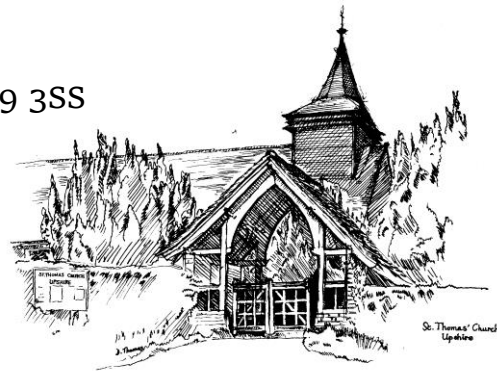


St Thomas' Church, Upshire EN9 3SS

Newsletter

May 2021



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This Newsletter is free: donations to Lyn Wackett. Copy date for June Newsletter: 14th May

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 from Easter Sunday. 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.

We will be having a 10.30am modern language Communion service each week on Zoom, for log-on details contact Beth Horton on 07853 335880. Lists of the services and service sheets to download are available on the services page of the new St Thomas' website: <https://stthomaschurchupshire.com/>

READINGS FOR MAY

Sunday 2nd May - 5th of Easter

Acts 8:26-end

John 15:1-8

Sunday 9th May - 6th of Easter

Acts 10:44-end

John 15:9-17

Sunday 16th May- 7th of Easter

Acts 1: 15-17, 21-end

John 17:6-29

Sunday 23rd May - Pentecost

Acts 2:1-21

John 15: 26-27, 16:4b-15

Sunday 30th May - Trinity Sunday

Romans 8: 12-17

John 3:1-17

ANNUAL PAROCHIAL CHURCH MEETING

The APCM will take place in church on Sunday 23rd May at 3pm in the church.

MAY CHURCH FLOWERS

EASTER Sunday the church was filled with lilies and spring flowers which was a welcome sight for the first day of opening following lockdown. Thank you to those who helped create the designs and to those providing foliage. (Carol Songer, Terri Caitlin, Kate Dale, Fred Corsham, Maureen Smith)

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

Anyone wishing to practice or create a design of their own are very welcome, do make contact as above to arrange access within current Covid guidelines.

VOLUNTEERS NEEDED

In looking forward through the Church calendar and preparing for normality after lockdown, we are hoping we can stage our Sunday Teas and other events. In order to do so there are numerous tasks involved in preparation and we are seeking to enlist a team to help us with this. If you would like to offer your time, maybe for a few hours or one Sunday afternoon per month we would be delighted to hear from you.

PRAYER REQUESTS

You are invited to offer names to be added to our prayer diary to remember those who are unwell or unhappy. 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, Anne, Pam & John, Barbara, Vernon, Mal, Louise, Sue, Ann & Cyril, Rosalind, Doreen, Barry, Maureen, George, Beverly, Terry, June, Rose, Peggy, Shirley, Mick, Sarah, Sheila, Jackie, Jean, Barbara, Stephen A & Dave.

Insure your home and help the church

St Thomas insures the church through a company called Ecclesiastical, which specialises in church insurance. However, they also provide home insurance and for every new home insurance policy taken out with Ecclesiastical, they will donate £130 to an Anglican church of your choice. The company has been awarded the First Place Gold Ribbon in this year's independent Fairer Finance Customer Experience Ratings. So if your home insurance is due for renewal, why not consider Ecclesiastical Trust130 and help the church at the same time. Ring 08007830 130 or go to www.ecclesiastical.com/trust130 for more information. The offer is open until 31 December 2021.

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 be included please send your email address to : marionne.locke@btinternet.com. We are looking to reduce our 'paper footprint' for climate change by printing fewer copies – your contribution will help. Thank you.

NEWSLETTER DELIVERY – to ensure continued delivery of our free paper newsletter if there is anyone with free time to deliver to local addresses please contact Lyn Wackett.

TRAFFIC CALMING – HORSESHOE HILL TO CROWN HILL

We can report that at the March Highways meeting approval was given to the proposal for a 'route based study' to be carried out along the whole route during 2021-2022 with the aim of producing a scheme plan which would then be put forward for approval and implementation during 2022-2023. Councillor Ricky Gadsby who has been our contact for traffic issues for a number of years is retiring but her duties are being transferred to Councillor Sam Kane to whom any queries or questions should be raised. Email: Cllr.skane@eppingforestdc.gov.uk

The Vicar writes:

Every now and then I find myself entrusted with a rather difficult funeral. Sometimes it's hard because the death was unexpected or premature, sometimes because the bereaved family have particular needs – or are specially lost or angry when confronted by their grief.

But the funerals that are the most challenging are those where neither family nor friends are present, the funerals where someone has been ill for so long that they have almost been forgotten by their neighbours, the funerals where I find myself alone in the chapel, but for the funeral director.

Someone once asked me whether it was worth actually having a funeral if there were no mourners present...and as I thought about this I remembered the words of John Donne,

"No man is an island, entire of itself; every man is a piece of the continent, a part of the main. ...any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bells tolls; it tolls for thee."

In other words, - we belong together, and the loss of one human life changes the world for everyone, whether we recognise it or not.

The people of God need one another. We are formed into God's people just as the human body is formed, with all its separate parts cooperating together in common function and purpose. In his letter to the church at Corinth St Paul emphasizes the unity we have in Christ and the oneness we share in God's community...but it is a unity in diversity.

"If all were a single member, where would the body be?" (1 Corinthians 12:19)

We are the body of Christ, each of us with a different gift to contribute to the life of the whole. Sometimes that gift may be hidden or suppressed...Sometimes it seems that only certain gifts are really needed or valued - but the truth is very different. We are mutually dependent, unable to function and flourish as a community unless every member plays their part..

No individual can do or be everything. We need each other for society and all the people in it to flourish. Each and every one of us has a gift to give, and we mustn't let fear, modesty, or doubt stand in the way.

We may not value our own gifts particularly – I hear so often from people who say

"But it's easy for you...but what can I do?" and always, always there is an answer.

Society needs all of us and it is important that we acknowledge and use our own gifts just as we look for, affirm, and encourage the gifts we see in others.

One of the truly great things that has come out of this last year of the world being turned upside down by COVID is that our communities have come together in a way not seen for many, many years. Neighbours have become friends, social media has enabled people to reach out to help those in need, and even the simplest of talents has been put to good use for the common good.

And the one thing I pray most earnestly, as we finally seem to be seeing an end to our current crisis, is that we shall not forget the beauty and the strength of this new community spirit. That we shall remember that "in one Spirit we were all baptised into one body" and together continue to use our gifts to ensure that that body remains healthy and whole – many individuals

but one community loving and caring for one another. If there is to be any permanent legacy of COVID 19 I would want it to be that one – a legacy that is positive, life affirming and available to all.

Amen

Blessings, Jane

DONATING TO ST THOMAS'

Firstly a big thank you to everyone who has donated to the church over the last year. This helps the church to meet our day to day running costs and to develop and improve the church and has been particularly important as we have been unable to hold any fund raising events.

If you would like to donate there are a number of ways this can be done:

A. Regular giving:

1. The Parish Giving Scheme. Payment is via direct debit. This has the advantage for me in that if the donation is gift aided the tax is automatically recovered
2. Standing order to the church's bank account
3. The envelope scheme, where your money is given in an envelope which goes into the collection each week (not so good during the last year when there have been periods with no services). This is good if you want to gift aid your donation but do not want to give using cash.

B. One off giving:

1. The collection plate at services
2. JustGiving at <https://www.justgiving.com/stthomas-upshire-pcc>. You can gift aid your donation via this site
3. Bank transfer to the church's account St Thomas Church Upshire Parochial Church Council, Sort code 404520, Account number 00724505. Please let me know if you do this so I know where the money comes from.
4. Cheque sent to me.

Please contact me if you would like further information about any of the above.

Ruth Moore (Treasurer)

Ruth4366@gmail.com 07852 668633

50/50 CLUB

Congratulations to the winners of the 50/50 Club draws for March, who were:

1 st	£35	No. 66	Carol Wilkins of Loughton
2 nd	£25	No. 17	Ann Smith of Waltham Abbey
3 rd	£15	No. 75	Barbara Fowler of Waltham Abbey

We still have a few vacancies if anyone would like to join - there will still be monthly draws and the entry fee is £12.00 every six months (or £2 for every month of membership). Each member is entitled to a maximum of two entries, couples can have four.

If you wish to join either phone me on 01992 711573 or send your name, address and phone number with a cheque made out to St Thomas Church to me (Lyn Wackett) at 94 Upshire Road, Waltham Abbey, EN9 3PA.

Good luck to everyone who enters.

ANAGRAM

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

GROWERS CORNER

Summer Baskets (hanging).

The support bracket for a hanging basket is very important; it has to be at the correct height for safety, well fixed to the structure and strong enough to support the basket and its contents when fully watered. It also must be long enough so the basket does not rub on the wall behind it.

Then there is the basket – is it new or last year's model? Check for strength, if it's wicker, check the plastic lining. If new, make drainage holes through the liner. If it's mild steel the fabric lining may have to be replaced.

Before you buy your plants, survey your hanging basket position around your property, i.e. south and west aspects will require sun loving plants, north and east aspects will require shade loving plants.

You can then plan the layout of baskets: a central plant to give the basket height with an inner ring of plants, then an outer ring of plants to the rim of the basket to trail over the edge as they mature. Try to plant in odd numbers: 1, 3, 5, 7 and up to 9 in very large baskets.

The choice of colours of plant flowers and foliage must be yours.

To stabilize your basket while planting, place three house bricks on your potting up bench flat down in a triangle, allowing the basket to rest upon the table. The bricks will prevent the basket from tipping while you plant it up. If you want your baskets in pairs you will need six bricks and plant both up at the same time.

Wicker baskets can be filled level to the rim with new potting compost levelled off with a stick. Do not compact the compost. Plant your central impact plant in the middle by taking out compost from the centre of the basket, tapping out the plant from its pot and placing it in the space provided, and lightly firming in.

Working out from your central plant you can plant the rows around it out to the rim of the basket, with the outer row containing trailing plants to go over the edge as they mature.

The planting up of baskets with side planting is slightly different.

Fill the basket up to the level you require your first row of side plants, cut small vertical slits in the lining, take the plant out of its pot, lay it flat on its side on top of the compost, push the foliage through the slit in the lining up to the side of the basket. (To make it easier to get the plant through the slit, wrap the foliage in newspaper or tissue. Ed.) Complete that level of plants, cover the roots with potting compost ready for the next level. Continue up the side and then fill the top of the basket as indicated above.

Having planted up your baskets it is best if they can grow on in a frost free area/glasshouse/conservatory which will encourage growth of foliage, flowers and roots. This will give a stunning display when you put them out when all chance of frost has gone.

Once planted up your baskets will require watering once a day and feeding once a week until the end of the season about late October. By watering, I mean not a squirt with the hose pipe but a slow dribble from the hose or watering can till the water runs free from the drainage holes in the lining. If water flows over the rim you are trying to water too quickly. Slow the flow down.

Some potting composts have fertilizer in the mix, always ask when you purchase. If not, 'Osmacot' can be added in tablet form once you have planted up your baskets, or a liquid tomato feed could be part of your system of feeding.

New compost must be used each time you fill your baskets and containers to try to eradicate the vine weevil as it's grubs will eat your plant's roots, damage your displays and multiply to damage even more displays in the seasons to come.

If you have baskets by your kitchen door one trailing cherry tomato in each can be a welcome addition.

Before you place your baskets in their final position, check the brackets and basket chains for strength. It is best if two people hang the basket as one can check the chains are not twisted. You may have to wire or lock them into position for safety or security reasons.

If you are living in rented accommodation you should check with your landlord for permission as they might specify a type or maximum weight for safety reasons.

Floor mounted containers can still cause a weight problem when standing on a flat balcony. Mangers and wall mounted containers should be bolted into position and constructed from painted mild steel. When planting up containers work from the back to front in rows with the front row having a few trailing plants to go over the edge and soften the line, taking note of the aspect of its final position. It is sometimes best to plant up containers after the frost as they are so heavy once filled and moving them can be such a task. Good luck with it all and be an inspiration to others with your colour and foliage combinations.

Stephen Brown

Look at the sparrows; they do not know what they will do in the next moment.

Let us literally live from moment to moment.

Mahatma Gandhi

CHURCHWARDEN'S CHATTER

We have been able to hold our regular 9.15am Sunday service in church subject to Covid-19 restrictions since Easter Day, with a zoom service at 10.30am with the two Revd Janes on alternating Sundays.

During the last month we were able to get the fire fighting equipment tested and certified for another year.

The repairs to the chimney which have been delayed from last year due to Covid-19 will be carried out during the early part of this month subject to weather conditions.

We now have the services of the community pay back team every Tuesday between 8.30am and 3.30pm from 27th April, which will be a great help in keeping the churchyard in good order.

Our mowers and strimmer have been serviced so with the summer grass growing season upon us this is a call to all our churchyard tidiers to meet from 10am on a Saturday from 8th May. Subject to Covid-19 restrictions we will not be able to have a shared lunch so bring a snack or lunch depending on how long you can stay.

From week commencing 17th May the church will be open every Monday and Thursday from 11.30am to 12.30pm for private prayer only.

Please note the church Annual Parochial Church Meeting is now on Sunday 23rd May.

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 Essex and Herts 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.

NEWSLETTER ARTICLES

Thank you to the people who have sent in articles to be included in the Newsletter. Please keep them coming! Anything: maybe a poem you have written, what you have been doing in the garden or indoors to keep occupied during lockdown, etc, it all makes for interesting reading.

ANAGRAM

The answer to the anagram is HELICOPTER.

HOW GOOD COMES FROM BAD

I was sorting out the tubs of plants on the patio, trying to get as many plants as possible into the garden to save the time spent watering all the pots. I was dismayed to find I had vine weevil grubs in a good many of the tubs so tipped the soil onto a sheet of plastic to try to pick out the grubs.

I was so lucky - I had help! My friendly little robin flew down beside me and filled his beak time and time again with grubs to feed his babies. His eyes were so much better than mine at spotting the grubs and he found a few I missed.

This happened over the next few days (I've got a lot of tubs!) and in the end I was quite disappointed if I didn't find any grubs to feed the robin family! What started out as an arduous task became pleasant (apart from a back-ache!) and really lifted my spirits. Lyn

There is no cross, big or small, in our life which the Lord
does not share with us.
Pope Francis

UPSHIRE VILLAGE HALL COMMITTEE

Registered charity

cordially invite you to the Village Hall on Monday 14th June 2021

for the Annual General Meeting

at 8.30pm in the main hall.

Come and join us, you will be most welcome

LAMBOURNE CHURCH FLOWER FESTIVAL

July 10th & 11th 2021

Refreshments, plenty of free parking, various stalls

Could you volunteer to help?

Or spend a pleasant afternoon as a visitor.

900 year old church at the top of Church Lane, Lambourne

Contact John Filby 01992 812405

Tony Horsfall considers what happens when you have no courage left.

Being brave?

Some time ago I was helping my grandson George into his car seat in the back of my car, when I accidentally banged his head. He started to cry. 'Come on, George, be brave,' I said. 'But I don't want to be brave,' he objected.

I guess we all know that feeling. Sometimes life is hard, and we know we have a need for courage, but somehow, we just don't want to be brave. We would rather give in, surrender to the difficulties, and wallow in self-pity.

The Bible seems to constantly exhort us to be brave, to be strong, to take heart, to be courageous. And life during a pandemic certainly calls for us to make a courageous response. But occasionally we may feel overwhelmed and ready to give in or give up.

Perhaps you are reading this at just such a moment. Maybe this comes as a message to you from God so that you do not lose heart. He knows you, and He sees your situation. And He speaks to encourage you, as He did to the church at Philadelphia: 'I know that you have little strength' (Revelation 3:8).

He is the compassionate and understanding God who draws alongside us, to give strength to the weary and power to the weak (Isaiah 40:29). You don't have to do anything, simply turn to Him in your need and ask for help.

You will discover, as the apostle Paul did, that when you are weak, then you are strong. His power will be demonstrated through your weakness. You can do whatever is required of you because He will give you strength.

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.

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 11.30am and 1.00pm at **13 SUN STREET.**

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.

'Z' WORDSEARCH

All the words in the list have the letter 'Z' in them and are hidden in the diagram below. Words are printed across, up, down or diagonally, but always in straight lines. Letters may be used more than once.

ADZUKI	GAZPACHO	PUZZLE	E N Z Y M E E B W R G H O A A E L A Z A
AMAZE	GAZUMP	QUIZ	G Z Z A Z Z I P E I A O Z H S M R A I Z
AMAZON	GLITZ	RAZORBILL	O O E A P Z M Z I Z Z N R U C H A N Z T
AZALEA	GODZILLA	RENDEZVOUS	D O R E A O A A E Z E A O G I A T Z D E
AZTEC	GORGONZOLA	RHIZOME	Z G Z R R G T L G D O V R Z O E P E O C
BAMBOOZLED	GRAZE	SANITIZE	I A R E R B Z E E A Z I O D R N Z Z E N
BAZAAR	HAPHAZARD	SNEEZE	L E D A N Z L R L E Z M S M P I Z Z A B
BAZOOKA	HAZARD	SPRITZER	L Y T Z U A C I D L E I E M S U I O R G
BIZARRE	HAZEL	SQUEEZE	A S Z M U H P N Z D E Z N R S T Z A L D
BLITZ	HERTZ	STARGAZER	Z N N N I K E I R Z Z Z E E I N Z Z R A
BLIZZARD	HORIZON	TARTRAZINE	T U U N E R I A Z O A D A N Z I E A L M
BRAZIER	INTERMEZZO	TOPAZ	I A T Z H R Z K S R N R A G L I Z E E E
BRAZIL	LAZE	TWEEZERS	L Z R E Z A F P I U A S D L A A T Z Z Z
BREEZE	LIZARD	TZATZIKI	B L R T H L R L O Z R M I B H Z Z I R E
BRONZE	MAGAZINE	UNDERSIZED	A T E P R I E B I E T B G O R A U A N E
CHINTZ	MAIZE	UNITIZE	Z E A Z T A E C Z Z R A R L N O A M Z U
CREDENZA	MARZIPAN	UNMUZZLE	O H N Z T Z Z E Z O A I Z I I Z N A P Q
DOZY	MEZZANINE	WIZARD	O U E O A E E I Z E Z R N T A T M Z U S
ECZEMA	NAZE		K R Z G Z W R A N O M E D B R A Z I E R
ENZYME	NUZZLE		A O Z O T O R P N E B A M B O O Z L E D
EPIZOISM	OOZE		
FAZE	OUZO		
FREEZER	OZONE		
FRENZY	PIZZA		
GAZE	PIZZAZZ		
GAZEBO	PRETZEL		
GAZELLE	PROTOZOA		

Guilty!

A woman was found guilty in traffic court and when asked for her occupation she said she was a schoolteacher. The judge rose from the bench. 'Madam, I have waited years for a schoolteacher to appear before this court.' He then smiled with delight. 'Now sit down at that table and write "I will not run a red light" one hundred times.'

**

Dear Lord, please keep your arm around my shoulder -- and your hand over my mouth.

**

Saying good-bye

An inexperienced curate was sent to do a graveside burial for a homeless man with no family or friends. Not knowing where the cemetery was, he made several wrong turns and got lost. When he eventually arrived, the hearse was nowhere in sight, the backhoe was next to the open hole, and the workmen were sitting under a tree eating lunch.

When the curate looked into the open grave and even found the vault lid was already in place, he felt very guilty. The homeless man deserved something, even though it was late. And so, the curate delivered an impassioned burial service, sending the deceased into the great beyond in some style. The workmen looked on in silence, but as the curate returned to his car, he overheard one of the workmen remark: 'I've been putting in septic tanks for 20 years and I ain't never seen anything like that!'

**

Expensive boat

A vicar was planning an Easter pilgrimage to the Holy Land, and was aghast when she found it would cost her £50 an hour to rent a boat on the Sea of Galilee. She protested to the travel agent that the cost was ridiculous. 'That might be true,' replied the travel agent, 'but you have to take into account that the Sea of Galilee is water on which our Lord himself walked.'

'Well, at £50 an hour for a boat,' she replied, 'I am not surprised!'