

# ST THOMAS' CHURCH, UPSHIRE EN9 3SS

## NEWSLETTER

### *November 2020*



Rector: Revd Peter Smith, 01992 767897  
 Team Vicar: Revd Jane Yeadon, 07960 604416. email [janeyeadon@gmail.com](mailto:janeyeadon@gmail.com)  
 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.  
 Email: [lynanddavewackett@hotmail.co.uk](mailto:lynanddavewackett@hotmail.co.uk)

This Newsletter is free: donations to Lyn Wackett. Copy date for December Newsletter: 14<sup>th</sup> November

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.

St Thomas' Church will be open for private prayer on Tuesdays between 11.30am and 12.30pm until further notice and will be subject to Covid-19 rules.

#### **READINGS**

November	1 <sup>st</sup> :	All Saints Day	Ephesians 1:11-23	Luke 6:20-31
	8 <sup>th</sup> :	Remembrance Sunday with Act of Remembrance at the Lych Gate at 9am	1 Thessalonians 4:13-18	Matthew 25:1-18
	15 <sup>th</sup> :	2 <sup>nd</sup> before Advent	1 Thessalonians 5:1-11	Matthew 25:14-30
	22 <sup>nd</sup> :	Christ the King	Ephesians 1:15-23	Matthew 25:31-46
	29 <sup>th</sup> :	1 <sup>st</sup> Sunday of Advent	Isaiah 64:1-9	Mark 13:24-37
December	6 <sup>th</sup> :	2 <sup>nd</sup> Sunday of Advent	Isaiah 40:1-11	Mark 1:1-8
	13 <sup>th</sup> :	3 <sup>rd</sup> Sunday of Advent	Isaiah 61:1-4, 8-11	John 1:6-8, 19-28
	20 <sup>th</sup> :	4 <sup>th</sup> Sunday of Advent	2 Samuel 7:1-11, 16	Luke 1:26-38
Thur	24 <sup>th</sup> :	Midnight Mass	Isaiah 52:7-10	John 1:1-14
Fri	25 <sup>th</sup> :	Christmas Day	Isaiah 9:2-7	Luke 2:1-14
	27 <sup>th</sup> :	1 <sup>st</sup> Sunday of Christmas	Galatians 4:4-7	Luke 2:15-21

#### **FROM THE REGISTERS**

##### **Funeral**

30<sup>th</sup> September Roy Gordon Webb

##### **Burial of Ashes**

29<sup>th</sup> September Alice May Gomm

## 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,

If you enter the Great West Door of Westminster Abbey, only opened for the grandest of ceremonial occasions, you will almost immediately have to step to one side for straight ahead of you lies a magnificent tomb. A tomb not of a great king, or a beloved poet or a peer of the realm but rather the tomb of an ordinary man whose death on a battlefield in France during the horrors of the First World War has come to symbolise the many millions who have died in battle and continue to do so the world over. For at the entrance to the Abbey lies the Tomb of the Unknown Warrior

The idea for the tomb was that of the Rev David Railton. In 1916 he was standing at a graveside in northern France having just conducted a burial service. He saw a small wooden cross marking a grave with the words, "An Unknown British Soldier"

He later said: "How that grave caused me to think ... I thought and thought. What can I do to ease the pain of father, mother, brother, sister, sweetheart, wife and friend? Quietly and gradually there came out of the mist of thought this answer clear and strong. 'Let this body – this symbol of him – be carried over the sea to his native land.'"

After the war ended Railton worked to have his idea come to fruition – it took much persistence as the idea was not initially favoured but over time it gained momentum.

On the night of night of 7 November 1920 four bodies, exhumed from different battlefields in France were brought to a chapel in Arras. There, one was chosen by the simple touch of a hand on the coffin and the journey of the unknown warrior began – the warrior was brought to Dover on a Royal Naval ship where it landed on the morning of 10 November 1920. The quayside was reportedly lined with people, straining to see the body that could be their loved one. It was taken by train to London where it rested the night at Victoria station, before being placed on a carriage driven by black horses. The coffin passed through hushed crowds of thousands of people, many weeping. It was brought into Westminster Abbey on the 11th hour of the 11th month. In the following days, more than a million people came to pay their respects to the soldier and that stream of visitors continues to this day.

What is the draw of this tomb for so many? For me it's the fact that I have not been personally touched by war. Like so many I know no-one who has died in conflict and have never been in a war zone. That makes the unknown warrior an important symbol to me and so many others of the many millions of men and women who have paid the ultimate sacrifice in the search for peace.

As we celebrate Remembrance Sunday and armistice day this year let us remember once again all those who have lost their lives in wars and conflicts the world over and renew our commitment to seek peace so that no more may die. It may not feel like we can do much on our own, but together each small action will add up to something much greater than the sum of its parts. The inscription on the tomb carries these words "They buried him among the kings because he Had done good toward God and toward His house" I pray that we to can do the same

At the going down of the sun and in the morning we will remember them ...

Blessings, Jane

A Prayer by the Moderator of the United Church of Canada, Richard Bott, on 'putting on your mask'.

Creator,  
as I prepare to go into the world,  
help me to see the sacrament  
in the wearing of this cloth -  
let it be "an outward sign of an inward grace" -  
a tangible and visible way of living  
love for my neighbours,  
as I love myself.

Christ,  
since my lips will be covered,  
uncover my heart,  
that people would see my smile  
in the crinkles around my eyes.  
Since my voice may be muffled,  
help me to speak clearly,  
Not only with my words, but with my actions.

Holy Spirit,  
As the elastic touches my ears,  
remind me to listen carefully -  
and full of care -  
to all those I meet.  
May this simple piece of cloth be  
shield and banner,  
and each breath that it holds,  
be filled with your love.  
In your Name and  
in that love,  
I pray.  
May it be so.  
May it be so.--

## BUXTON BANNER

We are pleased to announce that the banner was unveiled a few weeks ago and was inspected by those interested at timed points for photography purposes. It was found to be in a very fragile and faded state but the lion, stars and red hand are clearly visible. It has been carefully covered in tissue and re-rolled. At the moment the craft group are pursuing the possibility of recreating it in some form and plan to start by tracing the main images. We have also contacted the College of Arms who have been very helpful and kindly offered to produce a coloured working drawing of the banner in all its colourful glory. This will be a very helpful guide and could be put on display in church. For all those fans of the Repair Shop we have also made application there as they do consider community items of historic significance – which does seem to cover our banner! Watch this space for further news.

## ELECTRONIC NEWSLETTER

Our mailing list to receive the electronic version is now in excess of 30 participants so if you are not one of those and wish to receive the electronic version please send your email address to [marionne.locke@btinternet.com](mailto:marionne.locke@btinternet.com). We are looking to do our bit to reduce our 'paper footprint' for climate change by printing fewer copies. Your contribution will help. THANK YOU.

**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.

## REMEMBRANCE SUNDAY SERVICE

The Act of Remembrance will be held at the Lych Gate at 9am on Sunday 8<sup>th</sup> November followed by the service in the church. It will be more low-key than normal without the attendance of the British Legion and dignitaries because of Covid-19. Covid-19 rules must be followed, i.e. social distancing and masks must be worn.

## CHURCH FLOWERS

### REMEMBRANCE SUNDAY NOVEMBER 8<sup>th</sup>

We will have a poppy display. 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](mailto:marionne.locke@btinternet.com) to discuss.

October Harvest arrangements by Kate Dale and Terri Catlin, well done for a most colourful and abundant display, which enhanced by the many donated goods for the food bank, created a bright and happy environment for the service. 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](mailto:lynanddavewackett@hotmail.co.uk)

This month we pray for Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Brenda & Tony, Anne, Pam & John, Barbara, Vernon, Mal, Louise, Sue, Ann & Cyril, Tim, Rosalind, Doreen, Barry, Maureen, George, Beverly, Terry, June, Rose, Peggy, Shirley, Mick, Sarah, Sheila, Jackie, Jean, Barbara, Brenda and the Bambridge family .

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

## 50/50 CLUB

Congratulations to our August and September winners, who were:

### August:

1 <sup>st</sup> :	£35	No. 51	Cyril Smith of Waltham Abbey
2 <sup>nd</sup> :	£25	No. 58	Beverley Turner of Epping
3 <sup>rd</sup> :	£15	No. 87	Brenda Pennison of Waltham Abbey

### September:

1 <sup>st</sup> :	£35	No. 25	Louise Eleftheriou of South Woodford
2 <sup>nd</sup> :	£25	No. 90	Maureen Manners of Waltham Abbey
3 <sup>rd</sup> :	£15	No. 41	Michael Hall of Waltham Abbey

Good luck and thank you to everyone who enters, all profits go towards church projects.

---

## ANAGRAM

Unscramble this 10 letter anagram: EATINGVOTE. 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 and left in the porch. Note: please remember to leave about ½” of envelope around the stamp. Thank you.

### **FREE FOOD FOR YOU – PLEASE NOTE TIME CHANGE**

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 11.30am and 1.30pm at **13 SUN STREET.**

If you require urgent support please contact us: 01992 842642, email [info.3food4u@gmail.com](mailto: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.

### 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 September and October £41.50 was raised.

### **DANGER! MOTORISTS BEWARE!**

The rutting season is still in full swing with the deer roaming on the roads during night and day on all the roads in the Epping Forest area. 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.**



In Matthew 5:14-16 Jesus said that *“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”*

Mary Sumner knew the simplicity and importance of these very lines. She called on members of the movement during her lifetime to let their light shine. Her words encouraged others to be like lighthouses, guiding others safely through the darkest nights.

Many years later, members play a similar role in their communities. Their work is key in growing God's Kingdom, leading others by their own example, showing the light of their kindness.

As part of Mothers' Union, as well as our very precious Christian fellowship, we have a special calling to grow God's Kingdom. We do this by working in our communities at home and around the world to help stop violence, stop poverty, and stop injustice.

MU is one of a kind; one of the longest serving women-led movements in the world, and members, living where they serve, reach many unreachable by other means. Together, we can ensure that this remains the case for many years to come, helping every individual to thrive. Last year alone, subscriptions and funds raised helped to support more than a million people around the world – we cannot thank you enough!

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

**God hugs you. You are encircled by the arms of the mystery of God.**

*Hildegard of Bingen*

## ANAGRAM

The answer to the anagram is VEGETATION.

## **GROWERS CORNER**

With your greenhouse and cold frames clean and tidy, you should now start bringing in all of your plants that are not frost hardy. Those that you cannot move should be wrapped in horticultural fleece for the winter.

Sweet peas and broad bean seeds can now be sown into deep pots of compost, watered and planted into a mouse-proof cold frame to get an early start for next spring with the cold frame being opened for ventilation as and when required, likewise watering when needed.

Your hanging baskets can be changed over if you have already prepared this year's winter ones. If not, the summer baskets can now be emptied but not before you have taken cuttings you may require. Place the cuttings into watered F1 compost in a tray or pots and place on a hot bed or into a propagator. Empty your summer baskets and store in the dry. Check the compost for vine weevil if you have to re-use it but all the herbage can go on to the compost heap.

Switch off your automatic watering system for this year and follow with spot watering during the winter mornings only as and where required.

Now that the dormancy period is with us (after the first frost of winter) you should have prepared the ground to receive your new trees, shrubs, canes, etc. Having made your choice you need to visit your local garden centre/nursery to purchase the best plant you can as you are about to invest a large amount of time and money before you will be rewarded with the flowers or fruit of your labours. So choose wisely and obtain the best you can.

Have you got a plan of your garden or allotment? A sketch on graph paper is a good thing to have. Plant your veg patch with rotation in mind each year.

If you have saved some seed from this year keep them dry in a sealed container. Go on-line or obtain a seed merchant's catalogue and place any orders before Christmas for any unusual seeds. For standard seeds your nearest garden centre will have a large range of stock on offer. But the number of seeds in each packet seems to get less every year!

Each of your vegetables will be harvested at different times as they mature. Once harvested, clear the ground and dig over straight away; by doing so it's not such an arduous task as digging the whole plot at once. If it is dug before the first frost, the frost will break it down during the winter which will enable you to produce a fine seed bed in the spring without too much hard work. Good luck with all your efforts.

Next month: Something to put a smile on your face for the Christmas period.

## **FOUR WORMS**

A minister decided that a visual demonstration would add emphasis to his Sunday sermon.

Four worms were placed into four separate jars. The first worm was put into a container of alcohol. The second worm was put into a container of cigarette smoke. The third worm was put into a container of chocolate syrup. The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the Minister reported the following results: The first worm in alcohol... dead. The second worm in cigarette smoke... dead. Third worm in chocolate syrup... dead. Fourth worm in good clean soil... alive. So the minister asked his congregation "What did you learn from this demonstration?"

There was silence, until one farmer at the back hazarded: "As long as you drink, smoke and eat chocolate, you won't have worms?"

*This is the month we remember members of the armed forces and war. So, here is a prayer written by an anonymous confederate soldier in the American Civil War. What he says applies to all of us fighting our own private battles in life.*

### **The Soldier's Prayer**

I asked God for strength, that I might achieve,  
I was made weak, that I might learn humbly to obey.  
I asked for health, that I might do greater things,  
I was given infirmity, that I might do better things.  
I asked for riches, that I might be happy,  
I was given poverty, that I might be wise.  
I asked for power, that I might have the praise of men,  
I was given weakness, that I might feel the need of God.  
I asked for all things, that I might enjoy life,  
I was given life, that I might enjoy all things.  
I got nothing that I asked for –  
But everything that I had hoped for,  
Almost despite myself, my unspoken prayers were answered.  
I am among all men most richly blessed.

*Soldier in the American Civil War*

### **Lord, prop us up!**

There is a story of an old farmer who always prayed the same prayer at his church meeting. 'Lord, prop us up on our leaning side'. After hearing this many times, his minister asked him one day quite what he meant.

The farmer replied: "Well, it's like this... I've got an old barn out in one of my fields. It's been there a long time, and gone through a lot of storms. One day a few years ago I noticed that it was leaning to one side a bit. So, I went and got some poles and propped it up on its leaning side, so it wouldn't fall. Then I got to thinking about how much I was like that old barn.. I've been around a long time, and seen plenty of storms in life. I was still standing, but I was also leaning a bit. So, I decided to ask the Lord to prop me up, too, on my leaning side."

Our 'leaning side' is where we are weakest in ourselves. Sometime we get to leaning toward anger, bitterness, bleakness in life. Then we too need to pray for God to prop us up, especially on that leaning side. He wants us to stand tall and free, in Him.

### **SHOEBOXES**

All shoeboxes for Blythswood Care's 2020 Shoebox Appeal should be handed in to Lyn and Dave at 94 Upshire Road no later than Tuesday 3<sup>rd</sup> November as all the shoeboxes are been collected from us the following morning. Thank you to everyone who has already donated shoeboxes, I will be reporting in next month's Newsletter the number of boxes we were able to send to some of the poorest households in Europe.

### **Musings on Coronavirus**

The crisis has in many ways made us more grateful for each other and... it has shown people at their best – volunteering, helping neighbours, protecting those at greatest risk, pulling together as communities to support one another – *Justin Welby, Archbishop of Canterbury.*

A minute, unseen enemy has shaken global society to its foundations. This is bringing about a new way of being-in-the-world... In the long run, the pandemic may hasten the emergence of a renewed vision of community and progress towards environmental renewal which we had hardly dared to think could happen. – *The Rev Dr Christopher Steed, Team Rector in the Totton Team, Hampshire and Visiting Professor at Winchester University.*