

# ST THOMAS' CHURCH, UPSHIRE EN9 3SS

## NEWSLETTER

### January 2020



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 February Newsletter: 14<sup>th</sup> January

#### SERVICES AND DIARY FOR JANUARY

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

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

Sunday 5<sup>th</sup>

Epiphany

9.15 a.m.

**HOLY COMMUNION**

Readings:

Ephesians 3:1-12

Matthew 2:1-12

10.30 a.m.

EVENTS GROUP MEETING

Sunday 12<sup>th</sup>

The Baptism of Christ – First Sunday of Epiphany

9.15 a.m.

**HOLY COMMUNION**

Readings:

Acts 10:34-43

Matthew 3:13 to end

Sunday 19<sup>th</sup>

Second Sunday of Epiphany

9.15 a.m.

**HOLY COMMUNION**

Readings:

1 Corinthians 1:1-9

John 1:29-42

Sunday 26<sup>th</sup>

Third Sunday of Epiphany

9.15 a.m.

**HOLY COMMUNION**

Readings:

1 Corinthians 1:10-18

Matthew 4:12-23

Sunday 2nd Feb

Fourth Sunday of Epiphany

9.15 a.m.

**HOLY COMMUNION**

Readings:

tba

#### READERS (1<sup>st</sup> Reading)

5<sup>th</sup>: Mike McK

12<sup>th</sup>: Sue McK

19<sup>th</sup>: Maureen S

26<sup>th</sup>: Carol S

2<sup>nd</sup> Feb: Barbara J

#### SIDESPEOPLE

Pauline C & Norma B

Sue McK & David W

Barbara J & Fred C

Linda & Stephen A

Sue McK & Fred C

#### LAY EUCHARISTIC MINISTERS

Gwen H & Michael H

Norma B & Barbara J

David W & Norma B

Gwen H & Michael H

We are committed to safeguarding children, young people and vulnerable adults. The PCC has adopted the Church of England's policies and best practice on safeguarding which may be found on the Church of England website and also on the Diocese of Chelmsford website.

#### 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.

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](mailto:lynanddavewackett@hotmail.co.uk)

This month we pray for Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Brenda & Tony, Jacqui & Bob, Anne, Pam & John, Barbara, Janet, Nathan, Len, Vernon, Mal, Louise, Sue, Ann & Cyril, Christine, Tim, Andy, Rosalind, Doreen, Tom, Cathy, Barry, Bill, Maureen, Vivien, George, Beverly, Terry, Paula, Chooi, June, Les, Susan, Alan, Rose, Peggy, Shirley & Fred.

## ANAGRAM

Unscramble this 10 letter anagram: ITGREWTHAT. The answer will be found elsewhere in the Newsletter.

## 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  $\frac{1}{2}$ " of envelope around the stamp. Thank you.

## 50/50 CLUB

Congratulations to our winners of the November Draw, who were:

1 <sup>st</sup> :	£35	No. 20	Beverley Curtis of Upshire
2 <sup>nd</sup> :	£25	No. 9	Colin Ward of High Laver
3 <sup>rd</sup> :	£15	No.79	Rosalind Edwards of Epping

January is here again and it's time to begin Draw 4 of St Thomas' 50/50 Club. There will still be monthly draws and the entry fee is £12.00 every six months (or £2 for every month of membership). The first two draws, nominally for January and February, will take place at the end of February to allow for the maximum number of entries. 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 to everyone who enters.

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### St Thomas' Church 50/50 Club Draw 4

### January to June 2020

I wish to become a member of St Thomas' new 50/50 Club and enclose cash/cheque for £12 per entry (maximum 2 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: .....

## UPSHIRE MOTHERS' UNION

## Come and Join Us!

We are a friendly group who meet on the 4<sup>th</sup> 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

At our November meeting Marion Locke gave an interesting talk and demonstration on Festive Arrangements. Marion did 4 arrangements, the first using white candles and white roses with holly. The second was a silver-themed 'L' shaped arrangement using a silver tray, silver sprayed teasels, flowers and foliage. The third was using a Christmas Ornament, red flowers and foliage. The fourth was in a very unusual dish with just a few silver-sprayed dried flowers. Three of the wonderful designs were raffled and three lucky members went home with a beautiful arrangement.

Our next meeting will be our AGM on Wednesday 22<sup>nd</sup> January in the Village Hall at 2.15pm  
Tea hostesses: Mrs Sue McKinley and Mrs Jean Brewster. Raffle: Mrs Glenis Fletcher.

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 is based in the HUB in the Holdbrook row of shops, Waltham Cross, which gives 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.

There is special need for long life milk and cans of fruit, vegetables and meat/fish.

## 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 17<sup>th</sup> January    David Marsh: Moorfields, England's first public park  
The story of its building and eventual destruction

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](http://www.walthamabbeyhistoricalsociety.org.uk)



## THE ROYAL BRITISH LEGION

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.

## **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.

For further information email: [enquiries@efht.org.uk](mailto:enquiries@efht.org.uk) Tel: 020 8508 9061 or speak to Sue McKinley in church. [www.efht.org.uk](http://www.efht.org.uk)

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

### **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.

### **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

### **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 January**

Music for Lunch Saturdays 12.30pm.

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

11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>: Programme to be announced

Sunday 5<sup>th</sup>: 6.30pm Choral Communion for Epiphany

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

### **CRUSE BEREAVEMENT CARE Epping Forest**

Saturday 11<sup>th</sup> January 11am-2pm: Coffee morning/brunch at The Olive Branch café, Abbey Church Centre, Waltham Abbey. All very welcome to come for coffee and/or a light lunch.

## **GOOD NEWS!**

We are pleased to announce that Revd Jane Yeadon has accepted the post of Team Vicar within the Benefice of Waltham Abbey, with special responsibility for the churches of St Thomas, Upshire and Holy Innocents, High Beach, as well as Youth Work throughout the Benefice.  
Her licensing service will take place in Waltham Abbey Church on Wednesday 11<sup>th</sup> March; time to be announced.

## **JANUARY CHURCH FLOWERS**

Dedications: 22 January Reg Hammond. Other January dates available.

Memorial dedications, wedding or special occasion flowers by arrangement.

Call Marion Locke to discuss requirements : 07789 643147 or email : marionne.locke@btinternet.com

### Flower Arranging Dates :

Friday 3 / Sat 4 January removal of Xmas displays :

Friday 10 January : Friday 24 January

Everyone welcome to help, no experience necessary, just come along.

Supplies of foliage for all dates gratefully received.

## **ANAGRAM**

The answer to the anagram is WATERTIGHT.

**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.

We respectfully ask that any visitors to the church and churchyard who park outside the church leave enough space for people to walk safely along the pavement as there have been occasions when walkers have had to walk into the road. Thank you.

## **WANTED!**

If you use puddings of any sort, please don't throw the pudding basins away – Lyn can recycle them for you (all sizes wanted). Bring to 94 Upshire Road, EN9 3PA or to church any Sunday. Thank you.

## **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.

## **EVENTS GROUP**

There will be a meeting of the Events Group on Sunday 5<sup>th</sup> January at 10.30am (after the morning service) to discuss forthcoming events. Everybody welcome.

## **FOOD BANK**

We now have a box in St Thomas' church for donations to the local Food Bank. Goods will be taken regularly to the Hub at Waltham Cross so all donations of long life milk, tinned and packeted foods will be appreciated.

## CHRISTMAS BAZAAR

It was a very busy afternoon in the Village Hall on Saturday 30<sup>th</sup> November when we held our Christmas Bazaar. We'd like to thank everyone who worked so hard to make this event a success and to all who came along and supported us by buying up the many bargains on offer. We're delighted to announce that the figure raised was in excess of £2,500 which will be put towards the general upkeep of St Thomas' Church.

All competition and raffle prize winners have been notified. The 'lucky number' door ticket was blue number 993. If you are the lucky winner, bring your ticket to 94 Upshire Road to claim your prize of £10.

## **THANK YOU**

We would like to offer our sincere thanks to Upshire Co-op for their donation of tea, coffee, bread and sausage rolls for our Sunday Afternoon Teas, also the mince pies for the Carols by Candlelight, as well as raffle prizes for our various events. Thanks also to Tesco at Waltham Abbey for donating prizes for our Summer Fair and Christmas Bazaar; also to Bemor Building Supplies, Verdes Hair Designs and Flowers by Danielle for prizes, and to Waltham Abbey Market traders, local shops and businesses for supporting us by advertising in our Newsletter and leaflets. If I have forgotten anyone, my sincere apologies, but you are appreciated just as much as all these other kind and generous people. Thank you.

## UPSHIRE VILLAGE HALL NEWS

The defibrillator is now installed and ready for use. It is sited under the canopy over the main entrance to the hall, to the left of the entrance doors. It is hoped to have a meeting one Sunday in January, to which everyone is welcome, when we will be given instructions on how to use the defibrillator. Date to be confirmed - please ask a member of the Village Hall Committee for further details.

We thank everyone for their donations which made the installation possible.

## **GROWERS CORNER**

Winter is with us but there is still lots to do in your garden even during these long dark evenings. There are seed and plant catalogues to scan ready for the 2020 season, garden centres and nurseries to visit on nice days to obtain any bare root trees/shrubs/bushes/canes or hedging whips you may require, to be planted in their dormant season, as well as a cup of coffee or snack whilst you're there!

There are a few tasks that require urgent attention if you have a greenhouse, such as cleaning the glass inside and out, sterilizing the inside of the greenhouse including any soil and equipment therein. If you have no heating within your greenhouse you may consider constructing a hot bed using fresh cow or horse manure with straw or a compost heap; both would require a brick wall surround which could easily be removed in late spring once the hard frosts are over. Insulation to the north side of the greenhouse 'wall and roof' would also be great in keeping the temperature above freezing, but ventilation is still needed on nice sunshiny days so control your vents and door opening for best results.

You should have sown your onion seeds by now and decided which variety of potatoes you are going to grow this year and by which method you are going to grow them – in a barrel, sack or in the ground. 'Earlys' or 'salad' varieties are best as main crop occupy the ground for the full growing season.

Your last year's hanging basket needs emptying on the compost heap, soil must be checked for vine weevil – destroy these. You may consider planting up a spring basket yourself with skimmia, sage, thyme, violas, ivy, heather, primrose and a few bulbs such as snowdrops, crocus, tete-a-tete or mini daffodils, tulips or a window box by the kitchen door or window such as rosemary, chives, sage, thyme and mint.

Next month we will consider useful tools and machines and how to keep them in best order for the 2020 season. SDAB

## TEDDIES FOR TRAGEDIES

Tricia Gibb, St Albans Branch Organizer for Teddies for Tragedies, has sent her latest information:

"Thank you all for the Teddies and bags I have received from you over the past few months. Welcome, also, to any new knitters.

"NEPAL was the destination for 75 Teddies in July. They were taken there by a group of students from a school in Aylesbury who were involved in various projects at a school as well as interacting through sports and games with the children, aged between three and 13 years. The Teddies were handed out to children in the pre-school class.

"Also in July 500 Teddies went with students from a local school to CAMBODIA, where the children "...absolutely loved them and it was a pleasure to see the joy in their faces when we handed them out.."

"In January I was pleased to supply 280 Teddies for distribution in a home for homeless children in BANGLADESH, who have been abandoned on the streets and have nowhere else to go. Another 70 Teddies have since gone to Bangladesh and were handed out to children at pre-primary schools on the tea estates adjacent to Sylhet city.

"Mercy Ships took 500 Teddies for SENEGAL back in June. Future request so far: 40 for summer 2020 and 500 for summer 2021.

Again thank you all for your support. Happy New Year!"