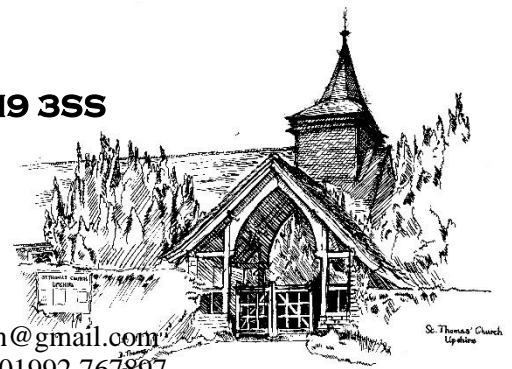


ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

May 2024



Rector: Revd Peter Smith, 01992 767897
Team Vicar: Revd Jane Yeadon, 07960 604416. Email janeyeadon@gmail.com
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This Newsletter is free: donations to Lyn Wackett. Copy date for June Newsletter: 14th May

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 MAY

- Saturday 4th 3-4pm SEEDLINGS meet in the church
6.30 for 7.00pm start QUIZ NIGHT – 07899 846711 to book
- Sunday 5th Sixth Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 10:44-end John 15:9-17
- Saturday 11th 10.30am-2.30pm CRAFT FAIR in the Village Hall
- Sunday 12th Seventh Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 1:15-17, 21-end John 17:6-19
1.30-4.30pm PLANT SALE & AFTERNOON TEAS
- Wednesday 15th 11.30am for 12 noon-2pm COMMUNITY LUNCH in the church – 07899 846711 to book
Please let us know if you have to cancel. Thank you.
- Sunday 19th Pentecost
9.15am HOLY COMMUNION
Readings: Acts 2:1-21 John 15:26-27, 16:4b-15
- Wednesday 22nd 2.00-4.00pm MOTHERS' UNION CREAM TEA AFTERNOON in Village Hall
- Sunday 26th Trinity Sunday
9.15am HOLY COMMUNION
Readings: Isaiah 6:1-8 John 3:1-17
2.30-4.30pm SUNDAY AFTERNOON TEAS
- Sunday 2nd June First Sunday after Trinity
9.15am HOLY COMMUNION
Readings: Deuteronomy 5:12-15 Mark 2:23 – 3:6

ELECTRONIC NEWSLETTER:

Our mailing list to receive the electronic version is now in excess of 100 participants so if you are not one of those and wish to be included please send your email address to Kate at dalek16@btinternet.com or phone 02085083942. We are looking to reduce our 'paper footprint' for climate change by printing fewer copies – your contribution will help. Thank you.

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.

Church Flowers

I would like to say thank you to all who came along and help with the Easter Lily floral arrangements, and for the donations of foliage. The church looked lovely with all the beautiful arrangements in place.

Each month we can create memorial dedications, wedding, anniversary or special occasion flowers - Contact Kate Dale email: dalek16@btinternet.com or 02085083942

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 Laura, Alan & Pam, Lesley, Charlie & John, Anne, Pam & John, Barbara, Vernon, Mal, Louise, Sue, Ann & Cyril, Rosalind, Doreen, Maureen, Carol & George, Beverly, Terry, Jackie, Andrea & her Mum & Dad, Nina, Carmel & the Price family, Dave, Pat, Kathrine & family, Nigel, Lola, Steve, Val, Pearl, Susan & Alan.

THE VICAR WRITES:

One of my favourite passages in the bible is found right at the beginning of the book of Genesis.

In Genesis 3:8 we are in the midst of the story of the fall, with Adam and Eve having just eaten of the apple and gained knowledge of good and evil. They then hear the sound of God approaching and hide from him in shame – why is God approaching? Because, as the verse says, “Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day,”

It's such a small detail that's usually overlooked in the greater story that's being told, but I love it. For, to me, it sums up God's relationship with the natural world. God had created everything that was there, he would have known it intimately, and yet, he still wanted to walk amongst it to take in its beauty. Not only that, he waits for the cool of the coming evening to do so. It's not that temperature has any impact on God but rather that he wants to come and enjoy his creation when it is at its very best, as the plants recover from the days heat and present their best show to the world.

For me, I have always read this as telling of a God who loves what he has created and wants it to be at its very best.

So how difficult it must have been for God to hand over his beloved creation to us, his other beloved creation, to look after. He trusted us to care for the beauty he has created. ... which makes me wonder, if God came again to walk in the garden in the cool of the day, would we be the ones hiding ashamed at what we had done to the place?

The realities of industrialisation, urbanisation, over-cultivation, habitat destruction and the resulting climate change are devastating this planet and destroying the finely balanced eco-system that God so carefully designed. The once beautiful garden is being destroyed at an alarming rate.

But the good news is it's not too late. This season of Easter is a time that the church traditionally thinks about what the death and resurrection of Jesus has done for us. Of how sins are forgiven and death is no more. We will mostly think of that from an individual perspective, about the affect it's had on our own lives..... which is important. This Eastertide, however, I am challenging us to think additionally about what sins forgiven and death being no more can mean more widely, indeed globally, if we let it affect the way we manage this planet that God has given us to be stewards of.

The Christians eco-charity A Rocha says that “We believe that Christians and the Church have significant assets with which to act themselves, and a potentially powerful voice to call for bold action, to safeguard our common home. We believe that we are stronger when we act and speak together.”

They have issued a vision of the world they want to see which includes the ideal of a human society that lives in balance with the rest of nature, where oceans, rivers, air and soil are free of human pollution, Where all people and communities have access to healthy nature locally and where, through Churches and Christians adopting a right relationship with the rest of Creation, others are drawn to a closer, life-giving relationship with our Creator God.

So this Eastertide I encourage us all to think of what it would be like to walk alongside God in his garden enjoying its beauty, and what we might be able to do, as individuals, and as a wider community, to ensure that that garden is in the best shape it can be.

<https://arocha.org.uk/>

Blessings,

Revd Jane Yeadon

Team Vicar St Thomas, Upshire and Holy Innocents, High Beech

Benefice Youth Missioner



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.

ST THOMAS' CHURCH COMMUNITY LUNCHESES 2024

Wednesdays, 11.30 for 12noon-2pm

MAY 15th, JUNE 19th, JULY 17th,

AUGUST 21st, SEPTEMBER 18th, OCTOBER 16th, NOVEMBER 20th, DECEMBER 4th

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.

PLANT SALE & AFTERNOON TEAS

Sunday 12th May 1.30-4.30pm in the churchyard/church

If you have any surplus plants large or small to donate to the Parishioners' stall
to aid the church funds they would be appreciated.

Please bring plants on the day or leave at 94 Upshire Road. (01992 711573) Thank you.

50/50 CLUB

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

1 st :	£35	No. 91	Bill Wood of Waltham Abbey
2 nd :	£25	No. 65	Kate Dale of Loughton
3 rd :	£15	No. 8	Val Maidment of Waltham Abbey

It's not too late to become a member of 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 for further information.

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 ½“ of envelope around the stamps. Thank you.

ROAD CONDITIONS

Puddles and potholes in our local roads have still not been rectified and road closures are still happening at regular intervals.

The deer (Dama Dama) numbers and problems are still high and their numbers likely to double in the next few weeks. All dogs must be kept on a lead while in the forest as panicked deer are a danger to all road users. Please drive well below the local speed limits for a safe and enjoyable journey through our parish. Thank you. Steve

The Revd Paul Haworth

It is with great sadness that we have to advise Paul passed away peacefully and painlessly in Pinderfields Hospital in Wakefield on 2nd April 2024 after a short illness. Our thought and prayers are with his widow Kathrine and their sons Roy and Bruce and their families.

During Paul's term of office at High Beach, Upshire was created a parish and with High Beach Church, formed part of the Team Ministry of Waltham Abbey. Paul was made Vicar of High Beach and of Upshire in October 1988.

Paul and Kathrine were very active in the lives of the villages at both Upshire and High Beach and everyone was sad to see them leave for pastures new in October 1992. Paul & Kathrine always kept in touch and enjoyed the Newsletter which was sent to them every month and kept us up-to-date with their news.

ANAGRAM Unscramble this letter anagram: PALEBONES. The answer will be found elsewhere in the Newsletter.

GROWERS CORNER

You need to plant your chitted potatoes as soon as possible if you haven't done so already.

Check on your broad beans for aphid – black and green fly. Pinch out the tops, wash well and steam as they make an extra veg to a Sunday roast. Spray the rest of the plants with weak water/washing up liquid solution to get rid of the green/black fly.

Dwarf and runner beans can be planted out now provided they have been hardened off and also seeds can be sown in the ground if warm enough.

Soft salad crops can be sown but at two to three week intervals. 'Soft' herbs and hardy herbs such as rosemary, thyme etc should be planted close to the back door to save shoe leather! Likewise a couple of hanging baskets with say three cherry tomato plants in each plus a few flowers to make them look attractive.

Hanging baskets and pot plants Some landlords have banned hanging baskets and planters for health and safety reasons as some balconies have not been able to take the extra weight so please be aware. Please remember it is a two person job installing hanging baskets. Check that the wall bracket is sound and that the chains are properly attached and not twisted.

Watering Check newly planted trees, shrubs, canes and bushes and keep well-watered. Hanging baskets and planter arrangements contain a growing medium not peat and soil as in the past; when watering once a day in the mornings if possible wait until the water runs out of the bottom of the container. Feed should be given once a week without fail for best results.

Tomatoes need to be watered daily at the same time with the same volume of water to avoid splits: that is where the inside of the tomato grows quicker than the skin causing it to split which spoils the fruit.

This month you must keep a very close eye on any plants in the greenhouse and cold frames. With such changeable weather conditions adjusting the vent and watering must be viewed by the hour and act accordingly.

Plants that you have over-wintered in your greenhouse/polytunnel or cold frame can now come out and be planted in the garden but you may need to cover them with horticultural fleece or net curtains to protect them from evening frosts.

Don't forget to hoe up your potatoes every few days to cover their leaves to protect them from late frost and cover any potatoes near the surface as green potatoes are poisonous.

Bumble bees like making their nests in redundant mouse holes in the ground; they are best left alone but put markers or protection around the hole so the nest is not disturbed, they will only be there for the summer. If you have an orchard area and cut the grass, take it at once to the compost heap rather than leave it in piles to remove later as Mrs Bumblebee will move in and you will be stuck with a problem in the middle of your picnic area for the rest of the summer! Please do not disturb these bees as they do such good work in pollinating, they even continue working in the rain, not like domesticated bees.

Don't forget to support the Plant Sale in the churchyard on Sunday 12th May Steve

GARDENER'S PRAYER

Lord, let the kiss of the sun embrace me, a gentle breeze ease my cares away.

Let the hum of the bees sooth my spirit, and the song of the birds give me joy.

Let the scent of the flowers fill my being, and their colours give glory to you.

Lord, I'm closer to you in a garden, than anywhere else here on earth.

COMING UP AT ST THOMAS'

Saturday 4th May QUIZ in the church

Sunday 12th May AFTERNOON TEAS begin then each 2nd & 4th Sunday 2.30-4.30pm

Sunday 12th May PLANT SALE 1.30-4.30pm

Sunday 14th July SUMMER FAYRE in the churchyard

Community lunches every month from February to December – see separate article.

Monday evenings

I am often asked where and when I do my scribbling. Well, before Dorothy retired I would settle down in the mornings when she had left for work, the cats having been fed would be curled up asleep and I would turn Radio Three on and away I went. However, with her retirement all changed and the writing time became a late-night activity which isn't ideal especially as one's bed clamours for company! With her retirement Dorothy decided to take up knitting again after a break of about thirty years. She and her mother used to knit me some wonderful items and if Dorothy had a problem then her mother would sort it all out. Sadly, she's no longer with us so Dorothy had to find someone who could help with the problems and mistakes that happen when one is a bit rusty. With the help of the internet a lovely lady was found who specializes in sorting out knitters' problems, so a booking was made and I planned her journey by bus up to the lady's house in the East End. Accompanying Dorothy on her first visit the bus took an hour to travel the five or so miles between our addresses as the route took us all around the Olympic Park and down streets I never knew existed in the Stratford area. So, a different strategy was called for which meant me driving and that proved a much better idea as the journey only takes 15 minutes. Well, the visits to the Knitter professional have become a regular weekly routine not because of problems but to avoid the interest of the cats who just love wool! But what was I to do for the two hours each week? Answer: find somewhere I could take my computer in order to write.

Being in the East End I thought that there must be a pub somewhere in the vicinity and sure enough one was found five minutes away in Roman Road. It is not a large pub and being on the corner of a junction has an L-shaped bar. On the walls are five large TV screens showing Sky Sports but with no sound! Invariably it's football in which I have no interest but occasionally it's racing from places like Chelmsford. Quite interesting although the lack of sound rather detracts from the excitement! It would, though, be pointless having commentary as there is a juke box which plays mainly 70's and 80's music at great volume, meaning of course, that the clientele has to shout at each other to hold conversations. At one end of the bar is a dart board and I was asked to change tables one week as the pub team would be playing. They never turned up and never have in all the time I have frequented the establishment!

The bar staff have been consistent with never being the same person more than a couple of weeks running! On my first visit it was an Eastern European lady who, on my second visit, exclaimed that 'you now regular'. The following week she was replaced by a Jamaican who managed to last for three weeks, mind you it probably didn't help his employment credentials by turning all the lights off in the pub except for the fairy lights over the bar. One cannot type very well in semi-darkness! I gather also that the locals weren't too impressed (all two of them but more of that later). Since then we have stuck with lady bar staff who at least speak English and are polite and friendly. The staff are obviously there to serve drinks but the choice is not the best in the world. Call me a snob if you wish but I do prefer what I call 'proper beer', that is craft ales and the like, I'm afraid Fosters, John Smiths and UK brewed Stella do not pass muster so the first visit resulted in a cider and then on subsequent visits I noticed that they had bottles of 'Speckled Hen' unfortunately kept in the fridge but better than the gaseous stuff out of the pumps. I think I must have depleted their stock as despite repeated requests the supply has dried up so on to the red wine which was passable until it turned out that they were not selling enough so one would have to purchase complete bottles rather than single glasses – not ideal if one is driving! Luckily their Pinot (still sold by the glass) is drinkable.

The clientele is fascinating. The two regulars, two guys of my age, sit at the same table each week with glasses of beer three quarters full – I've yet to see them actually drink and they occasionally converse but seem to spend most of their time in contemplation or perhaps they cannot compete with the juke box! There is another occasional regular, a lady with the loudest voice imaginable which she uses to regale anyone sitting at the bar, thankfully I'm left alone. Otherwise for the first half of my two hours in the place the persons there appear to be people on their way home from work. From the style of dress, I would imagine most are office workers but there's often a sprinkling of workmen in their high-viz gear. Prior to Christmas many of these people, it would appear, had been involved in Office parties as they were very friendly with each other, I trust you get my drift? They were extremely loud and very touchy-feely. In the latter part of the evening the clientele changes to people who are obviously on their way somewhere and are stopping off to gain some Dutch Courage before embarking on their escapades elsewhere. And, dare I say it, there are often some professional people, generally ladies, on their way to work. So there you are, amongst this maelstrom of human activity I am sitting in a corner tapping away generally oblivious to the noise and mayhem taking place around unless a particular favourite record of mine plays on the juke box, then it is fingers down, sit back, a slurp of wine and enjoyment of the music. If you are in the area one Monday evening, come and join me – it is entertaining and I'll even buy you a drink!

Adrian J Liddle

UPSHIRE MOTHERS' UNION

On Wednesday 22nd May in the Village Hall, we will be hosting another
CREAM TEA AFTERNOON 2.00pm – 4.00pm
£4 per head. (inc. 2 scones, jam, clotted cream, tea or coffee, free drink refill)
Everyone welcome.

Upshire Mothers' Union

On Monday 26th February Mothers' Union held a successful fringe event at the Church of England's General Synod about RISE UP, our campaign against domestic abuse.

Over 25 people attended, including the Archbishops of Canterbury and York, Justin Welby and Stephen Cottrell and Mothers' Union Worldwide President, Sheran Harper. Provincial President Kathryn Anderson, and Zonal Trustee Julia Jamieson were also part of the day, plus representatives from the staff team at Mary Sumner House.

It was also an opportunity to share Mothers' Union goals for supporting clergy and community in Britain & Ireland. MU are encouraged by the enthusiasm around RISE UP and the new church-based membership model they are developing. This has been designed to support clergy in their mission and ministry to and engage with new audiences.

We're thankful for the chance to speak about the wonderful and important work of Mothers' Union with clergy and laity and to show that **we are still as relevant to today's society as we were in 1876.**

With 1 in 3 women across the world facing physical or sexual abuse during their lifetime, it's a critical issue that exists in homes, communities and churches across our nations.

The Most Revd. Justin Welby himself has stated that "gender-based violence is one of the greatest injustices of our world today..." It's a pervasive issue in our homes, churches and communities across the world.

The RISE UP campaign has already been rolled out in 40 branches and 20 dioceses across Britain and Ireland. **This is just the beginning**, as MU look forward to its reach increasing this year and beyond. We're working towards a world where no one faces domestic abuse, and where together, we stand with all those affected by gender-based violence.

If you have been affected by domestic abuse or any form of violence, or are concerned for someone else who has, please contact:

the **National Domestic Abuse Helpline: 0808 2000 247**

ST THOMAS' CHURCH, UPSHIRE, EN9 3SS

QUIZ NIGHT

Saturday 4th May 7.00pm (doors open 6.30pm)

£10 per person – tables of 8

Includes hot drinks and nibbles, anything stronger bring you own!

Please pre-book for catering and safety purposes: 07899 846711

If you are on your own or can't make up a table, come along anyway and make new friends

The Church of the Holy Innocents, High Beach

Sunday Afternoon Teas every Sunday from 28th April until 29th September between 2.00 to 5.30pm.

£2.50 a slice of cake and 50p for tea/coffee. Whole cake £12.

Everyone is welcome to come and sit in church or in our churchyard and enjoy home-made cake with tea or coffee every Sunday throughout the summer. We are hoping for nice sunny days! There will be the opportunity to ring the carillon and some Sundays there will be various forms of entertainment. Please be careful where you park – you must NOT park on any single or double red line between 8.00am and 10.00pm otherwise you will receive a penalty notice.

ANAGRAM

The answer to the anagram is BEANPOLES.

WALTHAM ABBEY HISTORICAL SOCIETY MONTHLY TALKS

17th May The role of a Verderer past and present, and research, findings and speculation about Loughton camps being much larger than initially considered Speaker: Paul Morris, Verderer
All Friday evenings at 7.30pm at the Baptist Church, Paradise Road, Waltham Abbey, EN9 1RL
Visitors welcome: donation of £2 per person requested.

WALTHAM ABBEY FLOWER CLUB 2024

We meet on the 4th Tuesday in the month except January, June, August and December at Waltham Abbey Community Centre, Crooked Mile, EN9 1QD. Door open 1.30pm for 2pm start. All are welcome, raffle, sales table, tea, coffee and homemade cake. Further details from Chris on 07792 594443.

Tuesday 28th May: to be arranged.

Tuesday 18th June: Outing to Copped Hall with a tour

Tuesday 23rd July: Social afternoon – homemade scones and cakes, quiz, fun. Visitors £7

Tuesday 24th September: Demonstration by Lisa Morgan, title to be arranged. Visitors £8

Tuesday 22nd October: AGM approx. 20 minutes. The workshop by Chris. Visitors £7

Tuesday 26th November: Demonstration by Gill McGregor entitled “Festive Flowers and Fantasy. Visitors £8

MUSIC FOR LUNCH AT THE ABBEY CHURCH

Saturdays at a new time of 12 noon for approximately 40 minutes. Tea and coffee served from 11.30am.

No charge but donations appreciated.

4th May The Alma Due *violin & piano*

11th May Choir 18 with David Boarder *conductor*

18th May Rachel Miller *viola* and Oskar Osterling *piano*

25th May Glen Dempsey *organ*

1st June Sin Long Li *piano*

8th June Krassimira Jeliazkova-Jones *violin* and Elizabeth Mucha *piano*

15th June Chenqige Zhang *piano*

Amongst the plethora of leaflets thrust into our hands recently at High Beech was one for Verdi's Requiem to be performed at Chingford Parish Church by the South West Essex Choir, a choir which evidently originated in Leyton where we live. Along with Puccini and Wagner, Verdi is one of my favourite composers and I have seen many of his operatic offerings, perhaps the most memorable were Aida and Nabucco both performed at the Verona Roman Amphitheatre. Verdi was an atheist but upon the death of Rossini suggested a collaboration of composers write a suitable requiem for him. However, for various reasons it never happened, then five years later in 1873 the Italian poet and national hero, Manzoni died. Verdi being a lifelong admirer of Manzoni was deeply affected by his death so decided that he would re-work what he had previously written for Rossini and turn it into a large-scale work, his *Messa di Requiem*.

A requiem is generally a religious work, usually sung in Latin with the libretto taken from verses in the Bible. Evidently the Italian Church was not impressed that an atheist had composed a religious work and put restrictions on its performance but subsequent performances of the work around the world were hailed as masterpieces and it has remained a favourite to this day. Having seen the flyer I immediately booked a ticket then saw that this particular performance had been arranged for two pianos, organ and a single percussionist so it was with some trepidation that I went. Normally there is a full orchestra and several percussionists apart from the soloists and choir. Whilst I have heard the performance many times on CD I have only been to one live performance, a long time ago, held at the Royal Festival Hall with, no less than, Placido Domingo as the tenor soloist. I shouldn't have been concerned for the soloists and musicians were all professionals and whilst the choir is made up of amateurs they were excellent. The lack of orchestra did not detract from the performance as the pianos and organ complimented the work whilst the single percussionist coped with carrying out all that was required of him. All in all, what a fantastic evening it turned out to be. The soloists gave their all and obviously enjoyed what they were doing; the two pianists, Lithuanian women, were sublime and the choir was magnificent. I came away humming the music and felt uplifted; Biblical scripture and stunning music, what more can one ask for? If you get the chance to see a performance, grab the opportunity, you won't regret it! Curlew

RODING VALLEY MEADOWS CONSULTATIVE GROUP

Dawn Chorus Walk 5am-7.30am Saturday 4th May

Bat Walk 8.45pm-10.15pm Friday 17th May

Butterfly Walk 1pm-2.30pm Monday 8th July

Pond Dipping 10am-11.30am Monday 12th August

Bat Walk 7.15pm-8.45pm Friday 13th September

For more information and to book for any of these please telephone 020 8500 3084

