

# ST THOMAS' CHURCH, UPSHIRE EN9 3SS

## NEWSLETTER

### June 2023



St. Thomas' Church  
Upshire

Rector: Revd Peter Smith, 01992 767897  
Team Vicar: Revd Jane Yeadon, 07960 604416. Email [janeyeadon@gmail.com](mailto: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](mailto:lynanddavewackett@hotmail.co.uk)

This Newsletter is free: donations to Lyn Wackett. Copy date for July Newsletter: 14<sup>th</sup> June

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 JUNE

Saturday 3 <sup>rd</sup>	3.00-4.00pm	SEEDLINGS meet in the church
Sunday 4 <sup>th</sup>	TRINITY SUNDAY 9.15am HOLY COMMUNION Readings: Isaiah 40:12-17, 27 to end	Matthew 28:16-end
Sunday 11 <sup>th</sup>	1 <sup>st</sup> Sunday after Trinity 9.15am HOLY COMMUNION Readings: Hosea 5:15 – 6:6	Matthew 9:9-13, 18-26
	2.30-4.30pm AFTERNOON TEAS	
Sunday 18th	2 <sup>nd</sup> Sunday after Trinity 9.15am HOLY COMMUNION Readings: Exodus 19:2-8a	Matthew 9:35 – 10:23
Wednesday 21st	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.	
Sunday 25 <sup>th</sup>	3 <sup>rd</sup> Sunday after Trinity 9.15am HOLY COMMUNION Readings: Jeremiah 20:7-12	Matthew 10:24-39
	2.30-4.30pm AFTERNOON TEAS	
Sunday 2 <sup>nd</sup> July	4 <sup>th</sup> Sunday after Trinity 9.15am HOLY COMMUNION Readings: Jeremiah 28:5-9	Matthew 10:40-42

#### ELECTRONIC NEWSLETTER

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

#### NEWSLETTER 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.

## **THE VICAR WRITES:**

This month sees the start of “Ordinary Time” that time in the church calendar that’s marked by the long span of Sundays after Trinity and the colour green. Running as it does till the beginning of Advent at the end of November it’s the longest uninterrupted season of the Church year.

The word "ordinary" as used here comes from the ordinal numerals by which the weeks are identified or counted. In linguistics, ordinal numerals differ from cardinal numerals in that they measure the sequence of something (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> etc) rather than the amount of something (1, 2, 3 etc.)

It’s no wonder that ordinary time is sometimes seen as the poor relation of church seasons – there are no great festivals to celebrate, no special seasonal hymns to sing, indeed it’s so unremarkable the best name that could be thought up for it relates to how its numbered.

Well I am writing here today to champion Ordinary Time and to show you why I think it’s worth bothering with.

Godly play calls Ordinary Time “the great green growing season” an apt name not just for its liturgical colour but for the fact that it’s a season that spans summer and autumn. These are the times in which our fields and hedgerows are at their most abundant, the time in which much of our food is grown and stored for winter and the time when we often take a rest from work, school and the pursuits that keep us so busy much of the time.

In our churches Ordinary Time allows us much the same in our life with God.

The long span of time allows for more continuous reading from the Bible allowing for the exploration of some of the longer more involved stories and to help us build links between the short passages that are read in church each week. The time can also allow for the exploration of other themes such as creation and the environment, and for creative responses to saints’ days that we just don’t have time for in the shorter busier seasons.

We can then harvest the knowledge we gain to build us in our faith and to help us to understand the greater mysteries of the church presented in the seasons of Christmas and Easter.

It's also a time we can rest with God, to spend time listening to his word, to talk with him in prayer, to relax and just enjoy his presence.

In a world that seems to expect everything to be extraordinary all the time, I pray that this summer you can re-discover the joy of the ordinary. That the small, simple and steady things of life can nourish and enrich you – for it is there that I believe that the joy of God can truly be found.

Blessings,  
Revd Jane Yeadon  
Team Vicar St Thomas, Upshire and Holy Innocents, High Beech

## **PRAYER REQUESTS**

You are invited to offer names to be added to our prayer diary to remember those who are unwell or unhappy. First names only are required as God will know who we are praying for.

Contact Lyn Wackett on 01992 711573 or email [lynanddavewackett@hotmail.co.uk](mailto:lynanddavewackett@hotmail.co.uk)

This month we pray for Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Anne, Pam & John, Barbara, Vernon, Mal, Louise, Sue, Ann & Cyril, Rosalind, Doreen, Maureen, Carol & George, Beverly, Terry, Jackie, Jean, Andrea & her Mum & Dad, Nina, Carmel & the Price family, Tim, Dave, Pat, Kathrine & Paul, Nigel, Lola, Steve & Val.

## **CHURCH FLOWERS**

May has given a complete profusion of colour which has been glorious alongside the Coronation celebrations. The Church was filled with flower displays created by the flower team to whom grateful thanks are extended, also to young Autumn who cleverly created a crown in pansy flowers.

For memorial dedications, wedding, anniversary or special occasion flowers contact Marion, 07789 643147.

## 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](mailto:Ruth4366@gmail.com)

If you are able to Gift Aid donations this increases your gift without any extra cost to yourself.



# ST THOMAS' SEEDLINGS

**1<sup>st</sup> 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 COMMUNITY LUNCHES 2023

## SUMMER LUNCH – WEDNESDAY 21<sup>st</sup> JUNE

## SUMMER LUNCH – WEDNESDAY 19<sup>th</sup> JULY

## SUMMER LUNCH – WEDNESDAY 16<sup>th</sup> AUGUST

## AUTUMN LUNCH – WEDNESDAY 20<sup>th</sup> SEPTEMBER

## AUTUMN LUNCH – WEDNESDAY 18<sup>th</sup> OCTOBER

## AUTUMN LUNCH – WEDNESDAY 15<sup>th</sup> NOVEMBER

## CHRISTMAS LUNCH – WEDNESDAY 6<sup>th</sup> 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

This year has been a very late spring so care must be taken when putting young plants and displays out in their final position. Make sure all of your plants are hardened off in a cold frame or similar before planting out, also hanging baskets and other displays. You can place old net curtains or horticultural fleece over them in the evening and remove in the morning until the risk of overnight frost is over.

Do not forget to water all your displays in the morning after breakfast daily and feed weekly to get the best results. The ground temperature has now risen enough to allow seeds to be sown directly into the soil enabling them to germinate to grow on.

With cold spells and such a late spring a large number of plants have been lost but wait a while longer before digging them up as they may shoot up from the base and all you have to do is cut back the dead wood and your plant will revive.

With such a harsh winter the annual 'Chelsea chop' will not be required this year.

A visit to the Chelsea Flower Show can be a great day out this month but also a very tiring one. It gives the gardener inspiration of what can be done at home plus you can see the plantsmen's latest varieties on show.

**GARDENERS NOTE** Free bagged compost ready for collection; ring 07960 809799.

Any donation to the church fabric fund would be appreciated. Thank you.

## ANAGRAM

Unscramble this 10 letter anagram: BEDPANAXLE . Answer elsewhere in the Newsletter.

## 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 The British Legion 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 1/2" of envelope around the stamps. Thank you.

## UPSHIRE MOTHERS' UNION

In April Bill Marshall gave us an interesting talk on an Insight in the RAF and Scouts.

Bill was born in 1945 in Writtle, he grew up in Elm Park and Ruislip moving to Upminster when he was 16.

Bill joined the Scouts at 12 and applied to join the Royal Air Force when he was 15½. He was accepted and joined when he was 16 at Royal Air Force Cosford. On his train journey to Cosford he noticed many other young men on the train and wondered if they were joining the RAF, the same as he was. When they arrived at their destination most of the young men all went to Cosford too. Bill joined as a Boy Entrant Trainee Photographer and spent 18 months at college at Cosford.

One of the lads Bill met was a member of the choir and having heard Bill sing asked him to join the choir. A perk of being in the choir was he didn't have to march to church, choir members were taken there earlier and robed up whilst the others marched their way to church.

Bill had been taught by his father how to make a Uniform Lanyard, therefore made his own rather than having to buy one. Soon other lads were asking him to make them one, he then had a little business going making Lanyards and charging 3d (old pence) for them.

Bill passed all his exams and passed out of college as a Lieutenant Air Craftsman. At 17 he became a Leading Air Craftsman/Leading Photographer. After six months he got promoted to Senior Air Craftsman. That rank meant he had to do evening shifts and on 24/48 hours stand-by and could be sent anywhere in the world.

In 1963 Bill got sent to Singapore Airbase to help with the trouble in Malaysia. While in Singapore he started helping with the scouts, on one occasion going on a day's expedition into the jungle. (The scouts were the children of the RAF staff on the base). He soon took over leading a Cub pack. Whilst he was in Singapore he joined the Rover Scouts and is still a Rover Scout now. Bill made friends with a lad, Cyril. On a visit home, for his sister Ann's birthday party, Bill took Cyril with him. Cyril has been in the family ever since as Ann and Cyril married.

Bill was stationed in Cyprus for 2½ years with the 13th Photographic Squadron. Bill took over running the Cub Pack on base in Cyprus. The Squadron got moved to Malta where he also ran the Cub Pack. After Malta, Bill came back to the UK to work in the Intelligence Centre. Here he copied films from WW1, as they were in need of repair.

After 9 months he was posted to Germany. He was head hunted to work in the mobile unit, working with other photographic interpreters. He also was there to 'sort out' the machines that process Type 11 and Type 12 Films. He spent 3 weeks working on the machines by rebuilding them. 6 months later he was promoted to Corporal.

Bill spent 14 years in the RAF, being stationed at many bases, to name a few RAF Cosford, Honiton, Gutersloh and Brampton JARIC (Joint Air Reconnaissance Intelligence Centre) where he started and finished his RAF career. His last role in the RAF was as a Problem Solver Photographic Analyst.

There is no meeting in June. Further information from Eleanor Huxter on 01992 892869.

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## **SUMMER IS ICUMEN IN**

The part of the churchyard which is managed to show us what Upshire's meadows looked like before 1900 comes into its own during the summer. Soon the Ox-Eye Daisies will be out and later the honey smell of Lady's Bedstraw, the herb which was once strewn on cottage floors and stuffed into mattresses will greet us as we round the corner to the south side of the church on sunny days.

The conservation area is not the only part of the churchyard worth exploring with careful feet and open eyes.

### ***Loudly sing Cuckoo***

Twenty years ago, on any Spring Sunday morning, it would not be unusual to hear parishioners swapping notes about when and where they had heard their first cuckoo of the year. Since the 1980s, cuckoo numbers have dropped by 65% nationally and some of us haven't heard that harbinger of Spring for several years.

We may not have heard the bird but two cuckoos have greeted the sharp-eyed leaving church this Spring. The wet weather made the north side of the churchyard perfect for Cuckoo Flowers also known as Ladies Smocks or, locally, Milkmaids. The delicate pale mauve flowers were dotted amongst the grass in front of the church providing an early nectar source for hungry emerging insects. The flowers can be white – in Shakespeare's Love's Labour's Lost they appear as 'Lady Smocks all silver white'. The folklore associated with them such as causing thunderstorms and attracting adders is largely doom-laden but for centuries the plant was used as a substitute for watercress. Its peppery leaves are the main food plant for the caterpillars of Orange Tip Butterflies so hopefully we can expect those pretty insects in the churchyard later in the summer.

In shadier parts of the churchyard, you might have spotted Cuckoo-pint flowers or Wild Arum Lilies, now gradually forming their spikes of berries which will be bright red by autumn. This plant has more colloquial names than any other wild flower, many of which are quite rude. It also has the distinction of having the longest name – "Kitty run up the road; jump up and kiss me". The most fascinating thing about it, however, is its method of pollination in order to bring about those beautiful but poisonous berries. What one sees, down under a hedgerow, is a leaf-like hood of paler green than its shiny arrow-shaped leaves. This hood, or spathe, corresponding to the white cones of our Easter Arum Lilies, is a bract folding round at its base to form a container for the male and female parts of the flower. The female ovules are below the male pollen-bearing stamens. Rising up into the fold of the spathe, is a poker-like structure which can be purple or yellow, hence its other name, Lords and Ladies. This is the spadix.

Probably the best way to understand how this arrangement works is to imagine ourselves in the role of small black flies coming out to feed as the evening draws in. From the bottom of the hedgerow comes the delicious foetid smell of ammonia and excrement. The smell is wafting from the spathe of a Cuckoo Pint flower made all the more volatile by the fact that the spadix has warmed up to 15 degrees higher than the surrounding air, triggered by the hormone called Calorigen. The hood-shaped spathe is a good place for a hungry fly to explore. You head for the warm spadix but the inside of the hood is slippery and you find yourself sliding down towards a ring of curved hairs below. You fall through the hairs into the flask-like room beneath. Frantically, you scrabble around trying to get out but you can't escape because the curved hairs you fell through act like a lobster pot. You are trapped for the night. The female stigmas fail to function during the night and the male flowers release a rain of pollen on to you. Dawn breaks, a gorgeous nutritious secretion from the female flower parts rewards you, the hairs which are trapping you shrivel up and you can crawl up and fly free. So what do you do later in the day when you smell another Cuckoo Pint? Repeat the performance but this time your hairy body is carrying pollen grains from your previous experience so when you are trapped for the second (and third and fourth.. time) you are fertilising the ovules of another flower which will swell into a spike of berries. It is a perfect piece of timing, temptation, reward and mutual benefit.

### **Sue McKinley**

#### **SUNDAY AFTERNOON TEAS**

Sunday afternoon teas will be held in the church on 2<sup>nd</sup> and 4<sup>th</sup> Sundays of each month between 2.30 and 4.30pm and will continue until the end of September. 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.

#### **ANAGRAM**

The answer to the anagram is EXPANDABLE.

## **ENFIELD BRASS BAND CONCERT**

We are sad to say that due to low numbers the Brass Band Concert due to take place on Sunday 4<sup>th</sup> June has had to be cancelled.

We are planning to have a LAST NIGHT OF THE PROMS concert on 17<sup>th</sup> September so to ensure that this concert goes ahead **PLEASE BOOK YOUR SEATS EARLY**. Thank you.

## **SUMMER FAIR**

Our Summer Fair this year will be on Sunday 9<sup>th</sup> July between 1.30pm and 5pm in the churchyard.

Donations of prizes for the tombola or raffle would be appreciated and can be taken to the church any Sunday after the service (10.15) or during Teas on 2<sup>nd</sup> & 4<sup>th</sup> Sundays between 2.30 & 4.30pm.

## **HI ALL!**

The Community Pay Back Team carry out mowing, strimming and hedge trimming when they are available for us at the church. This helps to keep our churchyard looking neat and tidy.

We would like to form a new group of voluntary church tidiers to meet on a regular basis if possible to assist in this work.

We already have one family member who has promised to mow around all his family graves and keep them tidy and if we could have others to do the same it would be a great help.

Please do not wait to be asked but contact Anne Smith on 07752 363285 as soon as possible to arrange sessions with others so that they can be practical and social events. Thank you.

## HIGH BEACH CHURCH

High Beach' Church is open is open every Sunday throughout May to September from 2.00 to 5.30pm for **Sunday Tea** with home made cake, tea and coffee. Everyone welcome.

## SHOEBOXES

With summer approaching, don't forget to save your shoeboxes if you're buying new shoes or sandals.

Last year we were able to send 134 shoeboxes filled with items such as hat, scarf & gloves, soap & flannel, toothpaste & brush, underwear, sweets, small toys, etc to needy people in Ukraine and countries supporting Ukrainian refugees. Boxes and any items to go in them can be left with Lyn and Dave at 94 Upshire Road. Thank you.

## NINEFIELDS YOUTH CLUB

Hazelwood Centre, Ninefields Estate, EN9 3EL. Tuesdays 18.00 – 20.00 and Thursdays 16.30 – 18.30 during term time. Secondary school year 7+. Football, music, cooking, art, themed nights, games, snacks. FREE – but please bring emergency contact details to your first session.

## **WALTHAM ABBEY TOURIST INFORMATION CENTRE – DAY TRIPS**

This year the Tourist Information is teaming up Flyby Travel Holidays to bring you a selection of popular day trips. Come and join us! To book call the Tourist Information on 01992 660336 or visit [www.flybytravelholidaysltd](http://www.flybytravelholidaysltd.com)

17<sup>th</sup> June: Broadstairs – Dickens Festival

22<sup>nd</sup> July: Whitstable (home of the oyster)

18<sup>th</sup> August: Clacton

18<sup>th</sup> October: Norwich

All trips are £25 per person and pick up from the Quaker Lane bus stop at 9am.

**Waltham Abbey Town Show**, Saturday 24<sup>th</sup> June from 12 noon at Town Mead Leisure Park, Brooker Road, Waltham Abbey, EN9 1JH. Stalls, food, Punch & Judy, Amazing Colour Maze, Bungee Run, Dash & Grab (Human Hungry Hippos) and lots more. Funfair open Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup>.

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Enquiries to Lyn Wackett, 94 Upshire Road,  
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## Flowers by Danielle

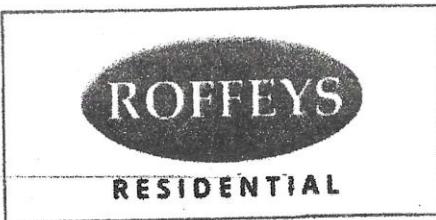
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## HOME SWEET HOME WORDSEARCH

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.

APARTMENT	HIVE	RECTORY	C H A T E A U T R P E M D N O I S N E P
ATTIC	HOLT	REFUGE	A H N T V S A N E O I T A W L O E H I L
AVENUE	HOSTEL	RESIDENCE	S E A E T O T N O N N V T E E R O G E O
BARGE	HOTEL	RIVER	T H N L B I T A A O A A T E R L S L C D
BARNCONVERSION	HOUSEBOAT	ROOF	L U E G E H C R T R C S M A N T L E G G
BELVEDERE	IGLOO	ROOKERY	E E N L O T E I A E O O W A Y O A I A I
BIRTHPLACE	LAKE	SETT	C O T U T T F C T H E O C R N N S R N N
BUNGALOW	LANE	SHED	L A S O E E O O C Y L M O S A S R I O G
BURROW	LIGHTHOUSE	SHELTER	N E B E H W R A R A F O O R T E E I A S
CABIN	LODGE	STABLE	O B R I S E M E G C K A R H T R S K U M
CAMPERVAN	LODGINGS	STREAM	I T E H N P A N V E Y O R M R N E I A P
CARAVAN	LONGBOAT	STREET	S T E L E W U T R I W R A M A O T A A L
CASTLE	MAISONETTE	SUITE	R D E R V B O Y H B R R O M H E T L M L
CAVE CHALET	MANOR	TENT	E C V L A E R T O E Q N T T S O A O A R
CHATEAU	MANSE	TEPEE	V A R R M O D A N U E A O U I C U N M E
CITY	MANSION	TERRACE	N S G E T A T E E E O P O I E M E S G S
COCOON	MARQUEE	TOWER	O E T C S W H E R B M H E G L V R A E I
COTTAGE	MINARET	TOWN	C H E A O C G L E E T T A T I I I L O H D
COWSHED	MOTORHOME	VICARAGE	N R C R B U E S O H W T R H A L V C D E
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HEATH	RANCH		

### THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

150<sup>th</sup> Anniversary Weekend – 24<sup>th</sup>/25<sup>th</sup> June. The building of the Church was completed in 1873 and to mark this anniversary the Church will be open all weekend. On Saturday you are invited to come between 10am and 3pm to look at various displays in the Church. The Woodford Singers will then rehearse for the Celebration Concert which starts at 7pm. Please come and enjoy a delightful collection of words and music of the era, including those of John Clare, Lewis Carroll and Alfred Lord Tennyson, Elgar to Sullivan, plus settings by Richard Rodney Bennett and Berkely. Special guest is folk singer Thom Ashworth who will perform a poignant work about Epping Forest by composer Ellis Wilson, Epping Forest's *Artist in Residence* in 2019. In honour of this glorious church, an evening not to be missed! Tickets £15 to include light buffet and a glass of wine/soft drink from Margaret Wackett – 07949 961184.

On Sunday Bishop Guli Francis-Dehqani will lead a special Eucharist service at 10.30am. The Arts Society will launch a new Children's Trail which will help younger visitors learn more about the Church. During the afternoon Stephen Fellowes and friends will be telling tales and riddles.

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**Better by half** As the music swelled at the end of a wedding in our church, my hopelessly romantic husband squeezed my hand, leaned in, and whispered fervently: "You are better looking than half the women here."

**Reasons for marriage** Studying our wedding photos, my six-year-old asked, "Did you marry Dad because he was a vicar?" "Not at all," I replied.

"Did you marry him because he was good-looking?" "No, not that either," I replied.

"Did you marry him for his money?" "Definitely not," I laughed. "He didn't have any."

"So," he concluded sadly, "you just felt sorry for him."

**Gardening** Overheard at my gardening club meeting: "I never knew what compost was until I met my husband."

**Marriage** During a heartfelt chat with her friend about relationships, my wife sighed and said, "You know, if something happened to Lloyd, I don't think I could ever marry again."

Her friend nodded sympathetically. "I know what you mean," she said. "Once is more than enough."