am to 12.30pm

We are holding an open meeting to give everyone a chance to have their say
about their vision for the future of St Thomas' Church

We pray that as we come together in fellowship and worship we will begin to
explore God's will for His church in this place.

We will have a break for refreshments during the morning

NEW ELECTORAL ROLL

This year, we are required to prepare a new Church Electoral Roll. Any person wishing to have their name on the new Roll, whether or not their name is on the present Roll, should complete an application form and return it to the church by April 7th. Forms are available in the church, or may be obtained from a member of the PCC. The new Roll will come into operation on April 14th. Anyone wishing to vote at the Annual Church Meeting on 28th April, or stand for office in the church must be on the Church Electoral Roll. We look forward to receiving your completed application forms. Thank you.

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

EARLY SPRING LUNCH

in the church

Wednesday 20th March, 11.45am for 12 noon – 2pm

Menu: Roast beef, Yorkshire pudding, new potatoes,
mixed vegetables and onion gravy
Hot and cold desserts with custard or cream, tea or coffee
A vegetarian option will be available

£6.50 per person

Please book with Stephen on 07960 809799

Further lunch on Wednesday 17th April

50/50 CLUB

The first winners of Draw 3 of St Thomas' 50/50 Club will be announced in next month's Newsletter. It's not too late if you would like to become a members, subscription will be charged at £2 per month of the remaining session. There will be monthly draws with three prizes, but the June Draw will be the 'bumper draw' with five prizes. Each member is entitled to a maximum of two entries, couples can have four. Please complete the form below and return it to me, along with your subscription, either on a Sunday morning after the service or to the address stated. Good luck and thank you to everyone who enters, all profits go towards church projects.

St Thomas' Church 50/50 Club Draw 3

January to June 2019

I wish to become a member of St Thomas' new 50/50 Club and enclose cash/cheque for £12 per entry or £2 for each month remaining of this session (maximum 2 entries per person). (Please make cheques payable to **St Thomas' Church** and return your entries to Lyn Wackett, 94 Upshire Road, Waltham Abbey, EN9 3PA or see me after church any Sunday).

Name:

Address:

Telephone:

WALTHAM ABBEY TOURIST INFORMATION CENTRE

2019 COACH TRIPS

Trips depart from Quaker Lane at 9am unless otherwise stated. All trips are £22, concession £20 unless otherwise stated and should be paid in full at time of booking. Cancellations will not be refunded.

Book at the Information Centre, 6 Highbridge Street, Waltham Abbey EN9 1DG. 01992 660336, email tic@walthamabbey-tc.gov.uk

Saturday 11th May: MILTON KEYNES MUSEUM (HISTORY FESTIVAL)

Tickets include coach travel and museum. Tickets: adults £28, concession £26. Depart 9.30am

Refreshments are available at the museum but you are welcome to bring a picnic.

Friday 7th June: SOUTHEND ON SEA

Saturday 22nd June: BROADSTAIRS DICKENS FESTIVAL

Thursday 11th July: BRIGHTON Depart 8.30am

Saturday 20th July: WHITSTABLE (OYSTER FESTIVAL)

Saturday 3rd August: HASTINGS (OLD TOLD CARNIVAL)

Thursday 29th August: SOUTHWOLD Depart 8.30am

Saturday 14th September: FAVERSHAM (FOOD FESTIVAL)

Wednesday 23rd October: MYSTERY TRIP

Saturday 23rd November: BURY ST EDMUNDS (CHRISTMAS MARKET)

Tuesday 10th December: HYDE PARK (WINTER WONDERLAND)

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

ST DAVID'S DAY EVENING at Upshire Village Hall, (please note change of venue and time),

Saturday 2nd March at 6pm to 8pm.

Three Course Meal, readings, music, community singing and fun.

(Leek and potato soup, Shepherds Pie/Vegetable crumble/Bara Brith)

Please bring your own liquid refreshment. Adults £10, children £5.

Please let Jane Begley know your ticket requirements by 22nd February – 020 7421 3854/07572 111387

Raffle. All proceeds for Holy Innocents Church funds.

Easter Saturday, 20th April 2019 **“Come Sing, Faure Requiem”** (The Novello SATB version) Led by Kathleen Savage

Rehearse: 2.00 p.m.

Performance 6.00 p.m.

Cost: £10.00 per person.

Guest ticket just for performance £5.00

Scores will be provided for all four voice parts. To enable us to obtain the necessary number of copies, please return the form below, with your payment of £10.00 (cheques payable to The Church of The Holy Innocents PCC) to Jane Begley, 33 Byron Avenue, South Woodford, London, E18 2HH by 31st March.

We will rehearse from 2.00 to 3.30, coffee break, and then rehearse until 5.00pm. Light refreshments will then be provided before the performance at 6.00pm to which family, friends and the general public are invited. We hope this will be a very special way of spending Easter Saturday before the joy of Easter Sunday morning.

Name (printed, please).....

Contact telephone number.....

Email address.....

Bass/tenor/contralto/soprano (Please delete as appropriate)

Number of guest tickets required for performance.....

ARTS, CRAFTS & COLLECTABLES

Saturday 6th April

in St Thomas' Church 11 a.m. to 4 p.m.

Hot and cold refreshments throughout the day

To book a stall (£10) phone
Stephen Brown on 07960 809799

Admission free: a warm welcome awaits all
Stalls, demonstrations, etc.

IN AID OF CHURCH FUNDS

Upshire Millennium Trust Quiz Night

On behalf of the Trustees and Committee of the Upshire Millennium Trust, I would like to thank all those who supported our Quiz Night on Saturday 26th January. The evening started with a hot supper, beautifully prepared by Gwen Hall and her team of helpers which was just right for a winter's evening. A packed hall thoroughly enjoyed the quiz, also prepared by Gwen and Michael Hall and you will be pleased to learn that we raised just over £1,000 towards the refurbishment of the village sign, the maintenance of the Upshire Millennium Field and the work of the Trust.

UPSHIRE VILLAGE HALL

Hall for hire: Weekend bookings – Margaret 07432 532619
Weekday bookings – Karen 07432 532621

www.upshirevillagehall.com

Events in the Village Hall

RACE NIGHT on Saturday 16th March, 6.30 for 7.00pm start
Tickets £5 available from Margaret on 07432 532619
Bring your own nibbles and drinks.

Coming soon....**MAGIC EVENING** Saturday 11th May. Magic acts at tables and stage show.
Tickets £10 from Margaret on 07432 532619
Bring your own nibbles and drinks.

CAR PARKING can be a problem and we are trying to resolve this in conjunction with the Village Hall Trustees. For the 9.15am Service you can park in the Village Hall car park but only ON THE GRAVEL as this will allow the hirers of the hall to park on the tarmac and unload from their cars, etc. At all other times please observe the parking notices and follow their instruction as hirers of the village hall have sole rights to park there. Thank you.

When parking in the churchyard, we respectfully ask you not to park outside the containers or along the right side of the roadway to the car park, in front of the Garden of Remembrance or block the access to the church. It is vital to keep this area clear should it be necessary for any of the emergency services to come up to the church. Thank you.

5th March – SHROVE TUESDAY – Pancake Day

Have you ever wondered why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us *Shrove* Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1493, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3rd February and 9th March.