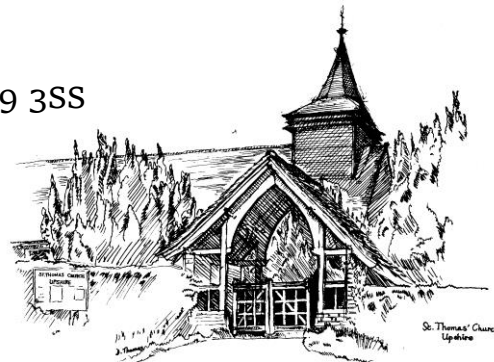


St Thomas' Church, Upshire EN9 3SS

Newsletter

July 2022



Rector: Revd Peter Smith, 01992 767897
 Team Vicar: Revd Jane Yeadon, 07960 604416. email janeyeadon@gmail.com
 Benefice Office: Abbey Church Centre, Waltham Abbey, EN9 1XQ. 01992 767897
 Church address: Horseshoe Hill, Upshire, Waltham Abbey, Essex, EN9 3SS.
 Website: <https://stthomaschurchupshire.com/>
 Editor: Mrs Lyn Wackett, 94 Upshire Road, Waltham Abbey EN9 3PA. 01992 711573.
 Email: lynanddavewackett@hotmail.co.uk

This Newsletter is free: donations to Lyn Wackett. Copy date for August: 14th July

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 JULY

Saturday 2 nd	Wedding
Sunday 3 rd	9.15am HOLY COMMUNION Readings: Isaiah 66:10-14 Galatians 6:7-16 Luke 10:1-11, 16-20 2.30-4.30pm AFTERNOON TEAS in the church and churchyard
Saturday 9 th	10am-12noon Upshire Mothers' Union COFFEE MORNING in the church 3-4pm MESSY CHURCH
Sunday 10 th	9.15am HOLY COMMUNION Readings: Deuteronomy 30:9-14 Colossians 1:1-14 Luke 10:25-37
Wednesday 13 th	12noon-2pm SUMMER LUNCH in the church – 07899 846711 to book – please let us know if you have to cancel. Thank you.
Sunday 17 th	9.15am HOLY COMMUNION Readings: Genesis 18:1-10a Colossians 1:15-28 Luke 10:38-42 SUMMER FAIR in the afternoon – church/churchyard depending on weather 2.30-4.30pm AFTERNOON TEAS
Sunday 24 th	9.15am HOLY COMMUNION Readings: Genesis 18:20-32 Colossians 2:6-19 Luke 11:1-13
Wednesday 27 th	2.15pm Mothers' Union meeting in the Village Hall
Sunday 31 st	9.15am HOLY COMMUNION Readings: Ecclesiastes 1:2,12-14, 2:18-23 Colossians 3:1-11 Luke 12:13-21
Sunday 7 th August	9.15am HOLY COMMUNION Readings: Genesis 15:1-6 Hebrews 11:1-3, 8-16 Luke 12:32-40

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

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. We are looking to reduce our 'paper footprint' for climate change by printing fewer copies – your contribution will help.

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, Dave P, Terry, June, Rose, Peggy, Shirley, Sheila, Jackie, Jean, Andrea and her Mum and Dad, Nina, Carmel & the Price family, James, Tim, Dave, Pat, Christine, Kathrine & Paul.

The Vicar writes:

As July dawns the tea season at church is in full swing.

It's been a delight coming to be the vicar at a church that has, at its heart, the ministry of hospitality and the Sunday afternoon teas are a shining beacon of that ministry.

That's not to say that it's not without its challenges - all the joy of uneven chairs, wobbly tables, and trying to keep the flies off the food...and that's before we even mention the rain! Some weeks I wonder why do we do it?!

But I have to say I have come to love this aspect of church life. As someone who most often is grabbing a takeaway coffee and a sandwich on the go the chance to sit down at a table with proper crockery, lovely homemade cakes and great company is a real treat.

There is something comforting about the ritual; about a serving table that is filled with delectable and calorific treats; about sharing with others; and for the bakers the knowledge that their food is being well appreciated.

It takes my mind to the biblical story of Zacchaeus which we can find in Luke 19.

When news reaches Zacchaeus that Jesus is in town, he wants nothing more than to catch a glimpse of him as he walks past ... but he ends up with Jesus inviting himself over for tea.

Once at Sunday school I asked the children what they would serve to Jesus if he invited himself to their house for tea. I only hope he likes Pringles, pickled onions, chocolate fingers and a McDonald's Happy Meal!

But it made me think - what would I serve if Jesus has invited himself back to mine?

As someone who lives alone, I am not used to putting on a large tea. If I know someone is coming, I of course prepare, I get ready, I bake or buy. But the unexpected guest can be a challenge. Whereas I might munch some oat cakes and an apple or fill up on a bowl of soup, that's not ideal for a visitor and in no way matches the elegance of a "proper" afternoon tea!

But hospitality is at the heart of our faith. We show the love of God in our lives through our care of others. We mirror the generosity of God by sharing what we have, and it is often over a meal that communities come together. In Acts 2 it says: "They devoted themselves to the apostles' teaching and to fellowship... Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, Praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved."

So if Jesus came to tea at yours what you serve him? I would suggest that we need not worry so much about what we put on the plates but rather what is in our hearts. For it is in the act of sharing what we have, whether that be a little or a lot, that Jesus is truly welcomed. For, as he himself said in Matthew 25, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me"

Whenever we provide food for others, especially those who cannot reciprocate, then we entertain Jesus. Now that is food for thought!

Afternoon tea anyone?

Every blessing, 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, childhood memories, something that happened to make you smile etc, it all makes for interesting reading.

ANAGRAM

Unscramble this 9 letter anagram: MEANDERPO. The answer will be found elsewhere in the Newsletter.



ST THOMAS' SEEDLINGS

1st Saturdays of each month (unless otherwise stated)

The July group will meet on the 2nd Saturday (9th)

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

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



CHURCH FLOWERS

Where is the year going - month seven - JULY here already. Enormous thanks to Kate, Eleanor, Carol, Terri, Ruth and Autumn for their decoration skills for the Jubilee celebrations – they were truly appreciated and first prize to Autumn for decorating the Crown.

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

UPSHIRE VILLAGE HALL

Large hall with stage & spacious kitchen. Ideal for weddings, parties or fundraising events.

In pleasant country surroundings with large car park. To book contact Karen on 07432 532621

50/50 CLUB

Congratulations to the winners of the 50/50 Club Draw in May, who were:

1st: £35 No. 27 Joanna Urbanek of Woodford Bridge

2nd: £25 No. 21 Valerie Peden of Bulls Cross

3rd: £15 No. 11 Ruth Moore of Upshire

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

It is now time to begin Draw 10 of St Thomas' 50/50 Club.

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. Please complete the form below and return it to me. Payment by Bank Transfer is preferred to the church's account St Thomas Church Upshire PCC, Sort code 404520, Account number 00724505, HSBC Bank or alternatively you may pay by cheque or cash to the address stated. Please let me know if you pay by Bank Transfer so I can include your number in the Draw (email lynanddavewackett@hotmail.co.uk or phone 01992 711573).

Good luck to everyone who enters.

St Thomas' Church 50/50 Club Draw 10

July to December 2022

I wish to become a member of St Thomas' new 50/50 Club and enclose cash/cheque for £12 per entry (maximum 2 per person).

I have paid by Bank Transfer to HSBC Bank, A/c St Thomas Church Upshire PCC, Sort Code 404520, A/c No: 00724505.

OR I enclose cheque payable to **St Thomas' Church**, or cash.

Please return your entries to Lyn Wackett, 94 Upshire Road, Waltham Abbey, EN9 3PA.

Name:

Address:

Telephone:

ST THOMAS' CHURCH COMMUNITY LUNCHEES 2022

WEDNESDAY 13 JULY : SUMMER LUNCH
WEDNESDAY 17 AUGUST : SUMMER LUNCH
WEDNESDAY 14 SEPTEMBER : AUTUMN LUNCH
WEDNESDAY 19 OCTOBER : AUTUMN LUNCH
WEDNESDAY 16 NOVEMBER : AUTUMN LUNCH
WEDNESDAY 7 DECEMBER : XMAS LUNCH

PLEASE BOOK YOUR PLACE TO CONFIRM ATTENDANCE : 07899 846711

If, after booking you are unable to come, please phone to cancel,
we can then offer a place to people on the waiting list. Thank you.

Plant Sale May 2022

The plant sale in May raised £386. Thanks to Stephen Brown for organising the plants from the nurseries which were for sale, to those who gave plants, those who bought plants and to those who gave up their Sunday afternoon to sit in the rain selling the plants.

CHURCHWARDEN'S CHATTER

The Seedlings group are growing from strength to strength. Please note the meeting for this month is on the second Saturday, 9th July. They are having a picnic at 4pm and would like the congregation, friends and family to come along and join them. So pack your picnic baskets and come and join in the fun.

PCC members had a meeting last month with an expert with regards to the Buxton Banner. Once the report is to hand we will know what action we need to take to preserve it. We might be able to put it on public view and possibly make a copy from modern materials to hang in the church.

The Summer Fair will be on the afternoon of Sunday 17th July in the church/churchyard depending on the weather, with Afternoon Teas from 2.30-4.30pm. Any person requiring a stall should contact Stephen as soon as possible. Stephen Brown 07960 809799

GARDENERS NOTE

Free bagged compost ready for collection: ring 07960 809799. Any donation to the church fabric fund would be nice. Thank you.

GROWERS CORNER

With the growing season in full swing, once your potatoes are in flower now is the time to water them on a regular basis so that the tubers swell to give a good crop. Watering is best done early morning or late evening. I knew a grower in High Beach who watered by the light of the moon then had his breakfast before which he welcomed staff in for their day's work.

When watering tomatoes, water regularly to prevent 'splits' in the fruits skin. With irregular watering the fruit swell faster than the skin can grow, thus ruining the crop.

Check your climbing plants have a pole or twine to climb and water well, do not let them dry out.

Your salad crops could be thinned out giving you part of a very good lunch or tea leaving the remaining plants to mature for a later date.

You could give your flowering plants the 'Chelsea chop' to give later flowering and bushier plants. Keep up with dead heading and watch out for aphids and black spot in your roses. Also keep an eye out in your greenhouse or poly-tunnel as I have heard of a case of blight in tomatoes in the Buntingford area as early as the middle of last month. So beware!

Steve.

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, giving a donation to the church, Gift Aid

or about joining the Parish Giving Scheme 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.

Thank you

UPSHIRE MOTHERS' UNION

At our May meeting Rev Jane gave us a very interesting talk on her life as a vicar. Jane was ordained 14 years ago and feels very grateful that she was called to the church.

The vicar's role at Upshire and High Beach is in 2 halves.

The first half is the Church work, taking the Sunday and mid-week services, which require much preparation.

There are additional services throughout the year, including Christmas, Easter, Baptisms, Weddings, Funerals, etc.

No day is set in stone, there are often things that can happen that derail your day. A big part of a vicar's day is praying, they are required to pray morning and night.

The second half is Youth work. It is about reaching out to young people who do not go to church. Every Tuesday there is a youth group on Ninefields. They are also hoping to start another one on a Thursday, and one on a Wednesday in Waltham Abbey. These groups are not there to make young people go to church but a place where they can go to talk to someone about anything, although it is good to see young people start to explore their faith and start to worship from attending these groups. Jane attends school Lunch Clubs, takes services at COE schools and is hoping to set up a mentoring system for young people, working with all schools. Jane's aim is to support young people to become the best version of themselves.

Rev Jane is very passionate about church growth, not for the numbers or for the money but because she believes it is a good way to live your life in a Christian Faith.

Our next meeting is on 27th July when Maureen Smith will be telling us about 'The Upshire Buxtons'. All welcome to come along to this meeting. Tea Hostesses: Sue McKinley & Jean Brewster. Raffle: Lyn Wackett.

Further information from Ann Smith on 01992 767809.

UPSHIRE MOTHERS' UNION **COFFEE MORNING** in St Thomas' church

Saturday 9th July 10am to 12 noon

All welcome

In aid of the Mothers' Union 'Jubilee Summer of Hope' Appeal

ANAGRAM

The answer to the anagram is PROMENADE.

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.

ST THOMAS CHURCH EVENTS FOR 2022 TO NOTE IN YOUR DIARIES:

AFTERNOON TEAS EVERY 1st AND 3rd SUNDAY MAY-SEPTEMBER.

JULY SUNDAY 17

SUNDAY TEAS - SUMMER FAYRE

SEPTEMBER FRIDAY 23

MCMILLAN COFFEE MORNING/CAKE COMPETITION

DECEMBER SATURDAY 10

CHRISTMAS FAYRE

UPSHIRE VILLAGE HALL

Large hall with stage & spacious kitchen. Ideal for weddings, parties or fundraising events.

In pleasant country surroundings with large car park. To book contact Karen on 07432 532621

ST THOMAS' CHURCH - A Short History

It is thanks to funding by the Buxton Family, Sir Thomas Fowell and Lady Victoria Buxton, that in 1902 St Thomas' Church was built for Upshire Village. The specification wisely provided that the footings be unusually deep due to the steep slope of the land and clay soil. The stone used came from Chilmark in Wiltshire and the interior cross beams, belfry and fine pillars made of oak brought up from the West country. The chancel has an enriched plaster ceiling and there are wood and stone carvings throughout. The roof is of hand-made tiles, a small shingle spire crowns the timber tower, the style is typical of some much older Essex churches. Above the Chancel arch is a beautifully painted verse from Psalm 100 : 'Go your way into His gates with thanksgiving and into His courts with praise; be thankful unto Him and speak good of His name'

There are some fine oak furniture of note - the pulpit, the altar table on which the cross which rises from a beautiful base symbolising the River of Life stands proudly. The eagle lectern was the outcome of a collection from the village community. The oak communion rails were presented to Sir Thomas and Lady Buxton by their ten children on their golden wedding in June 1912. The font dedicated in 1922 is a memorial to the many Upshire residents lost in WW1 and is engraved with their names. Following the death of Sir Thomas and Lady Buxton - at some stage in the early 1920s ownership of the church was handed to trustees and in March 1933 the church passed to the St Albans and Chelmsford Church Trust. Over time after various boundary changes and housing developments the church now forms part of the parish of Upshire within the benefice of Waltham Abbey.

As with any building of this type there is ongoing running costs and constant programme of maintenance, hence fundraising and social outreach has been an important part of church life. Records show successful 'Parish Tea and Entertainment' from as early as 1906 and onwards to the present time where Sunday afternoon teas run from May to September, as well as a regular programme of community events throughout the year. Over the years several groups evolved – the oldest established of which is the 'Mothers Union' founded by Lady Victoria Buxton in 1892. Also during this period a tradition was established for an annual 'Sale of Work' which continues to this day in the form of the annual 'Bazaar'. Other groups formed during earlier years were the cubs, guides and scouts also a flourishing Sunday School, which from 1958 records consisted of 50 children. St Thomas' today provides a focal centre for the Upshire Community to which all are welcome to join – our mission is to continue the immense work, dedication and time given by volunteers both local and beyond to ensure enjoyment for future generations.

50s Kids, do you remember

Plimsolls in the gym, eating winkles with a pin.
Hopscotch on the path, when Popeye made you laugh.
Papers brought by hand, the Salvation Army Band.
When dustmen took away your bin, when your bath was made of tin.
Alleys dark and smelly, Crackerjack on the telly.
Wine gums in a pack, getting coal carried in a sack.
Duffle coats with pegs, shoes with metal segs.
Watching Andy Pandy, cigarettes made of candy.
Milk with a silver top, vans that delivered pop.
Liquorice in a stick, kaylie that you licked.
Bonbons rolled in white, gas lamps through the night.
Chips frying in the lard, the toilet out in the yard.
Dynamos on your bike, tripe that you didn't like.
Assembly in your school, getting caned for being a fool.
Christmas and being merry, Mum knocking back the sherry.
Calling in the sweep, snow a metre deep.
Fun with Bill and Ben, ink wells for your wooden pen.
Saturday at the flixs, the drink on a stick.
Listening to Rock and Roll, licking out the bowl.

If you can remember these memories you hold
Then just like me, you are really getting old.
Gina Watling.

TEDDIES FOR TRAGEDIES

The latest newsletter from Tricia Gibb of Teddies for Tragedies:

‘It’s good to be able to report that Teddy travels (from St Albans, at any rate) are gradually resuming after the pandemic, although I still have quite a large stock. Thank you everyone for your contributions and welcome to several new knitters.

In February I answered a request from a sexual assault referral centre in a neighbouring county for some Teddies for children in families they are helping. They had 15 Teddies which were very well received.

In February my attention was drawn to a charity in Leeds, ZARACH, which was set up by a teacher there to provide beds and bedding to families living in desperate circumstances in the city. When they deliver a bed it is accompanied by a eddy. They are knitted to a pattern similar to the Teddies for Tragedies pattern. They are then dressed in a t-shirt bearing the charity’s logo. I was pleased to send them 25.

‘Earlier in the year, with the help of one or two of you, I was able to answer a one-off request from the local hospital trust for orange hats for babies in the Special Care Baby Units.

‘50 Teddies are now travelling around Africa for distribution to children in Mauretania, Senegal and Gambia by a local young man who has taken several lots of Teddies in the past. Some went to remote Bedouin communities in an impoverished region in Mauretania in the heart of the Sahara Desert. The children were”...pleasantly surprised to receive such wonderful gifts. Thank you to you and your colleagues for bringing so much joy to these children who live in such barren and harsh conditions...”

‘It was good to help the Teddies for Tragedies response to the appeal from a charity in Co Durham for help in supplying Teddies in Ukraine colours to go to Poland with aid for families fleeing over the border from Ukraine. Thanks to your response we were able to supply 150 out of the total of 251 from Teddies for Tragedies.

‘Thank you all again for your support. Tricia’

The Summer Garden

Summer comes and waves her hand,
The garden blooms at her command,
Plants abounding everywhere
As fragrant perfumes fill the air.

Roses, geraniums, lilies too
Agapanthus with globes of blue,
Sumptuous colours in such array,
Their beauty takes our breath away.

To sit beneath the shady trees,
To listen to the humming bees,
As Summer wears her rainbow dress
We thank God for such loveliness.

By Megan Carter

PLACES TO VISIT 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.

ALNWICK	KESWICK
ARUNDEL	LAKE DISTRICT
BATH	LLANDUDNO
BEER	LONDON
BLACKPOOL	MARGATE
BOSCOMBE	MELROSE
BRIGHTON	MERSEY
BUDE	NEWQUAY
CAMBRIDGE	ORKNEY
CLACTON	OXFORD
CONWY	PEAK DISTRICT
COVENTRY	POOLE HARBOUR
CROMER	RAMSGATE
DAWLISH	RUTLAND
DOUGLAS	RYDE
DOVER	RYE
EASTBOURNE	SCARBOROUGH
EDINBURGH	SIDMOUTH
EXMOUTH	SKEGNESS
FALMOUTH	SKYE
FOWEY	SOUTHEND
HASTINGS	ST IVES
HAYLING ISLAND	TEIGNMOUTH
HEBRIDES	TENBY
HEREFORD	TORQUAY
HOVE	WELLS
HUNSTANTON	WESTON SUPER MARE
IONA	WHITBY
ISLE OF MAN	WINDERMERE
ISLE OF WIGHT	YORKSHIRE

```

C O V E N T R Y T I S L E O F W I G H T
A L D Y E S W S Y C M L T E E O D O S E
M U A N W H I O S E I O L S S R W A N T
B A B C I N R D R E R R T A O O L E E A
R Y R T T K O S M Q N O T F N G R I Y G
I L B U S O E C U O N G X S U D G L S R
D Y O H N Y N A P S U O E O I N U G E A
G S I O E D Y R U E E T D K M D N D L M
E R E N P A E P U R A N H O S I E N N P
E H K V U K E L E T A K U T T D W K O O
N R G Q I R C M E L L T D S U I O O A E
O A W U M T R A S D H A A I C O L V A L
T E M A O E S I L E I H N K S E M S E B
N H R F D R G O T B T N E D H T T X O R
A E S N O N O A U U C S B A L B R S E I
T B I I I E G B O T W R R U O O C I H G
S W E L L S L M R I H B O U R O N O C H
N K Y E M W L S C A O E R M M G V D T T
U A Y A R A A K I U C N N B E E H A O O
H E R E F O R D R Y E S E D I R B E H N

```

Baptism - A couple took their five-year-old young daughter to church. During the service, the minister conducted the baptism of a tiny infant. The little girl watched in wonder as he held the baby, said solemn words, then poured water over its head, and then carefully wiped it dry. Finally, she turned to her father. "Daddy, why is he brainwashing that baby?"

**

Heaven help me - One Sunday in church a little boy was 'acting up' during the morning worship. His parents did their best to maintain some sense of order in the pew, but it was a losing battle. Finally, an exasperated father picked up his son and strode sternly down the aisle. Just as the church doors closed behind them, the little boy cried loudly to the congregation: "Pray for me! Pray for me!"

**

The kiss - An honest seven-year-old calmly announced to her parents that Billy Brown had kissed her after church. "How did that happen?" gasped her mother.

"Well, it wasn't easy," admitted the young lady, "but three girls helped me catch him."

**

Pay for what you get - A man and his ten-year-old son were on a fishing trip, miles from home. At the boy's insistence, they decided to attend the Sunday worship service at a small rural church. The father forgot to bring any cash, so he reached in his pocket and gave his son 10p to drop in the offering plate as it was passed. As they walked back to their car after the service, the father complained. "The service was too long," he lamented. "The sermon was boring, and the singing was off key." Finally the boy said, "Daddy, I thought it was pretty good for 10p."

ST THOMAS CHURCH UPSHIRE
SUMMER FAYRE IN THE CHURCH/CHURCHYARD
 SUNDAY AFTERNOON, 17th JULY
 AFTERNOON TEAS 2.30 – 4.30 pm

3 FOOD 4 YOU (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.

You will be greeted with a smile and friendly faces.

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

Volunteers and donations would be greatly appreciated.

VISIT OUR CHARITY SHOP AT 20 SUN STREET, WALTHAM ABBEY

Monday to Saturday 9.30am – 1.30pm

All money from the shop buys food for the Food Bank

Lots of bargains!