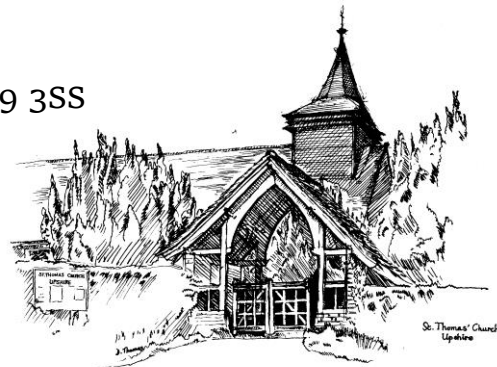


St Thomas' Church, Upshire EN9 3SS

Newsletter

October 2021



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/>
Editor: Mrs Lyn Wackett, 94 Upshire Road, Waltham Abbey EN9 3PA. 01992 711573.
Email: lynanddavewackett@hotmail.co.uk

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

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 OCTOBER

Sunday 3 rd	9.15am HOLY COMMUNION Readings: Hebrews 1:1-4, 2:5-12	Mark 10:2-16
Sunday 10 th	9.15am HOLY COMMUNION Readings: Hebrews 4:12-16	Mark 10:17-31
Saturday 16 th	9.30am onwards – meet to decorate the church for Harvest – all welcome	
Sunday 17 th	9.15am HOLY COMMUNION Readings: Hebrews 5:1-10	Mark 10:35-45
	2.30-4.30pm AFTERNOON TEAS followed by HARVEST FESTIVAL SERVICE and Auction of Produce	
Wednesday 20 th	12noon-2pm COMMUNITY LUNCH – 07899 846711 to book	
Sunday 24 th	9.15am HOLY COMMUNION Readings: Hebrews 7:23-28	Mark 10:46-52
Sunday 31 st	9.15am HOLY COMMUNION Readings: Revelation 21:1-6a	John 11:32-44

The church will be open every Monday and Thursday from 11.30am to 12.30pm for private prayer only. Covid-19 restrictions apply.

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 Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Anne, Pam & John, Barbara, Vernon, Mal, Louise, Sue, Ann & Cyril, Rosalind, Doreen, Barry, Maureen, Carol & George, Beverly, Terry, June, Rose, Peggy, Shirley, Mick, Sarah, Sheila, Jackie, Jean, Barbara, Andrea and her Mum and Dad, Nina & Dave.

ELECTRONIC NEWSLETTER

Our mailing list to receive the electronic version is now in excess of 40 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.

The Vicar writes:

Though mostly known for her poetry, Christina Rossetti also wrote many prayers.

In one she prays:

Give us grace, O Lord, to work while it is day,
fulfilling diligently and patiently whatever duty thou appointest us,
doing small things in the day of small things and
great labours if thou summon us to any. Amen.

It seems to me, in our modern world, that we are often seeking out the great things. The adrenaline high, the cause we can dedicate our life to, the epic photograph to put on social media. Yet so often these things are few and far between, if they exist at all, and we can be left deflated at our perceived lack of success when we do not get to experience one.

However, between these big things there are many, many small things, indeed It seems to me that days of small things are most of the days of our lives and the lives of those around us.

So why do we not celebrate the small things, given that they form most of our time? Have we been so brainwashed to believe that only the big and bold count that we cannot see or value the small and beautiful? Why can we not see the potential?

After all, scientists say that the universe started as a very small thing, and that the very small thing was there between thirteen and fourteen billion years ago as we think of time now.

But this small thing was there before there really was even time. And so even before there was time or space, there was just this very small thing about the size of a marble; and in less than a trillion trillionth of a second, God must have said, "Let there be," and the very small seed grew to a volume larger than all of the observable space in the universe. So God did a very small thing with grace and power and great labour; and in the twinkling of God's eye, a universe was born.

Great things can, and do, come from small beginnings. And we have no better example of that than Jesus for so much of what he did were small things.

A healing touch here. A compassionate word there.

Small things like not giving up on flawed friends. Like praying everyday.

Small things like enjoying life. Jesus really enjoyed life.

Small things like speaking truth to power.

Like giving his single small life so that the great labour of the new universe of resurrected, reborn life could be created.

So my challenge to you today is this? What small things is God calling you to?

What is stopping you recognise the value in them?

Examine that, answer that, and you may just find the joy and celebration that there is in in the small things that God has given to us.

'Be faithful in small things because it is in them that your strength lies.

Mother Teresa'

Blessings, Jane

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.

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.

CHURCH FLOWERS

Dedications for September were from Terry Jones.

SUNDAY 17 OCTOBER is our HARVEST FESTIVAL - to prepare the church we will meet on Saturday 16th at 9.30am - please put the date in your diaries and do come along to help. Being a key time for gardeners we would welcome your foliage prunings to add to the displays – these can be delivered during Thursday open hour 11.30-12.30 if that suits. Each month we can create memorial dedications, wedding, anniversary or special occasion flowers – all can be arranged for any week – contact Marion 07789 643147 or email marionne.locke@btinternet.com to discuss.

Anyone wishing to practice or create a design of their own are very welcome, do make contact as above to arrange access.

ST THOMAS' DATES FOR YOUR DIARIES:

SUNDAY AFTERNOON TEAS

Sunday 17th October: 2.30 to 4.30 pm followed by **Harvest Festival Service & Auction of Produce** for charity. Donations of tins and dry goods appreciated for the Food Bank, please.

COMMUNITY LUNCHESES

Wednesday 20th October: 12 noon to 2pm

Wednesday 17th November: 12 noon to 2pm

Wednesday 8th December: 12 noon to 2pm

Bookings essential - phone: Pauline Callaghan 07899 846711

Do come – we look forward to welcoming you all.

CAROLS BY LIGHT

Sunday 28th November – details to follow nearer the time.

CHRISTMAS CRAFT FAIR

Saturday 4th December



ST THOMAS' SEEDLINGS

Starting October 2021

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

2nd October

6th November

4th December

Please see St Thomas' website for further details



St Thomas' Church, Horseshoe Hill, Upshire, EN9 3SS



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.

50/50 CLUB

Congratulations to the winners of the 50/50 Club draw for July, who are:

1 st	£35	No. 52	Jean Porter of Waltham Abbey
2 nd	£25	No. 50	Ann Wilcox of Stanstead Abbots
3 rd	£15	No. 73	Colin Wackett of Swaffham

Our thanks to all our members for their support of St Thomas' Church.

It's not too late to become a member of the 50/50 Club, contact Lyn Wackett on 01992 711573 for further information or email lynanddavewackett@hotmail.co.uk

CHURCHWARDEN'S CHATTER

With Harvest Festival on 17th of this month we will have our 9.15am service in the morning plus Teas from 2.30-4.30pm followed by the Harvest Service and concluding with the auction of produce for charity.

Our Community Lunch on Wednesday 20th will be the first of our Winter Warmer Lunches, 11.30am for noon start. Menu: Roast beef, new potatoes, Yorkshire puddings, peas, carrots & gravy; dessert with custard or cream, and tea or coffee all for £7.50 – veggie option available – please request when booking. We will have our produce stall plus a raffle on the day.

Sunday 31st October we put the clocks back.

Do not forget 'Seedlings', meet for messy church on Saturday 2nd October.

With Covid-19 restrictions over the past 18 months many of our social and fund raising activities have had to be cancelled or shelved. We are now in the process of formulating a list of dates and events for the near future and next year. Watch out the new list.

Beware on the local roads!!! For ice and deer as the rutting season is still in full swing. Repairing cars is a very expensive item if you make contact with a deer as they will roam onto the road during daylight or at night.

Well done to all the star bakers and helpers who put our church teas back on the map for this summer after the Covid pandemic. It was great to see people enjoying a cup of tea and a chat which brought our church back to life. A great atmosphere – if only we could bottle it!

Stephen Brown 07960 809799

Re the deer – be very careful; one of our members' grandsons had his car written off when a stag ran out in front of his car recently. Sadly, the stag also died.

ANAGRAM

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

GROWERS CORNER

For sweet peas for 2022 you must start planning now:

1. choose your seed variety from the seed catalogue and purchase.
2. check your cold frame is mouse proof.
3. obtain your potting compost.
4. clean your deep flower pots.

Having planted your sweet pea seeds into your flower pots filled with potting compost, water well and place into trays into your cold frame.

You can also do the same with broad bean seeds to obtain an early crop for next year and also place them into the cold frame.

Please note you will have to open the cold frame for ventilation on hot days but do not forget to close it down for the cold nights.

Spring bulbs are now available ready for you plant up your planters, borders and even your lawns if you wish.

On a warm day, with all your tomatoes harvested you could clean your greenhouse from top to bottom – glass, staging, etc. On completion put everything back in place ready for the winter including all your stock plants. With a clean glasshouse you can now bring in all the non-frost hardy plants before the first sharp frost of the winter and wrap up any plants that you cannot bring in.

Your own new potatoes for Christmas lunch can be produced in the greenhouse by using 150mm depth of fresh horse or cow manure in the bottom of a deep container, followed by 125mm of potting compost, then your potatoes, then 100mm potting compost and water well. When the leaves show, cover with compost and keep topping up until the pot is completely filled, water as and when required and look forward to your new potatoes for Christmas!

SHOE BOXES

Filled shoe boxes for the Blythswood Shoe Box Appeal should be in by the end of October, please.

They can be taken to the church for the Harvest Festival on 17th October when they will be blessed, or brought to Lyn & Dave at 94 Upshire Road or phone 01992 711573 for further information.

Blythswood ask that we fill shoe boxes, covered in bright paper (lid and base separately as items need to be checked before going through customs) with items for babies, children and adults of all ages.

Items to go in should include toothbrush & paste, soap & flannel, hat, scarf & gloves, sweets (not chocolate or any sweets that contain chocolate), a small toy for the children and something of special interest for all other ages

Other items could be hand cream, household candles, notebook & pen, pencils & crayons, toiletries (but not talcum powder), socks, underwear, jewellery, small hand tools, etc, etc.

Empty boxes, or any items to go in them, can also be left as above. Thank you.

Leaflets to go with the boxes are available from the church or Lyn as above.

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.

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 Essex and Herts 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.

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 or giving a donation to the church, 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.

Ruth would be pleased to answer any questions you may have regarding Gift Aid or joining the Parish Giving Scheme

Thank you

UPSHIRE MILLENNIUM TRUST

It is with great regret that following a full discussion about the future of the Upshire Millennium Trust at our recent AGM, the decision was taken not to renew the lease of the Upshire Millennium Field which was due this year and to wind up the affairs of the Trust. The Trust had reached a point of being unsustainable with regard to the number of trustees and it was unlikely that any future events would be held on the Millennium Field.

The Trust was formed in the year 2000 and undertook, as a project, the restoration of the old cricket ground with its derelict buildings to create an informal recreation area for the public to enjoy. Four seats were installed and those seats closest to Warlies Drive benefited from a recent project involving the construction of an easy-access path with funding from Tesco.

The trustees and committee members would like to thank all those who have helped us over the past 21 years. There have been many memorable events to look back on, in particular two Country Fairs, The Big Picnic and musical evening, a celebration of the Queen's 90th Birthday at Bury Farm and more recently a Quiz Night at the Village Hall. We hope you will continue to enjoy the Millennium Field as a recreation area which will now be returned to the Corporation of London to enhance the Buffer Lands of Warlies Park.

Mike McKinley, Secretary.

WOOL COMPOST AND TOMATO TRIAL

In the June Newsletter we told you about our trial of different composts, especially a peat free compost based on sheep wool, bracken and comfrey.

We used self-saved seed from a pack of mixed colour tomatoes bought from the supermarket and used an orange cherry tomato called Royal Star.

We put 5 plants individually in pots of the same size: 1 each in wool compost formulated for tomato growing, wool potting compost, worm compost from Dave's wormeries, home-made compost/manure mix and a compost containing peat. The plants were grown outside as we have no greenhouse.

The plants in the wool based composts produced the most healthy and robust looking plants with dark green foliage, followed by the home-made compost, the worm compost and the weakest plant was the peat based compost. All the plants produced trusses of about 10 tomatoes, but the wool based and home-made composts had the biggest tomatoes. However, disaster struck! Just as the tomatoes were beginning to ripen, the plants were hit by blight. The wool based compost plants were affected most, then the worm compost and home-made compost plants. All these plants had to be disposed of. Strangely, the peat based compost plant, although weaker than the others, seems to have avoided blight although all the plants were in a line together. We are still picking tomatoes from this plant.

We also have a shallow old stone sink which I filled with rotted horse manure, then stood 6 pots from which I had cut out the bottom on the manure, filled with tomato wool compost and put 6 plants in. These plants were in a different part of the garden to the others. All six plants did very well and we've had a good crop of tomatoes from them, but 2 plants have now been struck by blight so have had to be removed.

We also grew runner/dwarf beans in wool or home-made compost. We had major problems with slugs and snails (in all parts of the garden) so one lot of plants didn't do so well as the other, but we had a very good crop of beans from the home-made/horse manure compost. We are still picking beans now.

Although we had a reasonable result with the wool composts, we found that we did as well, if not better, with the home-made compost with added rotted horse manure. We have decided that we will continue to make our own compost rather than pay £12.99 for a 40 litre sack of wool tomato compost.

We compost anything we can from the garden, all vegetable trimmings from the kitchen (although I don't put any potato/tomato waste in the compost because of the chance of spreading blight), egg shells, torn up newspaper and cardboard, egg boxes, etc. It's amazing how quickly the worms arrive to chomp it all up! I read recently that if you want your compost to be more 'peaty' add lots of nettles to the compost – but not the flower/seed heads. I will give that a try when I get some thick gloves!

Lyn & Dave

ANAGRAM

The answer to the anagram is VACCINATION.

3 FOOD 4 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.

'O' WORDSEARCH

All the words in the list end in the letter 'O' and 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.

AKIMBO	FALSETTO	PHOTO	B O N O B O N G O T M A R A S C H I N O
AMINO	FANDANGO	PICCOLO	I O I R I O O O O H K O V U D L G O U A
ARMADILLO	GAUCHO	PLACEBO	S R T D A L L R G I C I T Y N L I Z B V
AUDIO	GAZEBO	POGO	T L U L O D S O M I R A N T O D O D I O
AVOCADO	GAZPACHO	POLO	R A I B A O I B C T D A P O O Q E R O C
BALLYHOO	GECKO	PORTFOLIO	O M A B O R O C U C M N N Z U T A R G A
BANJO	GUANO	POTATO	E I P D I T T O C O I A I A A G A A G D
BEANO	GUMBO	PRESTO	D N O L T D S N K H E P N N O G U M B O
BISTRO	GUSTO	QUANGO	I O H O A O O A O B I G B R N C U R O U
BOLERO	HALO	QUARTO	V W S A E C Z M O C O O E A H U A A O T
BONGO	HOBO	RADICCHIO	O I E R L O E C I T A L K O L V E T N D
BONOBO	IGLOO	RADIO	R L E I O O C B R N O L N C A L A N I O
BRAVADO	INDIGO	RISOTTO	E T L D R A G A O B O I I D E T Y D D F
CALICO	INNUENDO	SAGO	S O A I B D U A G G C O O C O G G H A O
CAPPUCCINO	JUMBO	SHAMPOO	P D R O D Q O A S C N O G P O E U L O O
COMBO	KAZOO	STEREO	R E T T J A Z J U O P A R A R T S S O O
CONTRALTO	KANGAROO	TATTOO	E R D U S E M P N M I E D I B E O T T P
CREDO	LIBIDO	TOBACCO	S C M A B E P R A A S D D N T M T H O O
CUCKOO	LIDO	TOMATO	S B H O L A A H A T B O A T A A U L P G
DADO	LILO	TORSO	O B M O C O S M O J O P O R T F O L I O
DIABOLO	LUMBAGO	TRIO	
DIDGERIDOO	MAESTRO	UNDERGO	
DITTO	MARASCHINO	VIDEO	
DODO	MOJO	VIRAGO	
DOMINO	MOTTO	VIRTUOSO	
DYNAMO	OUTDO	VOODOO	
ECHO	OUZO	WEIRDO	
ESPRESSO	PEDALO		

PARAPROSDOKIANS...

(Winston Churchill loved them) are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you, but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.
10. I thought I wanted a career. Turns out I just wanted the pay cheques.

What the young monk found

A young monk was assigned to help other monks copy out the old canons and laws of the church by hand. On his very first day he noticed that all the monks were copying from copies, not from the original. So, the new monk pointed out that if someone had made even a small error in the first copy, that error would be continued in all the subsequent copies.

The head monk said: "You make a good point, my son." So he went down into the dark caves underneath the monastery where the original manuscripts were held in a locked vault that had not been opened for hundreds of years. Hours went by and nobody saw the old abbot.

Finally, the old monk returned, looking distraught. "We missed the **R**! We missed the **R**! We missed the **R**! The word was... CELEB **R** ATE!"

Who'd be a landlord?

Excerpts from real life requests sent by tenants

1. The toilet is blocked, and we cannot bathe the children until it is cleared.
2. This is to let you know that there is a smell coming from the man next door.
3. The toilet seat is cracked: where do I stand?
4. I am writing on behalf of my sink, which is running away from the wall.
5. I request your permission to remove my drawers in the kitchen.

**

Fitting God in

A little girl said to her mother: "The minister's sermon this morning confused me." Her mother was surprised, so the little girl continued: "He said that God is bigger than we are. Is that true?"

"Yes, that's true," the mother replied.

"He also said that God lives within us. Is that true, too?" Again, the mother agreed.

"Well," said the girl. "If God is bigger than us and He lives in us, wouldn't He show through?"

**

What you need

A Sunday School teacher had just concluded her lesson and wanted to make sure she had made her point. She said, "Can anyone tell me what you must do before you can obtain forgiveness of sin?"

There was a short pause and then, from the back of the room, a small boy spoke up. "Sin?"

**

Too clean

My mother is a cleaning fanatic. One Saturday she told me and my brother to get down to the living room and straighten it up. We had held a party there the previous evening, and she was none too happy about the mess.

As she watched us work, it was clear that Mum was completely dissatisfied with our cleaning efforts and let us know it. Finally, my brother, exasperated with having to do it all over again, reached for a broom and asked Mum, "Can I use this, or were you planning to go somewhere?"

**