

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

October 2020



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

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.

There will be a service of Holy Communion every Sunday at 9.15am in St Thomas' Church. Numbers at the moment are limited to 25 people, social distancing rules apply and no hymns will be sung during the service. Everyone attending church should be aware that face masks (not visors) must be worn throughout the service. Names and phone numbers will be taken for track and trace purposes.

Services are also taking place at the Abbey Church and Holy Innocents, High Beach. We are still living in circumstances which are changing daily/weekly. For up to date information please look at the Waltham Abbey Church website or telephone the Benefice Office.

ZOOM! There is a traditional Holy Communion Service with hymns in your own home by Zoom at 9.00am and the Benefice said Communion Service on Zoom at 5.30pm each Sunday, for log-on details contact Beth Horton on 07853 335880.

READINGS

October	4 th :	17 th after Trinity	Philippians 3:4b-14	Matthew 21:33-46
	11 th :	18 th after Trinity – Harvest	2 Corinthians 9:6-15	Luke 12:16-30
	18 th :	19 th after Trinity	1 Thessalonians 1:1-10	Matthew 22:15-22
	25 th :	Last after Trinity	1 Thessalonians 2:1-8	Matthew 22:24-46
November	1 st :	All Saints Day	Ephesians 1:11-23	Luke 6:20-31
	8 th :	Remembrance Sunday	1 Thessalonians 4:13-18	Matthew 25:1-18
	15 th :	2 nd before Advent	1 Thessalonians 5:1-11	Matthew 25:14-30
	22 nd :	Christ the King	Ephesians 1:15-23	Matthew 25:31-46

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.

The Vicar writes:

Dear Friends,

“Upon that night, when fairies light
On Cassilis Downans dance,
Or owre the lays, in splendid blaze,
On sprightly coursers prance;”

So Robert Burns poem Halloween begins - Though our modern Halloween traditions of children dressing up and excitedly running from house to house getting sweets have mostly been imported from America, Robert Burns would have been writing about the Scottish tradition of guising. On this day, to earn sweets or toffee apples, children sang, recited poems, ducked for apples and tried to eat treacle slathered bread suspended from a washing line.

For the Celts the last day of October was when they believed that the air separating the living from the dead grew thin and the souls of the dead were believed to come into our world. To appease them they were left offerings of food and drink which over time, evolved into the festival of guising.

The Christian church still recognizes this time of year as one of remembering those who have inspired us in our faith and in particular those who have now died. As far back as the 15th century it is recorded that people would visit houses at All Souls Tide and take soul-cakes, either as representatives of the dead, or in return for praying for their souls.

Though the cakes have long gone the tradition of remembering our dead at this time of year remains an important time in the Christian calendar. Intrinsically linked with All Saints day which is commemorated the day before the two days, taken together help us celebrate the belonging together of all members of the Church of God.

As the Church of England reminds us “All Saints’ Day celebrates men and women in whose lives the Church has seen the grace of God powerfully at work. It is an opportunity to give thanks for that grace, and for the wonderful ends to which it shapes a human life; it is a time to be encouraged by the example of the saints and to recall that sanctity may grow in the ordinary circumstances, as well as the extraordinary crises, of human living. The Commemoration of the Faithful Departed celebrates the saints in a more local and intimate key. It allows us to remember with thanksgiving before God those whom we have known more directly: those who gave us life, or who nurtured us in faith and who have now passed into glory”

Though they have died those who we love and who loved and nurtured us in return remain an important part of our life and faith and I for one, am grateful for the reminder of that.

This Halloween I pray you may find some time to spend in reflection of all those who have been significant in your life and to give thanks for their life and witness. I also pray it will be a day when you can look forward in hope to the time when you will be reunited with those you love through the promise of the resurrection. For this is the promise of God.

Blessings,
Revd Jane

CHURCH FLOWERS

OCTOBER – HARVEST FESTIVAL – SUNDAY 11th

Memorial dedications, wedding, anniversary or special occasion flowers can be arranged for any week – contact Marion Locke 07789 643147 or email marionne.locke@btinternet.com to discuss.

September displays arranged by Kate Dale. Anyone wishing to practice or create a design of their own do make contact as above to arrange access within current Covid guidelines.

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 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, Rosalind, Doreen, Barry, Maureen, Vivien, George, Beverly, Terry, June, Rose, Peggy, Shirley, Mick, Sarah, Sheila, Jackie, Jean & Barbara .

In prayer we experience His presence, and He answers us in His way, in His time, and for His glory and our good.

ANAGRAM

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

CAR PARKING 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. 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.

50/50 CLUB

Congratulations to our July winners, who were:

1 st	£35	No. 36	Jennifer Lewin from Chingford
2 nd :	£25	No. 18	Joyce Polzin from Waltham Abbey
3 rd :	£15	No. 52	Jean Porter from Waltham Abbey

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 December Draw will be the 'bumper draw' with five prizes. Each member is entitled to a maximum of two entries, couples can have four. Please complete the form below and return it to me, along with your subscription, either on a Sunday morning after the service or to the address stated. Good luck and thank you to everyone who enters, all profits go towards church projects.

St Thomas' Church 50/50 Club Draw 6

July to December 2020

I wish to renew my membership (or become a new member) of St Thomas' 50/50 Club and enclose cash/cheque for £12 per entry or £2 per month of remaining session (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:

TRAFFIC CALMING NEWS

You may be aware that over a number of years we have been in discussion with Highways for a traffic calming scheme for Upshire Village from Crown Hill through to Horseshoe Hill. A number of surveys have been carried out monitoring usage and speed levels. A VAS was installed a few years ago at the junction with Fernhall Lane but sadly little attention is paid to it. Highways have now planned a first stage calming measure on a section of the road which has been approved and is to be installed during 2020-21 and will be monitored. At the same time further measures at other sections of the road are being planned to be agreed for 2021-22. We can only hope this will help slow the traffic.

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 and left in the porch. Note: please remember to leave about $\frac{1}{2}$ " of envelope around the stamp. Thank you.

WE HAVE MOVED!! NOW OPEN!

FREE FOOD FOR YOU

No assessment or referral needed. Just drop in. We will have all the basic groceries and essentials for you and your family.

Open every Monday and Friday between 1.30pm and 3.30pm at **13 SUN STREET** - please note we have moved to a new site and will be open from Monday 24th August.

If you require urgent support please contact us: 01992 842642, email info.3food4u@gmail.com
Please note: you will be required to adhere to all the latest social distancing rules. Volunteers and donations would be greatly appreciated.

Working in partnership with Waltham Abbey Town Council, Rotary Clubs of Loughton, Buckhurst Hill & Chigwell, Voluntary Action, The Lions Club and Gandhi Oriental Foods.

ANAGRAM

The answer to the anagram is ADDITIONAL.

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

Victory Prom in the Forest

A virtual event streamed via You Tube

7pm on Saturday 26th September 2020

As Covid-19 restrictions continue to affect live performances, we have made the decision to stream the Prom to your homes instead. We started work some months ago pre-recording material for the concert and this will form the core of the programme.

The first half will contain war-time classics including 'We'll gather Lilacs' and 'We'll meet again' to transport you back to 1945. The second half will be in the style of 'Last Night of the Proms' with your old favourites conducted by Katherine Fellowes so that you can sing along.

You may be at home but look on the bright side. No more hunting for a parking space or queuing for the loo! Oh, and don't forget your flags for the second half!

The YouTube link is: <https://youtu.be/ykH1WnVs9q8> Try it now to be sure that you can get to the page and see the countdown timer.

HARVEST SERVICE

Sunday 11th October at 9.15am.

Due to Covid-19 and restrictions to numbers in church we will not be having a big Harvest Festival Service or Harvest Teas this year. We are unable to accept any fresh fruit or vegetable donations, but tinned and packeted goods, or any monetary donations will be accepted and will be taken to the local Food Bank.

COPPER JAR

Our thanks to the people who have continued to donate their coppers and small change to Water Aid via the copper jar. In the months between February and August £18.15 was raised.

DANGER! MOTORISTS BEWARE!

The rutting season is still in progress; this means that the deer will be roaming on the roads during night and day for the next few months. Driving within the local at speeds below the limit is imperative as any collision normally results in the death of the deer and a high cost of repairs and insurance premiums. Be aware at all times whilst driving in our locality at this time.

UPSHIRE MOTHERS' UNION

ALL MEETINGS ARE CANCELLED FOR 2020.



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

Crime hurts many people – including the families of prisoners who have ended up in the UK prison system. They are often the forgotten victims, but not by the Mothers' Union (MU). Instead, the MU's prison work across Britain is extensive, with the aim of keeping hurting families together. It is not simple work, for as prison governors are replaced and new directives come into force, those who work with prisoners and their families must adapt their approach.

MU members provide support to prison visitors by holding short courses so that visitors can get the most out of their time with the prison residents. MU also holds workshops to introduce many of the services that work with prisoners' families.

MU helps support the Family Days held at one prison, and also provides presents for children of prisoners at Christmas time. MU provides tea and a chat with the inmates of one women's prison, as well as going-home packs of essential items for when they leave.

MU also supports prison officers, who as key workers have found the last few months particularly challenging. MU's Thank You Key Workers appeal wants to raise funds to provide families of key workers with short breaks or experience days. If you would like to help, please go to

<https://www.mothersunion.org/thank-you-keyworker-appeal>

FEEL THE TUG

Have you ever wondered how you can be certain about who and what God really is?

One Christian put it this way: "I'm reminded of the story of the little boy who was out flying a kite. The wind was brisk and large billowing clouds were blowing across the sky. The kite went up and up until it was entirely hidden by the clouds. Then a man came by and asked the little boy what he was doing, staring up at an empty sky. "I'm flying my kite," he replied.

The man asked: "What kite? How can you be sure it is still there? You can't see a thing."

The little boy agreed that he could see nothing, "but every little while I feel a tug, so I know for sure that it is still up there and is connected to me!"

When it comes to God, you don't need to take anyone else's word for it. You can find Him for yourself by inviting Jesus Christ into your life. Then you too will know by the warm wonderful tug on your heartstrings that though you can't see Him, He is up there, and that He lives in you. You are connected!

GROWERS CORNER

The first of the winter frosts will be with us this month so we must be prepared.

Start with clearing out your greenhouse of all plants, cleaning the glass inside and out to increase light levels for during the winter, plus disinfecting the frame and glass of the greenhouse, equipment and path. Peg the door open and leave the vents open so it can dry out before putting plants you wish to overwinter back into the greenhouse.

Now would be a good time to check your greenhouse heating method to make sure it is working, or as a standby order some horticultural fleece.

If you hurry you should be able to reseed and repair small areas of the lawn that require your urgent attention and give it a cut and trim before the frost strikes, but with our weather conditions that will not be the last cut of 2020.

Dead heading will continue for some time in an effort to keep your garden in full colour as long as possible.

In the next few months we might only find any colour from plants indoors, to achieve this we could turn to bulbs and corms: amaryllis, narcissi, hyacinth, crocus and snowdrops plus cyclamen with 23 species. Please note: treated hyacinths, if planted now and placed in a warm dark place will flower for Christmas 2020.

Once the cold weather is with us trees, shrubs, etc, in their dormancy period should be available from your local garden centre/nursery for purchase.

Next month: Planning and preparing for the next season.

The healing power of laughter

In this time of coping with the pandemic, the uncertainty of 'will I lose my job?', 'will I be able to get the food I need for the children?' and 'when will I be able to get together with all my family and friends' we must try to look on the bright side and keep smiling.

The health benefits of laughter have become widely recognised in recent years. People feel less pain after a good laugh because (research suggests) it releases chemicals that act as a natural pain-killer.

Physical benefits of laughter have been found to include a drop in stress hormones and less risk of heart disease. Mental and social benefits include less anxiety and stress, improved mood and enhanced group bonding.

Humour helps us to keep a positive outlook in difficult situations, disappointments and loss. More than that, laughter gives us the courage and strength to find new sources of meaning and hope. It really is contagious – just hearing laughter primes your brain and readies you to smile. It dissolves distressing emotions. You can't feel anxious, angry or sad when you are laughing.

Humour gets you out of your head and away from your troubles. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. But you can learn to laugh at any stage of life. Smiling is the beginning of laughter. It can help to set aside special times to seek out humour and build from there. Pay attention to children and emulate them. They are experts on playing, taking life lightly and laughing

The old advice to 'count your blessings' will distance you from negative thought. When you hear laughter, move towards it. Share your embarrassing moments. The best way to take yourself less seriously is to talk about time when you took yourself too seriously.

Dead cow

A farmer was trying hard to fill out an extensive and complicated railway company claim sheet for a cow that had been killed on the track. Finally he came to the very last item: 'Disposition of the carcass.' After puzzling over the question for some time, he wrote: "Kind and gentle."

SHOE BOX APPEAL

We are once again collecting filled shoeboxes to be delivered to deprived children and adults. This year shoeboxes will be distributed to Albania, Bulgaria, Hungary, Kosovo, Moldova, Romania, Serbia and Ukraine. 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.

So save your shoeboxes and cover them with colourful Christmas or other patterned paper (base separate from lid) and start collecting items to put in them. Items specially requested are toothbrush and toothpaste, soap, hat, scarf and gloves. Other items that can be included are shampoo, deodorant, shaving equipment, sewing kits, household candles, clothing, etc. Shoebox Appeal leaflets giving full information of items that are suitable for the shoebox are available from Lyn & Dave Wackett at 94 Upshire Road, EN9 3PA or phone 01992 711573. Please note that loose sweets, lollies, chocolate or chocolate filled sweets (chocolate éclairs, chocolate limes, etc) are not allowed, and all sweets must be prepacked with a date no earlier than March 2021. Toys must be new shop-bought toys (sorry, no hand-knitted toys) and please don't include toy guns, knives or military figures. Books that are mainly words should also not be included.

Shoeboxes should be delivered to Lyn & Dave as above before the end of October.

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 the lovely people who have spent so much time during lockdown knitting hats, scarves and mittens, also to all who have already donated items to go in the boxes.

Every box that we send will be given to a needy child or adult and this may well be the only gift they have been given or will be given this year. Last year we sent just under 100 boxes out – let's see if we can make the 100 this year! Thanking you in anticipation. Lyn

No act of kindness, no matter how small, is ever wasted. Aesop.

Your shoebox gifts brightened Christmas for a family in Albania whose home was damaged by an earthquake just one month previously. And Besa Shapilo who delivered the gifts discovered that having a huge crack down the living room wall hadn't discouraged them from putting up a tiny Christmas tree.

"Dallendyshe has a great smile and radiated positivity," says Besa. "She tried hard to do all that she can for her husband and three children. Even before the earthquake, their living conditions were poor, but she hasn't lost hope for her three children.

Petya wears all her clothes at home because she is cold. When Zhani Slavcheva visited the widow in Slven, Bulgaria, the electricity was disconnected and there was no wood for the stove. "We gave her two boxes and the first thing she saw were sanitary pads," Zhani says. "She said they would be for her daughter who was expecting a baby a month later.

"Then she found a sewing set with threads, needles and a tape measure. That made her smile because she used to knit and sew to support her family while her late husband spent his wages on alcohol. She said God knew she had no reels of thread and had sent her some.

"She was as excited as a child, rummaging through her box and discovering three pairs of socks and a beautiful scarf.

"And she was pleased to see the calendar put in by Blythswood as she has a bible and reads it and sometimes goes to church. We prayed and read with her the calendar's verse for February: Come unto me, all ye that labour and are heavy laden, and I will give you rest.

"We left Patya with boxes for her daughter, son-in-law and the expected baby. She was thankful for our visit and for the people who sent those nice boxes, but most of all thankful to God for His mercy."