

St Thomas' Church, Upshire EN9 3SS

Newsletter

September 2021



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

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. At the time of going to press we are still awaiting guidance from the Church of England in regard to Stage 4 and will update the website as soon as we receive the relevant information. We will be able to sing two hymns but masks will still need to be worn.

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/>

SERVICES AND DIARY FOR SEPTEMBER

Sunday 5th	9.15am HOLY COMMUNION Readings: James 2:1-10, 14-17	Mark 7:24-37
	2.30-4.30pm AFTERNOON TEAS	
Sunday 12th	9.15am HOLY COMMUNION Readings: James 3:1-12	Mark 8:27-38
Wednesday 15 th :	2.15pm UPSHIRE MOTHERS' UNION CORPORATE COMMUNION 2.30-4.30pm AFTERNOON TEAS	
Sunday 19th	9.15am HOLY COMMUNION Readings: James 3:13-4:3, 7-8a	Mark 9:3-37 2.30-4.30pm AFTERNOON TEAS
Wednesday 22 nd	12noon-2pm COMMUNITY LUNCH	
Friday 24 th	11am-2pm MACMILLAN COFFEE MORNING	
Sunday 26 th	9.15am HOLY COMMUNION Readings: James 5:13-20	Mark 9:38-50

The church will be open every Monday and Thursday from 11.30am to 12.30pm for private prayer only. Covid-19 restrictions apply.

How wonderful it is, how pleasant, for God's people to live together in harmony!
Psalm 133:1

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, Carol & George, Beverly, Terry, June, Rose, Peggy, Shirley, Mick, Sarah, Sheila, Jackie, Jean, Barbara, Andrea and her Mum and Dad, Nina, Dave & Bridget.

CHURCH FLOWERS

Dedications for August are from Terry Jones, Carole & Malcolm on their wedding anniversary and for Lyn & Dave celebrating their 56th wedding anniversary – many congratulations.

OCTOBER will be marked with our HARVEST FESTIVAL on Sunday 17th October and to prepare the church we will meet on Friday 15th at 9.30am - please put the date in your diaries and do come along to help. Being a key time for gardeners we would welcome your foliage prunings to add to the displays – these can be delivered during Thursday open hour 11.30-12.30 if that suits.

Each month we can create memorial dedications, wedding, anniversary or special occasion flowers – all can be arranged for any week – contact Marion 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.

ST THOMAS' DATES FOR YOUR DIARIES:

SUNDAY AFTERNOON TEAS

Sunday 5th September: 2.30 to 4.30 pm

Sunday 19th September: 2.30 to 4.30 pm

Sunday 17th October: 2.30 to 4.30 pm followed by Harvest Festival Service & Auction of Produce for charity.

COMMUNITY LUNCHES

Wednesday 22nd September: 12noon to 2pm

Wednesday 20th October: 12 noon to 2pm

Bookings essential - phone: Pauline Callaghan 07899 846711

Do come – we look forward to welcoming you all.

MACMILLAN COFFEE MORNING

Friday 24th September: 11am-2pm

Are you a STAR BAKER?

To enter, bake a cake of your choice and bring it with you to the church by 10.40am for judging at 11am.

There will be 2 categories:

Under 16 and Over 16 years

All proceeds from donated entries will go to Macmillan Nurses.

CAROLS BY LIGHT

Sunday 28th November – details to follow nearer the time.

NEW....St.Thomas' Seedlings....coming soon!

A free Stay and Play church group for children and those who care for them.

First Sat in the month 3-4pm, starting Sat 2nd Oct.

Messy play, crafts, songs, stories and refreshments for all.

More information in next month's newsletter or see the church website.

The Vicar writes:

As I write this, the Tokyo Olympics are coming to an end and we have had 16 days of the elite in the sporting world compete in 339 events in 33 different sports, encompassing a total of 50 disciplines.

In any normal year it's an incredible feat of training, discipline and organization, in 2021, the worldwide pandemic has made it nothing short of a Herculean effort and all involved are to be commended. Covid-19 shutdowns forced Olympians everywhere to totally re-imagine their training regimes in the face of gym closures and social distancing. The best athletes in the world had to figure out how to stay in shape and prepare for the biggest moments of their lives in completely new ways. Synchronized swimmers practiced moves via zoom, world class swimmers dodged frogs in local ponds and fencers duelled with clothes mannequins they borrowed from closed shops, such is the strength of the competitive spirit.

Yet for all this, in the end only one person can win. 84 runners competed in the men's 100m – only one, Italy's Lamont Jacobs, won in an incredible 9.8 seconds. Competitive human nature and our "first past the post" sensibilities write the other 83 off as "also rans" Those who won medals and indeed, those who made it to the final may also be given some credit – but how about the man who came 84th – dead last?

This feat in the Tokyo Olympics fell to Mario Burke representing Barbados who ran his heat in a time of 15.81 seconds – nearly twice the time of the eventual winner. I imagine he was devastated. He can and has run under the 10 second barrier for this event in recent years but, for whatever reason, the race he ran in the Olympics did not go well. Does this make him a failure? In the eyes of the world maybe, years of dedication and training and competing wiped out in their eyes by this one event. But in the eyes of God, absolutely not!

Four times in the bible we hear Jesus use this phrase "the first will be last and the last will be first" Every time the phrase occurs in the bible, it refers to the fact that one's position in this life does not give a person an advantage in gaining eternal life or salvation. Every time Jesus uses the phrase, the message is the same. It does not matter who we are in this world or what we have done or how many Olympic medals we possess. Eternal life is for those who believe in Him, who are repentant of their sins and commit themselves to Him.

Too often we miss the meaning of the words "believe in Jesus." The Greek word for "believe" literally means "to trust" or "to have faith" or "to depend." It is sometimes translated as "to obey." So when Jesus says we are to believe, He is also saying "to trust or depend" on Him. This is commitment. It is more than intellectual knowledge about Him. Those who are "first" in this life will not obtain eternal life unless they believe in God, are repentant of their sins and commit themselves to follow Him. Those who are poor and insignificant in this life can gain eternal life by faith and might have great rewards in heaven for faithful service.

So whether you feel that you are winning at the game of life or trailing resolutely at the back – take heart, in God's Kingdom all can receive a Gold medal – believe and it's there for the taking.

Blessings, Jane

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.

CHURCHYARD TIDYING

We will be meeting in the churchyard every Saturday from 10am to work in the churchyard. Everyone welcome to come along and help. Due to Covid-19 restrictions we will not be able to have a shared lunch in the church, so bring a snack or lunch with you depending on how long you can stay.

CAN YOU HELP?..... ST THOMAS SUNDAY AFTERNOON TEAS

We are intending to continue our Sunday Teas in September. If you have a few hours to spare on a Sunday afternoon please get in touch so we can include you in our volunteer team.

There are numerous tasks involved in preparation within Covid guidelines and we are seeking to enlist a team to help us with this, either to bake cakes, help with making tea or tidying, cleaning and clearing. If you would like to offer your time, maybe for a few hours one Sunday afternoon we would be delighted to hear from you. Do call Maureen Smith 01992 787334 with your details. Thank you.

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.

FROM THE REGISTERS

Baptisms

20th June Felicity Louisa Walton
18th July Elodie Fern Matthews
 Oscar George Albert Gates

Wedding

17th July Paul Ronald Gillett & Anita Henderson-Brown

50/50 CLUB

Congratulations to the winners of the 50/50 Club draw for July, who are:

1 st	£35	No. 59	Terry Jones of Epping
2 nd	£25	No. 63	John Bugden of Upshire
3 rd	£15	No. 90	Maureen Manners of Waltham Abbey

Our thanks to all our members for their support of St Thomas' Church.

It's not too late to become a member of the 50/50 Club, contact Lyn Wackett on 01992 711573 for further information or email lynanddavewackett@hotmail.co.uk

CHURCHWARDEN'S CHATTER

Last month we started our Sunday Teas and midweek lunches which we had been unable to have since 2019 due to Covid-19. It was great to see everybody back in church for cakes, tea and a chat. Our bakers produced a very large number of delicious cakes which everyone enjoyed once they had been through our reception and used our new system of operations. We would like to thank all those who helped during the afternoons to enable the smooth running of the Sunday Teas.

The August Summer Lunch with a summer theme was enjoyed by those who attended and we hope to increase our numbers for our next lunch on 22nd September with a menu of home roasted ham or cheese or eggs with new potatoes, a choice of salads and pickles, French stick and butter with condiments, dessert of your choice with custard or cream, with tea or coffee – all for only £7.50.

We will be have our produce stall with a range of jams, marmalades, chutney, free range eggs and honey, plus our raffle on the day.

We look forward to seeing you but due to Covid-19 restrictions you must book in by contacting Pauline on 07899 846711 by Tuesday 21st September. Thank you.

Please note: Harvest Festival this year is on Sunday 17th October – Teas from 2.30 to 4.30 pm followed by our Harvest Service and the Auction of Produce for charity. This is in addition to the normal 9.15am service.

Community Lunch on 20th October, 11.30am for 12 noon till 2 pm. Full details next month.

Stephen Brown 07960 809799

BEWARE ON ROADS IN UPSHIRE AND THE FOREST

The rutting season is about to start when the deer take to the roads and do not fear anything, night or day, so please cut down on your speed and save deer lives and costly car repair bills. **Be alert – watch out for deer.**

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.

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.

ANAGRAM

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

GROWERS CORNER

Spring bulbs and winter pansies are now available from most garden centres so you can plan and plant now for your winter and spring colour displays in pots, containers or beds for the 2021/2022 season.

Having harvested your early potato crop remove any weeds and to keep your veg plot productive plant winter kale and/or purple sprouting broccoli or similar for next spring. Water the plants well in and erect fine netting over them to keep pigeons and the cabbage white butterfly at bay. Both will damage your brassica plants in hours of planting out.

Check your runner beans daily – do not allow any beans to go poddy otherwise the plant, having produced seeds, will stop producing new beans before the end of the cropping season.

Keep a sharp eye out for blight on your potatoes/tomatoes as the weather conditions this year have been ideal for it. Destroy the plant material affected by blight as soon as possible – do not put on your compost heap as you will spread the spores into the soil.

Any bare patches on your lawn are best dealt with this month, scarify the surface, remove the dead material, reseed, sieve fine soil over, water gently keeping the soil moist to enable the grass seed to germinate. Put a windmill or cottons on sticks by the patch as a bird scarer.

Check your flower beds daily if you want to save any seed for next year. Collect your seed in separate envelopes (paper, not plastic as this will cause the seed to rot) label and store in a dry place ready to sow next season.

Clean your cold frame now ready for next month's hints and tips.

SHOE BOXES

Don't forget to save your shoe boxes for the Blythswood Shoe Box Appeal later in the year.

Blythswood ask that we fill shoe boxes, covered in bright paper (lid and base separately as items need to be checked before going through customs) with items for babies, children and adults of all ages. Items to go in should include toothbrush & paste, soap & flannel, hat, scarf & gloves, sweets (not chocolate or any sweets that contain chocolate), a small toy for the children and something of special interest for all other ages. There are lots of 'Back to School' items on special offer in the supermarkets at the moment, so a good time to buy. Other items could be hand cream, household candles, notebook & pen, pencils & crayons toiletries (but not talcum powder), socks, underwear, jewellery, small hand tools, etc, etc. Boxes can be brought to Lyn & Dave at 94 Upshire Road or phone 01992 711573 for further information.

Empty boxes, or any items to go in them, can also be left as above. Thank you.

Leaflets to go with the boxes should arrive at the end of August and will be available from the church or Lyn as above.

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

FLY TIPPING

If you see anyone fly tipping in the forest, please take a note of the registration number of the vehicle, the make of the vehicle and any other information which might help track the perpetrators and then pass this information to the Corporation of London. If you find any fly tipped rubbish please report it to the Corporation on the number below. The sooner such instances are reported, the better chance there is of finding out who is responsible.

The number to ring is **0208 532 1010** which is a **24** hour number and messages will be passed onto the duty team.

ANAGRAM

The answer to the anagram is **SIMPLICITY**.

Freda the Dog

Freda is a little toy dog who accompanies her owner, Christine, to meet people in Waltham Abbey. Here's her latest experience: **CLEAN IN TIME**

Christine and I went visiting in Sun Street, and I met some new friends: Mrs Michelle, Mrs Sarah and Pinky Bear. I don't know about you, but cleaning doesn't really appeal to me, I would much rather be outside playing, but today I found a cleaning shop with lots of lovely smells. So I followed my nose and ended up in CLEAN IN TIME. I couldn't believe that something as boring as cleaning could smell so nice!

Mrs Sarah told me that lots of people buy their Spanish Goods because of the wonderful smell. They say it reminds them of their holidays!

Mmm. I wonder? So I decided to do a bit of research of my own. I sat on the shelf and smelt the floor cleaner and the disinfectant and, yes, it did take me back to my holidays, all of a sudden I could see again those amazing stone castles, snow-capped mountains, gentle lapping waves on a romantic walk...mmm, it took me right back! But I wasn't here to day-dream, oh no! I had work to do.

I got to see the mops, buckets and brushes all in pretty colours, aprons and tea towels, and guess what? They are just bringing out a whole lot of new stuff that will save our earth, how good is that? It's called KIN and has no nasty stuff in it at all, just pure ingredients that don't hurt animals or spoil our beautiful world...WOW!

So who are these lovely people who run this shop?

Well, Mrs Michelle lived in Waltham Abbey for 25 years (gosh, that's a long time, that's older than me!)

Mrs Sarah has lived in our town for 5 years (that's nearer my age!)

And then there is Pinky Bear, their little woollen bear who sits by the till and looks after the shop every night when they go home. I liked Pinky Bear.

The idea for a shop came from the days then they used to go out and do cleaning for people and companies. Folks started to ask them if they did laundry and ironing? 'AHA –PING-DING!' they thought that would be a very good idea! So CLEAN IN TIME has been in Waltham Abbey for just over a year now and is VERY popular, as they do all the things that the rest of us find boring or too hard to do! They do washing and ironing, dry cleaning and alterations. Something that I really liked was the fact that they can clean soft toys like me.

So I went behind the shop to see how it all happened – there was so much washing waiting to be done. I sat on the washing machine and loved the rhythm of it. I enjoyed watching the drying go round and round. I sat with Mrs Sarah as she did the ironing, then got to sit on the rail of all the clothes ready to be collected.

I thought to myself that if I could do cleaning with this lovely stuff, I might even get to like doing it.

But they also sell pure soap! So good for little people like me who have tender skin. Air fresheners and candles with lovely smells. Well, I so enjoyed my time with them, they were very friendly and smiley and I even got to go in the window, and then sit outside with them! If you get time, do go in and say 'hello'.

They have a "special offer" on at the moment too – if you spend £15 or over and mention my name, you will get 15% off the total amount spent – now that made me feel really important!

See you soon, Freda x

St Thomas Church, Upshire
Bank details

St Thomas Church Upshire PCC
HSBC Bank
Sort Code 40 45 20
Account number 00724505

Any queries regarding setting up a Standing Order or giving a donation to the church, please contact our
Treasurer, Ruth Moore on 07852 668633
Ruth4366@gmail.com

If you are able to Gift Aid donations this increases your gift without any extra cost to yourself.

Ruth would be pleased to answer any questions you may have regarding Gift Aid or joining the Parish
Giving Scheme

Thank you

Flying again?

I dream of the day when I will walk down the aisle and hear the magical words, “This is your pilot speaking”.

3 FOOD 4 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.

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH SUNDAY AFTERNOON TEAS

Sundays until 26th September 2.00 to 5.30 pm

Tables will be socially distanced in the Churchyard You must be seated at a table throughout your visit
Maximum of six people to a table or two families Waitress service only

Menus of available cakes on each table

£2.00 a slice and 50p for a cup of tea/coffee Whole Cake £10.00

We are trying our best to keep everyone safe and at the same time offer our usual warm welcome and hospitality. Until restrictions are completely lifted, we cannot offer any entertainment during the afternoons nor trips up the bell tower

We are really looking forward to seeing all our “regulars” again after such a long break.
Take care and stay safe.

UNION JACK WORDSEARCH

As we are coming up to the Last Night of the Proms, all the words in the list are associated with red, white or blue as in the Union Jack and 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.

ADMIRAL	DEER	PLANET	Y N O Y R B H L E R T R R E G R A P E S
ALERT	EGRET	RIBAND	S S V N E A A O I L E H L E O O E N A R
ANTS	ELEPHANT	RIDGE MOUNTAINS	T A P A I R G D U P A T G O H P O U T U
APPLE	ENSIGN	RIDING HOOD	N E R I I O I U P S E H S I P T C D B S
ARROWS	FACE	RINSE	A D P M R N N A S E E T W E N E A O S S
BARON	FEATHER	ROBIN	R P D R G I N S B R E I R S G T T E A I
BEARD	FLIES	ROOSTER	R A P H A S T L C R O R L A T T A L F A
BELL	FLOUR	ROUTE	U I O L E C A E R H E U B F L E M Y M N
BERETS	GOODS	RUSSIAN	C O D O E N L E N D E B T E L O R U K D
BLOOD	GRAPES	SALMON	D T H G I N K O I A A E R E N O R E E S
BLOOD CELLS	HEAT	SAUCE	D S N D E O O P V C L R S G S D U E B S
BOTTLE	HERRING	SHOES	R A R A P M S O H E I P I E E N R R L U
BRYONY	HOT POKER	SKY AT NIGHT	A A D T H P O R G U R S S R E E I L O N
CABBAGE	HOUSE	SNAPPER	C R O N E P I U Q A N E G T T F E R O D
CARD	KNIGHT	SPIDER	O L C B T P W L G T I N E U D C S O U R
CARDINAL BEETLE	LAGOON	SPIRIT	L I I I M A O T R E R A C I O T E K G C W
CARPET	LEICESTER	SQUIRREL	L I I A F R N E A R U I I O B C T N I I I
CHEESE	LETTUCE	STOCKING	A S O R F T D E P E R L N A O O E N N N
CHINA	LION	SUGAR	R D A N I S H L L E B T F S T R E L A G
CHRISTMAS	MOON	TAPE	
CLIFFS	MURDER	TONGUE	
CLOVER	NAVY	TRUE	
COAT	NOISE	UNDERWING	
COFFEE	ONIONS	WINE	
COLLAR	PANDA	WHALE	
CURRANTS	PENCIL		
DANISH	PEPPER		

Bifocals

A preacher went into the pulpit one Sunday morning wearing a pair of new bifocals. The reading portion of the glasses improved his vision considerably, but the top portion of the glasses didn't work so well. In fact, he was experiencing dizziness every time he looked through them. Finally, he apologised to the congregation. "I hope you will excuse my continually removing my glasses," he said. "You see, when I look down, I can see fine, but when I look at you, it makes me feel sick."

Diagnosis

A man went into a drop-in medical centre where the diagnosis was done by a computer. The patient keyed in his symptoms. The machine whirred and buzzed for a few seconds and then presented its findings on the screen. It said simply: "There's a lot of it about."

Grammatical sense

If people from Poland are called Poles, then why aren't people from Holland called Holes?

Others

If it's true that we are here to help others, then what exactly are the others here for?

**It was our Harvest Festival Sunday. My husband had cut his ear while shaving. We arrived at the church just in time to sing: 'First the blade and then the ear'.

**A little girl had been to Sunday School for the first time and was asked by her mother how it compared with her new primary school. "Oh, I like it much better," she said. "There are no exams there, you go only once a week for an hour, and at the end you go to heaven instead of high school."

**From a church report on renovations at a Youth Centre in Northants: 'The lift and the new windows are installed and the non-alcoholic bar is already plastered.'

Listen

My three-year-old was saying his nightly prayers in a very low voice. "I can't hear you," I finally whispered. He said firmly, "Wasn't talking to you."