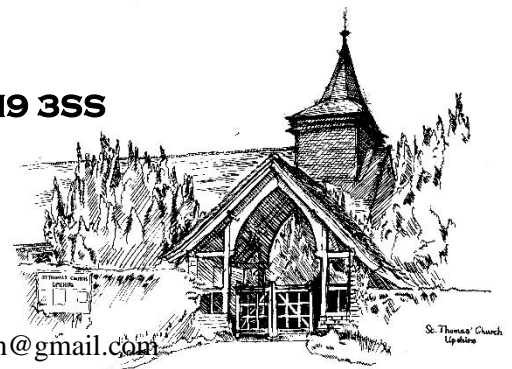


ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

May 2025



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>
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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 3rd 3.00-4.00pm SEEDLINGS meet in the church
- Sunday 4th Third Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 9:1-6 (7-20) John 21:1-19
- Saturday 10th 11am-3pm Craft Fair in the Village Hall
- Sunday 11th Fourth Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 9:36-end John 10:22-30
1.30-4.30pm PLANT SALE & AFTERNOON TEAS in church/churchyard
- Saturday 17th May 10am CHURCHYARD TIDYING SESSION – all welcome to come and help!
- Sunday 18th Fifth Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 11:1-18 John 13:31-35
- Wednesday 21st 11.30am for 12noon COMMUNITY LUNCH in church – 07899 846711 to book. Please let us know if you have to cancel. Thank you.
- Sunday 25th Sixth Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 16:9-15 John 5:1-9
2.30-4.30pm AFTERNOON TEAS in the church
- Wednesday 28th 2-4pm Upshire Mothers' Union CREAM TEA AFTERNOON in the Village Hall
£4 per person – no need to book! All welcome
- Sunday 1st June Seventh Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 16:16-34 John 17:20-end

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.

THE VICAR WRITES:

This May marks 80 years since VE Day—Victory in Europe Day—when, on May 8th, 1945, the Second World War in Europe officially came to an end. Across Britain and around the world, church bells rang, crowds gathered in the streets to celebrate, and people wept tears of relief and joy. For many, it was the first time in six long years that they dared to hope that peace could re-enter the world.

Eighty years on, VE Day still matters. Not only as an historic milestone, but also as a sacred time of remembrance and reflection. We remember the extraordinary courage of those who fought and those who kept things going at home. We remember the lives lost, the families broken, and the unimaginable cost of war. And we give thanks.

Jesus said, “Greater love has no one than this: to lay down one’s life for one’s friends” (John 15:13). As we think of the men and women who sacrificed so much, we can’t help but see glimpses of that kind of love—the kind that puts others first, that dares to stand up to evil, that chooses service over safety.

Thus while VE Day marks a victory at a specific moment in history, it also reminds us of eternal truths—that light can overcome darkness, that peace is worth fighting for, and that faith, even in the bleakest of hours, can endure.

Thankfully we live in a very different world today, but we still face battles: personal, societal, and spiritual. It is into these battles that the lessons and legacy of those who came before us speaks. Their actions can and do inspire us to live with courage, compassion, and a deep commitment to peace, truth and justice.

As followers of Christ, we are called to be peacemakers.

In a time when division and conflict still mark our world, we, the Church must carry the message of reconciliation—both between peoples, and between humanity and God.

VE Day invites us not just to look back, but to look forward. What kind of peace are we building in our homes, our communities, and our world? What legacy will we leave for the generations to come?

At churches across the land, including our own Waltham Abbey, services of remembrance and celebration will take place at the time of the anniversary.

At these services those attending will be asked to pledge themselves anew to the service of God and of his peace. Should you wish to join them I have copied the words of the pledge below. May you be the peacemakers of your generation, ensuring God’s work of peace continues to have an impact on you, your family and friends and the world about us.

Lord God our Father,
we pledge ourselves to serve you and all humankind,
in the cause of peace,
for the relief of want and suffering,
and for the praise of your name.
Guide us by your Spirit;
give us wisdom;
give us courage;
give us hope;
and keep us faithful now and always.
Amen.

Revd Jane Yeadon,
Team Vicar St Thomas, Upshire and Holy Innocents, High Beech
Benefice Youth Missioner
MB 07960 604416

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, Joan, Christine, Chris, Izzie & Pennie.

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.

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

Thank you to all who came along and helped with the Easter Lily floral arrangements, and for the donations of foliage. The church looked lovely with all the beautiful Lily arrangements.

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 9 letter anagram: DUGATTIRE The answer will be found elsewhere in the Newsletter.

ST THOMAS' CHURCH COMMUNITY LUNCHES 2025

Wednesdays, 11.30 for 12noon-2pm

21st May, 18th June, 16th July, 20th August

17th September, 15th October, 12th November (a week earlier than usual), 3rd 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.

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 British Heart Foundation. 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.

50/50 CLUB

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

1 st :	£35	No. 7	Pennie Murphy of St Neots
2 nd :	£25	No. 21	Valerie Peden of Enfield
3 rd :	£15	No. 9	Colin Ward of High Laver, Ongar

It's not too late to join St Thomas' 50/50 Club. There are monthly draws as above and bumper draws in June and December; the entry fee is £12 for each six month session or £2 per month.

For further information contact Lyn Wackett on 01992 711573.

COPPER JAR

Thank you to everyone who donated their coppers and loose change to Water Aid via the Copper Jar, raising £19 when last emptied.

CHURCHYARD TIDYING SESSION

Saturday 17th May from 10am. Please join us to help keep St Thomas' looking as we would wish, a place of calm and beauty. It takes a lot of work to look this good! If you are not able to work outside, please do still come along as there are always inside jobs. Tea, coffee and biscuits provided.

Please bring a packed lunch, secateurs/gloves (if you have them) and a smile! Enjoy fellowship whilst working.

Thank you very much for your help, we couldn't do it without you.

GROWER'S CORNER

The run of good weather this spring has felt like a complete bonus. Starting the day with a cuppa in hand in the garden is just pure joy. The daffodils and blossom have been wonderful this year. Now it's time for the irises and alliums to steal the show in our gardens.

My friend kindly reminded me that I need to sow Stevie B's wildflower flower seeds. So if still have got yours now is a good time to get them sown. Dad had a great interest in bees and beekeeping. Many will remember Dad selling honey too. One of my first memories was Dad bringing in a hive to my assembly to Upshire Primary School to do a show and tell. He was also known to be on speed dial with a cardboard box in hand to collect a swarm of bees to bring home or taking them to friends to rehome the bees. This included Stef and I only a few years ago.. an SOS was made and Stevie B was on his way to Woodford to come and save the day.

Bees had a terrible time last year, due to the wet spring. So if want to do your bit for the Bees and pollinators here are some plant/herb suggestions that featured on a podcast I listened to:

Common thyme, Summer savoury, Oregano, Artichoke, Borage

Update on the plots:

Keeping on top of two plots has been tricky... especially now we have noticed all the perennial weeds. We've removed buckets of bindweed, brambles, cinquefoil... the list goes on. On the plus side we managed to get another load of manure delivered (we got through the first batch in no time). We've assembled the new flower arch, potatoes are planted out and I've done some direct sowing into the raised beds. The fruit cage has been ordered and now waiting for that to arrive. Not sure when we will get time to build the new polytunnel. But it's a job for the list. I have sorted and organised my seeds too. I have signed up for the RHS small space 'Grow with it' initiative. I've planted cosmos, chives and cornflowers into a small bed. It's designed to grow a small space with a big impact to benefit others in your neighbour from people to pollinator.

May to do: plant out bedding plants, keep greenhouses/ polytunnel ventilated, hoe off weeds in vegetable beds/borders, be water wise. Water only in the morning or evening to prevent waste.

Vegetable May sowings Carrots, beetroot, spinach, salad onions, radish, lettuce, peas, summer and autumn cabbages. Succession sowing helps for continuous crops through the season.

Harvesting/Planting out: Continue to harvest the asparagus (my current fav crop from the plot), plant out courgettes, plant main crop potatoes

Flowers: Dahlias can be planted out. Keep an eye on slugs/snails. Keep sowing annuals. **Tip:** Take stock of the garden, use this time to see if there is anything missing from the garden. (My note to self is to plant more daffodils/narcissi come autumn).

An old farming fable, which I recently heard and loved. So thought I'd share. Plant your seeds in a row, One for the rook, one for the crow, One to rot and one to grow.

Happy sowing and growing. Love Louise.

Upshire Mothers' Union

As part of International Women's Day 2025's theme, #AccelerateAction, here is a glimpse of how Mothers' Union's work around the world can improve the lives of women, with long-lasting success. Flora is a learner in the MU Literacy Education and Gender Based Violence Programme in South Sudan. Her progress is an encouraging example of how the programme is helping to #AccelerateAction. Flora says, "When I started, I didn't know the ABC in local dialect. I didn't know there was a capital letter and small letter, and the difference. After this teaching, I can even read the Bible. I can read it slowly and now understand it."

Facilitator Phoebe used the time to also teach about gender, relating to Bible studies. She taught them what gender is about, the rights that God has given them, and that men and women are created equal. Flora came to a realisation through these lessons that women were working more than men, and because of this, there was a belief that men were superior to women. "Due to this, we lived with insults that resulted from this thinking. I realised this was also happening in my clan, and that there was a big difference between women and men. It made me want to visit them to share this learning about gender." Flora's mother has six children – three daughters born first, and then three boys later. Due to the belief that men are more superior, and that the boys should have been born first, Flora's parents divorced, with her father refusing to pay for the girls' school fees.

"After all the teachings, I decided to call my sisters together, and to talk to my mother so we could talk to my father. We even did some fundraising to help solve these long-time problems. We even got the uncles involved. We finally managed to meet all together as a family, and charges were paid to compensate for us being left by our father. We were officially welcomed home with a big party."

The uncles on Flora's mother's side were angry that the father had left, especially as her mother struggled to survive and bring up six children alone. It was due to the father's misbehaviour that they were recompensated. Flora wanted there to be peace and forgiveness, which was eventually given when everyone emptied themselves of the burden from the experience.

There are many stories like Flora's that need to be resolved, with changes to the issues surrounding gender imbalance and the belief that women are inferior. By working through the MU Literacy and Gender Based Violence programmes, many more women are able to #AccelerateAction, for future generations to come.

On Wednesday 28th May in the Village Hall, we will be hosting a
CREAM TEA AFTERNOON 2.00pm – 4.00pm
£4 per head. (inc. 2 scones, jam, clotted cream, tea or coffee, free drink refill)
Everyone welcome.

ST LAWRENCE CHURCH
Hillhouse C of E School, Ninefields EN9 3EL

QUIZ TIME!

Please join us on Saturday 10th May, 1.45pm for 2.00pm start
Invite your friends and family – teams of 6-8
Rounds for all the family. Tickets: adult £10, child £2
Includes refreshments and tea/coffee/soft drinks.

To book your tickets please contact Valerie on 01992 713996 by Wednesday 7th May

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.

WALTHAM ABBEY CHURCH

Music for Lunch – Saturdays at 12 noon. Refreshments available from 11.30am. Free admission with 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 1.45 for 2pm start. All are welcome, raffle, sales table, tea, coffee and homemade cake. Further details from Chris on 07792 594443.

Lest we forget

This May sees the 80th anniversary of Victory in Europe Day when people will come together to honour and remember those who fought in the last war to free Europe from the tyrannies of Nazi Germany. Sadly, whilst there are many around who were alive at the time due to being children born during or just before the war, there are few left who served in some capacity. Most people will tell you that the relations they had who served were generally very reticent about what happened to them and what life was like. I can vouch for this as my parents were very backward at coming forward with their experiences. My Mother was 19 at the outbreak of war and even at 105 information of her wartime career has been sparse! She tried to enlist in each of the services but with a serious heart condition was turned down, so she joined the Forestry Division of the Land Army working in the cider orchards of Somerset. Evidently, according to her, the trees were cold and wet in the winter and it hurt when you fell out of them but what life was like is a mystery. I do know, though, that she eventually rose to a responsible position in the county and that one of her jobs was to liaise with the farmers concerning their crops of apples. To help she was provided with a lurid green car to get about which she said was a nuisance as when she was out at a pub in the evenings with friends everyone in the area would know where she was! She also said that the farmers always used to entertain her with cider, but served in whisky glasses as it was so strong. She reads these articles so perhaps she might be spurred to tell us more about her war time life!

My Father though, sadly no longer with us, was a bit older at 28 when war started. Again, information about the war and life was not forthcoming although he did relate some things. With the commencement of the war he was put into a reserved occupation and was working as a quality control inspector at the Spitfire factory in Southampton checking the airworthiness of the planes which involved crawling up the fuselages to check the condition of the panels. He did say that after certifying the airworthiness he had to stamp the plane with his rubber ID stamp which he said was the first thing looked for by the air investigators if a plane came down! He did mention, though, that at one time he had to walk back to his digs along the green sward that runs up through the centre of Southampton as on each side all the buildings were alight following a German air raid. He was subsequently moved to south London to run armament factories and again very little was talked about. He did explain how one of his jobs involved keeping productivity up and that he undertook ARP observations at night from the roofs of the factories. He also said that he used to arrange outings for the workforce, to the opera, theatre and trips out to the countryside which always entailed a visit to a country pub where a piano would be commandeered with the workforce singing and dancing on the tables whilst drinking the pub dry! He did mention once that having undertaken ARP work for night after night he decided to take a night off, so he jumped on a tram and went to its ultimate destination on the outskirts of London. There he found a field to sit down in, enjoying the silence mingled with the sounds of nighttime nature when suddenly there came the unmistakable sound of a doodlebug approaching, this was Germany's latest weapon, the V1 – a flying bomb. Literally a large bomb with wings attached propelled by a rocket engine which when the fuel ran out would drop out of the sky to explode where it landed. If you heard one coming you prayed that its engine would keep going and that it would fly past you, not so on this particular night as upon reaching my Father the engine cut out and it fell from the sky to explode in the field next to where my Father was sitting. He decided that trying to relax in the countryside was pointless so went back to work!

I recently came across an RAF Squadron mission report which stated rather laconically that: "Mosquito NS879/C took off at 17.20 hrs for mission to Dieppe area. 24.03.1944 On return the aircraft hit wires near Biville and crash-landed at RAF Friston." The pilot was F/O Charles Bovet-White who was persuaded many years later to write up an account of what happened as the details in the mission report were indeed very sparse! Even then, his 'write up' is somewhat reserved to say the least! Whilst the Mosquito was more than adequate to catch V1s and to shoot them down they first had to be spotted which wasn't so easy so it was decided that the Mosquitoes would be used to attack the sites in northern France where the V1s were launched.

On this particular day in 1944 a flight of Mosquitoes set off from their aerodrome in Hertfordshire flying down to the coast at 50 feet height. On reaching the Channel they dropped down to 20 feet flying at 280mph and continued to Calais where they climbed to 3,000 feet to miss the flak, then diving back down to 50 feet at 400mph they approached the launch site of the V1s. Spotting a convoy of trucks making for the site the Flight Commander ordered for that to be attacked which White did being successful in destroying several vehicles when he felt a 'crunch.' He'd hit a telephone pole and the telegraph wires ended up wrapped around the starboard propeller. The engine was running very roughly, and the wires were flaying the wing which had lost its tip. He immediately pulled back on the control column to gain height, stopped the engine and feathered the propeller to stop it rotating. The port engine was running fine but the plane was vibrating badly so he made for home.

The Mosquito is perfectly capable of flying on one engine but with a wing in pieces it would not be easy and at full throttle only 170mph could be achieved. Approaching Calais, he had to climb again to miss the flak but he did manage to drop 2 of his 500lb bombs on the area. Dropping the plane's nose he managed to achieve 200mph and reached the Channel relatively unscathed. Realizing that he would not reach Hertfordshire he decided to land at a Spitfire aerodrome at Beachy Head.

Approaching the runway at 165mph, about 50mph more than normal and with the port engine now overheating, he put the undercarriage down and activated the flaps. On take off they aid lift and on landing they act as air brakes but this time they would not work which meant that at the speed they were travelling they would shoot off the runway over the cliff at the end. So he raised the undercarriage and brought the plane in on its belly stopping about 200 yards from the cliff edge. Both White and his navigator climbed out uninjured but the plane was riddled with holes and the starboard wing was missing its end and torn in dozens of places. These guys and most of all the other men and women who served in some capacity or other, or worked in the war effort were generally only in their late teens or early 20's. It is thus important that we should use the 80th Anniversary of VE Day to remember what they did so bravely and selflessly.

Adrian J Liddle

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH

Sunday afternoon teas begin again on 4th May, 2.00-5.30pm and will continue every week until Sunday 28th September. There will be free walk-in concerts by Asaph at 3pm on 15th June, 20th July, 17th August and 21st September. Everyone is welcome to enjoy the tranquillity of our churchyard whilst sampling home-made cakes, tea and coffee.

COMING UP AT ST. THOMAS'

1st Saturday of each month: 3.00-4.00pm Seedlings – messy craft, play, songs and stories for children and those who care for them.

Sunday 11th May: 1.30 – 4.30pm Plant Sale & Afternoon Teas

Sunday 25th May, then each 2nd & 4th Sundays, 2.30-4.30pm Afternoon Teas

Sunday 13th July: 1.30 – 5.00pm Summer Fayre and Fun Dog Show

Sunday 7th September, 3pm for 3.30pm start – Enfield Brass Band Concert – Last Night of the Proms

Friday 26th September: 10am-2.00pm Macmillan Coffee Morning with Cake Competition

Sunday 28th September: Harvest Festival with last of the Afternoon Teas, 2.30-4.30pm

Saturday 11th October: Quiz Night

Saturday 22nd November: Christmas Bazaar in the Village Hall

Wednesday 3rd December: Community Christmas Lunch

Sunday 7th December: 3pm for 3.30pm start – Enfield Brass Band Christmas Concert

AFTERNOON TEAS

Our Sunday afternoon teas begin again on Sunday 11th May. We will be starting early this week at 1.30pm until 4.30pm as we also have our PLANT SALE in the churchyard where you will be able to buy a range of plants from bedding to perennials.

Our normal time for Afternoon Teas from Sunday 25th onwards will be 2.30 to 4.30pm on the second and fourth Sundays of each month.

ANAGRAM The answer to the anagram is GRATITUDE.

QUIZ NIGHT

The quiz on 5th April raised £490 for church funds. A big thank you to our quiz master Gwen and to Linda for marking the answers and keeping the scores. Also thanks to those who helped set up before the event and cleared up afterwards and to those who helped with refreshments. We hope everyone who attended enjoyed the quiz.

The next quiz will be on Saturday 11 October.

At **HOME INSTEAD** Epping Forest we recognise that as we get older, you may need help to be able to stay living in your own home. We Tailor our care packages to meet your needs making it possible for you to stay living in your own home where you are happiest.

Our services include Dementia Care, Personal Care, Home Help, Companionship and much more.

Our monthly Memory Lane and Singing for the Brain Sessions are held at Theydon Bois Village Hall providing lots of fun complimented with refreshments served by our lovely Team. Why not contact us to find out more and to get a copy of our What's on Where Guide (WOW Guide) and future newsletters.

Telephone 01992 666777 or email: Victoria.rigby@homeinstead.co.uk

CRAFT MARKET

The Craft Market and Table Top Sale in Waltham Abbey Town Hall starts again on Tuesday 1st April, then the first Tuesday of each month until December. 10.00am – 2.00pm. Admission free; refreshments.

WALTHAM ABBEY HISTORICAL SOCIETY

Monthly talks on Friday evenings at 7.30pm at the Baptist Church, Paradise Road, Waltham Abbey, Essex EN9 1RL.

Visitors welcome, donation of £2 per person requested.

Speaker: Nick Dobson

9th May: **Annual General Meeting and President's Address.** President: Tony O'Connor

WALTHAM ABBEY COMMUNITY POPPY PROJECT

Come and join our team working to create poppy displays around Waltham Abbey for Remembrance 2025.

Monthly crafting sessions: Saturdays 1.00-3.00pm in Waltham Abbey Library

17th May, 21st June, 19th July, 16th August, 20th September, 18th October.

For more information, search 'Waltham Abbey Community Poppy Project' on Facebook, or email

walthamabbeydi@gmail.com

If you have other crafting skills and want to get involved, please come to one of the above sessions. **All welcome.**