

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

August 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 August Newsletter: 14th July

We are committed to safeguarding children, young people and vulnerable adults. The PCC has adopted the Church of England's policies and best practice on safeguarding which may be found on the Church of England website and also on the Diocese of Chelmsford website.

SERVICES AND DIARY FOR AUGUST

Saturday 29th July 10.30am-12.30pm COFFEE MORNING in aid of Mothers' Union Summer of Hope Appeal in the church. All welcome.

Sunday 6th Ninth Sunday after Trinity
 9.15am HOLY COMMUNION
 Readings: Isaiah 55:1-5 Matthew 14:13-21

Sunday 13th Tenth Sunday after Trinity
 9.15am HOLY COMMUNION
 Readings: 1 Kings 19:9-18 Matthew 14:22-33

2.30-4.30pm AFTERNOON TEAS

Sunday 20th Eleventh Sunday after Trinity
 9.15am HOLY COMMUNION
 Readings: Isaiah 56:1, 6-8 Matthew 15:10-28

Wednesday 16th 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 27th Twelfth Sunday after Trinity
 9.15am HOLY COMMUNION
 Readings: Isaiah 51:1-6 Matthew 16:13-20

2.30-4.30pm AFTERNOON TEAS

Sunday 3rd September Thirteenth Sunday after Trinity
 9.15am HOLY COMMUNION
 Readings: Jeremiah 15:15-21 Matthew 16:21-28

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, it all makes for interesting reading.

THE VICAR WRITES:

On the 9th August the Church of England celebrates the life and work of Mary Sumner – Founder of the Mothers Union.

Active for over 140 years the MU has accomplished a staggering amount in that time, and nowadays numbers more than four million members in 83 countries. That is a far cry from its founding as a small prayer circle of local mothers seeking support for their family life.

Mary was born in late 1828 in Swinton, near Manchester. When she was four, her family moved to Herefordshire. Mary's father, Thomas Heywood, was a banker and historian. Her mother has been described as a woman of "faith, charm and sympathy" – qualities which Mary certainly inherited. Mrs Heywood held informal 'mothers' meetings' at her home, to encourage local women. Those meetings may well have inspired Mary's later work. Mary was educated at home, spoke three foreign languages, and sang well. While in her late teens, on a visit to Rome she met George Sumner, a son of the Bishop of Winchester. It was a well-connected family: George's uncle became Archbishop of Canterbury, and his second cousin was William Wilberforce. Mary and George married in July 1848, soon after his ordination. They moved to Old Alresford in 1851 and had three children: Margaret, Louise and George. Mary dedicated herself to raising her children and supporting her husband's ministry by providing music and Bible classes.

When in 1876 Mary's eldest daughter Margaret had her first child, Mary was reminded how difficult she had found motherhood in those early days. Soon she decided to hold a meeting to which she invited the local women not only of her own class, but also all the village mothers. Her aim was to find out if women could be brought together to offer each other prayer and mutual support in their roles as wives and mothers. That meeting at Old Alresford Rectory was the inaugural meeting of the Mothers' Union.

For 11 years, the Mothers' Union was limited to Old Alresford. Then in 1885 the Bishop of Newcastle invited Mary to address the women churchgoers of the Portsmouth Church Congress, some 20 miles away. Mary gave a passionate speech about the poor state of national morality, and the vital need for women to use their vocation as mothers to change the nation for the better. A number of the women present went back to their parishes to found mothers' meetings on Sumner's pattern. Soon, the Mothers' Union spread to the dioceses of Ely, Exeter, Hereford, Lichfield and Newcastle. By 1892, there were already 60,000 members in 28 dioceses, and by 1900 there were 169,000 members. By the time Mary died in 1921, she had seen MU cross the seas and become an international organisation of prayer and Christian service.

Today the Mothers Union is a campaigning force around the world for family life with a focus on creating a peaceful and safe environment for all; Fighting for gender justice and building individuals' self-reliance.

But at its heart remains its founding vision – to be a meeting of local women and men (Yes, contrary to its name men can be MU members!) that meet regularly for fellowship, prayer, mutual support and a whole range of activities, including lots of interesting talks.

We have two branches in our benefice - one based here at St Thomas' and the other at Waltham Abbey. They welcome new members so why not give them a try today.

Contacts: St Thomas – Eleanor Huxter 01992 892869,
Waltham Abbey – Gillian Scott 07982 237685

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

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, Gina & Bill.



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.

CHURCH FLOWERS

Memorial and birthday dedications for Terry Jones.

For future memorial or dedication displays contact Marion, 07789 643147.

ST THOMAS' CHURCH COMMUNITY LUNCHESES 2023

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.

GROWERS CORNER

With this year's hanging baskets and bedding in full colour, we should start thinking about next year's projects. As plant prices have risen it is best to buy small plants to grow on.

Hardy herbs in a border by the kitchen door are what the modern chefs and cooks are asking for so with this in mind may I suggest a rosemary, two types of sage, three lavender 'Hidcote' and four varieties of mint to start with.

Plant the rosemary central at the back with a sage on either side a metre apart. Along the front edge of the border plant the lavender centrally half a metre apart. Plant the mint between the two rows but be aware that mint can be very invasive once it gets growing. If your herb plot is large enough you may consider a couple of roots of rhubarb, and horseradish could be a welcome addition. Having planted up your herb plot water and keep weed free so you can start harvesting next year.

Soft herbs such as basil, dill, thyme, etc can be planted in a balcony window box or pots and kept indoors for the summer season for use in the kitchen as and when required.

This month you can obtain your summer bulbs for next year's spring/summer displays. Plan your displays and be creative as this year's prices for bulbs etc have risen very sharply and you may have to cut back on your designs due to costs. Before purchasing any bulbs ensure that they are all firm (no soft ones) – they will rot rather than grow. One last tip to keep your hanging baskets and bedding plants in full colour: water every day in the mornings before lunch and feed them all once a week with tomato feed or similar.

Steve

GARDENERS NOTE Free bagged compost ready for collection in the churchyard.

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

ANAGRAM

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

STAMPS

Recently Dave delivered 17¼ lbs of used and mint British and Foreign stamps to St Clare Hospice which were received with many thanks. 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 ½" of envelope around the stamps. Thank you.

EVENTS COMING UP

Sunday 17th September Enfield Brass Band Concert – Proms in the Pews

Sunday 24th September Harvest Festival

Community Lunches each month (see separate article)

Afternoon Teas every 2nd & 4th Sunday, 2.30 – 4.30pm

ST THOMAS' SUMMER FAIR

We were so fortunate with the weather with the forecast having promised rain in the afternoon, but God looked kindly on us and we had a beautiful afternoon. The stallholders were kept busy serving all the customers and three of the stalls sold out completely! The refreshments team in the church were also kept on their toes serving the delicious cakes and drinks to their many customers who queued down the aisle, and they also ran out of cakes, so no left-overs for tea that day! Our thanks to everyone who worked so hard inside and out to make the event a success – raising £1,480 towards the upkeep of our lovely little church.

Kate and her team also had a busy time with the Fun Dog Show as Kate reports:

As part of the Summer Fayre we held a Fun Dog Show, in the far field in the church yard. Luckily the weather was kind to us and it turned out to be a lovely afternoon and everyone enjoyed themselves. We had many lovely dogs come along to take part. The classes and winners were:

<u>Class</u>	<u>Winner</u>	<u>Handler</u>
Prettiest Bitch	Ellie	Ian
Most Handsome Dog	Bertie	Gillian Nash
Best Veteran (Over 7)	Jubilee	Sophie Mahoney
Best Child Handler (Under 14)	Holly	William
Best Condition	Honey	Nick
Waggiest Tail	Benny	Chloe
Dog the Judge would most like to take home	Bruno	Sue Groves

Best in Show went to Holly and William.

Best Reserve in Show went to Honey and Nick.

Well done to all the winners and thank you, to you all that came along to support us. A big thank you goes out to Jess and Vivi from Medivet who did the judging and Tina Stewart for Stewarding.

TEDDIES FOR TRAGEDIES

Dave has been out and about this month, also delivering 202 Teddies and 104 Teddy Bags to Tricia Gibb in St Albans on 5th July after we received Tricia's email. She has been so busy sending out Teddies to Ukraine and surrounding countries – see the following excerpt from the latest Newsletter:

“As ever, a **big thank you** for all the Teddies (nearly 600) and bags which I have received since the last Newsletter.

Welcome, too, to new knitters.

My stock of Teddies has grown considerably over the past few years, largely due to the lockdown time when travel was curtailed. However, in recent months I have been delighted to pass on around 1500 Teddies and bags which have gone to Poland very close to the border with Ukraine. From there food parcels are being distributed to people in Ukraine and each box has one of your Teddies inside. My stock is quite low now – so please keep knitting!

I also sent another 25 Teddies to the welcome centre for Ukrainian refugees in Edinburgh.

At the beginning of June I heard from a contact who has taken several lots of Teddies to hand out to children in the course of humanitarian work he has carried out in the Far East and Africa. At present he is working with remote Bedouin communities deep in the Sahara in Mauritania and he had another 100 Teddies from me. I quote from his recent email: “...as I'm sure you can imagine, the children were pleasantly surprised to receive such wonderful gifts. Thank you to you and your colleagues for bringing so much joy to these children who live in such barren and harsh conditions...”

Thank you all again for your support. Happy knitting! Tricia.”

If you would like to make Teddies or Teddy bags, please contact Lyn and Dave on 01992 711573 or call at 94 Upshire Road for a pattern. I also have some suitable material to make the bags which need to be approximately 10” x 13” with a drawstring top. Thank you to all our regular knitters and bag-makers.

UPSHIRE MOTHERS' UNION

Following on from my piece, last month, on the Mother's Union Literacy and Financial Education Programme in which I mentioned the work in Burundi, where the programme has been running for 20 years now. The highlights following reflect the impact the programme has had over that period in the areas of literacy, poverty alleviation, girls' education, sustainable savings groups, employment creation and family and community cohesion: Over 165,000 people (77% women) have participated in the programme in some of the most disadvantaged and hard to reach communities. Of those participants over 144,000 have learned to read and write and now have formal literacy qualification. This accounts for 2.9% of the adult literate population in Burundi. 7,500 participants accessed the parenting education element of the programme which has resulted in improved relationships between spouses and their children. 98% of participants interviewed report that their ability to now read the Bible has given them a greater sense of belonging to their local church. 6,200 savings and loans associations have been created. Over 84% of those formed have continued and many replicated organically beyond the formal support of the programme. The economic and social impacts of the programme deliver on eight of the UN Sustainable Development Goals, alongside nurturing self-worth, value and spiritual maturing; which in turn empowers participants to take on leadership within their churches and wider communities. Mothers' Union have worked in partnership with Five Talents, Development Services International (DSI) and Lakarmissionen (LM) to create this sustainable programme, highlighting the impact of successful partnership working.

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

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@abbneyfieldwa.co.uk
Registered Charity 221563

SUNDAY AFTERNOON TEAS

Sunday afternoon teas will be held in the church on 2nd and 4th 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.

St. Thomas' Churchyard – A Brief Encounter

When I was reminded that it was time for the next Parish Newsletter article, I went up to the churchyard at last light hoping for inspiration from the churchyard flowers. However, it was impossible to examine the wildflower area without disturbing the five beautiful young fallow bucks who were already there. Their summer coats, more golden than their winter colouring, glowed in the evening light. Their antlers showed they were in their third summer with brow and tray tines and just the first sign of the flattening which distinguishes Fallow deer. The antlers were thick and furry with a covering of dead skin or velvet. This will be rubbed off by fraying against low bushes in mid-August and antlers will be kept until late next April when these bony outgrowths of the skull will be cast off. This will happen a little earlier in the month as each year passes and new antlers begin to form within a week of the old ones dropping off. This cycle will carry on for eight or nine years until the fully shaped antler is achieved, by which time they will be two feet long. However, the dark coloured Epping Forest deer don't usually acquire quite the majestic, flattened ends to their antlers displayed by well-fed park deer.

Watching this group in our churchyard, I was reminded of the day in 1985 when the Bishop of Barking came to consecrate the church. He was so excited to have seen his first group of deer on the green as he drove through the village. Ten years earlier, my mother had written in her diary "saw deer slots (footprints) on the green today". By the end of the 1990's, she wouldn't be surprised to see a herd of sixty when she drew back her curtains and last week, a friend counted two hundred in Galley Hill Wood. This rise in population is echoed around the country and is even more prodigious amongst Muntjac deer. Fallow does produce one fawn, rarely two, in June whereas Muntjac have no fixed season for mating and the tiny fawns, weighing less than three pounds, can be born at any time of the year. The doe comes into season within a day or so of the birth so can produce a fawn every seven months for many years.

The young deer are fiercely protected by their mothers and stay with them until their second winter. With no predators apart from dogs with badly trained owners ("my dog wouldn't hurt them, he's just playing" but any dog is a potential deer worrier and if it doesn't get close enough to bite, can produce stress-induced abortion), deer numbers can cause problems not only for landowners but for the deer themselves. Over-grazed vegetation is less productive. More deer living off less vegetation leads to poor body condition, lower weight and increased parasite burdens. Scientific opinion is that it is better to manage the deer so that there is plenty of food for a smaller number of strong animals. There is concern also for the health of a habitat like Epping Forest if over-grazed or over-browsed. Muntjac especially, will strip out wild orchids or bluebells and the loss of undergrowth at bramble level affects nesting birds. In some cases, the decline in nightingales corresponds to the rise in deer numbers.

All of this points to the unpalatable matter of culling. This means proper planning, taking into account age and sex within a population and controlled efficient shooting by experts not amateurs taking pot-shots at the best antlers or meatiest behinds. As deer expert Norma Chapman says, there is much more to proper deer management than pulling a trigger.

Meanwhile, the five young bucks are wandering through the fading light – deer are crepuscular animals (isn't that a lovely word), moving at dawn and dusk. Yes, it's a shame when they eat grave flowers and a pity that we had to plant Rev. Joyce's memorial tree in a cage, but they are beautiful and serene and feel safe in our churchyard, which is as it should be.

Sue McKinley

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.

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:

No meeting in August

26th September Social Afternoon Tea

24th October AGM (approx. 20 mins) then workshop by Chris Beales

28th 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 KINDLINESS.

ENFIELD BRASS BAND

PRESENTS

PROMS IN THE PEWS

Sunday 17th September at 3.30pm

Adults £10, children £5

Includes light refreshments

Book your seats early by phoning Lyn on 01992 711573

Too good to miss!

VISITING THE ROYAL GUNPOWDER MILLS, WALTHAM ABBEY

The former industrial site in Waltham Abbey was one of three Royal Gunpowder Mills in the UK, Waltham Abbey is the only site to have survived virtually intact. The Waltham Abbey Mills were in operation for over 300 years. I was privileged to visit with the Waltham Abbey Historical Society recently, the site is around 170 acres. After a welcome cuppa at the café we all boarded a trailer pulled by a tractor and began a fascinating ride around the park. We travelled slowly through wooded and grassy areas seeing many ponds on the way. We passed numerous buildings, small and large, that I lost count – they were on the whole separate – if something went wrong in one, the others could be (relatively”) safe!

I was delighted to see so many deer, all male, with magnificent antlers, pale chestnut with spots or a very dark brown. This park is very well fenced – the deer are there to stay in the parkland.

This was a film location for several Hollywood blockbusters.

One of my favourite buildings had a water wheel on one side, it features on the Waltham Abbey tapestry.

During WW2, production continued and crucial development work was carried out. During our visit we rode on two railways, one was a 2' 6" gauge comprising of naval mine wagons cleverly converted into passenger carriages. We passed one very deep pond, used at one time during the development of the Barnes Wallis 'bouncing bomb' of Dambuster fame. The other railway was much smaller and great fun!

We went to all the exhibition rooms – one had a collection of guns and rifles the like of which was quite extraordinary; another a replica collection of missiles; the remains of a WW2 U-2 rocket found locally, was in the entrance hall, the size was quite frightening!

We enjoyed our visit which lasted 5 hours – I came away marvelling at the ingenuity of some of our scientists – and grateful for the many volunteers who help to keep this unique site open and available to all who wish to visit. There are several ways to do this: as a society, which is what I did; on the open days or special event days – do your research and please enjoy a family or individual visit to a quite unique and remarkable site!

Maureen Smith

(More information about the Royal Gunpowder Mills is available from Waltham Abbey Tourist Information Centre)

COPPER JAR

Our thanks to everyone who donated their coppers and small change to Water Aid via the jar in the church. £27 was raised this time.

COFFEE MORNING

Everyone is welcome to join us in St Thomas' Church on Saturday 29th July between 10.30am and 12.30pm for a Coffee Morning in aid of Mothers' Union's Summer of Hope Appeal.

HIGH BEACH CHURCH

High Beach' Church 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.

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

18th August: Clacton

18th October: Norwich

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

50/50 CLUB

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

1 st : £45	No. 68	Stephen Brown of Upshire
2 nd : £35	No. 26	Mirreen Kay of Leytonstone
3 rd : £25	No. 22	Jean Bregenzer of Chingford
4 th : £20	No. 39	Jean Church of Waltham Abbey
5 th : £20	No. 93	Ruth Bradley of Enfield

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

It is not too late to join Draw 12 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 12

July to December 2023

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

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

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

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

Name:
Address:
Telephone:

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:

¼ page advertisement £5 a month or £50 per year
¼ page advertisement £10 a month or £100 per year
½ 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.

CASTLES WORDSEARCH

All the castles in the list are hidden in the diagram below. Words are printed across, up, down or diagonally, but always in straight lines. Letters may be used more than once.

ALNWICK	LEEDS
ARDROSS	LINCOLN
ARUNDEL	NEATH
BALMORAL	NEWARK
BAMBURGH	NEW BUCKENHAM
BEAUMARIS	NEWCASTLE
BELVOIR	NEWPORT
BERKELEY	NORWICH
BODELWYDDAN	NOTTINGHAM
BOLSOVER	OAKHAM
CADW	OXFORD
CAERNARFON	PEMBROKE
CAERPHILLY	PENDENNIS
CAREW	PENDRAGON
CARISBROOKE	PEVENSEY
CHEPSTOW	PIEL
CORFE	PLYMOUTH
DEAL	POWIS
DOVER	RABY
DUNSTER	RAGLAN
DURHAM	ROCHESTER
EDINBURGH	ROCKINGHAM
ETAL	RUFUS
FLINT	RUTHIN
GLAMIS	RYE
GWRYCH	SKIPTON
HARLECH	TINTAGEL
HEVER	WARWICK
HILLSBOROUGH	WEOBLEY
HURST	WINDSOR
KENILWORTH	YARMOUTH

```

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

Not late

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for church. As she ran she prayed,

"Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!"

While she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again.

As she ran she once again began to pray, "Dear Lord, please don't let me be late! But please don't shove me either!"

Rainbows

Q: Where do rainbows go when they're bad? A: Prism, but it's a light sentence.

Prayer request

On a tour of New York City, a family visited St Patrick's Cathedral, and were awed by the soaring beauty of the place. The children were especially curious about the votive candles. Their mother explained that people generally say a prayer when they light a candle - usually a prayer of petition or thanks. She asked if they'd each like to light one - which they did. As they left, the five-year-old said: "If there's a pony outside, it's mine."

Old age Old age is like flying through a storm. Once you're aboard, there's nothing you can do.

Doctor's appointment

I told my doctor's receptionist I need an appointment. "How about 10 tomorrow?" she asked.

"I don't need that many," I replied.

Some days

Some days I amaze myself with my intelligence. Other days I put my keys in the fridge.

Baptism A minister was officiating at the baptism of the youngest son of a Duke and asked for what the baby's name would be. The answer came: "His name is George Edward David Anthony Carrington-Smyth de Winters Cunningham Digby Cecil Barrington...." "One minute please," interrupted the minister, "I'll go fetch another bucket of water!"