

St Thomas' Church, Upshire EN9 3SS

Newsletter

October 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 November: 14th October

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 OCTOBER

- Saturday 1st 3-4pm SEEDLINGS meet in the church
- Sunday 2nd 9.15am HOLY COMMUNION
Readings:
- Sunday 9th 9.15am HOLY COMMUNION
Readings:
- Sunday 16th HARVEST FESTIVAL
9.15am HOLY COMMUNION
Readings:
2.30-4.30pm HARVEST AFTERNOON TEAS
4.30pm HARVEST FESTIVAL SERVICE followed by Auction of Produce – proceeds to the local Food Bank
- Wednesday 19th 12noon-2pm AUTUMN LUNCH in the church – 07899 846711 to book – please let us know if you have to cancel. Thank you.
- Sunday 23rd 9.15am HOLY COMMUNION
Readings:
- Sunday 30th 9.15am HOLY COMMUNION
- Sunday 6th November 9.15am HOLY COMMUNION

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.

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.

Bible Study Group

A Bible study group is starting in October. The first meeting will be on Wednesday 5th October at 3.30 pm. Please ring Ruth for further details. 07852 668633

Events still to come at St Thomas'

Sunday 16 th October	Harvest Festival & Teas
Saturday 10 th December	Christmas Fayre

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 October dawns the mind of the church naturally turns to giving.

This month we hold our harvest festival, that great day when we remember God's gift of provision for us. Of the food we grow, the livestock we rear and all those in the food retail industry who enable it to get to our plates. We respond to that gift by giving food and money to local organisations that help feed those in most need in our society.

By the end of the month you may well be starting to think about the Christmas coming and what gifts you may buy. Those of you with children may already be witnessing the excitement of lists being drawn up for Santa!

But giving is not just about what we buy or make or grow, giving is also about what of ourselves we offer to our families, our work and society at large.

The Apostle Peter wrote a letter to, what was then, a small and scattered Christian community around the Mediterranean, urging them to use what gifts God had given them to serve others. He encouraged them to live their lives in the best way they could and in doing so that "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." (1 Peter 4:10)

As I write this letter in the days following the death of Her Majesty Queen Elizabeth II, as I watch all the news coverage of her truly remarkable life I am reminded over and again of what a life lived in the service of others can look like. And I am humbled to hear His Majesty King Charles III clearly and unequivocally commit his reign to be one of dedicated service also.

Now I am aware that none of us have the opportunities granted to their Majesties to serve – but we are all granted some opportunities, in ways small and, maybe occasionally, big to play our part; to give of ourselves in the service of others. Whether we volunteer with an organization, shop for an elderly neighbour, listen to someone in pain and distress or the many, many other ways we give of ourselves there are opportunities for service everywhere.

And the good news is that we don't have to do it all ourselves. We serve a servant King, a God who gave of himself through Jesus, a God who knows what it is to serve and pours out that love and service on us each and every day. We can all offer our service knowing we do so with God support and help. As Peter goes on to say.

"If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides." (1 Peter 4:11)

God is with us every step of the way as we reach out to help those around us.

May God bless you in your service, Jane

STAMPS!

Please continue to save your postage stamps and foreign or out of circulation coins – many charities can use them to raise funds.

We collect the coins for Essex and Herts Air Ambulance but they no longer accept the stamps.

I made contact with St Clare's Hospice and took two large bags of stamps weighing over 3kg to them – they were delighted so I will continue to save the stamps for them.

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.

CHURCH FLOWERS

OCTOBER and the time of abundance from our gardens, we look to decorate the Church on Friday 14 October from 9.30 am – do come along, bring your flowers, foliage and produce so we can create some stunning displays – everyone is most welcome.

Each month we can create memorial dedications, wedding, anniversary or special occasion flowers – contact marionne.locke@btinternet.com

ST THOMAS' CHURCH COMMUNITY LUNCHEES 2022

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.



ST THOMAS' SEEDLINGS

1st Saturdays of each month (unless otherwise stated)

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



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.

CHURCHWARDEN'S CHATTER

Harvest Festival will be on Sunday 16th October with a 9.15am service, Teas from 2.30pm to 4.30pm followed by a short service with the Auction of produce following on, all proceeds from which will go to the local Food Bank.

We hope you will all come and enjoy the last Teas of the 2022 season.

Don't forget to book with Pauline (07899 846711) for our Summer Lunch on 19th October, doors open at 11.30am, service from 12 noon. Menu: Roast beef, Yorkshire pudding, new potatoes, carrots & peas, dessert of your choice with custard or cream, tea or coffee, with a vegetarian option available, all for £8 per person. Our produce stall will be stocked with jams & chutneys, eggs, honey and other items you may wish to view, as well as our raffle on the day in aid of the church fabric fund.

Following the meal there will be a short talk on slow cookers and halogen ovens – both of which will help to save money on our winter fuel bills.

BEWARE OF THE DEER!

The rutting season is now in full swing and herds of up to sixty plus deer have been spotted in the Upshire Area. There are also smaller groups of four to ten in the area so please keep below the local speed limits as impact can be very costly in time, money and insurance claims. Please drive slowly through the area at all times.

Our Christmas Market will be on Saturday 10th December. If you require a stall at the above event please phone Stephen Brown on 07960 809799 to book one. Thank you.

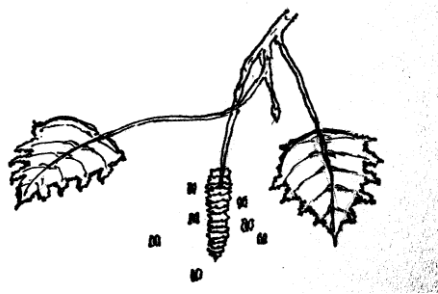
Stephen

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## ANAGRAM

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

## Trees of St. Thomas' Churchyard: The Birch ~ Lady of the Woods



Birch is another of the four main trees which make up Epping Forest, most noticeable on the higher ground where the soil is sandy.

When planted it is an ornamental, grown for its slender grace and delicate tracery of leaves. This is the case in our churchyard where there is one either side of the memorial in the churchyard extension and a multi-stemmed tree near the Burial of Ashes area, planted by Joyce Woods in memory of her husband Ron, Head of Highams Park Senior High School.

The name Silver Birch wasn't used until the 1850's and seems to have been coined by Tennyson. I wonder if this was a consequence of walking in the woods around High Beach where he lived for a while in the 1840's.

In the south, Birch doesn't seem to have been planted for commercial use, but it is good for turning and was used for cotton reels, small tool handles and broom heads. It makes excellent kindling and good charcoal. It was also sometimes used for tanning leather and a bundle of twigs was a form of chastisement.

In Scotland, however, where it was often the only available hardwood, it was put to many uses from furniture to carts and ploughs, from dishes and spoons to candles.

Foresters and conservationists trying to keep heathland open have a more ambivalent relationship with Birch, due to its incredible capacity to colonise open spaces. Its seeds are tiny and tightly arranged around a central core to form a catkin. When ripe the catkin disintegrates. Every minute seed has wings and these fly like dust on the breeze.

In the hot summer of 1976, an area at the bottom of Hill Wood in High Beach caught fire- probably as a result of discarded glass bottles from a picnic. Several big old pollards were killed together with the under-storey of holly and bramble. The fire smouldered for about three weeks and left a bare blackened area the size of two football pitches. Gradually, green patches of Funaria moss appeared, then in the following summer great drifts of pink Rosebay Willow herb - the plant which colonised railways during the age of steam, and bomb sites during the war. Then Birch seedlings appeared. The area now is a mixture of Birch and Bracken, beautiful in the autumn when the Birch leaves are bright yellow and there are white spotted red Fly Agaric fungi under the trees. The delicate triangular Birch leaves decompose quickly and add humus to the soil and the protection afforded by the trees is acting as a nursery for the next generation of Beech and Oak. Birches themselves rarely live beyond eighty years.

To Pagan, Celtic and Germanic tribes, the Birch was a holy tree with sacred powers of renewal and purification so its twigs were used in the ritual of driving out the spirits of the old year. The idea persisted beyond these early religions into the birching of delinquents and the insane, to expel evil spirits.

Happily, the use of Birch now is mainly restricted to smoking haddock and making besom brooms and egg whisks and the sap makes excellent wine.

Any troubled spirits today would be best served by lying back under a Birch tree with a blue sky and a light breeze, letting the swaying of the branches and the twinkling of the leaves work their magic.

Sue McKinley

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

### ANAGRAM

The answer to the anagram is SEPARATELY.

### GROWERS CORNER

The summer having been very dry, our lawns are just starting to green up and grow and your lawn mowers will be back in action until the first frost. Lawn repairs can be carried out once the ground is soft enough to work on, aerating, scarifying and reseeded.

Keep dead-heading your roses and give them a light prune to stop 'wind rock' during the winter with your main pruning late February next year.

Empty your greenhouse/poly tunnel early this month having harvested the remaining produce so that you can store all your soft plants away from the frost which we will probably get later this month, look out for the full moon.

Hanging baskets and planters will require emptying this month depending on when we have the first of our winter frosts. These can be replanted with frost hardy foliage and flowering plants, i.e. pansies, violas, etc to brighten up our dull winter days.

Steve.

### 50/50 CLUB

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

|                       |        |                                    |
|-----------------------|--------|------------------------------------|
| 1 <sup>st</sup> : £35 | No. 2  | Dave Wackett of Upshire            |
| 2 <sup>nd</sup> : £25 | No. 64 | Angela McGowan of Wilmington, Kent |
| 3 <sup>rd</sup> : £15 | No. 31 | Steve Groves of Upshire            |

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

It is not too late to enter for 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. 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](mailto:lynanddavewackett@hotmail.co.uk) or phone 01992 711573). Good luck to everyone who enters.

### SHOE BOX APPEAL

I have now received the leaflets from Blythwood Care for the 2022 Shoe Box Appeal so start collecting all the bits and pieces to fill a shoe box for children and adults of all ages. We appreciate that lots of people are in financial difficulties at this time so any small item you may be able to donate will be gratefully received.

Cover a shoe box with brightly coloured paper (if the lid is loose cover this separately from the base) and fill with goodies you think the recipient would love. Do not seal up the box (put an elastic band or ribbon round to hold the lid in place) as contents in all boxes have to be checked for customs. Items most essential are toothbrush/paste, soap, flannel, small toy for the children (no toy guns/knives or other war related articles please), hat, scarf and gloves, underwear/socks and sweets (no chocolate including chocolate éclairs, chocolate limes, no lollipops or loose sweets) colouring books, pens & pencils, ruler, rubber, pencil sharpener, comb/brush, sanitary products, razors/shaving foam, deodorant, new make-up, other clothing – the list is endless, but no food other than the sweets, please.

Mairi from Blythwood wrote "this year the need for shoe box gifts is greater than ever. We will be sending shoe boxes to people in Ukraine, to neighbouring countries supporting Ukraine refugees as well as those whose lives continue to be marked by poverty across Eastern Europe." Blythwood also deliver boxes to people in the UK as well as supporting Food Banks.

Filled boxes or items to go into the boxes can be left with Lyn and Dave at 94 Upshire Road. Thank you.

### UPSHIRE MOTHERS' UNION

On 24<sup>th</sup> August we held a Coffee Morning in St Thomas' Church. Thank you to all who came along to support us. Our next meeting will be on 26<sup>th</sup> October at 2.15pm in the Village Hall. Our speaker will be Anne Smith talking about her life working for the BBC. Tea Hostesses: Mrs E. Huxter and Mrs J. Brewster. Raffle: Mrs L. Wackett. Please do come along and join us, everyone is welcome.

Further information from Ann Smith on 01992 767809.

### 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



## OCTOBER WORDSEARCH

October is the tenth month of the year so all the words in the list contain the word TEN 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.

|               |              |            |                                         |
|---------------|--------------|------------|-----------------------------------------|
| ABSTENTION    | OCTENNIAL    | TENET      | N E T T O G R O F K N O P G N E T S I L |
| ATTEND        | OFTEN        | TENNER     | A E N S L I N E O A S O L R L N T E T I |
| BARTENDER     | OSTEND       | TENNIS     | T E T U T E N O N T S I I C E E E N N R |
| BRIGHTEN      | OSTENSIBLE   | TENON      | T T T A T E H T E E S T A T N T E T N D |
| CAROTENE      | PATENT       | TENS       | E E N E E R N N E T T T E T N T E E A N |
| CHRISTEN      | PENITENT     | TENSE      | N T I E E H D O E N N F O N O E T N O E |
| CONTEND       | POTENT       | TENT       | D U N T M N W N S E T R O P N H T C C T |
| CONTENTION    | PRETENDER    | TENTACLE   | Q R N E E E E N T I I I I S G E T E L E |
| DETENTION     | PRETENCE     | TENTERHOOK | E E E T T T N E E A S N O I K E T I D N |
| DISTEND       | PRETENSION   | TENUOUS    | T C N H S A N E N T A T R N N I C T N D |
| EATEN         | QUIETEN      | WHEATEN    | C O N I P A P C T D F B N N O N T O O E |
| EXTENT        | ROTTEN       |            | C O O A C A A R V F A O I E E D I T L R |
| FASTEN        | SENTENCE     |            | H M N I N R R E E R R A D T T S N B E Y |
| FORGOTTEN     | SOFTENER     |            | R E O T O E R G T T L I S I N I I E C N |
| FRIGHTEN      | STEN         |            | I U I T E T T E O A E U G E S S N N T T |
| GLISTEN       | STENCIL      |            | S T E G E N N N T N O N T H N T E E N E |
| GLUTEN        | STENOGRAPHER |            | T N E N H D T E I U E E D E T D E E P N |
| HEIGHTEN      | STENOSIS     |            | E E T N E T N I N A R T T E N E T N E N |
| INADVERTENTLY | STENT        |            | N L N R S T E E O P M S S E R X N T D E |
| INTENSITY     | STENTORIAN   |            | Y T I S N E T N I N O I T N E T S B A R |
| INTENT        | TENACIOUS    |            |                                         |
| INTENTION     | TEND         |            |                                         |
| KITTEN        | TENDENCY     |            |                                         |
| LATENT        | TENDER       |            |                                         |
| LISTEN        | TENDON       |            |                                         |
| MAINTENANCE   | TENDRIL      |            |                                         |
| MOISTEN       | TENEMENT     |            |                                         |

### CRAFT FAIR

In Upshire Village Hall on Saturday 12<sup>th</sup> November, 11am-3pm  
Free entry      Light refreshments available      Everybody welcome

#### 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](mailto: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!

Saturday 8<sup>th</sup> October at 7pm in Upshire Village Hall EN9 3SP

Tickets £10 per person, tables of 8 maximum

To book a table, please contact Jane Begley on 07572 111387 or [janey.begley@outlook.com](mailto:janey.begley@outlook.com)

If you cannot make up a table, please let Jane know as she will be happy to match you up  
with other people      Please bring your own liquid refreshments and snacks

All proceed for HIGH BEACH CHURCH funds