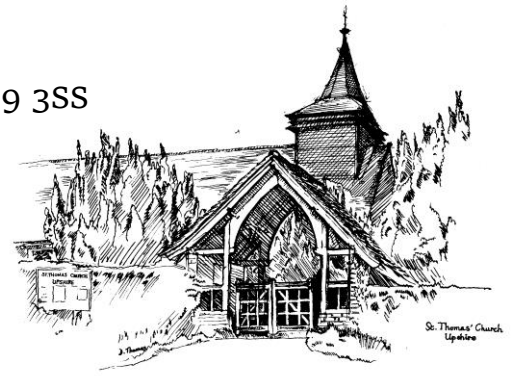


# St Thomas' Church, Upshire EN9 3SS

## Newsletter

### March 2021



Rector: Revd Peter Smith, 01992 767897  
Team Vicar: Revd Jane Yeadon, 07960 604416. email [janeyeadon@gmail.com](mailto: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/>  
Editor: Mrs Lyn Wackett, 94 Upshire Road, Waltham Abbey EN9 3PA. 01992 711573.  
Email: [lynanddavewackett@hotmail.co.uk](mailto:lynanddavewackett@hotmail.co.uk)

This Newsletter is free: donations to Lyn Wackett. Copy date for April Newsletter: 14<sup>th</sup> March

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.

**With the Covid infection rates locally being sky high and a Tier 4 stay-at-home order in place we, as a benefice, feel it's just not safe to gather together in the church building, so sadly, there will be no services in church for the foreseeable future.**

The decision will be reviewed regularly but there will need to be a significant drop in infections before we will resume services in church. However, we will be having a 9am Book of Common Prayer Communion Service and 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/>

St Thomas' Church will not be open for private prayer on Tuesdays.

#### **READINGS FOR MARCH**

7 <sup>th</sup> : 3 <sup>rd</sup> Sunday of Lent	Exodus 20:1-17 1 Corinthians 1:18-25	Psalm 19 John 2:13-22
14 <sup>th</sup> : Mothering Sunday	Exodus 2:1-10 2 Corinthians 1:3-7	Psalm 34:11-20 Luke 2:33-35
21 <sup>st</sup> : Passion Sunday	Jeremiah 31:31-34 Hebrews 5:5-10	Psalm 51:1-13 John 12:20-33
28 <sup>th</sup> : Palm Sunday	Psalm 118:1-2, 19-29	Mark 11:1-11

#### **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](mailto: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:

It's hard to believe that in this month of March, we will be marking the one-year anniversary of the beginning of the COVID 19 lockdown in this country. It's even harder to believe that we will be marking this anniversary if not in another lockdown then just emerging from one.

Like many of you I suspect, last March, I anticipated that the situation would be difficult but short. A storm that had blown up but would blow out by the autumn and life would resume its normal ways.

The reality turned out to be very different however; one year on, the storm has become the norm and I am not sure that I even remember what life was like before.

The bible has much to say about storms, both literal and metaphorical

In one very famous incident we find Jesus sleeping in a boat crossing the sea of Galilee when "Suddenly a furious storm came up on the lake, so that the waves swept over the boat." *Matthew 8:24*

Now sudden storms on this lake were not unusual, the disciples would have experienced them before but there must have been something particularly scary about this one for we hear that one of the disciples woke Jesus saying "Lord, save us! We're going to drown!"

I have a lot of sympathy with the disciples as I know that during the storms of life, I can get scared and probably, more times than I care to admit, panic. And during those times it can feel like God is absent – as if he is sleeping and not doing anything to help with my problems.

At times like that often the only response I can muster is to cry out, as the disciples did, in desperation – "Lord save me".

So often our response to storms is doubt and fear isn't it? We can't imagine it can ever be any different and that there is nothing anyone, even God, can do to help.

But in the shelter of that little boat being tossed around on the sea in a violent storm Jesus tells his disciples that there is in fact another response. That response is to trust and not be afraid. To have faith not doubt.

For as Jesus shows on this and many occasions, he is quite capable of calming the storm and that is exactly what he did, he "rebuked the winds and the waves, and it was completely calm."

Though the pandemic storm rages around us now and we do not know when it will end, we can nevertheless trust in God and know that he is with us in it. We cannot control the storm, but we can control our attitude to it – we can choose faith over fear. Each and every day we can make the decision to trust God and ask him to help us calm our fear – to cry out "Lord save me" and know that he will.

May God bless you this month and always. Amen

Jane

FROM THE REGISTERS

Funeral

21<sup>st</sup> January                      Muriel Elaine Adams

Thank you to the people who made donations to St Thomas' Church in Muriel's memory.

**ELECTRONIC NEWSLETTER**

Our mailing list to receive the electronic version of the Newsletter is now in excess of 30 participants so if you are not one of those and wish to receive the electronic version, please send your email address to

[marionne.locke@btinternet.com](mailto:marionne.locke@btinternet.com). We are looking to do our bit to reduce our 'paper footprint' for climate change by printing fewer copies. Your contribution will help. THANK YOU.

## ANAGRAM

Unscramble this 10 letter anagram: THICKBALMS. 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.

## 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.

### A little bit of my life by Pennie Wackett.

Many of you loyal readers will know me and if you don't, why not! Ahh, that may be because I live in Cambridgeshire with my 16 year old son Rhys. I've lived here 30 years now. You may not know me but I'm sure you all know my parents, Lyn and Dave (wonderful people!)

In 2019 Rhys and I were made homeless. I felt desolate, lost, alone, scared and insecure. My parents as always were my rock. They were always there for me, supporting me, encouraging me, reminding me to eat and babysitting my cats! I spent the first night on my boss's sofa and then for 3 months we were in a homeless shelter, each week looking forward to Friday evening when we stayed at Mum and Dad's until we had to leave again Saturday evening.

Looking back on it now my poor parents not only had Rhys sleeping in the spare room, me in the living room and my 9 cats wherever they plonked themselves but they also each week had cakes, sandwiches and jams to make for Afternoon Teas as well as organising the Summer Fair and Brass Band Concert. All I could do in return was butter bread, cook food for buffets and stick tombola tickets on prizes. As usual Mum and Dad dealt with the extra burden with love in their hearts and the determination not to let me know how worried they were.

Those days were hard for me but all I got was love. The people of Upshire were out in force sending it my way. With every phone call someone else was asking after me. The Summer Fair that year was a blur (day 4 of homelessness). All I remember was the care and love I got from you all so what I really want to say is a great big thank you to all of you in Upshire and those of you who have moved away but still come back for Teas, the Summer Fair and Christmas Bazaar and remember me as 'the little girl that yawned' in the Harvest Supper of 1974.

I'm going to be 50 this year, I feel old, I feel tired, I feel lost and I feel alone and isolated because I can't see my family. This virus has taken so much from all of us, most of all our freedom, but when I look at what my parents have achieved in their garden I am glad they've had a year off from the work of the church. For almost 40 years they have been helping with Teas so not spent a single week relaxing and I know so many of the other Teas people are the same. I might be 49 and feeling old but I am a spring chicken compared to these amazing people so when and if Teas is allowed to happen again please spare some time to help and care for those who are all old enough to have received their coronavirus jabs. For all of you feeling isolated and alone, think of our church, the arms that welcome you when you walk in and the love you feel in your hearts that you take back home with you. The love you feel is real and it is with you now.

I am not allowed to come back to Upshire at the moment because of the virus but it is and always will be the place I call Home. Pennie x

Hi Everyone,

Hope you are all keeping well and have had your 1st vaccine or on the way to having one. Who would have thought we would still be in lockdown after all this time. I have kept busy with the garden and now need to finish getting my veggie beds ready. When not in the garden my knitting needles have had a good workout, with hats and scarves for last years shoeboxes and I must think about them for this year. In between times I have been knitting Rainbow Babies, Animals etc, in the first place for the 2020 Christmas Bazaar now maybe this year, we can hope.? In a rest from knitting, I sew or more often repair the grandchildren's clothes. I'm also making items for the bazaar out of broken jewellery, I love reading all types of book, doing crosswords, codewords and jigsaws. Keeps me busy and out of mischief, as they say.

That's all for now folks, keep safe and we shall see each other soon.

Ann

~~~~~

Thank you so much for continuing to post me the St Thomas Newsletter. It is always very interesting. I miss your lovely afternoons of tea, cake and browsing and other events and look forward to them being able to start again.

I wondered whether some of your readers might enjoy the Royal Voluntary Society 'Village Hall' web site, which I have enjoyed through lockdown.

It was set up during the first lockdown and acquired some lottery funding to continue. All kinds of people offer to do little video sessions related to crafts, cooking, exercise, etc. They will also stay in touch with individuals, will make regular phone calls if needed, and email out electronic activity books frequently to keep minds active (also a football equivalent!)

The web site uses Facebook which I do not have but I can usually watch the videos afterwards without actually logging in. <https://www.facebook.com/VirtualVillageHall/>

Hazel, Gravesend

#### 50/50 CLUB

Thank you to everyone who has renewed their membership for Draw 7.

Winners of the January and February Draws will be shown in the April Newsletter.

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.

#### 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.

## THANK YOU

Dave sends a great big thank you to everyone who has been praying for him while he is in hospital. He asks that you also pray for all the doctors and nurses who are working so hard to fathom out just what his problem is – no actual diagnosis yet, but tests are ongoing.

Dave is keeping very positive and cheerful, insisting on getting dressed each day as he feels uncomfortable in pyjamas, his knitting is growing quicker than ever but the television in his room doesn't work, so, with no visitors allowed, gets a bit lonely. If anyone would like to phone him his mobile number is 07748 257670. If it is turned off it means he is having more tests done, so please try again later. Thank you.

## ANAGRAM

The answer to the anagram is BLACKSMITH.

Jane Yeadon is inviting you to a scheduled Zoom meeting.

Do you want to do something a little different a couple of evenings per month?

Would you like to spend a few hours per month with us gently exploring elements of the Gospel of Mark via Zoom whilst we are in lockdown – in the comfort of your own home? All you will need is a Bible nearby.

We shall be starting on **Tuesday 2 March, from 7.00pm – 8.30pm** by looking at Mark 1: 1 – 13. ***Gospel Roots.***

“Think of important people, events and places in your own spiritual development. How have they shaped you? Give thanks to God for how he has worked in your life up until now”

Then on **Tuesday 16 March**, we shall be looking at Mark 1: 14-39. ***Portraits of Jesus.*** “How do you respond to God's authority in your life? In cheerful disregard, grudging submission or joyful obedience? How could a better understanding of Jesus' authority lead you to greater joy?”

If people would like, we can then continue on 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the following month.

This is an invitation to everyone and we look forward to seeing you on 2 March. The zoom details are:

Meeting ID: 820 6380 9669

Passcode: 411451

One tap mobile

+442030512874,,82063809669#,,, \*411451# United Kingdom

+442034815237,,82063809669#,,, \*411451# United Kingdom

Dial by your location

+44 203 051 2874 United Kingdom

+44 203 481 5237 United Kingdom

+44 203 481 5240 United Kingdom

+44 203 901 7895 United Kingdom

+44 131 460 1196 United Kingdom

Meeting ID: 820 6380 9669

Passcode: 411451

## CHURCHWARDEN'S CHATTER

The past year has been difficult with Covid 19 and its various lockdowns, etc. But we must look forward and with that in mind we have arranged projects for the church fabric.

The disabled toilet door has been eased and now closes smoothly.

The outside notice board is in the process of refurbishment.

The new church entrance mats have been placed on order.

Instructions have been placed for the lightning conductor to be tested and certified.

Likewise the church's electrical hard wiring circuits.

The refurbishment to the chimney has been ordered for the spring subject to weather conditions.

The church curtains are being reviewed for replacement shortly.

You may not have noticed but a War Graves plaque has been installed to the left-hand side as you enter the lych gate and a marker will be placed on the south side of the church so that this grave can be easily found.

The Community Pay Back team have carried out many tasks during 2020 and are hoping to return every Tuesday once the present lockdown is lifted. When they return we have a number of tasks which have been risk assessed and include the refurbishment of the churchyard double gate and fence, also the picnic benches, redecoration of the toilet block, tidying up the compost heaps together with pruning, strimming and mowing. We are indebted to them for all their efforts.

A small band of church tidiers have been working on your behalf throughout the year and have uncovered a number of hidden grave kerb stones, which will enable relatives to locate their ancestors in the future. Thank you to all concerned.

Anne has obtained a rabbit hutch, refurbished it, made it watertight and has installed it outside the church at the east end. Its purpose is to house items while the church is in lockdown – i.e. books to swap, knitting patterns and materials, church literature, service sheets and the like. Please feel free to make us of this facility. Thank you, Anne.

Keep an eye on the St Thomas church What's App and the revised website for up to date information on events and Zoom services <https://stthomaschurchupshire.com/>

Looking forward: have you any ideas or suggestions on services and church events for once we get back to a new normal after lockdown. If so, please contact any PCC member ASAP.

Stephen Brown, Churchwarden.      07960 809799

## SHOE BOXES

Have you bought new shoes recently or are you about to? If so, if you are able to get the box with them please save it for the Blythswood Shoe Box Appeal in 2021. Boxes can be left with Lyn & Dave at 94 Upshire Road, or just leave them in the porch. Thank you to the kind people who have already donated their shoe boxes, they have already been covered with brightly coloured paper ready to be filled later in the year. St Thomas' members and friends donated 120 boxes in 2020 – it would be good to beat that figure in 2021. I've already had some items donated to go in the boxes, thank you so much.

Despite Covid-19 restrictions, Blythswood's 2020 Shoe Box Appeal produced 75,218 boxes which were delivered to people in need in eight countries from the Danube to the Black Sea. A partner organisation in Bulgaria even took some boxes to Syrian and Iranian refugees in Turkey.

Blythswood's head of projects, Finlay Mackenzie says: "I want to thank everyone who supported this appeal by filling a box and by volunteering their time. The economic impact of the pandemic meant that these gifts were more important than ever."

## GROWERS CORNER

What with the rain and snow of the past few months we will be looking forward to this month's March winds to dry out the soil and some sunshine to warm the soil ready for this year's sowing of our precious seeds.

Seeds will not germinate in cold, wet soil, only rot. This can be an expensive exercise and there can be a time delay in obtaining replacement seeds.

Keep an eye on the plants in your greenhouse and cold frames as a spot watering may be required. There, as well as your winter baskets, always water in the morning only.

If you are tempted to work outside in your garden this month please wrap up warm and do not be tempted to take your coat off, even if the sun shines the east wind will get you and you will have a bad back for the rest of the spring.

When working on your vegetable plot at this time of year it is best to work from two scaffold boards or similar to stop compaction of the wet soil so that once we have a warm spell you are ready to plant your potatoes and seedlings and sow your seeds.

## **BASKETS, POTS AND PLANTERS**

Vine weevil is a serious pest and difficult to eradicate. Its grubs eat the plant roots with devastating effect. The adult weevil lays its eggs on the soil, and containers appear to be an easy target. To try to eradicate this pest, if you wish to reuse your compost/soil again you must sterilize it, using a chemical or heating it by fire or steam, which can be a time consuming and expensive project. Some people dispose of last year's soil altogether but do not put it on your vegetable plot or compost heap for obvious reasons.

All last season planted containers should be emptied and refilled. Any plants you wish to reuse must have all the soil removed, the roots placed in a chemical solution for a prescribed time then rewashed before planting in your container for this season.

Pots and planters can be replanted now for a spring and early summer display but baskets are best planted after Easter. Once planted up, keep in a frost free area to grow on so that when put out after the frosts, give an instant display of colour.

For planting containers this month there is a wide range of frost hardy plants available but it may be too late for any of the popular bulbs. Cordeline, lemon conifer, skimmia, heathers, ivy euonymus, pansies and violas are all available or you may decide to start a herb container with sage, rosemary, mint, thyme, chives and lavender, which are frost hardy. Later in the season basil, tarragon, etc, can be added. Best of luck.

I hope your pruning shears are sharp as you should have pruned your roses by now but check your gardening book as not all roses require pruning in early spring.

**NEXT MONTH:** the advantage of a heated propagator to get ahead of the coming season.

## **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](mailto: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.