

ST THOMAS' CHURCH, UPSHIRE EN9 3SN

NEWSLETTER

July 2026



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 3SN.
Website: <https://stthomaschurchupshire.com>
Editor: Mrs Lyn Wackett, 94 Upshire Road, Waltham Abbey. 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 JULY

Saturday 4th 3pm-4pm SEEDLINGS meet in the church

Sunday 5th Fifth Sunday after Trinity
9.15 am HOLY COMMUNION
Readings: Zechariah 9:9-12 Matthew 11:16-19, 25-end

Sunday 12th Sixth Sunday after Trinity
9.15am HOLY COMMUNION
Readings: Isaiah 55:10-13 Matthew 13:1-9, 18-23
2.30-4.30pm AFTERNOON TEAS with walk-in Concert at 3pm

Wednesday 15th 11.30am for 12 noon COMMUNITY LUNCH in church. 07899 846711 to book,
Please let us know if you have to cancel

Sunday 19th Seventh Sunday after Trinity
9.15am HOLY COMMUNION
Readings: Wisdom of Solomon 12:13, 16-19 Matthew 13:24-30, 36-43

Wednesday 22nd 2.15pm Upshire Mothers Union meets in Village Hall, all welcome

Sunday 26th NO SERVICE AT ST THOMAS' TODAY
1.30-5.00pm SUMMER FAYRE & FUN DOG SHOW at 2.30pm

AUGUST - NO SEEDLINGS THIS MONTH

Sunday 2nd Ninth Sunday after Trinity
9.15am HOLY COMMUNION
Readings: Isaiah 55:1-5 Matthew 14:13-21

CHURCH FLOWERS

For the Summer Fayre weekend we will be flower arranging in the church on Friday 24th July from 10.00am, you are welcome to come along and help. Any donations of foliage would be appreciated, thank you.

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

THE VICAR WRITES

As July dawns the FIFA Men's World Cup will be in full flow and in homes, workplaces, schools and churches across the world conversations will often begin with the same question: "Did you watch the game?"

Football has a unique ability to bring people together. It crosses generations, cultures and social backgrounds in a way few other activities can. Here in the UK football is woven into the very fabric of our national life. For many people, supporting a club is part of their identity and belonging.

Yet what many fans may not realise is that football and the Christian faith have a long and intertwined history.

Several of Britain's most famous clubs were founded by churches or Christian groups. Aston Villa was established by members of a Methodist chapel in Birmingham. Southampton began as a church football team connected to St Mary's Church. Manchester City traces its roots to St Mark's Church in West Gorton, while Everton emerged from a Methodist church community. In Scotland, Celtic was founded by Brother Walfrid to raise funds for poor families in Glasgow.

These origins were not accidental. During the nineteenth century, many Christians embraced what became known as "Muscular Christianity", the belief that physical health, teamwork, discipline and character were important aspects of a well-rounded Christian life. Sport was seen not merely as recreation but as a means of serving others and developing virtues that reflected God's purposes.

I believe that that heritage still speaks to us today.

At its best, football reminds us of values that resonate deeply with Christian faith. Teamwork teaches us that we are stronger together than alone. Perseverance encourages us not to give up when life becomes difficult. Respect for opponents reminds us that every person is made in the image of God. Humility in victory and grace in defeat reflect qualities that Jesus himself demonstrated.

The World Cup also offers a reminder of something else: our shared humanity. For a few weeks, billions of people around the globe watch the same games, celebrate the same goals and experience the same emotions. In a world often divided by conflict, politics and misunderstanding, sport can provide moments of connection that transcend national boundaries.

Of course, football is not perfect. The game can sometimes bring out tribalism, anger or unhealthy obsession. Success can become an idol, and disappointment can feel overwhelming. Yet when held in the right perspective, football can be a gift. It creates community. It encourages exercise and wellbeing. It gives opportunities for friendship and service. It provides moments of joy that can brighten difficult weeks. For many churches, football ministries, youth clubs and community tournaments continue to offer practical ways of building relationships and sharing God's love.

So as we watch the World Cup unfold, perhaps we can look beyond the scorelines and trophies and let the tournament remind us of our need for one another, our capacity for hope, and our desire to belong to something bigger than ourselves.

So whether your team lifts the trophy or heads home disappointed, may this tournament be an opportunity not only to enjoy the beautiful game, but also to reflect on the deeper values of faith, fellowship and hope that endure long after the final whistle.

--

Rev'd Jane Yeadon

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

Benefice Youth Missioner

Deanery Vocations Advisor - Epping Forest and Ongar

MB: 07960 604416

Monday is my rest day

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, Sue, Ann & Cyril, Rosalind, Maureen, Carol & George, Terry, Jackie, Andrea & her Mum & Dad, Nina, Carmel & the Price family, Nigel, Lola, Pearl, Susan & Alan, Jackie & Linda, Graham, Christine, Chris, Izzie, Pennie, Steve, Dan, Kevin, Gina, Sue & Rosemary.

SUNDAY AFTERNOON TEAS

Our season of Sunday Afternoon Teas continue on Sunday 12th July, 2.30-4.30pm, with a walk-in concert at 3pm: Music to Refresh the Soul with music for flute & harp with Ken & Rachel Bartels, admission free with retiring collection.

On 26th July we also have our Summer Fayre & Fun Dog Show from 1.30-5.00pm (dog show 2.30pm). Teas are available each 2nd and 4th Sunday (2.30-4.30pm) until the end of September.

Come and sit in our lovely little church or enjoy the views over London and the Lea Valley whilst sitting in the churchyard and spend a friendly afternoon at St Thomas'. Dogs on leads welcome.

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' 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



ELECTRONIC NEWSLETTER

Our mailing list to receive the electronic version of the Newsletter 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.

ANAGRAM Unscramble this 10 letter anagram: FARM YER EMUS. The answer can be found elsewhere in the Newsletter.

ST THOMAS' CHURCH COMMUNITY LUNCHES 2026

3rd Wednesdays, 11.30 for 12noon start

15th July, 19th August, 16th September, 21st October,

11th November (a week earlier than usual), 2nd December (Christmas Lunch)

If after booking you are unable to come, please phone to cancel, we can then offer a place to people on the waiting list.

Thoughtful gestures, especially when they are least expected,
have a wonderful way of brightening people's lives

SUMMER FAYRE & FUN DOG SHOW

Sunday 26th July, 1.30pm-5.00pm
Fun Dog Show at 2.30pm (registration from 2pm)
Come along and join us!

Take a look at the wide variety of stalls including Plants, books & jigsaws, homemade cakes, jam, marmalade & chutney, greetings cards, bags and other needlework, crafts, tombola, raffle and much more, with fun for the children

Everyone is welcome at our lovely little church. Refreshments including homemade cakes and tea, coffee and soft drinks will be available.
Either sit in the church or sit outside in the churchyard and admire the views.

Any items for the stalls, especially raffle & tombola prizes and cakes would be appreciated
New helpers welcomed with open arms!

Time Table for Dog Show Registration 2.00pm, £2 per class

You will find us in the far field behind the church

There will be a Doggie Pupsicle bar (Doggie ice cream), and stalls run by Medivet to raise money for Whittingham Greyhound Kennels.

Owners are responsible for their own dogs, please keep dogs on leads at all times.

NB: We care for the wellbeing of animals and have to take advice from professionals regarding weather conditions

Rosette awards for 1st to 3rd places.

Best in Show and Reserve Best in Show

Judge – Vet from Medivet Waltham Abbey.

Classes:

2.30pm Prettiest Bitch
2.45pm Most Handsome Dog
3.00pm Best Puppy (under 12 months)
3.15pm Best Veteran (Over 7)
3.30pm Best Child Handler (Under 14)
3.45pm Best Condition
4.00pm Waggiest Tail
4.15pm The Dog the Judge would most like to take home
4.30pm Best in Show

COMING UP AT ST THOMAS':

Monthly Community Lunches (see separate article)

Sunday Afternoon Teas 2nd & 4th Sundays 2.30-4.30pm

Sunday 26th July: Summer Fayre & Teas 1.30-4.30pm

Saturday 19th September: Macmillan Coffee Morning 10.30am-2.00pm

Sunday 27th September: Harvest and last Sunday of Afternoon Teas 2.30-4.30pm Service at 4.00pm

Saturday 17th October: Quiz Night 6.30 for 7.00pm

Saturday 21st November: Christmas Fayre in Village Hall 10.30am-2.00pm

Sunday 13th December: Brass Band Christmas Concert 3.00 for 3.30 start

GROWERS CORNER

It's officially Summer and the summer solstice has passed. The sun is up high in sky and the high temperatures have had us all fighting for shade. Keeping everything alive and hydrated has been a challenge.

The Allotment Society gives some very good advice regarding watering. The top priorities are:

- Water deeply, not little and often
- Mulch to keep moisture in the soil
- Don't forget containers — they'll dry out first
- Harvest regularly to reduce plant stress and Shade young and vulnerable crops

Update on the plots:

It seems we have been planting out for days!!! With the two plots there are a lot of beds to fill. I still haven't mastered the successional sowings. I will keep trying.

The greenhouse and polytunnel have had their final summer crops in. I am trying luffa plants for the first time this year. The scented pelargoniums are already putting on a good display. We are picking crops and harvested a lovely amount of garlic, broad beans and asparagus. We are now waiting on the next crops. Hopefully there will be lots of courgettes and tomatoes to come.

I've enjoyed picking a steady stream of flowers. Although with the heat the roses seem to be going over quicker than ever.

July to do:

- Harvest crops- first and second early potatoes should be ready to dig up this month
- Keep picking your beans
- Garlic, if you haven't already harvested, should be ready
- Strawberries and raspberries will continue to crop. Covering with netting may help protect from birds
- Keep an eye out for blight which can affect potatoes and tomatoes.
- Pinch out tomatoes to encourage fruit production.
- Watering - prioritise plants which are flowering and fruiting including tomatoes and cucumbers. Some plants are prone to bolting if they dry out.
- Feed vegetables with a general-purpose liquid fertiliser switching to high potassium feed once fruits start to form on tomatoes, cucumbers and peppers.
- Keep picking courgettes to prevent giant tasteless courgettes. The courgette flowers are lovely to eat too.

July Vegetable sowings

It's time to think about winter sowings.

- This can include kale, winter cabbage, spinach, and radicchio.
- Continue successional sowings including radishes, beetroot, lettuce, and runner beans.

Fruit

- Harvest soft fruits, peaches, nectarines, and apricots.
- Thin out fruits on your fruit tree to provide space for the strongest to develop into good sized crops and allow good air circulation to risk of disease.

Flowers/shrubs

- Sow biennials such as foxgloves and wallflowers
- Keep picking the dahlias and deadheading flowers
- Sweet peas require regular feeding and picking

Tip: Don't walk past a weed. Little and often is how I stay on top of them on my plot.

'There are no gardening mistakes, only experiments'. Janet Kilburn Phillips

Happy Gardening. Love Louise.

SHOEBOXES

Don't forget to keep saving your shoeboxes ready for them to be covered and filled with useful items for needy people in Ukraine and eastern Europe. Also keep watching out for bargains and special offers on items to go in the boxes. Boxes and goodies can be left with Lyn at 94 Upshire Road.

UPSHIRE MOTHERS' UNION

In May we held a Cream Tea Afternoon to celebrate 150 years of Mothers' Union. Thank you to everyone who came along and supported us and made it an enjoyable afternoon. Also thank you to the members who helped organise it and worked hard to make it a success, especially to Pam and Lyn who made the Scones and Jam.

Mothers' Union has a presence in prisons across Britain & Ireland bringing hope to the people who most need it. Statistics state that 45% of people lose contact with their families when they go to prison. Research also shows that maintaining contact between people in prison and their families and friends is essential not just for the well-being of prisoners, their resettlement and reduced rates of reoffending following the sentence, but also for the development, wellbeing and social inclusion of children. So much of MU's work centres on supporting the continued connection between people in prison and their families. MU volunteers assist in prison visitors' centres, run support groups, family days and prison creches to help families with a loved one in prison in supporting and communicating with children and preparing for prison visits. In some prisons, courses and parenting groups are also available, with members supporting the prison chaplaincy and upholding all the prisons in prayer. HM Prison Low Newton is proud to have its own MU branch.

Members also create 'release bags' filled with useful items like underwear, clothes, shopping vouchers and toiletries for when people leave prison, gift thousands of cards for Christmas and Easter every year, and provide Christmas tree decorations, bringing much-needed cheer for inmates and staff alike. Chelmsford Diocese Mothers' Union (CDMU) used to run the creche at HM Prison Chelmsford until the role was taken over by a national body. CDMU are hoping to rebuild links with the prison.

Our next meeting is on 22nd July, at 2.15pm, in the Village Hall. Revd Jane Yeadon will be talking about more of her travel adventures, followed by tea and cake. Everyone is welcome to join us. Tea Hostesses: Sue McKinley and Eleanor Huxter. Raffle: Ann Smith

CRAFT MARKET

This next Craft Market and Table Top Sale in Waltham Abbey Town Hall will be on Tuesday 7th July, and the first Tuesday of each month until December. 10.00am – 2.00pm. Admission free – also free tea/coffee.

HIGH BEACH CHURCH

Sunday Afternoon Teas every Sunday until 27th September, 2.00-5.00pm.

Everyone is welcome to come and sit in church or in our churchyard and enjoy home-made cake with tea/coffee and to ring the carillon. Please be careful where you park – you must NOT park on any single or double red line between 8.00am to 10.00pm otherwise you will receive a penalty notice.

Sunday 5th July, 3.00-4.00pm Ceilidh Dance in the Forest. Everyone welcome to come and learn some country dancing in the Churchyard.

Sunday 12th July at 3pm, Free Concert of singing, flute and piano by Alano, Janet, Hannah and Victoria, with retiring collection.

Sunday 19th July, 3.00-4.00pm Walk in Concert by David and Nicola Hooke and friends, with retiring collection.

The Woodford Singers Summer Concert: MUSIC FOR A WHILE

Wimbledon will have finished, the holiday period has begun, so why not come along to High Beach Church on Saturday 25th July at 7.00pm for another entertaining concert given by The Woodford Singers? Works by Purcell, Quartel, Miley Cyrus and Offenbach to mention but a few composers celebrated in this 15th anniversary year of the ladies choir.

The renowned High Beach catering team will provide appetising refreshments as ever.

Tickets £15 to include light buffet, from Margaret Wackett 07949 961184 or on the door

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.

ANAGRAM The answer to the anagram is. SUMMER FAYRE

Love in all of its forms – kindness, gentleness, consideration, respect for others, and much more –
is the hallmark of greatness

Cooper's Cards

40a Sun Street, Waltham Abbey, EN9 1EJ
(Library end)

Greetings cards, balloons, toys, wrapping paper, stationery and seasonal items
Family run and friendly shop, pet friendly
Monday to Saturday 8am to 5pm

50/50 CLUB

Congratulations to the winners of the 50/50 Club Draw in May:

1 st :	£35	No. 56	Susan Ellis of Upshire
2 nd :	£25	No. 90	Maureen Manners of Waltham Abbey
3 rd :	£15	No. 94	Pauline Callaghan of Waltham Abbey

It is now time to begin Draw 18 of St Thomas' 50/50 Club.

There will 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 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).

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

St Thomas' Church 50/50 Club Draw 18

July to December 2026

I wish to become a member of St Thomas' 50/50 Club and have paid by Bank Transfer to HSBC Bank, A/c St Thomas Church Upshire PCC, Sort Code 40-45-20, A/c No: 00724505.

OR I enclose cash/cheque of £12 per entry (maximum 2 per person).

Please make cheques payable to St Thomas' Church Upshire PCC and return your entries to Lyn Wackett, 94 Upshire Road, Waltham Abbey, EN9 3PA. Thank you.

Name:
Address:
Telephone:

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.

WOOL

Thank to you the people who have donated balls of wool to us, we are now up and running again, but please keep it coming, donations can be left with Lyn at 94 Upshire Road (leave in porch if no reply) or brought to church on any Sunday. Thank you.

POPPY PROJECT

Saturdays 4th July, 15th August and 12th September, 2.00 - 4.00pm. Monthly meet up at Waltham Abbey Library. Come along and get involved.

AN INTRODUCTION INTO HISTORIC WALTHAM ABBEY

Contact Waltham Abbey Tourist Information Centre on 01993 660336 or tic@walthamabbey-tc.gov.uk for more information on day/evening guided tours.

WALTHAM ABBEY FLOWER CLUB

We meet on the 4th Tuesday in the month except January, June, August and December at Waltham Abbey Community Centre, Crooked Mile, EN9 1QD. Doors open 1.45 for 2pm start.

Next meeting: 28th July: Demonstration to celebrate our 60th Anniversary by Lisa Morgan

All are welcome, raffle, sales table, tea, coffee and homemade cake.

Further details from Chris on 07792 594443.

WALTHAM ABBEY MEN'S SHED

Every Monday at Epping Forest District Museum, 1.00-3.00pm.

A welcoming, inclusive place for local men to get together, socialise and turn their hand to practical tasks. New members welcome. Free to join, free refreshments, just turn up.

For more information contact 01992 910701 or communityhub@vaef.org.uk

WALTHAM ABBEY ART TRAIL 2026

Calling all local artists to display work in lots of venues in our Town.

Email: walthamabbeyarttrail@outlook.com or call Jane on 07812 696087 or Vikki on 07986 977635 for more information.

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

The Lark Descending

Spoiler alert! Listeners of Classic fm need to look away now as what I am about to write might offend them! Every year, it seems, that a dirge of a piece of music by Vagn Williams manages to be placed at the top of the Classical Music Chart. It is supposed to be reminiscent of a lark singing but I beg to differ. Nearly forty years ago I used to walk across Leyton Flats, the grass area between Whipps Cross Road and Eagle Pond, and there were many skylarks singing in the air. It was one of the most joyous sounds one could hear and to see the little birds fluttering above in the air was a delight. Sadly, they are no longer present due to the incessant disturbance by dogs, barbeques, cyclists and drinkers; the lack of cattle hasn't helped either. As far as I am concerned the piece of music that Williams composed has more likeness to the sound the last dodo might have made as it was about to be cooked and eaten by British seamen but, and it is a big but, music is all things to all people and there must be a lot of people (and I do feel sorry for them!) who like the piece for it to be placed so highly in the chart each year.

There is, in my opinion, another piece of music, in fact a song, which is very much better at depicting the sound of a bird and its flight but you will have to wait until later in this article for it to be revealed! For having the emotions charged up there is nothing better than most opera. Some have a favoured place in the minds of listeners one of which is surely Tosca by that great man Puccini. In the first act the two lovers, Cavaradossi and Tosca, sing of their love and they do it for nearly quarter of an hour in the most glorious way possible; pop songs by comparison manage about three minutes and that's often pushing it. The act also has a finale that is one of the top finishes anywhere. The whole scene takes place in a church and at the finale the choir come on to sing a Te Deum to music that is extraordinary but at the same time the baddie of the story, Scarpia, a cruel, brutal man, sings about his carnal lust for Tosca. The juxtaposition of the Te Deum to Scarpia's aria is incredible and leaves one breathless. Talking of love duets, one of the most beautiful takes place in the third act of La Boheme, also written by Puccini. Here the two estranged lovers, Rodolfo and Mimi, have been apart but are deciding to live together again but the sting in the tail is that Mimi is dying of consumption and Rodolfo knows it but can't do anything to help. What they sing together tears at the heart strings and always brings tears to my eyes it is so moving, it's sheer pathos. Of course, there are many more operas that are just as moving but far too many to mention here, you'll just have to start going to the opera houses and don't forget Wagner!

It's not just operas that can move one but classical music as a whole and there are numerous examples that one could quote but as a starter how about Tchaikovsky's sixth symphony. Generally speaking, symphonies finish with a flourish but in Tchaikovsky's it just melts away to silence leaving one sitting there speechless. Many people have stated that this finish indicated his state of mind at the time. He was gay and had entered a disastrous marriage which supposedly contributed to him taking his own life by drinking cholera infected water. As he had written more music after the sixth symphony it is doubtful that his death was by this method, in fact no one really knows what happened to him but despite the mystery his music was exceptional. A lot of composers appeared to have had 'difficult' lives, Mahler was another, his marriage was tempestuous and he had a heart condition from which he eventually succumbed. His music can require concentration but the fourth movement of his fifth symphony is staggering. Used in many films it is a slow movement, an adagio, played mainly on strings and it is another tearjerker as it seems to really reach into one's soul.

Adagios often play on the listeners' emotions and another this time written by Grieg is no different. His only piano concerto which has three movements with the adagio being number two and which is generally played straight into the third. If you want to hear an exceptional performance then go to the BBC's iPlayer and input Sir Stephen Hough and the BBC's Scottish Symphony Orchestra's ninetieth anniversary. Hough said that this piece of music was one of his favourites and his playing is masterful and the music, especially the adagio, is sublime. It will be available until October – don't miss it!

That brings us to the written word applied to music and I am ignoring more opera but would suggest that requiems can be very moving pieces of music. It seems that most composers have a go at requiems and I'm still learning about them but three of my favourites are by Faure, used to great effect in the last Morse story: 'The Remorseful Day'; Verdi's which was initially started as a collaboration with other composers to commemorate Rossini's death but after they had dropped out Verdi continued on his own to produce the masterpiece that we hear today. The last of the three is Mozart's requiem which he thought he had been commissioned to produce to commemorate his own death which occurred before he could complete his work.

Consequently, his wife had to find someone who could finish it in the likeness of Mozart's own writing, which thankfully was managed and the result is excellent. Generally, requiems are written with Latin being the sung language but there are exceptions. Which brings us to hymns and psalms that are usually in English and can be equally moving. So how about these words: "They say a restless body can hide a peaceful soul./A voyager, and a settler, they both have a distant goal./If I explore the heavens, or if I search inside./Well, it really doesn't matter as long as I can tell myself/I've always tried." Not a hymn or a psalm but a 'pop' song but, I would suggest, equally uplifting as any hymn or psalm. Which brings us back in full circle to the 'Lark Ascending' for the writers of those last words also wrote in another song: "And I dream I'm an eagle/And I dream I can spread my wings/Flying high, high, I'm a bird in the sky/I'm an eagle that rides on the breeze/High, high, what a feeling to fly/Over mountains and forests and seas/And to go anywhere that I please". The accompanying music lifts one up into the heavens, you are there with the eagle as it soars over the countryside. This, along with the previous piece, both of which are written by that talented group 'Abba', just leaves the Lark well and truly grounded. Adrian J Liddle

Dame Judi Dench mentioned about being in a play with Sir Ian McKellen when they were both quite young and so nervous on the first night that she said to him, "I'm just going to concentrate on the front row, Ian – focus on the three seats in the centre of the front row and think that the Father, the Son and the Holy Ghost are sitting there." Replied Sir Ian, "They'd be sitting in the one seat, surely?"