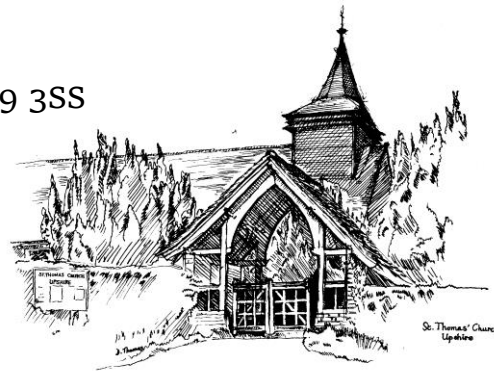


St Thomas' Church, Upshire EN9 3SS

Newsletter

January 2023



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 February 2023: 14th January

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 JANUARY

- Sunday 1st January NEW YEAR'S DAY The Naming and Circumcision of Jesus
9.15am SERVICE OF FAVOURITE CAROLS AND READINGS
- Saturday 7th 3-4pm SEEDLINGS meet in the church
- Sunday 8th Epiphany
9.15am HOLY COMMUNION
Readings: Isaiah 60:1-6 Matthew 2:1-12
- Sunday 15th Second Sunday of Epiphany
9.15am HOLY COMMUNION
Readings: Isaiah 49:1-7 John 1:29-42
- Wednesday 18th 11.30am for 12noon-2pm LUNCH in the church –
07899 846711 to book – please let us know if you have to cancel. Thank you.
- Sunday 22nd Third Sunday of Epiphany
9.15am HOLY COMMUNION
Readings: Isaiah 9:1-4 Matthew 4:12-23
- Wednesday 25th 2.15pm Mothers' Union meet in Village Hall - AGM
- Sunday 29th Presentation of Christ in the Temple
9.15am HOLY COMMUNION
Readings: Malachi 3:1-5 Luke 2:22-40
- Sunday 5th February Third Sunday before Lent
9.15am HOLY COMMUNION
Readings: Isaiah 58:1-9a (9b-12) Matthew 5:13-20

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.

THE VICAR WRITES:

On January 6th the Christian church celebrates the feast of the Epiphany, when we remember the visit of the Magi to Jesus.

Traditionally we think of the magi as 3 wise men, perhaps even kings, who followed a star to arrive at the stable to worship the new born Jesus shortly after the shepherds.

The reality however, was in all likelihood, far different.

Firstly the bible makes no mention of the number of Magi or indeed that they were male or royal. The idea of three seems to have stuck because there were three gifts ... but there could as easily have been two, four or eight magi as three. Similarly there is no indication that the magi visited Jesus as he lay in the manger, as is often shown on Christmas cards or nativity scenes. When King Herod anxiously meets with them in Matthew 2:16, he thinks his reign might be threatened by the child they've come to visit, so he orders all boys two years old and younger slain. The bible also talks of them visiting Jesus in a house, not a stable. Thus Jesus was probably a walking, talking toddler when the wise men arrived. Which kind of makes sense if you think they travelled a great distance following a star that only appeared when Jesus was born.

But do not be dispirited that the story may vary from that we have been taught for the key message remains.

The visit of the Magi reminds us that God's kingdom is open to all irrespective of race, religion or gender. From the very beginning God made clear that all were welcome in his presence.

In a very real way our Nativity sets are complete on Epiphany as an image for the Church and the Body of Christ.

For there we see the poor and rich, the simple and the learned, the saints and the sinners, and, above all, Jews and Gentiles gathered together in the presence of Jesus. St Paul writes that "through the gospel the Gentiles are

heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus."

So the arrival of the Magi is not just some quaint story; it is a revelation of the true and universal nature of the Church. Today, while many talk of diversity and inclusivity, the Christian Church lives this reality. We are in every nation; we speak every language; and we welcome everyone.

On Epiphany, we remember the story of the Magi following the star to Bethlehem to see the Christ child. They notice it in the sky and are guided by its light to Jesus. Wouldn't it be nice if we had a sign as that

doesn't mean we cannot see the signs. All around us we can see God's action in our lives and in the people around us. God speaks to us in many ways as we seek His presence.

I pray this Epiphany season the light of God will guide you and you will find your way again into Jesus presence, a place open to all.

Blessings, Jane

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, Tim, Dave, Pat, Christine, Kathrine & Paul, Nigel, Susan & Alan, Eleanor & Linda.

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.

GREETINGS!

Rev Paul Haworth and his lovely wife Kathrine send their love and best wishes to all at St Thomas'. They say how privileged they felt to be able to share in so many village activities, and to be part of a church with such a great record of social involvement, also remembering how the Woodredon folk were always welcomed at St Thomas' genuine inclusivity.

Paul was our vicar at St Thomas' from 1985 until October 1992.

(The Home at Woodredon is no more but these lovely people live in a Home on Ninefields and now are warmly welcomed at St Lawrence Church. Ed)

ANAGRAM

Unscramble this 10 letter anagram – DYEDTHREAD. The answer will be found elsewhere in the Newsletter.

CHURCH FLOWERS

JANUARY - Firstly a big thankyou to all who contributed to the festive decorations which are a key part in the Christmas celebrations at St Thomas'. At last we can look forward to the new year and start to leave the short dark days behind us, hopefully the spring flowers will soon be surfacing.

Dedications this month : Lyn Wackett, Terry Jones, Sarah Callaghan

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

All are welcome to help - should anyone wish to practice or create a design of their choice just get in touch.

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 and I have recently been told the British Legion collect them too.

The Air Ambulance no longer take the stamps so 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.

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

At the time of going to press last years' Advent season started with a bang. Our Festival of Light Service was very well supported and concluded with seasonal refreshments. We must thank Mr Mark Boyce and his team for their fantastic light show which lit up the church inside and out with wonderful colour for this event.

This years' Christmas Lunch drew a full house who enjoyed the traditional roast meal and pudding. Our thanks goes out to all those who prepared, served and tidied up afterwards, as we were very short handed on the day due to Covid. Thank you all.

The Christmas Fayre went very well, the cake stall was hectic to say the least, likewise the preserves, jams and pickles plus the eggs & honey. The refreshments department were run off their feet at times like all the stallholders as we had many visitors on the day. This event proved very successful and our thanks to all concerned.

We were able to entertain the Enfield Brass Band who played to a packed house early in December. The first half we enjoyed their music and solo musicians. After an interval in which we had festive fare we were able to join in with the band with voice and percussion instruments provided by the Band and a good time was had by all.

I hope you all had an enjoyable Christmas time and look forward to the new year with all its changes.

The Christmas Eve service was well attended as well as the Christmas Day service. We must thank the ladies who decorated the church, also the children who helped decorate the Christmas tree, a wonderful show for this festive season.

The Christmas tree made up of woolly hats all knitted by members of Waltham Abbey Women's Institute has provided a great talking point, and after twelfth night it will be dismantled and the hats distributed to the needy in case we get another cold spell like we had last month.

January's Community Winter Lunch will be on Wednesday 18th, 11.30 for 12 noon start. It will comprise of a roast meal, dessert, coffee or tea. Please book with Pauline on 07899 846711, also let her know if you are unable to come after booking so that anyone on the waiting list has the chance to fill the space. Thank you.

Stephen Brown 07960 809799

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

Charities supported by St Thomas' Church

Toilet Twinning

If you use one of the toilets at St Thomas', you will see that it has been twinned with a latrine in another country.

Toilet Twinning funds the work of international relief agency Tearfund. Donations for each twinned toilet are used to provide clean water, basic sanitation and hygiene education.

Toilet Twinning takes a community led approach to sanitation. In the past agencies have gone into communities and provided toilets without proper discussion with the local community and the toilets have been ignored. Toilet Twinning knows that sanitation projects work best when local people see the need for improved sanitation and make the change happen themselves. They spend a long time gaining villagers' trust before they talk about sanitation. They also encourage men to allow women to have a say in household decisions, often for the first time. Women carry the heavier burden in terms of collection water and caring for the family, yet often have no voice.

They help to set up small village committees, of both men and women to look at the link between open defecation and ill health. For many this is a revelation: they have never understood why their children fall ill with sickness and diarrhoea in the rainy season. Then they are keen to have a latrine. Before latrine building can start the village is educated in good hygiene practices such as handwashing.

The local people are involved in designing the latrine and choosing the materials to be used in its building. And then they are also involved in the construction. This means they are much more likely to continue to use it and maintain it.

So why are proper toilets and clean water so important? Without them people can be trapped in a vicious cycle.

- They're likely to become sick through sanitation-related diseases
- Illness means they cannot work or farm their land, so they earn less or grow less food
- Children often miss school, because they are sick or because they're busy collecting water
- Girls often drop out of school altogether when they start their periods if there are no toilets or changing rooms
- Parents have to pay for medicines or food, so they may fall into debt
- Women and girls risk being attacked or bitten by snakes as they go to the toilet in the open, especially if the culture dictates that they have to go out at night

Water and sanitation projects enable families to build a toilet, have access to clean water, and to learn about handwashing and other hygiene principles.

Dignity is restored when the whole family can use a private, hygienic toilet at their home and no longer have to squat in the bush.

And here are some more reasons for Toilet Twinning:

- Every day over 700 children under five die from diarrhoea linked to unsafe water sanitation and poor hygiene.
- 1.7 billion people don't have somewhere safe and hygienic to go to the toilet.
- The lack of a toilet makes women and girls a target for sexual attack as they go to the toilet in the open late at night
- Children worldwide miss 443 million school days each year because of dirty water and poor sanitation

For a donation of £60 you can twin your loo with a family's household latrine in a vulnerable community in a country of your choosing. You will get a certificate complete with photo and GPS coordinates so you can look up its location on Google maps. See toilettwinning.org.

ANAGRAM

The answer to the anagram is DEHYDRATED.



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



UPSHIRE MOTHERS' UNION

In November Sue McKinley gave us a very interesting talk about 'The Peasant Poet, John Clare', thank you Sue.

Sue became interested in John Clare due to her mum's love of poetry and John Clare being one of her favourite poets. When Sue started working at the Suntrap Centre at High Beach, she found out the Centre was built on the site of an old asylum and John Clare had been a patient there.

On 13th July 1793, in their tiny cottage in the village of Helpston, Ann and Parker Clare gave birth to twins, a robust little girl, Bessie, who sadly died just a few weeks after her birth and John, a very little baby. His parents were very poor, his father was a farm worker, he was also a good ballad singer. John was always a small child but led a normal happy childhood. John was a very good observer and had a very good memory. Wanting the best for her son, Ann managed to save money to send him to school where he could learn to read and write. John would do anything to earn a few pennies to buy books off of street traders. Also, by helping his father in the fields he earned enough money, to pay for himself, to go to a Vestry school. John wrote about everything that went on around him, especially very descriptive details about everything happening in the countryside.

Just before John left the Vestry School, at the age of 12, he met a little girl, Mary Joyce, aged 8. They became inseparable, doing everything together but at 21 Mary disappeared, John was devastated and never found out why. A year or so later, he met Martha Taylor (who was known as Patty). She was the total opposite to Mary. In 1820 he and Patty married. Their first child was born in 1820 in the little cottage where they lived with his parents.

John had been writing poetry for many years when he was persuaded to have a book of poems published. People went mad for his book and started to visit the village to see the 'Peasant Poet', (which John didn't like). His book earned him a lot of money. He was taken to visit London, where he lived a fashionable life for a while and he met many people, including Keats. It all became very stressful, and he started to have fits and become unwell.

He went on to have four more books published. They then became unfashionable, and the money stopped coming in. He carried on writing, but his periods of illness became more and more. By this time, John and Patty had six children, and had outgrown the cottage. They moved three miles to the village of Northborough. John was upset about the move and leaving the countryside and his illness got worse. Patty found it hard to cope and looked for help. She was told about an asylum in High Beach, Essex, run by Matthew Allen.

His admission entry stated: John Clare, aged 44, 1st July 1837, admitted by his wife.

Matthew Allen was an extraordinary man, he had theories beyond the years. One theory was that the mind should be encouraged to learn and not be left in silence.

Matthew bought 3 houses in High Beach. One was for more serious patients, one was for women, run by Matthew's wife, and one for men.

John was allowed to go out on his own and he loved the forest and the forest walks, even as far as St John's Church in Buckhurst Hill. Many environmental issues are recorded in his poems, as they are written in such great detail, they can tell the approx. time different things became extinct in the forest.

John started to have hallucinations where he believed Mary was his wife, although there were many lucid times where he knew Patty was his wife. He became desperate to see Mary, but little did he know that she died in a house fire the year before he went to High Beach. He decided to leave the High Beach asylum and walk back to 'Mary'.

When he arrived in Northborough, someone who knew him, took him home to Patty. Again, Patty found it difficult to cope and he was admitted to St Andrew's asylum in Northampton. He spent 23 years at St Andrews until he died on 20th May 1864 aged 71. He wrote some of his best work while he was at St Andrew's. After he died his body was taken by train back to the Village of Helpston and buried in the churchyard there. Every year on his birthday there is a festival in the village in memory of him. Their little house in the village is now a museum.

Our next meeting is our AGM, on 25th January, in the Village Hall, followed by tea and cake.
Tea Hostesses: Mrs G Negus and Mrs J Brewster. Raffle: Mrs S McKinley.
Further information from Ann Smith on 01992 767809.

ST THOMAS' CHURCH COMMUNITY LUNCHEES 2023

WINTER WARMER LUNCH - WEDNESDAY 18th JANUARY
WINTER WARMER LUNCH - WEDNESDAY 15th FEBRUARY
SPRING LUNCH - WEDNESDAY 15th MARCH
SPRING LUNCH - WEDNESDAY 19th APRIL
SPRING LUNCH – WEDNESDAY 18th MAY
SUMMER LUNCH – WEDNESDAY 14th JUNE
SUMMER LUNCH – WEDNESDAY 19th JULY
SUMMER LUNCH – WEDNESDAY 16th AUGUST
AUTUMN LUNCH – WEDNESDAY 13th SEPTEMBER
AUTUMN LUNCH – WEDNESDAY 18th OCTOBER
AUTUMN LUNCH – WEDNESDAY 15th NOVEMBER
CHRISTMAS LUNCH – WEDNESDAY 6th DECEMBER

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.

GROWERS CORNER

With a very cold, snowy spell after a very hot summer the weather drives us mad trying to second-guess what to grow in the coming 2023 season.

Planning is everything, bearing in mind what you have to hand to get ahead of the game. A greenhouse, conservatory, cold frame and cloches can all be a great help to getting a good start for the season.

Make sure your tools and equipment are clean, oiled and sharp ready for use.

Keep a sharp eye out for the first of the season's snowdrops, once they are out the rest of the bulbs will bloom in order.

Get your old chimney pots and straw ready if you are going to force this year's crop of rhubarb to perfection.
Stephen

As each new day dawns, let's be open to the joy of the unexpected.

50/50 CLUB

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

1 st : £35	No. 22	Jean Bregenzer of Chingford
2 nd : £25	No. 66	Carol Wilkins of Loughton
3 rd : £15	No. 73	Colin Wackett of North Pickenham, Swaffham

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

It is now time to begin Draw 11 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 11

January to June 2023

I wish to become a member of St Thomas' 50/50 Club and 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 cash/cheque of £12 per entry (maximum 2 per person). Please make cheques payable to **St Thomas' Church** and return your entries to Lyn Wackett, 94 Upshire Road, Waltham Abbey, EN9 3PA.

Name:

Address:

Telephone:

TEDDIES FOR TRAGEDIES

A message from Tricia Gibb from Teddies for Tragedies:

"As ever, a big thank you for all the Teddies and bags which I have received since my last Newsletter to you. Thanks to you all, I have been able to send over 500 Teddies to new homes over the past few months. Some have gone to charities helping Ukrainian refugees, including a welcome centre for them near Edinburgh. Nearer home, the St Albans charity helping refugees has taken a bag of Teddies to distribute among the refugee children accommodated in local hotels. A local food bank has accepted my offer of 200 Teddies to include in their parcels of food for their clients.

I have sent two parcels of Teddies to be distributed in time for Christmas among children in hospital in the Midlands as well as the North of England (where some may also go to a food bank).

In November a lady who took Teddies a few years ago to the hospital she is supporting in Uganda took another 100 on her latest trip there – her first since before the pandemic.

In July, in response to an enquiry from a knitter who lives in that area I was pleased to supply her with 100 Teddies for the Cambridgeshire Police and Ambulance Service to be handed out to comfort children caught up in accidents or other emergencies etc.

In September I sent some Teddies to the Sailors Society. They are based in Southampton and like to hand one to sailors visiting our ports, especially if they are facing tragedy at home – for example Ukraine – or have been away for months at a time so they will have something to give their children on their return home.

Thank you again for your support. Here's to another year of bringing a little happiness to children affected by the terrible events in the world.

THANK YOU! Tricia

PS If you have any suggestions of places where Teddies could be sent please let me know.

Email: gibb.7@ntlworld.com 01727 866734"

If anyone is interested in knitting Teddies, patterns are available from Lyn & Dave Wackett, 01992 711573. If you prefer to sew rather than knit, Teddy bags should be roughly 10" x 13", made of cotton material with a drawstring top. Thank you.

A letter from James Campbell, Chief Executive of Blythswood Care

Dear Friends at St Thomas' Church,

Thank you for your kind monetary donations towards the work of Blythswood Care.

Your support for Blythswood's Shoe Box Appeal (134 boxes this year) helps to deliver practical aid and sends a powerful message that somebody cares.

Last winter Mihai Micula delivered boxes to a home for orphaned and abandoned children in the county of Satu Mare, northwest Romania. The carer told him that, after he left, many of the teenagers had started to cry, hugging the presents which they had been given

"She explained that these young people keep asking themselves what is wrong with them, that no-one in their families wanted them," Mihai said. "Their story was so sad to hear. Some of them had slept with the Christmas box close to them."

It was the French writer Victor Hugo who famously said that the greatest happiness in life is the conviction that we are loved. The apostle John, who knew Jesus so well, was less vague: "*See what great love the Father has lavished on us, that we should be called children of God!*" (1 John 3:2)

Your gift helps shoebox distributors like Mihai to show the love of God in a practical way. Thank you very much indeed.

Your sincerely, James Campbell.

ICE WORDSEARCH

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

ACCOMPLICE	NICENE
ADVICE	NICER
APPRENTICE	NICETY
ARMISTICE	NOVICE
AVARICE	OFFICE
BICENTENARY	ORIFICE
BICEPHALOUS	PLAICE
CAPRICE	POLICE
CHALICE	POULTICE
CHOICE	PREJUDICE
CICELY	PRICE
CREVICE	PRICELESS
DICENTRA	PUMICE
DICEY	REJOICE
DORMICE	RETICENT
ENTICE	RICE
ICEBERG	SACRIFICE
ICECREAM	SERVICE
ICELANDIC	SLICE
ICENI	SLUICE
INDICES	SOLSTICE
INJUSTICE	SPICE
JAUNDICE	SURPLICE
JUICE	THRICE
LICE	TRICEPS
LICENCE	TRICERATOPS
LICENTIOUS	TWICE
LIQUORICE	VICE
MAGNIFICENT	VICEROY
MALEFICENT	VOICELESS
MALICE	WOODLICE
MICE	

```

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

```

Conscientious A minister walked into his church office and found his eager young assistant minister had emptied a huge box of various teaching resources that had been sent to the

church, including a Noah's Ark for the very young children. The assistant had most of the animals lined up along the desk, and he was searching for more. "Whatever are you doing?" asked the minister in bewilderment. The assistant minister looked up eagerly. "The box clearly said: 'Do not use if seal is broken'. So - I'm looking for the seal."

Your Cat's 10 top New Year's Resolutions

1. My human will never let me eat their pet hamster, and I am at peace with that.
2. I will not use the bathtub to store live mice for late-night snacks.
3. I will not play 'Thundering Wildebeest Stampeding Across the Plains of the Serengeti' over any humans asleep in bed at night.
4. When it rains, it will be raining on all sides of the house. It is not necessary to check every door.
5. I will not play 'dead cat on the stairs' while people are trying to bring in groceries or laundry, or else one of these days, it will really come true.
6. When my human is typing at the computer, their forearms are not a hammock.
7. TV screens do not exist to backlight my lovely tail.
8. I will not suddenly freeze and puff my entire body to twice its size for no reason after my human has watched a late-night horror movie.
9. I will not perch on my human's chest in the middle of the night and stare until they wake up.
10. Above all, I will not walk on the key board when my human is writing important adagfsg gdjag ;lnk*?!

Oops! A father had given his daughter a young puppy for Christmas. Next day, he found her in the kitchen, looking sadly at a puddle in the centre of the floor. "Look Dad," she said, "My pup runneth over!"

ANDREW D CROWLEY
Independent Funeral Director

Personal – Caring – Professional

Cremations – Direct Cremations – Burials
24 Hour Service Private Chapel of Rest
Ecclesiastical Funeral Plans available

Your local independent funeral director covering
Waltham Abbey, Upshire, and all local areas

17, Sun Street, Waltham Abbey, EN9 1ER

01992 763777

www.adcrowleyfunerals.co.uk

Email: enquiries@adcrowleyfunerals.co.uk

An Independently Owned and Run Company

Member of the National Association of Funeral
Directors

UPSHIRE VILLAGE HALL

Large hall with stage & spacious kitchen.
Ideal for weddings, parties or fundraising events.
In pleasant country surroundings with large car park.
Small hall also available for hire
Bookings: Karen 07432 532621

3 FOOD 4 YOU

No assessment or referral needed, just drop in
We 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
1pm at 13 Sun Street, Waltham Abbey

If you require urgent support please contact us:
01992 842642, email info.3food4u@gmail.com

Volunteers & 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!

MATTHEW'S PLANTS

Hadley Nursery, Tylers Road,
Roydon Hamlet, Essex CM19 5LJ
01279 793539

www.matthewsplants.co.uk

*Growers of Quality Bedding Plants, Perennials,
Shrubs, Hanging Baskets & Containers*

Delivery & Container Planting Service available

If you would like to advertise in the Newsletter, the
rates are:

1/4 page advertisement £5 a month or £50 per year
1/2 page advertisement £10 a month or £100 per year
3/4 page advertisement £20 a month or £200 per year
Full page advertisement £40 a month or £400 per year

Cheques payable to 'St Thomas Church Upshire PCC'

Enquiries to Lyn Wackett, 94 Upshire Road,
Waltham Abbey EN9 3PA 01992 711573

Flowers by Danielle

Special Offer: **10% OFF*** with this advert

~Weddings ~Funeral tributes
~Traditional occasions ~Corporate ~Local deliveries

1A South Place, Waltham Abbey, Essex EN9 1EP 01992 768400/07957 659173
www.flowersbydanielle.co.uk info@flowersbydanielle.co.uk

*Min spend £25

We are grateful to all those who, by advertising, help to finance the production of the Newsletter. However, the PCC and members of St Thomas' Church accept no individual or joint liability for the veracity of any of the advertisements contained in the Newsletter nor for the quality of any of the work or services offered.

ABBNEYFIELD SOCIETY – WALTHAM ABBEY

WARBURTON LODGE, MEADOW CROSS EN9 3DJ

VACANCIES AND RESPITE ROOMS AVAILABLE NOW FOR THE OVER 60's

Rooms with en-suite facilities, rent includes meals, heating, lighting, laundry & cleaning
Communal dining room, lounges, and gardens. All rooms have fridge, kettle, and toaster.

Call or email to book a visit to see what we offer

Tel; 01992 719003 Email; manager@abbeyfieldwa.co.uk

Registered Charity 221563