

ST THOMAS' CHURCH, UPSHIRE EN9 3SS

NEWSLETTER

April 2021



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This Newsletter is free: donations to Lyn Wackett. Copy date for May Newsletter: 14th April

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.

There will be a service of Holy Communion every Sunday at 9.15am in St Thomas' Church from Easter Sunday. Numbers at the moment are limited to 25 people, social distancing rules apply and no hymns will be sung during the service. Everyone attending church should be aware that face masks (not visors) must be worn throughout the service. Names and phone numbers will be taken for track and trace purposes. **Anyone wishing to attend the service must book with Beth Horton on 07853 335880.**

We will be having a 10.30am modern language Communion service each week on Zoom, for log-on details contact Beth Horton on 07853 335880. Lists of the services and service sheets to download are available on the services page of the new St Thomas' website: <https://stthomaschurchupshire.com/>

April

Friday 2 nd	14.00 Reflections for Good Friday pre-recorded
Sunday 4 th Easter Sunday	9.15 Holy Communion in church 10.30 Holy Communion by Zoom
Sunday 11 th 2 nd Sunday of Easter	9.15 Holy Communion in church 10.30 Holy Communion by Zoom
Sunday 18 th 3 rd Sunday of Easter	9.15 Holy Communion in church 10.30 Holy Communion by Zoom
Sunday 25 th 4 th Sunday of Easter	9.15 Holy Communion in church 10.30 Holy Communion by Zoom

Bible Readings for April

Sunday 4th – 1st Sunday of Easter

Isaiah Ch 25:6-9, Psalm 118 1-2,14-24 Acts of the Apostles Ch 10:34-43, John 20:1-18

Sunday 11th – 2nd Sunday of Easter

Exodus Ch 14:10-31, Ch 15:20-21, Psalm 133 Acts Ch 4: 32-35, John Ch 20 v 19-31

Sunday 18th – 3rd Sunday of Easter

Zephaniah Ch 3:14-20, Psalm 4 Acts Ch 3: 12-19, Luke Ch 24:26b-48

Sunday 25th – 4th Sunday of Easter

Genesis Ch 7: 1-5, 11-18, Ch 8:6-18, Ch 9:8-13, Psalm 23 Acts Ch 4:5-12, John 10: 11-18

PRAYER REQUESTS

You are invited to offer names to be added to our prayer diary to remember those who are unwell or unhappy, and to remember special dates, anniversaries, weddings, baptism, etc

First names only are required as God will know who we are praying for.

Contact Lyn Wackett on 01992 711573 or email lynanddavewackett@hotmail.co.uk

This month we pray for Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Anne, Pam & John, Barbara, Vernon, Mal, Louise, Sue, Ann & Cyril, Rosalind, Doreen, Barry, Maureen, George, Beverly, Terry, June, Rose, Peggy, Shirley, Mick, Sarah, Sheila, Jackie, Jean, Barbara, & Dave.

The Vicar writes:

As April dawns it feels like hope is in the air. The days are lengthening and getting warmer and we have hope that summer is just around the corner. As the vaccine program continues apace, we have hope that we may finally be coming towards the end of COVID restrictions and we have hope that we may be able to finally get back to that thing we want most whether that be a haircut, a pint in the pub or a hug from our mum.

Hope has been an elusive emotion through this crisis and so to see it begin to return to our nation is a heart-warming and powerful thing – but what kind of hope is it that we are putting our trust in? For many it's a hope in earthly things, the protection of a vaccine, the slowing of transmission through social distancing, the word of scientists – and these are good things. However, they are not everything, for hope is more than an emotion, it is more than a belief in what mankind can create – hope is gift from God that is infused through the Bible and particularly in the Holy Week and Easter story.

In his book *Mere Christianity*, C S Lewis writes:

“Hope is one of the Theological virtues. This means that a continual looking forward to the eternal world is not (as some modern people think) a form of escapism or wishful thinking, but one of the things a Christian is meant to do.

It does not mean that we are to leave the present world as it is. If you read history, you will find that the Christians who did most for the present world were just those who thought most of the next. The Apostles themselves, who set on foot the conversion of the Roman Empire, the great men who built up the Middle Ages, the English Evangelicals who abolished the Slave Trade, all left their mark on Earth, precisely because their minds were occupied with Heaven.... Aim at Heaven and you will get earth “thrown in”: aim at earth and you will get neither. “

After a year of COVID we need for hope to come alive within communities and the lives of individuals who are often sorely lacking it. But we need the kind of heavenly hope that CS Lewis talks of, the hope in a future that is immortal, eternal and open to all.

As we once again celebrate the Easter feast and the hope that the death and resurrection of Christ brings to the world let us be transformed by it, let our hope be transformed by it, for it is only by embracing this heavenly hope that we can truly generate and sustain our earthly transformation.

So, may I take this opportunity to wish you all a blessed and holy Easter, may it bring you joy, may it bring you peace, and most of all, may it renew your hope. Amen

Blessings, Jane

Insure your home and help the church

St Thomas insures the church through a company called Ecclesiastical, which specialises in church insurance. However, they also provide home insurance and for every new home insurance policy taken out with Ecclesiastical, they will donate £130 to an Anglican church of your choice. The company has been awarded the First Place Gold Ribbon in this year's independent Fairer Finance Customer Experience Ratings. So if your home insurance is due for renewal, why not consider Ecclesiastical Trust130 and help the church at the same time. Ring 08007830 130 or go to www.ecclesiastical.com/trust130 for more information. The offer is open until 31 December 2021.

ELECTRONIC NEWSLETTER

Our mailing list to receive the electronic version is now in excess of 30 participants so if you are not one of those and wish to be included please send your email address to : marionne.locke@btinternet.com. We are looking to reduce our 'paper footprint' for climate change by printing fewer copies – your contribution will help. Thank you.

NEWSLETTER DELIVERY – to ensure continued delivery of our free paper newsletter if there is anyone with free time to deliver to local addresses please contact Lyn Wackett.

ANAGRAM

Unscramble this 10 letter anagram: POISONSCAM. The answer will be found elsewhere in the Newsletter.

STAMPS!

Please continue to save your postage stamps and foreign or out of circulation coins – many charities can use them to raise funds. At the moment we are supporting the Herts and Essex Air Ambulance. Stamps and coins can be left with Lyn and Dave at 94 Upshire Road and left in the porch. Note: please remember to leave about ½” of envelope around the stamp. Thank you.

50/50 CLUB

Congratulations to the winners of the 50/50 Club draws for January and February, who were:

JANUARY:

1 st	£35	No. 64	Angela McGowan of Gravesend
2 nd	£25	No. 4	Janice Adcock of Waltham Abbey
3 rd	£15	No. 43	Alice Edge of Upshire

FEBRUARY

1 st	£35	No. 89	Sheila Gleeson of Waltham Abbey
2 nd	£25	No. 54	Brenda Wood of Waltham Abbey
3 rd	£15	No. 59	Terry Jones of Epping

We still have a few vacancies if anyone would like to join - there will still be monthly draws and the entry fee is £12.00 every six months (or £2 for every month of membership). Each member is entitled to a maximum of two entries, couples can have four.

If you wish to join either phone me on 01992 711573 or send your name, address and phone number with a cheque made out to St Thomas Church to me (Lyn Wackett) at 94 Upshire Road, Waltham Abbey, EN9 3PA.

Good luck to everyone who enters.

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 or indoors to keep occupied during lockdown, etc, it all makes for interesting reading.

FLY TIPPING

If you see anyone fly tipping in the forest, please take a note of the registration number of the vehicle, the make of the vehicle and any other information which might help track the perpetrators and then pass this information to the Corporation of London. If you find any fly tipped rubbish please report it to the Corporation on the number below. The sooner such instances are reported, the better chance there is of finding out who is responsible.

The number to ring is **0208 532 1010** which is a **24** hour number and messages will be passed onto the duty team.

ANAGRAM

The answer to the anagram is COMPASSION.

GROWERS CORNER

Spring is here, the blackthorn is blooming in the hedgerows and the temperature is rising to enable your seeds to be sown. Your clean seed and plug trays can now be filled with F1 seed compost and sowing can begin and with the use of your propagator will get things off to a good start to the growing season 2021.

The electrical plastic propagator gives the correct climate for seed germination – warmth, moisture and with a clear plastic top, sunlight, and once the first seed leaves are fully formed they can be pricked out. Plant into pots or divided trays but they will still need the heat, moisture and sunlight until you harden them off and plant into the garden.

Keep an eye on your broad beans as they may require staking and checking for black fly. When they have reached the height you require the tops can be pinched out and steamed as an extra vegetable for your Sunday lunch.

Don't forget to earth up your potatoes planted last month so the frost does not catch the new leaves, checking the new growth.

Once your sweet pea plants are hardened off at the end of the month they can be planted out and trained up their trellis.

Now is the time to prepare your runner bean trench and the erection of the bean poles/trellis so that you are ready to plant out your runner beans after the last frost at the end of next month.

You should prepare your vegetable beds for seed and plantlets of salad crops, herbs, main crops such as carrot, beetroot, onion and shallot sets, radish, cabbages, lettuce, etc, which can have cloches placed over them.

Rhubarb can be forced now with an old chimney pot or tube filled with straw placed over the fresh new leaves to get some long tender sticks with 4-6 weeks for a stewed dessert or crumble.

With all your seed beds being exposed you may wish to set up some netting or something similar to stop the birds using it as a dust bath, plus regular spray watering can be a great help.

Next month: Summer baskets.

WANTED FOR GARDEN

Keta-type lightweight plastic box (lid not needed) or any large chest like container we can grow veg in this year. Courgettes were brilliant last year but our box split when we moved it!

Save yourself a trip to the tip – we will collect!

Maureen & Anne

01992 787334

ST THOMAS' CHURCH : A PIECE FROM THE VESTRY HISTORICAL ARCHIVE

Have you ever wondered why the railings on the steps by the west door are a 1960s design and not in the style of the original 1902 build?..... this is why :

Diocese of Chelmsford : Issued by the Bishop of the Diocese. February 1942

"The Ministry of Works and Buildings has been in correspondence with the Archdeacons on the subject of Removal of Iron Railings. The removal is carried out under the provisions of the Defence of the Realm Act. In view of the real national need, it is hoped that the Church will meet the appeal for iron in an ungrudging spirit. The following notes on the position, largely compiled from memoranda from the Ministry, will, it is hoped, be found useful.

A schedule of iron railings in and around Churchyards and of iron surrounds to tombs and graves has been or is being prepared by the Local Authorities for the purpose of requisition in the present national emergency.

It is our obvious duty to co-operate with the authorities and to place all possible iron at the disposal of H.M. Government. Each incumbent should ascertain immediately from the Local Authority the railings, etc, thus placed on the schedule, to discuss any reasonable objections to removal, and to arrive at an agreement on the matter. The incumbent is the responsible authority to act in the matter. All faculty rights have disappeared.

Should it NOT be possible to arrive at an agreement then the matter must be referred to the Archdeacon. The difficulties to be confronted by the Archdeacon will be appreciated should a number of cases be referred to him. Thus agreement with the Local Authority is the best possible course. The Archdeacon, if consulted, will make a report to the Ministry of Works who will then come to a decision. The Ministry will be responsible for the removal. Care will be taken that no unnecessary damage is caused.

The general grounds upon which representations against removal should be made are as follows: (1) Safety of life. (2) Protection of Churchyards against cattle straying from adjoining fields, which railings would require immediate replacement. (3) That it would be necessary to replace the railings immediately by some other form of protection. (4) Artistic merit or Historic interest.

The Ministry of Works and Buildings, though normally there is no appeal against the decision of the local authority to schedule particular railings, gates, etc., have agreed that having regard to the special considerations attaching to Churches and Churchyards, appeals submitted through and supported by the Archdeacon should be considered by the Committee now set up. The following principles will be applied:

- 1. Railings fixed to the ground or set in curbs should be removed. When the curb would constitute a danger to the public, the curb will be removed with the railings.*
- 2. In rural areas where protection against cattle is necessary, railings set on a wall will not be removed unless the wall is approximately 3 feet or more in height.*
- 3. Railings required to protect boiler houses, furnaces and areas, and short length of railing to prevent access to dark corners will not be removed.*
- 4. Railings in a narrow street and at difficult traffic points which are required to protect buildings and the public from damage by vehicles will not be removed.*
- 5. Railings will not be retained to protect car parks used by persons attending Church.*
- 6. Except as in (2) railings will not be retained solely to prevent trespass by straying cattle.*
- 7. Railings will not be retained solely on grounds of social morality.*

8. Appeals on the grounds that, owing to the congested nature of the Parish, the Church grounds would become a playground for children after the removal of the railings will be decided on merits after an inspection.

Making good damage. The Ministry of Works etc., are unable to replace stones, etc, broken, but they will refix stones and make good damage caused by the removal of railings by filling holes and rejoining with cement.

Responsibility for accidents. The Ministry of Works will not regard the Incumbent and churchwardens as liable for any accidents solely due to the removal of railings, and the incumbent is at liberty to transmit claims in respect of any such accidents to the Ministry.

Tombs. Railings on and around graves and tombs will be removed subject to the right of appeal on grounds of special artistic merit or of historic interest.

Compensation. While it is hoped that railings, etc., will be surrendered freely as a contribution to the war effort or upon the basis of agreed contribution of 25s.0d. per ton, claims may of course be submitted for the full amount of compensation to which owners consider themselves entitled”.

CHURCHWARDEN’S CHATTER

Good News! The first service in church after the lockdown will be at 9.15am on Easter Sunday – please remember you must book a place – see the front page of the Newsletter for further details.

Our new entrance mats should be in place and we hope to have our refurbished notice board in place less its permanent lettering which is subject to approval.

Later in the month we hope to commence the repairs to the chimney subject to weather conditions.

With the Covid-19 R-rate reducing we should start planning for events later in the year to raise some much needed funds to cover our outgoings and charitable support. Any ideas of what type of social and fundraising events? Please contact and inform a member of the PCC as soon as possible.

With our small gang of church tidiers and with the church mowers, hedge cutter and strimmer having been serviced and passed their MOT we are now ready for the 2021 growing season within the churchyard.

The churchyard tree survey has been carried out m Mr Oliver Tong, a copy of which will be forwarded to the diocese following our APCM meeting later this month hopefully.

Stephen Brown, Churchwarden. 07960 809799

VOLUNTEERS NEEDED

In looking forward through the Church calendar and preparing for normality after lockdown, we are hoping we can stage our Sunday Teas and other events. In order to do so there are numerous tasks involved in preparation and we are seeking to enlist a team to help us with this. If you would like to offer your time, maybe for a few hours or one Sunday afternoon per month we would be delighted to hear from you.

Forget me not

Enjoying the beauty of flowers sometimes brings to mind the old legends connected with them. One story, not so well known, is about the pretty little blue forget-me-not. It is said that Adam was walking in the Garden of Eden giving names to various plants and flowers. He overlooked the little plant although it was stretching up as far as possible to be noticed. Suddenly ‘the first gardener’ heard God’s voice asking him what name he was giving to the little flower.

Adam could not think of a suitable one, so the Creator suggested that of ‘forget-me-not’ to remind him that, even though tiny, the small plant, like all small things, should not be ignored.

Only a legend? Yes, but it is a pleasant tale to remember when admiring forget-me-nots.

UPDATE ON TRAFFIC CALMING : HORSESHOE HILL TO CROWN HILL

We can report that following the Highways November letter informing cancellation of the traffic calming scheme a further communication dated January 2021 has confirmed that the 'local farmers' are not at fault. Highways have apologised for the false hope the installation of the restrictions caused to residents but any scheme has to accommodate all local businesses which in this case had been overlooked in the process.

At the Highways panel meeting on 18 January it was proposed that a 'route based study' be conducted in 2021-22 with input from Road Safety Engineering to design a scheme for the entire stretch of road in consultation with residents. This would be proposed for approval to the Highways panel at the next meeting on 22 March with the results and plan of new proposed scheme then reported back to the panel for funding approval in 2022-23.

It was also confirmed that the budget residue from the cancelled scheme of some £49k was being re-allocated to seven other schemes in the Borough within this current financial year, which means the funds will not be lost and other areas will have benefitted from our loss.

For those who may be interested the minutes of the meetings can be found on the Epping Forest Local Highways Panel website where you will see from the AOB notes that our case was strongly represented by Councillor Gadsby, who stressed it was essential to find a way forward to settle the anxiety of residents. This is encouraging to note and means our voices have been heard, so THANK YOU to all who took the time to write and do continue to do so if you have further comments.

FREE FOOD FOR YOU

No assessment or referral needed. Just drop in. We will have all the basic groceries and essentials for you and your family.

Open every Monday and Friday between 11.30am and 1.00pm at **13 SUN STREET.**

If you require urgent support please contact us: 01992 842642, email info.3food4u@gmail.com
Please note: you will be required to adhere to all the latest social distancing rules. Volunteers and donations would be greatly appreciated.

Working in partnership with Waltham Abbey Town Council, Rotary Clubs of Loughton, Buckhurst Hill & Chigwell, Voluntary Action, The Lions Club and Gandhi Oriental Foods.

USEFUL TIP

If you use disposable face masks please always remove the elastic ear straps from them as birds and other wildlife have been found trapped in them.

However, don't throw the elastic away, I've found they are ideal for tying up plants as they have 'give' in them and don't cut into the plants' stems. I've found them especially useful for indoor plants such as amaryllis.

If you have any useful tips to share with other, please let me know.

Thanks. Lyn

SEEDS

I gave my friend a pack of seeds to cheer her through the Spring,

She sowed them in a tray of earth – they grew like anything.

So many seedlings that, in fact, she passed some on next door.

Her neighbours put them in the ground – you should have seen them soar.

The flowers bloomed so bright and fair, a dazzling sight to see,

So plentiful that, can you guess? Yes, some were passed to me!

It's nice to think that just like seeds, kind thoughts can grow and grow –

So sprinkle them with generous heart – you may then reap what you sow!

Easter faith in atheist Russia

Three years after the Russian Revolution of 1917, a great anti-God rally was arranged in Kiev. The powerful orator Bukharin was sent from Moscow, and for an hour he demolished the Christian faith with argument, abuse and ridicule. At the end there was silence.

Then a man rose and asked to speak. He was a priest of the Russian Orthodox Church. He went and stood next to Bukharin. Facing the people, he raised his arms and spoke just three triumphant words: 'Christ is risen!'

At once the entire assembly rose to their feet and gave the joyful response, 'He is risen indeed!' It was a devastating moment for an atheist politician, who had no answer to give to this ancient Easter liturgy. He had not realised he was simply too late: how can you convince people that God does not exist when they have already encountered Him?

Chelsea Flower Show moves to the autumn

For the first time ever in its 108-year history, Chelsea Flower Show will not be held in the Spring, but in the Autumn.

The 2021 Chelsea Flower Show will now take place from 21st to 26th September. The Royal Horticultural Society, the show organisers, will still hold it at the Royal Hospital in Chelsea. The hope is that by September, millions more people will be vaccinated, so that mass outdoor events will be able to happen safely. 140,000 people are predicted to attend this year's Chelsea, over the six days.

Sue Biggs, RHS director general, says: "We believe many designers and nurseries will look forward to working with different plants that would not be available or at their best in May. We will do our utmost to deliver a beautiful, uplifting and different RHS Chelsea safely in September 2021."

BODY WORDSEARCH

All the words associated with the body in the list are hidden in the diagram below. Words are printed across, up, down or diagonally, but always in straight lines. Letters may be used more than once. There are 46 different body parts – some contain two body parts - can you find them all? A complete list is found at the bottom of this page.

ABREAST	GUSHING	E T U B I R T N O C M R F L I P P E R C
ACORN	HACKNEYED	R L I W A D E C H D I I E C H T G I Y R
AFOOT	HEARTH	I R E N R L E A H B E P S L A R O A L I
AHEAD	HIGHBROW	C A K E E Y N Y A I L Y E T E R N O N B
ANTICIPATE	INSOLE	H L R G H D N L E A N G E Y L O M O F B
BACKGAMMON	ITCHING	E A A T E W D E C V M T E N S E M I I A
BEARSKIN	LIVERY	S N B L S E S S C R N R Z E K M T T N G
BLIP	MISTLETOE	T S I R L E C P I K S O H N A C C O G E
BOTTOMLESS	NAPALM	T E E T E H H A I S E T C G R H A U E C
BROWN	ORCHESTRA	R N S L E A H C E N R T K S I O S H R A
BUSTLE	PHLEGM	I U I E K C S L R A E C A N I H C A I F
CANAPE	PLUNGE	B H K K L N M T E O A T G P I D N A N E
CARMINE	POTATOES	U Y T I S O A H E B S W N N I I A S G D
CHAIR	RANKLE RIBALD	T C M U T H S H D C O Q G I L C E E I M
CHANDELIER	RICHEST	E B A T O A I E T R A E U E K O I A H L
CHEEKY	SCALPEL	P L O N L M L N B L G F B I T S G T I A
CHINTZ	SHINGLE	P B O P A I R H G N I M R A F N R V N P
CLIMB	SKINT	I I I S V P G E U L U A M U O F E A I A
CONTRIBUTE	SLIP SNAIL	H H L E N I E L V H E O N S S R Y H E N
CONVEYED	SPINET	W O R S H I P O T A T O E S Y N W O R B
CRIB	SQUIFFY	
CRIBBAGE	SURFACE	
CYANOSE	THANKLESS	
DEFACE	THUMBELINA	
DELIVER	TOMATOES	
DIAGNOSE	TRIBUTE	
DISCO	VERMOUTH	
ELEGANT	WHEEL WHIP	
FARMING	WHIPLASH	
FINGERING	WHIPPET	
FLIPPER	WORSHIP	
GREYER	WRYNECK	

BODY WORDS: ankle, arm, back, bald, bottom, breast, brow, bust, cheek, chest, chin, corn, disc, ear, eye, face, finger, foot, hair, hand, head, heart, heel, hip, lash, leg, limb, lip, liver, lung, mouth, nail, nape, neck, nose, palm, pate, quiff, rib, scalp, shin, skin, sole, spine, thumb, toe.

Divine Intervention?

A little boy was playing outside with his mother's broom in the garden. That night his mother realised her broom was still missing and asked her son to go out and bring it in.

When the little boy confessed he was afraid of the dark, his mother tried to comfort him: 'The Lord is out there too, don't be afraid.'

Hesitantly, the little boy opened the back door and peered out. He called softly: 'Lord, since you're out there already, please will you pass me the broom?'

Lot's wife

A father was reading Bible stories to his young son. 'The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt.'

His son looked up, concerned. 'What happened to the flea?'

Notices found in church newsletters - that didn't quite come out right!

* This being Easter Sunday, we will ask Mrs Brown, our church warden, to come forward and lay an egg on the altar.

* Ladies are requested not to have children in the church kitchen.

* For those who have children and don't know it, we have a crèche in the crypt.

* Bring & share church supper: Prayer and medication will follow.

* Don't let worry kill you. Let the Church help!

* The organist invites anyone who enjoys sinning to volunteer for the choir.

* At the church meeting last week the rector spoke briefly and delighted the audience.

* Remember in prayer the many who are sick both of our church and the community.

* Smile at someone who you find hard to love. Say 'hell' to someone who doesn't much care about you