

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

April 2023



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This Newsletter is free: donations to Lyn Wackett. Copy date for May Newsletter: 14th April

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 APRIL

Saturday 1 st	3-4pm SEEDLINGS meet in the church
Sunday 2 nd	Palm Sunday 9.15am HOLY COMMUNION Readings: Matthew 21:1-11 Matthew 26:14-end of 27
Sunday 9 th	Easter Sunday 9.15am HOLY COMMUNION Readings: Acts 10:34-43 either John 20:1-18 or Matthew 28:1-10
Sunday 16 th	Second Sunday of Easter 9.15am HOLY COMMUNION Readings: Acts 2:14a 22-32 John 20:19-end 2.30pm ANNUAL PAROCHIAL CHURCH MEETING in church
Wednesday 19 th	11.30am for 12noon-2pm SPRING LUNCH in the church – 07899 846711 to book – please let us know if you have to cancel. Thank you.
Saturday 22 nd	7.00pm Musical Quiz Night in church
Sunday 23 rd	Third Sunday of Easter 9.15am HOLY COMMUNION Readings: Acts 2:14a, 36-41 Luke 24:13-35
Wednesday 26 th	2.15pm Mothers' Union meet in the Village Hall
Saturday 29 th	3-4pm SEEDLINGS meet in the church
Sunday 30 th	Fourth Sunday of Easter 9.15am HOLY COMMUNION Readings: Acts 2:42-end John 10:1-10 2.30-4.30pm AFTERNOON TEAS in the church
Sunday 7 th May	Fifth Sunday of Easter 9.15am HOLY COMMUNION Readings: Acts 7:55-end John 14:1-14

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:

Can you see the cross? Look at the cross”.

These are words I have been hearing a lot lately. A recent bout of eye trouble has meant I have spent a fair bit of time at the eye clinic staring into machines focusing on the crossed lines so that can examine my eyeballs.

The cross is a ubiquitous symbol, seen everywhere from scanners in eye clinics to targets at archery ranges, from road junctions to product logos, everywhere we look we can see a cross.

For Christians the cross is the chief symbol and defining reality of the Christian faith and yet for many people these days – it's just another symbol amongst many they see about the place, wear as decorative jewellery or ignore completely.

Yet despite this the cross still retains much of its power to inspire, to shock and to support peoples faith that the world can change and be a better place.

At the height of the Second World War, the city of Coventry suffered heavy bombing raids, and its medieval Cathedral was all but destroyed. One November morning in 1940, after a particularly damaging attack, a young clergyman - Philip Wales - was picking over the mountain of rubble where once a great cathedral stood. Philip's daughter Mary takes up the story.

“It was later exploring the ruins by himself that he found lying on the ground, under the burnt out beams, the enormous medieval nails which had held these beams in place - they are extraordinary - they are so large. I would say the ones I'm looking at the moment are about 18" long and some are bigger than that. They are beautiful in their own right, as if a craftsman had made them.

My father brought a handful of them home. Moving these nails around on the kitchen table, they seemed to move easily into place as a cross. My father found a firm in Coventry who were able to weld these nails together and another firm who put a coat of silver to cover them.

When the designs were made for the new cathedral, it was decided right from the very beginning that these nails must have a special place in the new cathedral.”

The Coventry cross of nails came to symbolise not just the suffering of war, but also the hope of survival, of resurrection. Today the Cross of Nails community at the rebuilt Coventry Cathedral takes its distinctive symbol to war-zones around the world, to inspire peace and reconciliation. The now Archbishop of Canterbury Justin Welby was for a time leader of this community and travelled with the cross. He said

“There is a power within the cross which reaches deep into the human heart and into the human emotions, that challenges hatred and challenges unforgiveness, and challenges a commitment to violence.”

As Christians we gaze upon the cross of Good Friday knowing that the horror of that day is only part of the story. For after the tears comes the joy. The famous sermon says, “It's Friday, but Sunday's coming!”

There's no Easter Sunday without Good Friday. There is no resurrection without the Cross.

My prayer this Easter is that the cross can once again speak this message into the wider world – that once again people will gaze on the cross and recognise it as a the symbol of healing, sacrifice, reconciliation, hope, and love that God meant it to be.

For I truly believe that when they do that they cannot help but be transformed by this most simple of symbols that is the gateway to the worlds salvation.

Happy Easter everyone!

Rev Jane Y

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, it all makes for interesting reading.

GOOD NEWS! Upshire Post Office re-opened on 21st March! The Post Office counter is open between 9am and 6pm Monday to Saturday. It's good to have it back.

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, Maureen, Carol & George, Beverly, Terry, Jackie, Jean, Andrea & her Mum & Dad, Nina, Carmel & the Price family, Tim, Dave, Pat, Kathrine & Paul, Nigel, Lola & Steve.

CHURCH FLOWERS

APRIL and SPRING beckons albeit with a slow start for this year, at least the lighter days will encourage our gardens to start moving at last. LENT continues through to 8th April when we will fill the church with Easter Lilies with memorials recorded in the dedication book. Remember to place your order (£2.50 per stem) in advance to ensure your details can be included. Please feel free to come and join the Flower Arranging team from 10am on Saturday 8th April to create the displays – all are welcome.
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.

STAMPS

Please continue to save your postage stamps and foreign or out of circulation coins as the charities we support can use them to raise funds. At present we collect the coins for Essex and Herts Air Ambulance and stamps for St Clare Hospice. Stamps and coins can be left with Lyn & Dave at 94 Upshire Road – please leave in the porch if no reply. Please leave about ½" of envelope around the stamps. Thank you.

WHY NOT JOIN US FOR A FUN EVENING ON 22nd APRIL?

A Quiz Evening with a difference all about music. All types of music including Classics, Pop, TV themes, Adverts and many others. You don't have to be a classical music genius!
St Thomas' Church, Upshire, 7.00pm (doors open at 6.30pm)

Cost £10 to include hot drinks, cakes and nibbles. (Anything stronger please feel free to bring with you)
Maximum table size 8 people but don't worry if you're on your own or can't make up a table, just come anyway and you can maybe make some new friends.
Please pre-book for catering and safety purposes. Tel: 07899 846711.
Look forward to seeing 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.



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 Finances

For the 3rd year in a row, in 2022 St Thomas spent more money than it received. For the unrestricted funds there was a deficit of nearly £10,000.

The majority of the church's income to unrestricted funds comes from fundraising and donations. In 2022 it received £10,800 from fundraising and £13,500 from donations including income tax recovered via gift aid. In addition, it received £2,600 from fees for weddings and funerals.

The largest item of expenditure is the Diocesan Parish Share. The Parish Share enables the diocese to fund clergy stipends, National Insurance, pensions, clergy housing, training for clergy, ordinands and lay people and support services for parishes. In 2022, the total cost was £23,839. An additional £10,000 was spent running the church. This includes the cost of heating and insurance, payment for the organist, and general administration costs. Nearly £2,000 was spent on fund raising.

The church had been able to run with a deficit for the last few years because it received some generous legacies, but it cannot carry on spending more than it receives. The good news is that the Diocese had changed the way they calculate the Parish Share and so in 2023, it will only be £15,448. Hopefully this will mean a reduction in the overall spending but electricity costs will be higher in 2023 and other items are also likely to increase so it is not possible to say how much spending will be reduced by. Also, it depends on there being no unexpected major expenses.

Therefore to reduce the deficit there needs to be an increase in the amount raised by fundraising and/or an increase in the income from donations. The Church holds a number of fund-raising events throughout the year, run by a small group of volunteers. Details of these events are in the Church newsletter. Please come along and support them. Additional volunteers to help run them are also welcome, especially for the afternoon teas. You don't need to commit to regularly helping, occasional helpers are also welcome. If you would like to be involved, please contact me.

Thank you to everyone who has donated money to the church in the last year. Many people donate regularly directly to the church bank account and this is very helpful as it ensures a regular income. Also many people gift aid their donations which enables the church to claim back the income tax. If you are interested in regular giving or gift aid, please contact me. One off donation can be made in cash when the church is open. They can also be made by a direct payment to the church bank account. Details are given elsewhere in the newsletter. They can also be made via the Welcome page of the church website <https://stthomaschurchupshire.com/> or via this QR code:



Please consider how you can help St Thomas' Church continue to serve the local community.

Ruth Moore ruth4366@gmail.com 07852 668633

ST THOMAS' CHURCH COMMUNITY LUNCHES 2023

SPRING LUNCH - WEDNESDAY 19th APRIL
SPRING LUNCH – WEDNESDAY 17th MAY
SUMMER LUNCH – WEDNESDAY 21th JUNE
SUMMER LUNCH – WEDNESDAY 19th JULY
SUMMER LUNCH – WEDNESDAY 16th AUGUST
AUTUMN LUNCH – WEDNESDAY 20th 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.

CHURCHWARDEN'S CHATTER & GROWERS CORNER

Due to illness there are no Churchwarden's Chatter & Growers Corner articles this month. We offer our prayers that Steve will make a speedy recovery.

ANAGRAM

Unscramble this 11 letter anagram: ACOMEDYTURN. Answer elsewhere in the Newsletter.

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

UPSHIRE MOTHERS' UNION

One of the Mother's Union projects that Upshire branch supported this year is 'Away From It All'. It is a holiday scheme for disadvantaged families, primarily funded by Mother's Union members. It provides the opportunity of a break to those who may be experiencing stress or difficulties in their family life and would otherwise not have the opportunity of a holiday. An average of 2,500 people are supported by this project each year. It enables families to spend time together away from their stressful situations, engage in activities and have fun together.

Mothers' Union's involved with AFIA will:

- Help fund part of the cost of a holiday

- Cover a family's travel expenses,

- Pay for a whole holiday or day trip

- Organise family weeks for groups of families to have a break with activities and outings.

Amongst those that have received help via AFIA are a mother and her 10-year old son who live in Wales. Referred by a substance misuse social worker who has been working with the mother for eight years, she and her son were granted a caravan break from Mothers' Union, following a year of mum having been free from alcohol. Despite apprehension if she would be able to take her son and how they would cope with the trip, both of them managed very well. Supported by their social worker who was at hand to offer transport and kept in touch with them daily, they enjoyed new found freedoms such as swimming and riding bikes around the park. The social worker shared that the mother looked rested after the trip and that she had surprised herself how well she had done throughout the week. This time together away from the daily stress had given them back a lot of self-confidence and for the first time in his life the son was able to return to school to tell them that he had been on holiday. The relationship between the mother and her son was also strengthened by making positive memories of a good holiday together.

In another area of the UK, pupils from a deprived school were enabled to visit the Belgium battle fields as part of their education with an AFIA donation towards their trips costs. The students shared their amazing experience: "Thank you to Mothers' Union for supporting our visit to the battlefields in France and Belgium. When we were at the cemeteries I was amazed at all the graves. I looked at the names of the soldiers and discovered that they were all very young. We went to the trenches that were muddy and wet. The best part of the visit for me was watching the Last Post ceremony. It was very sad. I now know that thousands of soldiers died in the battles and that it is important to remember the bravery of the soldiers in World War 1." The trip made a lasting impact as the teacher shared with us that the class were still talking about it months later!

These are just two examples of the varied types of breaks that Mothers' Union members arrange to suit the needs of those applying for assistance.

Families hoping to have an AFIA holiday don't have to be a member of a church or the Mother's Union organisation.

Would you or someone you know benefit from an AFIA holiday, if so, visit www.mothersunion.org/afia-application-form to start the application process.

This information is sent on to a local Mothers' Union holiday coordinator who will then contact the family. (Please note: people can nominate themselves or their friends but anyone applying for a holiday will also be asked to provide details of someone who knows them in a professional capacity, such as a vicar, teacher, or social worker). There was no meeting in February.

Our next meeting on 26th April will be in Upshire Village Hall at 2.15pm, where our speaker Bill Marshall will be giving us 'An Insight to the RAF and Scouts'.

This will be followed by tea and cake. All are welcome.

Tea Hostesses: Sue McKinley and Eleanor Huxter. Raffle: Lyn Wackett.

Further information from Eleanor Huxter on 01992 892869.

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WALTHAM ABBEY FLOWER CLUB

We meet on the 4th Tuesday of the month at Waltham Abbey Community Centre, Saxon Way, EN9 1QD
Our door opens at 1.30pm for a 2pm start and we finish at 4pm.

We have a raffle and a sales table.

Our membership fee is £30 per year with a £3 entry fee to each meeting, or you are welcome as a visitor, entry fee is £7. This includes refreshments and homemade cake.

We have added a £1 entry to meetings when we have a paid demonstrator due to the extra cost.

Here is our programme for this year:

25 th April	Workshop by Irene
23 rd May	Talk and demonstration by Victoria Robertson "The future of Flower Arranging"
27 th June	Outing TBA
25 th July	Demonstration by Pam Cantelow "The Joy of Flowers"
No meeting in August	
26 th September	Social Afternoon Tea
24 th October	AGM (approx. 20 mins) then workshop by Chris Beales
28 th November	Demonstration by Morag Bennett "It's nearly Christmas"

We look forward to seeing you, all are welcome!

Chris 07792 594443

ANAGRAM

The answer to the anagram is DOCUMENTARY.

50/50 CLUB

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

1 st : £35	No. 5	Carol Ward of High Laver, Ongar
2 nd : £25	No. 37	Ellen McGowan of Gravesend
3 rd : £15	No. 43	Alice Edge of Upshire

Thank you to all our members who have renewed their subscription. It's not too late to join the 50/50 Club - there are monthly draws and the entry fee is £12.00 every six months (or £2 for every month of membership). Contact Lyn Wackett on 01992 711573 or email lynanddaveuwackett@hotmail.co.uk for further information.

OTHER EASTER SERVICES

Maundy Thursday: Service in Waltham Abbey Church with "Watch" until 10pm.

Good Friday: 12 noon to 3pm: Readings, Reflections and music in Holy Innocents Church, High Beach.

EVENTS COMING UP

13th May CRAFT FAIR in Upshire Village Hall, 10.30am to 2.30pm.
14th May PLANT SALE in the churchyard
24th May Upshire Mothers' Union invite you to a CREAM TEA AFTERNOON in the Village Hall, 2-4pm
4th June Concert by ENFIELD BRASS BAND, 3.30pm
More details about these events in the May Newsletter.

9th April: EASTER, the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for the first Good Friday: Friday 7th April 30 AD or Friday 3rd April, 33 AD with Easter Day falling two days later. Modern scholars continue to think these two Fridays to be the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22nd March, which last fell in 1818. The latest is 25th April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from *Eostre*, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month,' but may have confused her with the classical dawn goddesses like *Eos* and *Aurora*, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.

Sunday 16th April at 2.30pm – ANNUAL PAROCHIAL CHURCH MEETING

The APCM of St Thomas' Church will be held in church at 2.30pm when the accounts will be reviewed, past activities reviewed and elections held for church wardens, PCC members and sides-persons. Whilst everyone is welcome to attend the meeting, only those on the electoral roll are entitled to vote.

SUNDAY AFTERNOON TEAS

Sunday afternoon teas will begin again in the church on Sunday 30th April between 2.30 and 4.30pm. Come along to our lovely little church for home made cakes and a welcome cup of tea or coffee. You can either sit in the church and enjoy the occasional organ music or sit outside in the churchyard and admire the view from both the front and back of the church.

TENEBRAE – Service of Darkness

Set to the music of the 16th century composer Tomas Luis de Victoria. Sung by Choral8.

This year will see the third and final setting of the Tenebrae service and you are invited to join us in Holy Week on Wednesday 5th April at 7.45pm in the church of The Holy Innocents, High Beach.

Do come and listen to the music, psalms and readings that form the bulk of the service and join in with the prayers.

BRITISH ISLANDS 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.

AILSA CRAIG	INCHCOLM	SHETLAND	A G G I B Y S E A N C I T O T R E S C O
ANGLESEY	INNER HEBRIDES	SKOMER	R S O N E K L K O E S A U H O Y M I R N
ARRAN	IONA	SKYE	R N S N S S C T C L S T N N O L N K G A
BARDSEY	ISLAY	SOUTH UIST	A R L E I K T A A O E N A V O R N N S G
BARRA	JURA	ST MARY'S	N A E R N O O Y T R R L W C E E N I E I
BARRY	LEWIS	TARANSAY	W C I H P L E M H S D Y H O Y Y R E R D
BENBECULA	LINDISFARNE	THORNEY	Y A O E Y S U E E S H C R E R R R N Y R
BIGGA	LISMORE	TRESCO	F L W B D R B O A R N T L R A B Y R W A
BLACK NAB	LUNDY	UNST	S I L R M R B Y F I S L R H A W A I A C
BROWNSEA	MAN	WALNEY	T I A I I A Y A T H I E F O O H G R O B
BRYHER	MERSEA	WESTRAY	E B W D C A R A N N O A A D N H D L R G
BUTE	MUCKLE ROE	WIGHT	A O E E K S R S D K R L N G T I L L I A
CANVEY	MULL	WORM'S HEAD	L S R S L A O I H N C A Y E N S F A O A
CARDIGAN	NORTH STACK	WYRE	U I I E N Y S U E E L A U I Y I R F N C
COBMARSH	OLD HARRY	YELL	C R S S L F A Y T L T Q L R S C L G U P
COLL	ROCKS	YNYS LLANDOWYN	E A A M A K D R S H O L A B A L L Y I P
COQUET	ORKNEY		B Y R R O N C Y T C U M A S L E A T A E
DENNY	OUTER HEBRIDES		N U N U U R N U N S T I L N S L S N Y H
EIGG	PEWIT		E E T L J Y E A M S E I S E D E U K D L
ERISKAY	PITSEY		B D A E H S M R O W A W Y T Y E S M A R
ERISKAY	POTTON		
FAIR ISLE	PUFFIN		
FARNE	RAASAY		
FOULNESS	RAMSEY		
HARRIS	RONALDSAY		
HAYLING	RUM		
HOLY ISLAND	SCILLY		
HOY			

THE VICAR'S MISTAKE

A young married couple saw an advertisement in the paper: HOUSE TO LET, apply to the vicar who has the letting of it. So they decided to go to have a look at it, on their return home they suddenly remembered that they had not noticed where the WC was so they wrote to the vicar who had shown them over the house asking where it was.

Being ignorant of the term WC he thought they meant Wesleyan Chapel. Imagine the couples' surprise when they received the following letter:

Dear Sir,

I regret to inform you that the nearest WC in our area is 5 miles away, that is rather unfortunate if you are in the habit of going regularly.

However it may interest you to know that many people take their lunch with them a make a day of it, by the way it is built to accommodate 1,000 people and it has been decided to replace the wooden seats with plush ones to ensure greater comfort especially for anyone who sits a long time before the proceedings begin.

Those who can spare the time walk, others go by train and get there just in time.

There are special facilities for the ladies presided over by the vergar who gives them all the assistance they need. The children sit together and sing during the proceedings.

The last time my wife went was 12 months ago and she had to stand all the time.

Hoping this will be of use to you and trusting you will be able to go regularly.

Yours truly,

The Vicar.

PS Hymn sheets will be found hanging behind the door.

Outside

A little boy had spent all afternoon playing outdoors, and accidentally left his jacket at the end of the garden. When his mother realised this a couple of hours later, she told him to go back and get it. But by now the garden was dark, and so the little boy hesitated. "Don't be frightened," she said. "The Lord is out there too." That gave the little boy an idea. He opened the back door and called softly: 'Lord, please could you pass me my jacket?'

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