

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

May 2019



Rector: Revd Peter Smith, 01992 767897
Benefice Office: Abbey Church Centre, Waltham Abbey, EN9 1XQ. 01992 767897
Church address: Horseshoe Hill, Upshire, Waltham Abbey, Essex, EN9 3SS.
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 June Newsletter: 14th May

SERVICES AND DIARY FOR MAY

Every Monday:	11.30-12.30pm	Open Hour in the church
Every Friday:	11.30-12.30pm	Quiet Hour in the church
Every Sunday:	2.30-5.30pm	Sunday Afternoon Teas in the church and churchyard

Thursday 9th 10am **CHURCHYARD TIDY** with shared Lunch from 12.30pm

Sunday 12th The Fourth Sunday of Easter
9.15 a.m. **HOLY COMMUNION**
Readings: Acts 9:36-end John 10:22-30

Saturday 18th 11am-3pm PLANT SALE in the churchyard

Sunday 19th The Fifth Sunday of Easter
9.15 a.m. **HOLY COMMUNION**
Reading: Acts 11:1-18 John 13:31-35
2.00-5.30pm **PLANT SALE in churchyard, also AFTERNOON TEAS**

Wednesday 22nd 12noon-1.30pm UPSHIRE M.U. PLOUGHMAN'S LUNCH in Village Hall

Sunday 26th The Sixth Sunday of Easter
9.15 a.m. **HOLY COMMUNION**
Readings: Acts 16:9-15 John 14:23-29

10am **CHURCHYARD TIDY** with Shared Lunch from 12.30pm

Sunday 2nd June The Seventh Sunday of Easter
9.15 a.m. **HOLY COMMUNION**
Readings: tba

READERS (1st Reading)

5th: Carol S
12th: Maureen S
19th: Lyn W
26th: David W
2nd June: Keith S

SIDESPEOPLE

Fred C & David W
Linda & Stephen A
Barbara J & Pauline C
Sue McK & David W
Norma B & Fred C

OPEN HOUR/QUIET HOUR

Stephen 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 MAY & JUNE

May 5th, 12th, 19th & 26th available.

June 2nd: Miss K. Matthews, June 7th, 8th & 9th: FLOWER FESTIVAL, 16th, 23rd & 30th available.

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, 2.30-5.30pm for Afternoon Teas May 5th to 29th September.

Every Monday 11.30am – 12.30pm for Open Hour.

Every Friday 11.30am – 12.30pm for Quiet Hour.

Thursdays 9th & 30th May, 20th June & 11th July for Churchyard Tidy/Shared Lunch

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, Daniel, Sue, Ann & yril, Christine, Tim, Rhys, Pennie, Andy, Rosalind, Tom, Cathy, Eleanor, Barry, Bill, Maureen, Vivien, George, Doreen, Nathan, Beverly, David, the Price family and the White family.

ANAGRAM

Unscramble this 10 letter anagram: SIMMERSEED. 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 £6.50 in March.

PLANT SALE

Our Plant Sale this year is on Saturday 18th May between 11am and 3pm and during Teas on Sunday 19th May, 2.30 – 5.30pm. Please remember us when you are pricking out your seedlings or splitting perennials, we'd love to have any surplus you no longer want. All plants of any variety appreciated, contact Lyn or Dave on 01992 711573.

We will provide a good range of plants including bedding plants for that instant display of colour in the garden, also perennials, shrubs, biennials, vegetable plants, hanging baskets, etc, all at very reasonable prices.

Refreshments and light lunches will be available throughout the day on Saturday, with the usual choice of delicious cakes and savouries during Teas on Sunday.

Do come along and bring your friends too, you will be sure to find many interesting bargains.

CHURCHWARDENS' CHATTER

We have received a faculty and full planning permission to carry out the restoration of metalwork surrounding the access to the basement entrance which has to comply with up-to-date health and safety and building regulations. The contract for this work is hoped to be placed this month with the successful contractor with a view for these works to be completed by late July.

'Access for All', including a ramp, railings, pathways, etc: we are hopeful of placing orders for these works this month with an on-site presence during August and September which will enable the stonework items to be prepared off site during a 10/12 week time slot.

This year's Arts, Crafts & Collectables one day event held in April had a very interesting variety of items on offer and was enjoyed by all. We must somehow increase the footfall to this event. We would like to thank all those who took part, buyers, sellers, catering staff as well as those who prepared and also replaced all the furniture afterwards. Thank you.

Our March Wednesday Lunch was well attended; we would like to thank all the diners for attending plus a great thank you to our catering team for the preparation, serving of the food plus the washing up and tidying away afterwards. Our next lunch will be on Wednesday 19th June, book with Stephen as below.

We both would like to thank you all for your support while we have been in office as churchwardens, and with the new churchwardens being in office from 28th April we are sure you will give them your full support to enable them to carry out their duties.

Stephen Brown 07960 809799

Paul Collins 01992 767703

SUNDAY AFTERNOON TEAS

Sunday Afternoon Teas at St Thomas' begin again on Sunday 5th May between 2.30 and 5.30pm until Sunday 29th September. Come and enjoy one (or more!) of our delicious home made cakes or savouries and a welcome cup of tea, coffee or a soft drink whilst enjoying our beautiful views overlooking the Lea Valley from the front and towards London from the rear of the church. Look for the sights of London – on a clear day we can see the Wembley arch and the BT tower.

On some Sundays we will be entertained by organ music, depending on the availability of our organist. We also have our Charity Stall each week with lots of bargains! When in season we will have home grown produce and preserves. We would be grateful for any items for the stall, but no electrical items, please, as we are not allowed to sell them unless they have been recently PAT tested.

All help with teas, whether serving, baking, setting out and clearing up or helping in the kitchen will be very much appreciated – contact Lyn on 01992 711573 if you are able to help in any way on the occasional Sunday.

ANAGRAM

The answer to the anagram is MESMERISED.

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.

CHURCHYARD TIDY & SHARED LUNCH

We will be meeting in the churchyard at 10am on Thursday 5th May for a churchyard tidying session. Everyone is invited to come along and help. Refreshments are available throughout the day, but we stop work at 12.30pm for our shared lunch in the church with a chance to relax before continuing work in the churchyard. If you are able to spare an hour or two throughout the day you will be most welcome. You don't have to join in the churchyard tidying to come to the lunch, all we ask is that you bring some food, either sweet or savoury, to share with everyone else. We always have a good time, lots of work gets done but we still have time for a chat – do come along and join us. Our next churchyard tidy is on May 30th.

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.

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.



Christian care for families

We met in St Thomas' Church for our Corporate Communion Service led by Revd Joyce Smith, whom we thank, also Malcolm Songer for playing the organ for us. The service was followed by tea and cakes and a short meeting to discuss Mothers' Union business.

We are holding our Ploughman's Lunch in the Village Hall on Wednesday 22nd May between 12noon and 1.30pm, £6 per person. The lunch offers a choice of quiches, gala pie, ham, cheese or tuna with salad and French bread or rolls, a wide range of desserts and tea/coffee/cold drinks. There will be a raffle and bring and buy stall. All profits go to support Mothers' Union projects in the UK and overseas. All are welcome to come along, no need to book!

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

ST LAWRENCE CHURCH, NINEFIELDS

QUIZ NIGHT

Saturday 11th May at 7.00 pm

Cost £10.00 per person (inc. buffet)

Tickets from Valerie: 01992 713996

50/50 CLUB

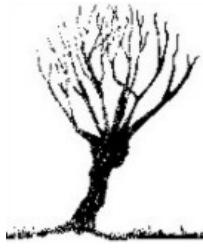
Congratulations to our March winners of the 50/50 Club Draw 3. They are:

1 st :	£35	No.	Jean Bregenzer of Chingford
2 nd :	£25	No.	Beverley Turner of Epping
3 rd :	£15	No.	Bill Bennett of Enfield

Thank you to all our members for your support, 50% of the money raised helps with the upkeep of St Thomas' Church and 50% is returned in prizes. We still have a few spaces available for new members, you can join at any time for just £2 a month for each of the remaining months of the Draw, i.e. £4 for May and June. Contact Lyn Wackett on 01992 711573 if you are interested.

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 19th May, 10.30am-12.30pm

Gateway to the Park

Join Judy Adams to explore Bush Wood and Jubilee Pond. Find out about Lake House and the stone gate posts.

Meet at the Jubilee Pond Car Park, Lake House Lake Road, Leytonstone. Grid Ref: TQ401864

Thursday 6th June, 10.30am-12.30pm

Ploughed land and gravel diggings

Led by Georgina Green, explore what so nearly happened to the Forest around the Strawberry Hill area before it was saved for us all by the 1878 Epping Forest Act.

Meet at Stubbles Car Park, Nursery Road, near junction with Connaught Avenue, Loughton.

Grid Ref: TQ418964

Saturday 22nd June, 7.00pm-9.00pm

Midsummer Evening Walk

Led by Sue McKinley, we'll explore some of the bufferlands between the Forest ridge and the Cobbins Brook Valley. Hopefully we will see many summer flowers, along with some very good views.

Meet at St Thomas Church, Horseshoe Hill, Upshire EN9 3SS. Grid ref: TL416010

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.

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

Sunday 5th May until

Sunday 29th September. 2.00-5.30p.m. Sunday afternoon tea with home-made cake. All welcome

Happy

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.

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He who sees a need and waits to be asked for help is as unkind as if he had refused it. *Dante*

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 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?

The Foodbank has now moved to the HUB in the Holdbrook row of shops, Waltham Cross, which will give better access and will be open between 4pm and 5pm on Monday, Tuesday, Wednesday and Friday. Holdbrook is on the main bus route and has plenty of parking space. The new site has lots more space for frozen and fridge goods, fresh fruit and vegetables, fresh bread and cakes, and clothes for babies through to adults, all shapes and sizes.

SPECIAL NOTICE

We understand that the local Food Bank are giving out over 70 cartons of semi-skimmed milk a week, so when you are shopping pop a carton into your trolley and leave it in the Food Bank collection bin in Tesco. If everyone donated one item each week it would be a tremendous help. Thank you.

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 17th May: Much Hadham Church, Village and Museum – Cristina Harrison

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 May

Music for Lunch 12.30pm on Saturdays.

4th, 11th, 18th & 25th: Programme to be announced.

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

Other activities:

Thursday 2nd: Talk by Grenville Welch on the 1960s restoration of the Abbey Church

6.30pm in the church. Refreshments served from 6pm.

Saturday 4th: HOLY CROSS DAY

11.30am & 2.30pm Church tours

12.30pm Music for Lunch (see above)

1.30pm Procession from Cornmill Car Park (behind Town Hall) through town centre ending at the Cloisters behind the Abbey Church at 2pm.

The bells will be rung during the procession. Assemble for procession from 1pm.

2.15pm Tower open until 3.45pm – last entry 3.30pm.

Saturday 11th: Coffee morning for Christian Aid Week at the Olive Branch,

10.30am-12.30pm – refreshments, cakes, raffle.

7pm Quiz Night in St Lawrence Church –

tickets £10 including buffet from 01992 713996

Thursday 16th: The Friends of Waltham Abbey Church AGM, 7.30pm in the church

Saturday 18th: A Magical Supper Evening, 6 for 6.30pm

Abbey Church Centre, with an illustrated talk on the history of magic.

£10 a ticket, including hot supper, dessert, tea/coffee and a glass of wine/soft drink

Thursday 30th: Ascension Day – Choral Eucharist, 8pm.

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

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

ST THOMAS' CHURCH, UPSHIRE VILLAGE, EN9 3SS

PLANT SALE

Saturday 18th May, 11am - 3pm

Sunday 19th May, 2.30 - 5.30pm

in the churchyard

Bedding, Vegetables, Shrubs, Perennials
and much, much more!

Light Lunches Saturday, Cakes & Savouries Sunday

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)

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Too many people pray like little boys who knock at doors, then run away. Anon

A clenched fist produces anger; an open hand produces harmony. Anon

A mother can touch a whole generation just by loving her own child well. Anon

Reporting back on the Shoe Box Appeal

Just what he needed

Presented with a box of gifts from Blythswood's 2018 Shoe Box appeal, a homeless man living on the streets of Sliven, Bulgaria, discovered items that were immediately useful to him.

"Encho was overjoyed with the contents of his box," says Danny Muschate whose church in Inverness processes all the boxes for Bulgaria. "He was especially pleased with a tin mug that he can use to heat drinks on an open fire. He was also really delighted with a wind-up torch and with some new socks to keep himself warm. Without a doubt, this box was meant for him."

Blythswood's 2018 Shoe Box Appeal produced 107,073 boxes that were distributed in Albania, Bulgaria, Hungary, Kosovo, Moldova, Romania, Serbia and Ukraine. The members and friends of St Thomas' donated 91 of these boxes, a great big thank you to you all.

Blythswood's chief executive James Campbell says: "I want to thank everyone who filled a shoebox for Blythswood and all the volunteers who helped us process the boxes. Your generosity brought joy to children and adults living in poverty."

It's not too soon to start collecting items for the 2019 Shoe Box Appeal, also don't forget to save your shoe boxes! Watch out for special offers and add a small item to your trolley when you're shopping. Items and shoe boxes can be given to Lyn or Dave at 94 Upshire Road.

In Praise of Work

'Edward Jones, 39, chemist, was convicted by Harrow magistrates of drink driving.' I learnt the formula early in my journalistic career. Whatever else you observe, always be sure to report age and job.

Contestants on TV quiz programmes are always asked 'What do you do?' They don't reply 'comb my hair on the left' or 'do the washing up' but with their occupation present or past.

Strangely enough, even the Bible does the same. In the second of the creation stories – Adam and Eve – we are told how the man was shaped from the dust of the earth. What a powerful image. Then straight away, he was given a job to do: he was to be the gardener of Eden. We don't know what he looked like, or even at that point his name, but we do know his job!

In conversation at parties we are often asked 'What do you do?' My late wife loved that because she had been a nurse and people were so positive about it. Perhaps if she had been a traffic warden it would have been different. But for all of us our work, what we do, is a vital part of our lives. It certainly includes the job of home building and bringing up children. Work gives us worth, which is why being 'out of work' is for most people an unwanted and frustrating existence.

May 1st has become the International Day of Work. Most of us enjoy our work, even if it's only the company of colleagues. After all, if it weren't for work, what would 'leisure' mean?



Patron Her Majesty The Queen

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.

YOUTH 2000

Youth 2000 are hosting Indoor Table Top Sales in the hall at 154 Brooker Road, Waltham Abbey, EN9 1JH (Opposite Pixel Building on right hand side) on Saturday May 11th and then every 2nd Saturday of the month. 10.30am-3.30pm (sellers from 9.30am). Table hire from £8 – call or text 07496 237695 or message us on our Facebook Page to book your space (Tables are supplied).

**There may be spaces on the day, but please call to avoid disappointment.

COME AND GRAB A BARGAIN! Toys, books, clothes, homeware, craft stalls, bric-a-brac, small furniture items, pre-loved items. Pop-up Café with delicious home-made cakes & snacks.

Helping raise funds for Youth 2000. Find us on Facebook @ Table Top Sale Waltham Abbey

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 – 1900s-2020”.

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

Friday 7th, 7.00-9.00pm Flower Festival in St Thomas' Church Preview Evening (Invitation only)

Saturday 8th: 11.30am-5.00pm Flower Festival in church,

Stalls in the churchyard selling Plants, Crafts, Cakes, Birdhouses, Jewellery and more.

Children of Upshire School Dance Displays in the Village Hall

Refreshments available at both venues

7.30pm Music and Dance Event in the Village Hall

Sunday 9th: Service in church at 9.15am. Flower Festival continues from 12.30pm

Children of Upshire School Dance Displays in the Village Hall

Holmwood Hounds Dog Display and Agility Course in the churchyard

(Your dog is welcome to have a go on the Agility Course)

~Deadline for sponsorship & dedication to a flower display by 20th May (07789 643147)~

Nigel Beeton pays tribute to church magazine editors.

Duty Done (for this month)

Sitting there, on Sunday morning,
Congregation in their pews
Read their magazines, informing
Them of all the latest news.

All save one who sits there smiling -
She knows that journal very well
Having spent a month compiling -
She knows what those pages tell!

She it was who, deadlines facing
Got those varied items in
Phoning, asking, pleading, chasing,
Each a battle she must win!

Though she earns no princely wages
Though she gladly gives her time
Efficiently she fills those pages
Choosing pictures, prose, and rhyme.

So she sits, her rest deserving
For this month her duty's done
Maybe she's just strength conserving –
Soon she starts another one!

by Nigel Beeton