

# ST THOMAS' CHURCH, UPSHIRE EN9 3SS

## NEWSLETTER

### *March 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.  
 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: 14<sup>th</sup> 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

Sunday 1<sup>st</sup> First Sunday of Lent

9.15 a.m. **HOLY COMMUNION**

Readings: Romans 5:12-19 Matthew 4:1-11

Saturday 7<sup>th</sup> 11am-4pm **TABLE TOP SALE** in the church

Sunday 8<sup>th</sup> Second Sunday of Lent

9.15 a.m. **HOLY COMMUNION**

Readings: Romans 4:1-5 13-17 John 3:1-17

Wednesday 11<sup>th</sup> 8 p.m. **LICENSING OF REVD JANE YEADON** as Team Vicar in the Abbey Church – all welcome

Sunday 15<sup>th</sup> Third Sunday before Lent

9.15 a.m. **HOLY COMMUNION** and Installation of Revd Jane Yeadon

Readings: Romans 5:1-11 John 4:5-42

Wednesday 18<sup>th</sup> 12noon-2pm **EARLY SPRING LUNCH** in church (07960 809799 to book)

Friday 20<sup>th</sup> 2 p.m. P.C.C. Meeting in church

Sunday 22<sup>nd</sup> Fourth Sunday of Lent – Mothering Sunday

9.15 a.m. **HOLY COMMUNION**

Readings: tba

3.00 p.m. **MOTHERING SUNDAY CELEBRATION** followed by tea in the Village Hall

Wednesday 25<sup>th</sup> 2.15 p.m. Upshire Mothers' Union Corporate Communion in church

Sunday 29<sup>th</sup> 9.15 a.m. Fifth Sunday of Lent – Passion Sunday

Readings: Roans 8:6-11 John 11:1-45

Saturday 4<sup>th</sup> April 11am-4pm **ARTS, CRAFTS & COLLECTABLES** in church

Sunday 5<sup>th</sup> April Palm Sunday

9.15 a.m. **HOLY COMMUNION**

Readings: tba

### READERS

1<sup>st</sup>: Barbara J  
8<sup>th</sup>: Sue McK  
16<sup>th</sup>: Mike McK  
22<sup>nd</sup>: Gwen H  
3pm: Maureen S  
29<sup>th</sup>: Maureen S  
5<sup>th</sup> April: Carol S

### SIDESPEOPLE

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

### LAY EUCHARISTIC MINISTERS

David W & Barbara J  
Mike McK & Pauline C  
Gwen H & Michael H  
David W & Pauline C  
  
Mike McK & Barbara J  
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.

### **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, Tim, Andy, Rosalind, Doreen, Barry, Maureen, Vivien, George, Beverly, Terry, June, Rose, Peggy, Shirley, Fred, Mick, Sarah, Sheila, Jackie & Barbara .

### 50/50 CLUB

The first winners of Draw 5 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 member, 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.

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### **St Thomas' Church 50/50 Club Draw 5**

**January to June 2020**

I wish to become a member of St Thomas' 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.



In January we held our Annual General Meeting. Ann, Eleanor and Kate continue in their roles as Branch Leader, Treasurer and Secretary. Money raised from our Ploughman's and Autumn lunches will be donated to two M.U. Projects: Away From It All and English for Women. Thank you to you all who support and enjoy our lunches.

Our next meeting on 25th March will be Corporate Communion in St Thomas' Church followed by tea in church. All are welcome.

Tea Hostesses: Jean Brewster and Gill Negus. Raffle: Lyn Wackett.

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 20<sup>th</sup> March Discoveries at the West End of Waltham Abbey Church  
Lawrence Greenall and Steve Miller

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**

Brooker Road, Waltham Abbey.

THE ROYAL BRITISH  
**LEGION**

Patron Her Majesty The Queen



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

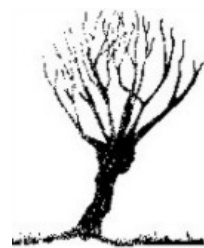
We have a fully licensed bar which is open all week except

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.

## **EPHING 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, Paul's Nursery Road, High Beach, Loughton, IG10 4AE. 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.

### **Saturday 28<sup>th</sup> March, 10am-12.30pm**

#### **Discovering Knighton Woods**

Come and join Ron and Pat Andrews for a walk exploring Knighton Woods and Lords Bushes in Buckhurst Hill. Now an isolated fragment of the Forest, it has a fascinating history and an interesting variety of trees and ponds.

Meet at the Forest car park, Knighton Woods, Knighton Lane, Buckhurst Hill IG9 5 HQ.

Grid Ref: TQ407936. Accessible by foot from Buckhurst Hill underground station on the Central Line.

### **Sunday 19<sup>th</sup> April, 10.30am-12.30pm**

#### **The Lost Roads**

Join Verderer Michael Chapman to explore the lost roads of the northern parishes of the Forest. Enjoy good views of the City in one direction and the Hertfordshire ridge in the other.

Meet at Gooseberry Hall, Epping Green. Access via Carters Lane, from Epping Upland CofE Primary School and then follow Open Garden signs. Grid Ref: TQ403055

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 FLOWER CLUB**

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. Sales table and raffle. Visitors £6 includes refreshments.

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

Tuesday 24 <sup>th</sup> March:	Demonstration by Lorraine McNamara entitled “Flowers with a Difference”
Tuesday 28 <sup>th</sup> April:	Demonstration by Christine Milburn entitled “New Horizons”
Tuesday 26 <sup>th</sup> May:	Workshop by Chris Beales
Tuesday 23 <sup>rd</sup> June:	Outing to Longyard Cottage, Nazeing
August:	No Meeting
Tuesday 22 <sup>nd</sup> Sept:	Demonstration by Sandra Ward
Tuesday 27 <sup>th</sup> October:	AGM followed by Demonstration by Pat Ellis entitled “Do it with Passion”
Tuesday 24 <sup>th</sup> Nov:	Christmas Workshop

## 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 March

Music for Lunch Saturdays 12.30pm.

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

7<sup>th</sup>: Christopher Thomas, Director of Music, St John the Baptist, Keynsham, and former organist at the Abbey, *organ*

An Organ Festival event

21<sup>st</sup>: Broxbourne Music School – end of term Concert

## Other Activities

14<sup>th</sup>: Concert, 7.30pm: Waltham Singers of Chelmsford with the Abbey Church Choristers and baritone soloist Lawrence Williams will perform choral music to showcase the new organ, including works by Parry, Vaughan Williams and Dupre. All seats £14 unreserved, Children £5. An Organ Festival event.

22<sup>nd</sup>: Mothering Sunday Parish Eucharist, 10.30a.m.

28<sup>th</sup>: Demonstration of new Abbey organ to members of the Institute of British Organbuilders, 11am – approx 12 noon – all welcome to attend, no charge.

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)

Mind and Spirit Networking Lunch – Thursday 19<sup>th</sup> March, 12.30-1.30pm at The Orchard Day Unit, St Margaret's Hospital, Epping. (Parking on site but a parking ticket may need to be purchased.)

Guest Speaker Rob Saggs, Churches Homeless Emergency Support Scheme (CHESS)

“Responding to local Homelessness”. All welcome: further information from Jane Walters 07803 939023, [janewalters2003@hotmail.com](mailto:janewalters2003@hotmail.com)

Affordable Counselling Epping Forest Celebration Evening and Talk – Tuesday 24<sup>th</sup> March, 7.30-9.30pm, The Box, St John's Road, Epping, CM16 5DN. Speaker: The Revd Barbara Read, Assistant Curate at St John's Church, Loughton – “Our Bereavement Group and combined Agency working”. Refreshments and snacks will be available. RSVP Jane Walters 07803 939023, [janewalters2003@hotmail.com](mailto:janewalters2003@hotmail.com) by 18<sup>th</sup> March

## ANAGRAM

The answer to the anagram is ACCOUNTANT.

## 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.

### COPPER JAR

Our thanks to the people who donated their coppers and small change to the Copper Jar, raising £11.50 in January. The money will be donated to Water Aid.

**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.

### ANAGRAM

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

### 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. Many thanks to the people who have made donations.

### MARCH CHURCH FLOWERS

For the period of LENT from 26<sup>th</sup> February to 11<sup>th</sup> April there will be no flower displays in church apart from Mothering Sunday, 22<sup>nd</sup> March.

For future dedications, memorial, wedding or special occasion flowers please call Marion Locke to discuss requirements: 07789 643147 or email [marionnelocke@btinternet.com](mailto:marionnelocke@btinternet.com)

### EASTER LILIES

At Easter we decorate our church with lilies and other flowers which are donated in memory of a loved one, with names being entered into a book which is on display in the church during the Easter period. If you would like to donate a lily (£2 each) or make a donation towards other flowers, please contact Lyn Wackett on 01992 711573.

### **YOUR PCC NEEDS YOU!**

St Thomas' Annual Parochial Church Meeting (AGM) is on Sunday 19<sup>th</sup> April, please arrive at 2.45pm for a 3.00 pm start. This is everyone's chance to discuss how the church is run; hear how your money is spent; and decide who will represent you on the PCC for the next year. Everyone on the Electoral Roll is eligible to vote. All of the PCC members, including the Churchwardens, are up for re-election and new members are always welcome. Perhaps you could take the minutes, manage the accounts, act as churchwarden or represent St Thomas' at the quarterly Deanery Synod meetings. If you are not yet ready for a specific role, we are also looking for dynamic individuals who will help with the day to day running of the church.

Election forms for PCC members and Churchwardens can be found at the back of the church. Roles such as Lay Chair, Treasurer and Secretary are decided by the PCC at a meeting following the APCM, although volunteers are welcome to come forward. Each prospective PCC member needs to be proposed and seconded by two non-related individuals and, if there are a large number of applications, elections will take place at the APCM. This is your only chance to influence the makeup of the PCC this year.

Please come along and support us. We look forward to seeing you.



# SOUTH WEST ESSEX CHOIR

## GLORIES OF BRITISH CHORAL MUSIC

*Concert to feature choral classics*

ELGAR *Give Unto the Lord and Great is the Lord*

PARRY *Blest Pair of Sirens and I was Glad*

STANFORD *For Lo I Raise Up and Te Deum*

FINZI *God is Gone Up*

**Saturday 28<sup>th</sup> March, 7.30pm**

Chingford Parish Church, The Green, Chingford E4 7EN

Tickets may be purchased via our website: [www.southwestessexchoir.or.uk](http://www.southwestessexchoir.or.uk)

### **When Spring comes**

*'See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land.'* Song of Songs 2:11-12

March is the month usually associated with the coming of Spring, my favourite time of the year, and such a relief after the darkness and gloom of Winter. This verse beautifully describes the joy that most of us feel as the days begin to brighten, and Nature starts to awaken once again.

These words also speak to us about a new season in life, one that is filled with hope and expectation. Sometimes we experience the darkness of winter in our lives – maybe in the form of depression, bereavement, chronic illness, family difficulties, financial problems and so on. These long winter months of the soul may seem to last forever. Our joy disappears, our energy dissipates, our mood is low. A thick black cloud hangs over us and it seems as if the sun will never shine again.

Then we have this reminder that no season lasts for ever. The cold grip of winter gradually thaws and gives way to warmer days. The sun does shine again, and the temperature rises. Birds sing and flowers blossom. The sap rises. Love is in the air. And in the spiritual realm the same happens. Eventually we will enter a new season of the soul. Joy returns and life gets back to something like normality. No darkness lasts forever. We experience our own awakening, a kind of mini resurrection. We start to feel alive again, to see possibilities and to dream again.

In the depths of winter, we can look ahead to the certainty of Spring. Faith enables us to believe that the winter of the soul will soon be past as well. In the darkness we choose to hope in God.

Revd Tony Horsfall of Charis Training.

## **LICENSING OF REVD JANE YEADON**

The service for the Licensing of Revd Jane Yeadon will be in the Abbey Church at 8pm on Wednesday 11<sup>th</sup> March. Jane will be taking up 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. All are invited to come to the service and meet Jane afterwards when refreshments will be served.

The following Sunday, 15<sup>th</sup> March, Jane will be installed in both St Thomas and Holy Innocents churches at the normal service times (9.15am at St Thomas and 10.30am at Holy Innocents). After the service at Holy Innocents refreshments will be provided and everyone from the Benefice is invited to come along to meet Jane.

# **ARTS, CRAFTS & COLLECTABLES**

**Saturday 4<sup>th</sup> April**

**in St Thomas' Church      11a.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**

## **GROWERS CORNER**

### **The Oil Stove**

Having a greenhouse usually at the bottom of the garden can be an expensive item. To install electrical power or extending the central heating system is not a cheap option so the old fashioned oil or paraffin stove/heater comes to mind but they are labour intensive with refuelling and maintenance of the wick etc. For every gallon paraffin used the heater produces a gallon of water so greenhouse ventilation has to be managed to prevent 'damp' and fungus growth amongst young plants and seedlings.

If you are unable to purchase broad bean plants in pots at this time of year it is possible to plant the seeds, one to a pot, into potting compost/growing medium and keep in the greenhouse to germinate and grow on. A two seed tray propagator can be a great help at this time of year providing you have electrical power and daylight available to help with seed germination. With seeds so expensive it might be best to plant a third of a packet at 3 to 4 week intervals into F1 seed compost into seed trays or plug trays with a covering as instructed on the seed packet, not forgetting a light sprinkling of water so that the compost does not dry out at any time during propagation, with ventilation to propagator being managed to prevent damping off. Once the plants have two leaves they can be eased out of the compost by gently holding a leaf of the plant between finger and thumb (never hold the stem) and easing it out with a pencil. Plant it at the same level it was growing in the tray. Keep plants in the greenhouse until frosts are past, harden off in a cold frame and then plant into the ground.

Next month the growers friend 'the oil stone'.

## **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.



## DATES FOR YOUR DIARY

In the Church (unless otherwise stated)

Saturday 7 <sup>th</sup> March	11am-4pm Table Top Sale (Stalls £5, 07960 809799 to book a table)
Wednesday 18 <sup>th</sup> March	11.30 for noon start. Early Spring Lunch (07960 809799 to book)
Saturday 4 <sup>th</sup> April	11am-4pm Arts, Crafts & Collectables (07960 809799 to book a table)
Wednesday 15 <sup>th</sup> April	11.30 for noon start. Easter Lunch (07960 809799 to book)
Sunday 19 <sup>th</sup> April	3pm Annual Parochial Church Meeting
Sunday 26 <sup>th</sup> April	2.30-5.30pm Steve's 'Thank You' Teas
Sunday 3 <sup>rd</sup> May	2.30-5.30pm Sunday Afternoon Teas begin (until 27 <sup>th</sup> September)
Friday 8 <sup>th</sup> May	2-6pm V.E. Day Tea Party in the Village Hall
Saturday 9 <sup>th</sup> May	7 for 7.30pm VE Day Concert with Enfield Brass Band (01992 711573)
Saturday 16 <sup>th</sup> May	11am-3pm Plant Sale in the churchyard. (01992 711573)
Sunday 17 <sup>th</sup> May	2.30-5.30pm Plant Sale & Afternoon Teas
Wednesday 27 <sup>th</sup> May	12noon-1.30pm Upshire M.U. Ploughmans Lunch (in Village Hall)
Wednesday 17 <sup>th</sup> June	11.30 for noon start. Midsummer Lunch (07960 809799 to book)
Saturday 18 <sup>th</sup> July	11am-5pm Summer Fair (lunches in Village Hall) (01992 711573)
Sunday 19 <sup>th</sup> July	2-5.30pm Summer Fair continues.

All welcome to join us at these events; full details in the Newsletter each month.

## **WATERAID JARS OF CHANGE LENT APPEAL**

Many people throughout the world do not have access to clean water. Ethiopia is the second most populous country in Africa. Six in ten people do not have access to clean water; nine in ten people don't have a decent toilet. Every day 50 children will die due to poor water, sanitation and hygiene. The burden on women and girls is greatest as they are the ones who have to collect water. They travel exhausting distances to collect water, risking treacherous falls and attacks along the way. Banchiayehu is 16 and since her mother recently gave birth she has taken on the role of collecting water for the family. Every day she makes four trips to the stream, each time carrying 20 litres of water back to her family in a jerry can. But this has come at a cost. As well as risking her safety, Banchiayehu is missing out on a proper education. By the time she arrives at school she is often too late to be let into class.

WaterAid works to bring clean water to communities such as that of Banchiayehu. This means that girls don't miss lessons. Time freed up from collecting water means mothers can earn more to support their families and everyone benefits from improved health.

This Lent WaterAid is running a 'Jars of Change' appeal to give mothers and daughters an equal chance to be healthy and happy. They suggest you give up something to help raise money. Give up something small you buy often and collect the money you save. Give up a habit or start something new. Each time you succeed pop some small change into a jar. Or just save all your loose change.

Please support WaterAid this Lent. Please give any donations to me by 26 April. If you pay tax, please gift aid. Jar sleeves with a gift aid form are available at the back of the church. The money from the 'copper jar' by the church entrance also goes to support WaterAid, so use this for your donations if you prefer.

If you have any queries please contact me on 07852 668633. Ruth Moore.

## **WANTED!**

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

### **TABLE TOP SALE**

With the weather so mild the snowdrops are fading and the daffodils are in full bloom. Your thoughts now turn to spring cleaning for 2020.

Should you have anything that needs a new home our Table Top Sale at St Thomas Church, EN9 3SS, on Saturday 7<sup>th</sup> March might be of some help! Tables are still available at £5 each, just phone or text 07960 809799 or bring any object you wish to donate to Quiet Hour on Friday 6<sup>th</sup> March, 11.30am-12.30pm. Good luck with all your efforts.

Alternatively, just come along to the Table Top Sale between 11am and 4pm to purchase some of the high quality merchandise available and support the church. All profits in aid of church funds. Refreshments available throughout the day.

ST THOMAS' CHURCH, UPSHIRE, EN9 3SS

## **V.E. DAY 75<sup>th</sup> ANNIVERSARY CONCERT**

with

**ENFIELD BRASS BAND**

**Saturday 9<sup>th</sup> May, 7.00 for 7.30pm start**

Price £10 includes buffet & wine/soft drinks

Book your seats early with Lyn on 01992 711573

Add to the fun by wearing 1940s style clothing (optional)

All profits will be donated to the Royal British Legion

## THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

Friendship doubles our joy and divides our grief. – Anon

The only safe rule is to give more than we can spare. Our charities should pinch and hamper us. If we live at the same level of affluence as other people who have our level of income, we are probably giving away too little. – C.S. Lewis

The rich are not always godly; but the godly are always rich. – Anon

There is none more lonely than the man who loves only himself. – Abraham Ibn Esra

The more you have to live FOR, the less you need to live ON. Those who make acquisitions their goal never have enough. – Sydney Harris

Experience is that marvellous thing that enables you to recognise a mistake when you make it again.

Do what you can with what you have where you are. – Theodore D. Roosevelt