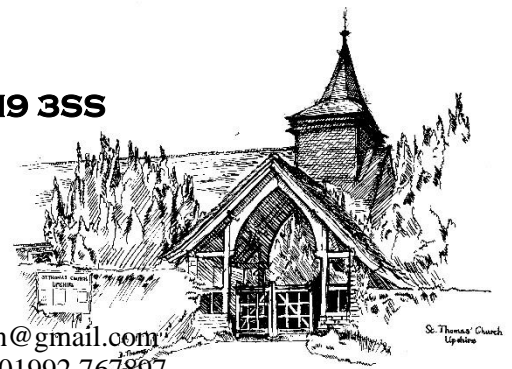


ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

November 2024



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This Newsletter is free: donations to Lyn Wackett. Copy date for December Newsletter: 14th November

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 NOVEMBER

Saturday 2 nd	3.00-4.00pm SEEDLINGS meet in the church
Sunday 3 rd	All Saints Day 9.15am HOLY COMMUNION Readings: Wisdom of Solomon 3:1-9 John 11:32-44
Saturday 9 th	11am – 3pm CRAFT FAIR in the Village Hall. All handmade by local crafters.
Sunday 10 th	Remembrance Sunday 9.00am Service of Remembrance at the Lych Gate followed by HOLY COMMUNION Readings: Jonah 3:1-5, 10 Mark 1:14-20
Sunday 17 th	Second Sunday before Advent 9.15am HOLY COMMUNION Readings: Daniel 12:1-3 Mark 13:1-8
Wednesday 20 th	11.30am for 12 noon. COMMUNITY LUNCH in church – 07899 846711 to book. Please let us know if you have to cancel. Thank you.
Saturday 23 rd	10.30am-2.30pm CHRISTMAS BAZAAR in the Village Hall
Sunday 24 th	Christ the King 9.15am HOLY COMMUNION Readings: Daniel 7:9-10, 13-14 John 18:33-37
Wednesday 27 th	2.15pm Upshire Mothers' Union meet in Village Hall – all welcome. Talk on 'A lady and her Spitfire'.
Sunday 1 st December	First Sunday of Advent 9.15am HOLY COMMUNION Readings: Jeremiah 33:14-16 Luke 21:25-36

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.

We are looking for someone to keep our church clean. 2 hours per week. Hours by mutual agreement. If you are interested then please ring Gwen on 07712 046980 for more details.

THE VICAR WRITES:

As November dawns, the autumn nights are drawing in and winter seems just a breath away.

In the church's year November marks a significant change as we turn from looking back to Easter and Pentecost and instead turn to look forward to Advent and Christmas.

Many churches mark this time of change as Kingdom Season and decorate the churches (and the priests) in red. This season has a number of markers along the way that help remind us of the central place the Kingdom of God has within the Christian faith. We have All Hallows Eve, All Saints and All Souls and then the feast of Christ the King which marks the end of the season. In between we have Remembrance Sunday where the nation falls silent to honour those who have died in war.

What binds all these days together though is that they are all about remembering, and more importantly, the memory that we all belong to something bigger than ourselves.

Like many of you, I am sure, I have family photo albums full of pictures of ancient relatives. My father recently gifted me his father's photo albums. Alongside pictures of my grandfather looking faintly ridiculous in long shorts and a pith helmet in 1930's Sierra Leone, there are numerous stiffly arranged groupings of well-dressed Victorians that nobody seems to recognise. I am sure over time we will, as a family, sit down and try and work out who they all are but there are bound to be some that no-one can recognise.

What struck me most though, was that these printed records of life have all but died out. Everything now is digital and, in many ways, disposable. Now if we don't like a picture we simply delete it or manipulate it with a filter until it looks acceptable to us. Will our descendants even know what Facebook and Instagram were, let alone be able to retrieve pictures from them?

This is part of what makes this time of year, and these festivals so important, for they encourage a true and lasting remembrance that has remained virtually unaltered for centuries.

All Saints reminds us that we are part of a worldwide church which stretches back through history, a day we give thanks for the ordinary Christian men and women who worshipped and prayed, often in the same churches as we do today, for generations before us. There is a strong and unbreakable spiritual bond between those in heaven who have gone before us, and the those of us living in this present time. The Book of Common Prayer refers to those in heaven as the Church Triumphant and those of us who are here and now as the Church Militant. Strange terms in the 21st Century but it captures well the sense that the Kingdom is both here and yet to come. Those who have gone before us are the great cloud of witnesses that cheer us on as we travel through life.

All Souls allows us a moment of reflection as we remember with thanksgiving those who have died who we love but see no more. It offers us a powerful window into God's heart of compassion for those who grieve and mourn the loss of loved ones and allows us, as a church, to accompany one another on that journey. It reminds us too that we have a Saviour who has overcome the pain of death and fulfilled for us the promise of eternal life.

It is all drawn together in the festival of Christ the King that ends the season. Here we are reminded that our faith has a Saviour who will return to close history and restore God's Kingdom. Jesus is the King of Kings and Lord of Lords and it is to him and him alone we owe our homage and worship. It marks the end of the Church year with a strong reminder that Jesus Our Saviour is prophet, priest and King.

Ultimately Kingdom Season is a period of reflection, of memories and of thanksgiving. Like the season of autumn, it can feel full of melancholy but it is also one of joy and celebration. It is good to be reminded that there is life beyond ourselves and that there is an unbroken chain of Christian witness going back through the centuries. Sometimes we need to stop and reflect that there is more to life than this present moment, that things will change and we will see a new creation. Until then we simply need to share with each other the joys and tears of our common humanity and remember with thankfulness those who have gone before us in faith who have ensured that we can take forward the message of hope for our world.

Blessings,

Revd Jane Yeadon

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

Benefice Youth Missioner

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, Nigel, Lola, Pearl, Susan & Alan, Jackie & Linda, Eleanor, Peter, Graham, Brenda, Adrian and Joan.

Growers Corner - November

It's bonfire and fireworks season. I can't say I'm a massive fan of the latter. But I have always loved a bonfire. Brings me back to being a child. I always helped Granddad and Dad with theirs in the garden. My allotment has quite strict rules and we only have a short time frame where we can light a bonfire and it has to be in contained bin. November is the month when can start having a bonfire if we need to. We don't tend to have too much to burn as we try and compost as much as possible and anything else goes to the council green waste at the dump. If you decide to have a bonfire please do check for wildlife and mammals before you start and never leave a fire unattended.

You cannot beat a slow weekend in autumn... morning mist, woolly jumpers, long walks in forest with a flask of tea/coffee. (How lucky are we have Epping Forest on our doorstep!!!). I'm looking forward to getting some steps in this coming month.

November is also the perfect month to plant tulips. Any earlier you risk it being too warm and tulips can get diseased or at risk of developing tulip fire.

This year I decided I'm going to plant lots so I have a good display come spring. I have an old galvanised bath tub at the allotment but I'm going to bring it home and make a big display for the garden as well as some pots for the front garden.

The tulips I have gone for are apricot and purple tones with a splash of pink. I have put aside a raised bed at the allotment too so I might have some I cut for spring arrangements. I am also going to add some more bulbs to my border at home for this I have chosen some more narcissi and alliums.

To deter the bulbs in the pots from being dug up I am going to try the following. Firstly covering the bulbs with chilli powder when planting. I will then top dress the pots with gravel and put saved rose clippings from the garden on top. It will be interesting to see if this works... I shall report findings come spring.

I have planted up the polytunnel with plug plants. If you missed the boat with autumn seed sowings, I took advantage of some plug plants I found at the garden centre. I hopefully will still be harvesting some bits over winter at the allotment. I brought some chard, lettuces, kale and cabbage.

Recipe: Gardeners World Fat Ball Recipe.

Fat balls are popular with blue tits, great tits and long-tailed tits, house sparrows, blackbirds, robins, woodpeckers, nuthatches and blackcaps.

Foods to avoid: Avoid using turkey fat, which doesn't set like suet and lard, and can coat birds' feathers, preventing them from being able to fly. It can also spread disease. You should also refrain from using raisins and sultanas if you have a dog, as they are poisonous to them. Bear in mind that mealworms are harmful to hedgehogs, so only add these if you're hanging fat balls in winter, when hedgehogs are hibernating.

What you'll need:

Ingredients Lard or suet, unsalted peanuts, currants, sultanas, oats, grated cheese, breadcrumbs, cake crumbs

Utensils Bowl, saucepan, spoon, string or twine, old yoghurt pots

Total time: 12 hours Including overnight refrigeration time

Step 1: Mix the ingredients. The best ratio for this fat ball recipe is one part fat to two parts dry mixture. Mix all your dry ingredients together in a bowl.

Step 2: Add the fat. Melt some lard or suet in a pan and add the dry mix. Stir well until the fat has all been absorbed by the dry mixture, and everything sticks together.

Step 3: Make the fat balls. Make a hole in the bottom of a yoghurt pot and thread through a length of twine or string, then pack the pot with your warm fat mixture, to make fat balls.

Step 4: Remove the yoghurt pots. Place your fat balls in the fridge overnight to set, then cut through the pot and peel it away. Tie a big knot at one end of the twine to secure the ball.

Step 5: Hang the fat balls. Hang the fat ball in a tree or shrub and wait for the birds to come and feast.

Gardeners World Kate Bradbury says:

Keep a store of fat cakes in your freezer, taking just one or two out at a time on cold winter days. Never put them out in summer – in very hot weather the fat may melt and could smear onto birds' feathers, preventing them from being able to fly.

Jobs for month:

-Perennial weeds - keep at it, weeding now will make it much easier come spring

-Shed tidy, making sure there are no holes and leaks will ensure the contents of your shed is protected over the winter months. -Covering empty beds - mulching with compost/manures, green manures, cardboard, plastic sheeting will prevent the soil from leaching and help maintain soil health.

-Cleaning plastic/glass of the polytunnel/ greenhouse will ensure as much light can get in when the clocks have changed.

-Sow sweet peas and place in a cold frame/greenhouse. Water occasionally.

I hope everyone is enjoying my updates, would be great to know if anyone tried making the courgette fritters from last month. I certainly ate lots in Greece, they are so tasty. I hope everyone has a good month ahead and enjoys slowing down in the garden and takes the time to observe the changes in the season. Louise

Next Month: How to make a sustainable Christmas wreath

Church Flowers

Thank you so much to the ladies who helped arrange the Harvest Festival flowers and for the donated foliage. Each month we can create memorial dedications, wedding, anniversary or special occasion flowers – Contact Kate Dale email: dalek16@btinternet.com or 02085083942



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



ANAGRAM Unscramble this 11 letter anagram: RIGSOFSEVEN. The answer will be found elsewhere in the Newsletter.

COMING UP AT ST THOMAS'

Saturday 23rd November CHRISTMAS BAZAAR in Village Hall, 10.30am-2.30pm
Sunday 8th December ENFIELD BRASS BAND CHRISTMAS CONCERT, 3.30pm
Sunday 15th December SERVICE OF NINE LESSONS AND CAROLS 4.30pm Seasonal Refreshments after
Community lunches every month from February to December – see separate article.

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.

WALTHAM ABBEY CRAFT MARKET

Craft Market and Table Top Sale in Waltham Abbey Town Hall, EN1 9DE
10am Tuesday 5th November, then Tuesday 3rd December.

50/50 CLUB

The 50/50 Club is so called because there is no limit on the number of members as the prizes are determined on the income. 50% of the income goes to the church, 50% is returned to the winning members as prizes: i.e. if we had 10 members the income would be £120 for each session and £60 would go to the church and £60 paid out as prizes. Fortunately we have a lot more members than that! Sadly, we have lost several members during the last session so the Bumper Prize Draw in December will be reduced unless we get more new members. The regular monthly prizes will stay the same.

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

1 st :	£35	No. 46	Pearl Pegg of Waltham Abbey
2 nd :	£25	No. 27	Carol Baldwin of Waltham Abbey
3 rd :	£15	No. 38	Geoff Maidment of Waltham Abbey

Our thanks to all our members for their support of St Thomas' Church. Good luck to everyone who enters.

ST THOMAS' CHURCH COMMUNITY LUNCHES 2024

Wednesdays, 11.30 for 12noon-2pm

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.

POPPY, POPPY

Poppy, poppy what do you say? Wear me on Remembrance Day.

Poppy, poppy what do you tell? Many soldiers in battle fell.

Poppy, poppy what should we know? That peace on earth should grow, grow, grow.

Life Cycles

Once upon a time (well, round about 1980), there were five little girls called Helen, Katherine, Louise, Pennie and Izzie, who made a den in the corner of their village churchyard. Tucked away behind the big old bay tree that Mrs. Crowdy had planted so the ladies could pick a sprig on their way home from church to pop on the Sunday roast, was a funny bent old beech tree whose branches stretched out sideways instead of straight up. It made a cave-like space that smelt of earth and bay leaves and yew tree needles where you could crawl in. Sometimes instead, the girls would sit on a branch, when Miss Stone had released them from choir practice, like a row of chattering birds until someone arrived to take them home. Best of all were the times when the grown-ups were having a meeting or getting the churchyard ready for the Summer Fair. Then there was time to decorate the den with flowers discarded on the compost heap and scraps of ribbon.

The girls grew up and spread across the country, from Lancashire to Sussex, Cambridgeshire to Essex but they still all visit St. Thomas' and some bring their own children. And what of the tree? A few years ago, it was decided that it was dangerous and it was felled to a four foot stump.

In October 2022, the remains of the old branch had clumps of beautiful shiny white Porcelain fungus. This year and last, the grass all around the original root area was smothered with toadstools, the fruiting bodies of the mycelium which underground is creating rich compost for new life.

One might expect that we have exhausted our knowledge of an organism which has been on the earth for five hundred million years but research into fungi has gathered momentum over the last thirty or so years and amazing new discoveries have been made about their importance to the whole biosphere. The Wood Wide Web is the intricate process by which trees communicate and help each other through a complex underground web of roots and mycorrhizal fungi. Plants photosynthesise carbon-rich sugars and share them with the fungi and in return receive nutrients such as nitrogen and phosphorus. As the fungal threads grow and spread, they form a network linking the plants around them. 'Mother trees' form hubs in this network and supply seedlings with necessary nutrients. If a tree has an infestation, it can use the underground web to send a signal to its neighbours so they are able to raise their defences. I was once told by an eminent arboriculturalist that I shouldn't think of Epping Forest as a place of trees with fungi underneath, rather a forest of fungi with trees on top.

Some fungi have associations with particular trees. A few yards from 'the den tree' is the multi-stemmed birch planted by Joyce Woods in memory of her husband Ron. This autumn, for the first time, there are Fly Agarics – the white spotted red toadstools of our childhood books, in the grass. Fly Agarics have an association with birch trees. The name derived from its old use as an insecticide, by floating pieces in a dish of milk to attract, intoxicate and finally kill flies. Although rarely fatal, they are poisonous to humans but you often find them with squirrel toothmarks and they don't appear to kill slugs!

They are probably the earliest source of the hallucinogenic substances used in religious or shamanic ceremonies dating back thousands of years, dried, made into a drink, smoked or used in ointment. Celtic druids purified themselves first by fasting and meditating for three days. Reindeer are attracted to them. Historically, Siberian people used to look for drunken behaviour in their herds and eat the meat of those animals to get the same effect without poisoning themselves.

It has been suggested that the Siberian use of Fly Agaric might have played a part in the development of the legend of Santa Claus. At mid-winter festivals, the shaman would enter the yurt through the smoke hole and down the central supporting birch pole with a bag of the dried toadstool. He would leave the way he came, leaving people with the idea that he and his reindeer could fly.

Of course this is not the only Santa Claus theory. Dutch families took the tradition of celebrating the feast day of St. Nicolas to the American colonies in the seventeenth century, referring to him as Sinterklaas. The fourth century Byzantine archbishop who became St. Nicolas and was renowned for his kindness to children was combined with Nordic folk tales of a magician who punished naughty children and rewarded good children with presents.

Interestingly, both stories explain Santa's clothing, one combining it with the dress of the Nordic magician in a red suit trimmed with white fur and the other connecting it with a Fly Agaric toadstool.

It's a privilege to have these beautiful mysterious lifecycles happening in our churchyard. There is no need to be paranoid about their toxicity but wise to wash the hands of a child who touches one- but without drama and while encouraging admiration for these fascinating organisms which are vital to our ecosystem.

Sue McKinley.

CRAFT FAIR

Saturday 9th November 11.00am – 3.00pm in Upshire Village Hall

A variety of stalls including Jewellery, Bags, Cards, Honey and many more items. All handmade by local crafters
Free Entry

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.

Upshire Mothers' Union

In September we had our Corporate Communion Service lead by Revd Jane, thank you Jane.

On International Literacy Day, 8th September, Mothers' Union launched their new campaign: 'Empower Her Literacy'. This campaign aims to raise awareness of women's illiteracy and promote the importance of educating women.

There are over 480 million people around the world who are illiterate, millions of women who can't register the birth of their child, read a medicine packet or apply for a job.

In a world where technology and instant communication are everywhere, it doesn't make sense that millions of women are illiterate. Being illiterate makes it harder to make sense of the world.

It is agreed that access to education for children is a fundamental human right. Yet there are millions of women who missed out on an education, due to conflict, financial barriers or just because they are girls. As we champion children's access to education as a fundamental human right, Mothers' Union believes we must also prioritise education for women of all ages.

Five years ago, Mariam lost her husband, leaving her to raise three children alone. Life was difficult, but she held onto her faith and found a new family in Mothers' Union.

Mariam joined a small literacy circle, learning to read and write, skills she had never had the opportunity to develop before. Soon, she became a facilitator, teaching others these essential skills. Literacy classes evolved to become savings groups, and the women could then start generating their own income. *'I thank God as Mothers' Union has helped me with many things. We see through this programme that MU is a good thing not just in this community but the whole country.'* – Mariam. Mariam has become a respected figure in her community and she is just one of countless stories of how literacy can transform lives and communities.

The UK government's International Women and Girls' Strategy emphasises the importance of girls' education, but it doesn't address educating women in the same way.

MU want to work with the new government to ensure that they prioritise women's education, regardless of their age, so that no woman is left behind. We want the government to use their influence and leadership to prioritise women's education.

If you would like to support the campaign, you can do so by going to www.mothersunion.org/empowerher.

Our next meeting is on 27th November, at 2.15pm, in the Village Hall.

Maggie Radcliff will be talking about 'A Lady and her Spitfire', followed by tea and cake. Everyone is welcome to join us.

Tea Hostesses: Gill Negus and Lyn Wackett. Raffle: Ann Smith

ANAGRAM The answer to the anagram is FORGIVENESS.

UPSHIRE SHORT MAT BOWLS CLUB

Held in Upshire Village Hall, Mondays 2.00-4.30pm, Tuesdays 7.00-9.30pm No experience necessary. Tuition and bowls available. It's fun to play! Contact Fred on 01992 711720 or Jean on 07733 084815.

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

Christmas Wreath Making – Saturday 30th November from 11am to 1pm. Come and make a wreath to decorate your door for Advent. As this event will be held in the Akers Room in church, we are limited to a maximum of 20 people so places will be allocated on a first come, first served basis. The workshop will cost £30 per adult which will include all materials and light refreshments. If you wish to join us, please contact Sandra on 07814 540307.

CHRISTMAS PUDDINGS

Christmas puddings are now available to pre-book by phoning Lyn on 01992 711573.

Sizes from ¼lb (£1) to 2lb (£8). Please remember to save your pudding basins and return them to me so that I can keep the costs down for next year. Thank you.

ST THOMAS' CHURCH, EN9 3SS

CHRISTMAS CONCERT

with ENFIELD BRASS BAND

Sunday 8th December 3pm for 3.30pm start

Adults £10, under 16s £5, book with Lyn on 01992 711573
Seasonal refreshments, raffle

ST THOMAS' CHURCH, EN9 3SS

CHRISTMAS BAZAAR

On Saturday 23rd November 10.30am-2.30pm
In Upshire Village Hall

Everyone welcome, so do come along and join us.

Buy your Christmas presents from the lovely items on sale:

Stalls include cakes, pickles & Jams, handmade bags, handmade cards, jewellery, plants etc
Raffle, tombola, pick a bag and more Refreshments available Admission free

COPPER JAR

Thank you to everyone who donated their coppers and small change to the Copper Jar, raising a further £36 towards Water Aid.

WALTHAM ABBEY CHURCH

Music for Lunch – Saturdays at 12 noon. Refreshments available from 11.30am. No admission charge or ticketing but donations welcome

November	2 nd	Colin Eldred <i>clarinet</i> , Jane Eldred <i>viola</i> , Barbara Manning <i>piano</i>
	9 th	Royston Priory Singers
	16 th	Yu Zhou Zhang & Naixin Li <i>violin & piano</i>
	23 rd	Gloria Choi <i>soprano</i> , Sin long Li <i>piano</i>
	30 th	James Davy <i>organ</i>

Weekly recitals stop for December but there is a

Seasonal Bonus Recital on December 14th:

Britten's A Ceremony of Carols for upper voices and harp, conducted by David Boarder

SHOEBOXES

Thank you to everyone who donated (and are still donating) shoeboxes for the Shoebox Appeal, so far we have received over 100 boxes and still counting! People have been so generous we will also be able to send bags of surplus goods (if we run out of time to get them in boxes) along with all the filled boxes so they can be used at the depot. Further details next month. Lyn & Dave.

ST LAWRENCE CHURCH, HILLHOUSE SCHOOL, NINEFIELDS EN9 3EL

COFFEE MORNING

Saturday 16th November from 11am until 1.30pm

Coffee Tea Refreshments

Raffle, sale of books, cards, nearly new goods, children's activities in the school hall

A warm welcome for everyone

ST LAWRENCE CHURCH, Ninefields EN9 3EL invite you to a Christmas Sing-along. All are welcome on Saturday 7th December from 2pm to 4pm to join us to sing Christmas carols and songs. Hillhouse C of E School (in the school hall). Mulled wine and seasonal refreshments will be served. (Retiring collection).

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

Waltham Abbey Community Champions present **The Community Catch up**. All ages welcome. FREE!

Join us for a relaxing and inclusive morning of tea/coffee, conversation and community connection! Whether you're new to the area or a long-time resident this is a great opportunity to make new friends and try fun activities all while enjoying a delicious biscuit or two! Thursdays 14th and 28th November, 10.00-12.30. Waltham Abbey Fire Station, Sewardstone Road, Waltham Abbey EN9 1PA