

# St Thomas' Church, Upshire EN9 3SS

## Newsletter

**November 2021**



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This Newsletter is free: donations to Lyn Wackett. Copy date for December: 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.

### SERVICES AND DIARY FOR NOVEMBER

Saturday 6 <sup>th</sup>	3 - 4pm MESSY CHURCH
Sunday 7 <sup>th</sup>	3 <sup>rd</sup> Sunday before Advent 9.15am HOLY COMMUNION Readings: Jonah 3:1-5, 10 Hebrews 9:24-28 Mark 1:14-20
Sunday 14th	Remembrance Sunday 9.00am Service of Remembrance at the lych gate followed by HOLY COMMUNION in the church Readings: Micah 4:1-5 Hebrews 10:11-25 Matthew 5:1-12
Wednesday 17 <sup>th</sup>	12 noon – 2pm WINTER WARMER LUNCH – bookings: 07899 846711
Sunday 21 <sup>st</sup>	Christ the King 9.15am HOLY COMMUNION Readings: Daniel 7:9-10, 13-14 Revelation 1:4b-8 John 18:33-37
Friday 26 <sup>th</sup>	2.30pm PCC MEETING at the Olive Branch, Waltham Abbey.
Sunday 28 <sup>th</sup>	1 <sup>st</sup> Sunday of Advent 9.15am HOLY COMMUNION Readings: Jeremiah 33:14-16 1 Thessalonians 3:9-13 Luke 21:25-36 4pm CAROLS BY LIGHT in the churchyard (weather permitting – in church if wet)
Wednesday 1 <sup>st</sup> December	12 noon – 2pm CHRISTMAS LUNCH – bookings 07899 846711
Saturday 4 <sup>th</sup>	3 – 4 pm MESSY CHURCH
Sunday 5 <sup>th</sup>	2 <sup>nd</sup> Sunday of Advent 9.15am HOLY COMMUNION Readings: Malachi 3:1-4 Philippians 1:3-11 Luke 3:1-6

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

## **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](mailto: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, Dave P, Terry, June, Rose, Peggy, Shirley, Mick, Sarah, Sheila, Jackie, Jean, Barbara, Andrea and her Mum and Dad, Nina, Carmel & the Price family & Dave.

## **ELECTRONIC NEWSLETTER**

Our mailing list to receive the electronic version is now in excess of 70 participants so if you are not one of those and wish to be included please send your email address to : [marionne.locke@btinternet.com](mailto:marionne.locke@btinternet.com). We are looking to reduce our 'paper footprint' for climate change by printing fewer copies – your contribution will help.

**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.

## **CHURCH FLOWERS**

Dedications for October were from Terry Jones and Pauline Callaghan.

Well done to all our flower arrangers for creating a wonderful display for HARVEST FESTIVAL, also for the many items donated for auction.

NOVEMBER will see the church featuring displays with poppies for Remembrance Sunday.

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](mailto: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:**

### **COMMUNITY LUNCHES**

Winter Warmer Lunch: Wednesday 17<sup>th</sup> November: 12 noon to 2pm

Christmas Lunch: Wednesday 1st December: 12 noon to 2pm

Bookings essential - phone: Pauline Callaghan 07899 846711

Do come – we look forward to welcoming you all.

### **MESSY CHURCH**

3-4pm Saturday 6<sup>th</sup> November

3-4pm Saturday 4<sup>th</sup> December

### **CAROLS BY LIGHT**

3pm Sunday 28<sup>th</sup> November – CAROLS BY LIGHT in the churchyard – weather permitting.

### **CHRISTMAS FAYRE**

Saturday 11<sup>th</sup> December

### **CHRISTMAS SERVICES**

5pm Sunday 19<sup>th</sup> December – CAROLS BY CANDLELIGHT

11.30pm Christmas Eve, Friday 24<sup>th</sup> December – MIDNIGHT MASS

10.00am Christmas Day, Saturday 25<sup>th</sup> December – CELEBRATION SERVICE

9.15am Boxing Day, Sunday 26<sup>th</sup> December – FAVOURITE CAROLS & READINGS

### The Vicar writes:

On a recent holiday to the Outer Hebrides I began to notice something – War memorials.

You may wonder why I remark on this as war memorials are ubiquitous across our isles and so nothing really unusual. However, on the Isle of Lewis, there was a memorial in almost every village I drove through and each had many names on it. Again why remarkable? a drive through almost any part of the UK would yield the same – However the Outer Hebrides are not like any other part of the UK. They are remote and sparsely populated so how could they possibly have so many war dead.

A little bit of research revealed the answer. Of more than 6,500 men from Lewis, an island with a population of less than 30,000 at the time, 1,151 were killed on active service in WW1.

To put that in stark figures 1 in 6 of the island's men died.

It was one of the highest per capita death rate of WW1 of any community in the UK or commonwealth. There is not a community in our land that has not been touched by war, but some have been affected a great deal more than others.

And my research found that, ironically, it was a result of that very sense of community that these islands were affected so.

“Along with many other Hebridean islands, the willingness of Lewis men to enlist in such numbers must have been in large part due to the tightness of these Gaelic communities. Enlisting was not an individual decision so much as an expression of solidarity with their friends and brothers” states a 2014 Guardian newspaper article.

It goes onto say “The painful irony was that the first world war dealt a devastating blow to exactly that community structure. Nowhere is this more evident than Lewis. Its population peaked in 1914 as a relatively prosperous island benefiting from a large herring industry, exporting to Russia and the Baltic. Without that critical male labour force, many communities struggled; when the surviving servicemen returned, many took the decision to emigrate rather than continue that struggle against the odds. The war triggered 20 years of emigration and many townships were abandoned.”

Not only did war devastate Lewis's population numbers it had a lasting effect on the island's way of life.

Jesus was once asked by the religious leaders what the greatest command was. He said to “love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself.” They then asked Jesus who we should consider our neighbours, to which he answered with the Parable of the Good Samaritan. Jesus taught us that everyone is our neighbour, and everyone is someone we should help if the need arises. It would have been easy for the men of the Hebrides to ignore the call to arms. The war was far away and would have had little affect on them or their way of life. But they knew who their neighbours were, and they offered their help in their hour of need, even though it cost them so very dear.

As we gather at war memorials and graves this month let us never forget the sacrifice not just of so many individuals but also so many communities, who headed the call to serve their neighbours and paid the ultimate price.

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

Blessings, Jane

### **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.



# ST THOMAS' SEEDLINGS

**Starting October 2021**

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

Join us Saturdays 3-4pm for messy craft, play, songs and stories along with a welcome cuppa

6<sup>th</sup> November 4<sup>th</sup> December

4<sup>th</sup> December

Please see St Thomas' website for further details



St Thomas' Church, Horseshoe Hill, Upshire, EN9 3SS

## **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](http://www.ecclesiastical.com/trust130) for more information. The offer is open until 31 December 2021.

## 50/50 CLUB

Sorry, I had a senior moment last month! The results should have read:

Congratulations to the winners of the 50/50 Club draw for August, who were:

1 <sup>st</sup>	£35	No. 81	Bill Bennett of Enfield
2 <sup>nd</sup>	£25	No. 7	Pennie Murphy of St Neots
3 <sup>rd</sup>	£15	No. 76	Barbara Jones of Upshire

The winners for September were:

1 <sup>st</sup>	£35	No. 52	Jean Porter of Waltham Abbey
2 <sup>nd</sup>	£25	No. 50	Ann Wilcox of Stanstead Abbots
3 <sup>rd</sup>	£15	No. 73	Colin Wackett of Swaffham

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](mailto:lynanddavewackett@hotmail.co.uk)

## UNA WILSON

It was with great sadness that we heard of the passing earlier this month of our friend Una Wilson at the grand old age of 101.

Una was a friend of St Thomas' for many years, and was our 'Auntie Wainwright' on the Charity Stall at Teas for a long time. Una had the knack of persuading customers to buy items they didn't know they needed!!

Una moved to Attleborough in Norfolk to be near her family some years ago but she and her family came back each year to Teas to celebrate her birthday – we were honoured to share her 99<sup>th</sup> birthday celebration with her.

Una was always cheerful, with a lovely smile and infectious laugh, always beautifully dressed and adorned with her favourite chunky jewellery. She will be sorely missed.

## CHURCHWARDEN'S CHATTER

Following our Macmillan Coffee Morning event in September we were able to send a cheque for £341.65 to Macmillan, which was the total amount received in donations.

Our Star Bakers for this event were:

Over 16 years	Mrs Gwen Hall
Under 16 years	Miss Davenport

Our thanks to all our bakers who donated their snacks and cakes for our enjoyment on the day.

Our monthly Community Lunches are now Winter Warmer lunches with a menu of Roast Beef, Yorkshire pudding and all the trimmings, dessert and tea/coffee for only £7.50, the next being on Wednesday 17<sup>th</sup> November, 12 noon-2pm. Book with Pauline on 07899 846711.

Next month on 1<sup>st</sup> December we will have a Christmas menu. To avoid disappointment pre-booking early is essential, phone Pauline as above but pay on the day.

The menu will include: Roast turkey with festive stuffing, roast potatoes, Yorkshire pudding, pigs in blankets, carrots, peas, Yuletide gravy and cranberry sauce, followed by Christmas pudding with cream or custard, or a variety of other desserts, tea/coffee. All this for only £7.50 – what a bargain!! A vegetarian option will be available.

Sorry for the incorrect dates in the October Newsletter, dates had to be changed and are now corrected.  
N.B. Not the editor's fault!!

Messy Church started in October and was greatly enjoyed by the 15 children and adults alike who attended, and will meet again on 6<sup>th</sup> November and 4<sup>th</sup> December.

We start this year's Festival of Light with Carols by Light in the churchyard (weather permitting) on Sunday 28<sup>th</sup> November at 3pm.

Stephen Brown 07960 809799

## ANAGRAM

Unscramble this 11 letter anagram: CONVICTIANA. The answer will be found elsewhere in the Newsletter.

## GROWERS CORNER

Now is the time to have your pruning shears sharpened, best by an expert with an oil stone. Note: one of the sides of a shear blade is flat, the other side is bevelled. Get it wrong and you have ruined an expensive pair of pruning shears – never sharpen the flat side.

Keep your shears clean and sanitise between plants to prevent the spread of disease.

Some gardeners prune their roses twice in a season; at the end of a season to stop the wind rocking the plant during the winter and again in February/March for a final prune to remove dead wood and to shape before the growing season.

Most bare root plants are available from Garden Centres and Nurseries at this time of year at competitive prices. They include trees – ornamental and fruit (apple, pears, plums, etc), shrubs, bushes and canes, i.e. roses, gooseberries, currants, raspberries and hedging whips, all of which can be planted from now until the spring while these plants are in the dormant stage of life.

Before the frost sets in you may have time to plant up your spring bedding to include bare root wallflowers and tulip bulbs for an early colourful show next year.

Just a reminder: have you moved into your greenhouse/conservatory all you non-hardy plants for the winter or wrapped them up in horticultural fleece to prevent the rain and frost from getting to them.

During the dormant season i.e. winter, is the best time to carry out major works to hedges and ditches. This work is best carried out on a dry or sunny day to get best results but make sure you are wearing the correct PPE clothing and eye protection.

## **BEWARE!**

The rutting season is still in full swing, so please keep below the speed limit on all our local roads to preserve the deer population and to keep your car from damage and higher insurance premiums.

## **WARNING!**

We have been advised that the new E10 petrol will damage lawn mower engines and other garden equipment, so please only use an alternative type of petrol.

## SHOE BOXES

Our thanks to everyone who donated shoe boxes filled with goodies for children and adults in Albania, Bulgaria, Hungary, Kosovo, Moldova, Romania, Serbia and Ukraine. Gifts such as shampoo, a pair of socks, a notepad, a small toy and a bag of sweets – things that we take for granted – will seem like luxuries to people living in poverty and bring them joy this Christmas.

At the time of typing this, we have almost 100 boxes ready to be collected by Blythswood Care on 1<sup>st</sup> November, maybe by then we will have achieved our target of over 100!

Many thanks again, but please remember to keep saving your shoe boxes, we had difficulty in getting them this year. It's even not too early to start buying things to go in the boxes; I find that if I buy an extra tube of toothpaste or a notebook and pencils or something else each week, it's no hardship to store them until they're needed next year and you don't notice the small amount added to your weekly shopping bill. I try to cover any shoe boxes I have during the winter months when it's too cold to 'play' in the garden, so keep the boxes coming! We have plenty of room in the loft to store them until they're needed.

Alternatively, as it costs £3,500-£4000 to send a container load of shoe boxes to Eastern Europe, donations are always welcome

## 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.

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](mailto: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

## 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.

## COPPER JAR

Our thanks to the people who donated their coppers and small change to WaterAid via the Copper Jar, raising £18.40 over the last few months.

## FROM OUR TREASURER

At the beginning of August St Thomas' Church opened up for events other than services. . It was good to see old friends back enjoying food and a chat and to welcome new ones. It enabled us to once again raise funds to help the church keep running and for other charities.

At the time of writing we have had held 5 afternoon teas and 2 midweek lunches. These events raised over £1400 for church funds. Sales of produce raised a further £471. So a big thank you to everyone who made cakes, helped on the day or donated other items required to run the events and to all those who supported us by coming along. I hope you all enjoyed yourselves.

We have also held a Macmillan coffee morning which raised a magnificent £341.65 for Macmillan Cancer Support. Thank you to all those who baked cakes and donated so generously.

On 17 October we celebrated Harvest Festival. In the afternoon the church was open for tea and cakes , followed by a harvest service and an auction of the fresh produce that had been donated. The auction raised £106.55 for the Waltham Abbey food bank. The non-perishable items were also donated to the food bank.

By the entrance door to the church we have a large jar where you can donate your loose change. So far this year we have raised £33.40 for WaterAid, a charity working to bring clean water, decent toilets and good hygiene to the millions of people in the world who live without them, enabling communities to break free from poverty and change their lives for good. The Covid pandemic has underlined the importance of hand washing in stopping the spread of infectious diseases so please continue to give your loose change to help this valuable work.

Ruth

## ANAGRAM

The answer to the anagram is VACCINATION.

## **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](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.

## **HIGH BEACH CHURCH NEEDS YOUR HELP!**

Essex County Council is consulting about a plan to make the temporary red lines in Epping Forest permanent. They are proposing to allow space for some parking around the church, but the current plans are inadequate – they only allow for 20 cars, will block the roads and will cost £2 a time. For more details, go to [www.HighBeachChuch.org.uk/parking](http://www.HighBeachChuch.org.uk/parking).

You can see and comment on the proposals at <https://nepp.essexworkstraffweb.org.uk/consult/main.html> (Click on the parking at High Beech church to see proposals and comment) or by writing to TRO Comments, North Essex Parking Partnership, PO Box 5575, Colchester, CO1 9LT  
Please respond to the consultation BEFORE the deadline of November 5<sup>th</sup>.

**We need your help to find a better solution for the church.**

To find out more, go to our website or email [Parking@HighBeachChurch.org.uk](mailto:Parking@HighBeachChurch.org.uk)

**QUEEN VICTORIA GAVE EPPING FOREST TO THE PEOPLE FOR ALL TIME!**

# MY GARDEN WORDSEARCH

All the words in the list 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.

ACER	MIDGES	S E I S I A D S H E D S L I D O F F A D
ALSTROMERIA	NASTURTIUM	N O I Y I S I N S S A R S E B S E R A B
APPLES	NEPETA	A R F V R T T L E L N E U E T R T P O E
ASTER	NEWTS	I P L T A E E E A P G A L D N T H W P G
AUBRETIA	OBELISK	L A P M F R M D K D E I E S B N U O E O
BEES	OREGANO	P A S B E L R R L R I S S T P B E E P C R N
BEGONIA	PANSY	R L E I E E U M O K A R A U R P C E E I
BENCH	PEARS	C O U E A S U I C W I B C T Y E G K C A
BIRDS	PENSTEMON	D Q S V S I A O T M A O G S S A N O I S
BLUEBELLS	PHLOX	S N E E N E H I R S M T N N N O S N P A
BTTERFLIES	POOND	S S O A S Y I O R I K A E O I M P R U N
CATS	POPPIY	A L R P L X S L S E P E H R O G I M A R
CLEMATIS	PRIMROSE	R E L L E E O E F E M E E S B N N S O A
COMPOST	ROSES	E H R T B O R S H L E O R O S U T T H B
COSMOS	RUDBECKIA	U A A E L E T S E P T T N T R G E T I E
DAFFODILS	RUNNER BEANS	C T C G D E U B M A I I T T S R U R S N
DAISIES	SALAD LEAVES	S A X E M I O L M R O L I U B L D L W C
DAPHNE	SALVIA	E O T O R R P O B N O U U U B S A A S H
EUCOMIS	SHEDS	F I N S E C T S S Y M W A T E R L I L Y
FERNS	SLUGS	Many of you will know that I have spent a lot of time in
FESCUE GRASS	SNAILS	my garden over the last 18 months so I thought I'd share
FOXGLOVES	SOFT FRUIT	with you some of the things that can be found there
FROG	SPIDERS	throughout the year. There's so much more but not enough space in the wordsearch! I try to grow plants
GERANIUM	SPRING ONIONS	and flowers to encourage wildlife, but unfortunately I get a lot of wildlife I'd rather not have, but my frog
HANGING BASKETS	SQUIRRELS	(I've only seen one!) and newts need something to eat, but it's very frustrating when a plant I've nurtured
HELLEBORE	STATUES	for a long time has the flower stem eaten through! I try to be forgiving, but it's very hard at times!
HOLLYHOCK	TOMATOES	
INSECTS	TULIP	
IRIS	WATER BUTTS	
LAWN	WATER LILY	
LEEKES	WORMERY	
LETTUCE	WORMS	

Many of you will know that I have spent a lot of time in  
my garden over the last 18 months so I thought I'd share  
with you some of the things that can be found there

throughout the year. There's so much more but not enough space in the wordsearch! I try to grow plants and flowers to encourage wildlife, but unfortunately I get a lot of wildlife I'd rather not have, but my frog (I've only seen one!) and newts need something to eat, but it's very frustrating when a plant I've nurtured for a long time has the flower stem eaten through! I try to be forgiving, but it's very hard at times!

## Who'd be a landlord?

Excerpts from real life requests sent by tenants

1. The toilet is blocked, and we cannot bathe the children until it is cleared.
2. This is to let you know that there is a smell coming from the man next door.
3. The toilet seat is cracked: where do I stand?
4. I am writing on behalf of my sink, which is running away from the wall.
5. I request your permission to remove my drawers in the kitchen.

## Fitting God in

A little girl said to her mother: "The minister's sermon this morning confused me." Her mother was surprised, so the little girl continued: "He said that God is bigger than we are. Is that true?"

"Yes, that's true," the mother replied.

"He also said that God lives within us. Is that true, too?" Again, the mother agreed.

"Well," said the girl. "If God is bigger than us and He lives in us, wouldn't He show through?"

## What you need

A Sunday School teacher had just concluded her lesson and wanted to make sure she had made her point. She said, "Can anyone tell me what you must do before you can obtain forgiveness of sin?" There was a short pause and then, from the back of the room, a small boy spoke up. "Sin?"