

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

October 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.
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This Newsletter is free: donations to Lyn Wackett. Copy date for November Newsletter: 14th October

SERVICES AND DIARY FOR OCTOBER

Every Monday: 11.30-12.30pm Open Hour in the church

Every Friday: 11.30-12.30pm Quiet Hour in the church

Sunday 6th The Sixteenth Sunday after Trinity
 9.15 a.m. **HOLY COMMUNION**

Readings: Philippians 4:4-9 John 6:25-35

2.30-5.30pm **'THANK YOU' TEAS in the church**

Thursday 10th 10am onwards Churchyard Tidy with Shared Lunch from 12.30pm

Sunday 13th The Seventeenth Sunday after Trinity – HARVEST FESTIVAL

9.15 a.m. **HOLY COMMUNION**

Readings: 2 Timothy 2:8-15 Luke 17:11-19

2.00-4.15pm **HARVEST TEAS**

4.30 p.m. **HARVEST FESTIVAL SERVICE followed by
 AUCTION OF PRODUCE – proceeds to charity**

Sunday 20th The Eighteenth Sunday after Trinity

9.15 a.m. **HOLY COMMUNION**

Readings: 2 Timothy 3:14- 4:5 Luke 18:1-8

Wednesday 23rd 12noon-1.30pm **MOTHERS' UNION AUTUMN LUNCH in the Village Hall
 £5 per person – all welcome, no need to book**

Sunday 27th The Last Sunday after Trinity – Bible Sunday (Summer time ends)

9.15 a.m. **HOLY COMMUNION**

Readings: 2 Timothy 4:6-8, 16-18 Luke 18:9-14

Tuesday 29th 3pm Bazaar/Events Meeting in church – all welcome

Sunday 3rd Nov. The Fourth Sunday before Advent - All Saints/All Souls

9.15 a.m. **HOLY COMMUNION**

Readings: Ephesians 1:11-end Luke 6:20-31

READERS (1st Reading)

6th: Mike McK
 13th: Barbara J
 20th: Maureen S
 27th: Keith S
 3rd Nov: Gwen H

SIDESPEOPLE

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

SERVERS

Norma B & Barbara J
 David W & Mike McK
 Mike McK & Pauline C
 Norma B & Barbara J
 tba

FROM THE REGISTERS

Funeral

20th August

George Quinn

OPEN HOUR/QUIET HOUR

The church will be open 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.

WHEN IS ST THOMAS' CHURCH OPEN?

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

2.30-5.30pm for the 'Thank you' Teas on 6th October and 2.00-4.15 for Harvest Teas on 13th October, followed by the Harvest Festival Service at 4.30pm and Auction of Produce afterwards.

Every Monday 11.30am – 12.30pm for Open Hour.

Every Friday 11.30am – 12.30pm for Quiet Hour.

Thursday 10th October 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 Jean, Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Brenda & Tony, Jacqui & Bob, Anne, Pam & John, Barbara, Janet, Len, Rita, Vernon, Mal, Glen, Louise, Sue, Ann & Cyril, Christine, Tim, Rhys, Pennie, Andy, Rosalind, Tom, Cathy, Barry, Bill, Maureen, Vivien, George, Doreen, Nathan, Beverly, David, Stephen, Marion, Paula, Chooi & June.

ANAGRAM

Unscramble this 10 letter anagram: NOSIERLOUT. 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 £17 in August.

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.

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.

SUNDAY AFTERNOON TEAS

Sunday Afternoon Teas at St Thomas' finished on 29th September. However, don't miss the 'Thank You' Teas on 6th October when all cakes will be £1 per slice and hot drinks will be FREE!

Harvest Teas will be on Sunday 13th October between 2pm and 4.15pm, followed by the Harvest Festival Service at 4.30pm with the Auction of Produce afterwards.

Our thanks to everyone who has supported the Teas throughout the 2019 season, with special thanks to the ladies who have baked all the delicious cakes and savouries and then served them to our wonderful customers; to Sue, Mike and Ruth, our 'washer-uppers' who worked so hard behind the scenes, to Jean and Pat who poured and served the tea and coffee, and to Dave and Terry who did all the heavy work of setting up the tables each week and moving all the 'high quality merchandise' for the Charity Stall from the container and clearing everything away afterwards. We must not forget Norma who ably ran the Charity Stall each week, Christine who manned the 'Jam Stall' and Steve with his eggs and honey.

Without these people Teas would not happen.

Teas next year will begin on Sunday 3rd May between 2.30 and 5.30pm.

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.



There was no meeting in August.

On Wednesday 23rd October we have our Autumn Lunch in the Village Hall from 12noon to 1.30pm. We offer a choice of home made soups and desserts, followed by cheese and biscuits and a hot drink at £5 per person. There will also be a raffle and Bring and Buy Stall. Please do come along and join us.

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

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 spaces. 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.

Please DO NOT take donations to the Salvation Army at Sewardstone Street, Waltham Abbey as they can no longer accept goods.

CHURCHYARD TIDY & SHARED LUNCH

We will be meeting in the churchyard at 10am on Thursday 10th October 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.

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 6th October, 10am-1pm

Walking north from Chingford

An interesting brisk 5 to 6 mile walk by little used paths with Mike Smith, taking in some dense forest, open ferns and a great beech clearing arriving near Robin Hood. We return via Debden Slade, Strawberry Hill ponds and Connaught Water.

Meet at Chingford Plain Car Park, Bury Road, Chingford E4 7AZ. Grid Ref: TQ394949

Sunday 20th October, 10.30am-12.30pm

Autumn in Gernon Bushes

An opportunity to discover the autumn harvest of fruits, seeds and fungi in this Nature Reserve with guides Tricia Moxey and Reserve Warden Brian McGhie.

Meet at the entrance to the Reserve in Garnon Mead, Coopersale, CM16 7RN. Turn off B181 Epping to North Weald Road into Coopersale Common Lane and then left into Garnon Mead beyond railway bridge. Grid Ref: TL477031

Sunday 10th November, 10.30am-12.30pm

A visit to the Deer Sanctuary

Learn about its history and management and meet the residents, with Mick Collins

Meet at Genesis Slade Car Park, off Coppice Row (B172), Theydon Bois. Grid ref: TQ 438977

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.

CHURCH FLOWERS

Dedications: October 27th: Mrs Pam Norton. All other October dates are available.

Friday 11th October at 9.30am: Harvest flowers and garden produce. Supply of foliage would be greatly appreciated. Everyone very welcome to participate – just come along.

Memorial flower dedications, wedding or special occasion flowers by arrangement – contact Marion Locke 07789 643147 or email: marionne.locke@btinternet.com to discuss requirements.

Flower arrangers rota: Terry Catlin, Kate Dale, Maureen Smith, Carol Songer, Lyn Wackett, Eleanor Huxter.

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 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

ALPHABET QUIZ NIGHT

at St Lawrence Church, Hillhouse School, Ninefields, Waltham Abbey, EN9 3EL

on Saturday 19th October 6.30pm for 7pm start

Teams of 6-8. £10 per person to include fish/chicken & chips or vegetarian alternative.
Soft drinks available but you are welcome to bring other drinks

Please contact Valerie with your choice of meal on 01992 713996 by Thursday 17th October, please

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

ALL HALLOWS EVE

Thursday 31st October, 5.30-7.30pm in the church

You are invited to come and celebrate the Christian Festival for the Eve of All Saints Day.

An opportunity to remember and celebrate those who have gone before us in the Light of Christ.

There will be a short service and lantern procession in the Churchyard at 5.30pm.

Apple bobbing, seasonal activities, BBQ, soup, hot chocolate will be available at no charge.

ARMISTICE SERVICE to remember the fallen.

Monday 11th November at 7.30pm in the church

Choral8 and friends will lead the hymns:

O God, our help in ages past

Abide with me

Eternal Father, strong to save

Guide me, O thou Great Redeemer

All people that on earth do dwell

The day thou gavest, Lord, is ended

During the service the roll of honour will be read. To include those from outside the parish, please contact Jane Begley or Stephen Fellowes with names and regiments.

Jane: 07572 111387, email: jane.begley@irwinmitchell.com

Stephen: 07510 195877, email: armistice@choral8.co.uk

ANAGRAM

The answer to the anagram is RESOLUTION.

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.

BAZAAR MEETING

There will be a meeting to discuss the Christmas Bazaar and other events coming up on Tuesday 29th October at 3pm in the church. All welcome.

50/50 CLUB

Congratulations to our winners of the July and August Draws, who were:

July	1 st	£35	No. 49	Cathy-Ann Abrey of Ilford
	2 nd	£25	No. 90	Maureen Manners of Waltham Abbey
	3 rd	£15	No. 67	Maureen Smith of Waltham Abbey
August	1 st	£35	No. 38	Geoff Maidment of Waltham Abbey
	2 nd	£25	No. 29	Mike McKinley of Upshire
	3 rd	£15	No. 61	Pam Atkinson of Waltham Abbey

There are still spaces available if you would like to become a member of the 50/50 Club. Draws take place every month and winners will be notified. Contact Lyn Wackett on 01992 711573 for further information.

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 CHURCH activities for October

Music for Lunch

Saturdays, 12.30pm. Admission free: retiring collection. Refreshments served 12 noon – 12.30pm

5th: Stuart Nicholson, Master of the Music, St Patrick's Cathedral, Dublin and former Abbey Organist

12th: Cambridge Renaissance Voices

19th: Musician(s) from Trinity Laban Conservatoire

26th: A10 Strings conducted by David Boarder with Jonathan Lilley *organ*

Other activities at the Abbey Church

Saturday 5th: An Evening of Choral Dub: choral music with dub reggae, 7.30pm.

Music by Tallis, Byrd, Palestrina, Monteverdi, Allegri, Lotti and Purcell.

Dub arrangements by John Collins.

Tickets £5 from Waltham Abbey Tourism Information Centre, 6 Highbridge Street,

01992 660336 or info@localrecords.com

Sunday 6th: Civic Service/Eucharist, 10.30am

Sunday 13th: Choral Evensong attended by The Friends of Waltham Abbey Church, 6.30pm

Preacher: The Revd Louise Vincer, former curate at the Abbey, preceded by tea/coffee and cake in the LDY Chapel from 4.30pm.

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

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NEWS AND EVENTS

Our Access for All project will be completed as per the original proposed on site programme of works. The works are now subject to the Architect's inspection and the contractor's final clearing of the site of any debris including the security fencing sections. We should congratulate our contractors in completing their works within the programme confines which allows us to use these facilities from the beginning of October.

Our Late Summer Lunch in September was enjoyed by a diners and the home-cooked ham was a delicious new addition to the menu of a very satisfying meal. I would like to thank all our diners for attending and the catering crew for prepping, serving, cleaning and clearing away. Well done!

Our next Lunch in the church will be on Wednesday November 13th, the last of this year's lunches in the church. The menu is Roast Beef, Yorkshire pudding, new potatoes, carrots and peas with a rich gravy (a vegetarian option will be available but must be ordered at the time of booking) with hot or cold desserts with custard or cream plus a hot drink of tea or coffee. All for £6.50 per person. There will be our usual mini-market stall and raffle. To book call or text 07960 809799.

We will be having a Christmas Market in the church on Saturday 14th December, 11am-4pm. Should you require a stall please contact Stephen on 07960 809799 by phone or text to book. Admission will be free with a full range of Christmas food and drink to be enjoyed on the day.

Stephen Brown

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 18th October – Carole Symondson and Chris Pond

A local Family – a Century and more of the Symondsons in Upshire and Loughton

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

FLY TIPPING

If you see anyone fly tipping in the forest, please take a note of the registration number of the vehicle, the make of the vehicle and any other information which might help track the perpetrators and then pass this information to the Corporation of London. If you find any fly tipped rubbish please report it to the Corporation on the number below. The sooner such instances are reported, the better chance there is of finding out who is responsible.

The number to ring is **0208 532 1010** which is a **24** hour number and messages will be passed onto the duty team.

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

Wednesday 23rd October: MYSTERY TRIP

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

Tuesday 10th December: HYDE PARK (WINTER WONDERLAND)

SHOE BOX APPEAL

We are once again collecting filled shoeboxes to be delivered to deprived children and adults in Eastern Europe and Asia. Last year boxes were distributed in orphanages, schools, hospitals, care homes and gypsy villages.

Last year we were able to send 91 shoe boxes to Blythswood and it would be good to get to 100 this year! Blythswood distributed 107,073 shoe boxes to people in need last year.

It's easy to choose gifts for people that have so little – shampoo, a pair of socks, a notepad, a small toy, a bag of sweets – things we take for granted will seem like luxuries for people living in poverty. By filling a shoebox with simple things you can bring a smile this Christmas. Shoeboxes will be distributed to Albania, Bulgaria, Hungary, Kosovo, Moldova, Pakistan, Romania, Serbia and Ukraine.

Shoebox Appeal leaflets giving full information of items that are suitable for the shoebox are available from the back of the church or from Lyn & Dave Wackett at 94 Upshire Road, EN9 3PA or phone 01992 711573.

Shoeboxes should be delivered either to the church or to Lyn & Dave as above in time for the Harvest Festival Service on Sunday 13th October when they will be blessed before travelling on their way to people in need. The latest we can take shoeboxes is the end of October so if you can't make the Harvest Service your box can be taken to Lyn and Dave as above.

If you would like to help, but can't manage to fill a whole shoe box on your own, any items to go into the boxes can also be brought to Lyn and Dave, who will make up any extra boxes with the items given. Alternatively, it costs approximately £3,500 to £4,000 to send a container load to shoeboxes to Eastern Europe, so donations are also appreciated. Empty shoe boxes are also useful. Special thanks to Pearl, the lovely lady who covered 15 boxes for me early in the year, a really big help.

Thank you to everyone for their support – keep up the good work!

DATES FOR YOUR DIARY

Wednesday 13th November, 12 noon – 2pm in church

WINTER WARMER LUNCH (hot meal)

£6.50 per person, book with Stephen on 07960 809799

Saturday 30th November, 2pm in the Village Hall

CHRISTMAS BAZAAR

Sunday 8th December, 3pm in church

CHRISTMAS CONCERT BY ENFIELD BRASS BAND

£10 per person, includes buffet and hot/cold drinks –

book with Lyn on 01992 711573

Saturday 14th December, 11am-4pm in church

CHRISTMAS MARKET

To book a stall contact Stephen on 07960 809799

UPSHIRE MOTHERS' UNION

AUTUMN LUNCH

Wednesday 23rd October, 12 noon – 1.30pm
in the Village Hall

A choice of Home-made Soups, French bread or rolls & butter,
Home-made desserts, Cheese & biscuits, tea, coffee, cold drinks

£5 per person – no need to book – just come along and enjoy!

Bring & Buy Stall, Raffle

In aid of Mothers' Union Projects

HARVEST FESTIVAL

Don't miss our Harvest Festival Service at 4.30pm on Sunday 13th October (following on from Harvest Teas which start at 2pm – our very last Teas of the season).

Any items of fresh produce which can be auctioned after the service would be appreciated, please either bring along to the church on the day or on Friday 11th October between 9.30 and 11.30am when they can be added to the harvest display. Money raised will go to a charity yet to be decided. Tinned/package foods will be put aside for the Food Bank.

Heaven's Messengers of Love

Do we know them when we see them?

Heaven's messengers of love?

Who are there just when we need them,

Sent to help by God above.

Those who help us just by staying,

Those who sit and hold our hand,

Those who hold us up by praying,

Those who simply understand.

When the seas of life are storming,

When we're overwhelmed by pain,

We don't notice them transforming,

We don't feel their love sustain.

When we feel our woes confounding,

When we're stifled by the strain,

We don't see our friends surrounding,

Standing by us in the rain.

Yet, despite our bitter blindness

God is there, and always sends

Human angels, who with kindness

Are our true and faithful friends.

Till the time when, sunshine glowing

Come the rainbow and the dove,

And the afterlight is showing

Heaven's messengers of love.

By Nigel Beeton.