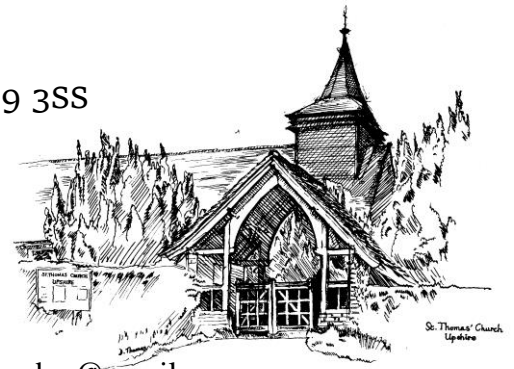


St Thomas' Church, Upshire EN9 3SS

Newsletter

April 2022



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

SERVICES AND DIARY FOR APRIL

Saturday 2nd 3-4pm MESSY CHURCH

Sunday 3rd 5th Sunday in Lent
9.15am HOLY COMMUNION
Readings: Isaiah 43:16-21 Philippians 3:4b-14 John 12:1-8

Sunday 10th Palm Sunday
9.15am HOLY COMMUNION
Readings: Psalm 118:1-2, 19-29 Luke 19:28-40

Sunday 17th Easter Sunday
9.15am HOLY COMMUNION
Readings: Isaiah 65:17-25 Acts 10:34-43 Luke 19:28-40

Wednesday 20th 12noon-2pm EASTER LUNCH in the church – 07899 846711 to book

Sunday 24th 2nd Sunday of Easter
9.15am HOLY COMMUNION
Readings: Acts 5:27-32 Revelation 1:4-8 John 20:19-31

Wednesday 27th 2.15pm Upshire Mothers' Union meet in the Village Hall

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

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, Dave P, Terry, June, Rose, Peggy, Shirley, Sheila, Jackie, Jean, Andrea and her Mum and Dad, Nina, Carmel & the Price family, James, Tim, Dave, Pat & Christine.

In all your ways acknowledge him and he will make straight your paths.

The Vicar writes:

Dear Friends,

On the 24th of February a video of a Ukrainian woman confronting Russian Soldiers appeared on Twitter, the video which has now been viewed more than 8 million times since it was uploaded shows the woman, Henychesk, giving sunflower seeds to Russian soldiers, with the striking instruction to put the seeds in their pockets so the flowers will grow where they die. It doesn't make for easy viewing, Not just because of our sense of despair over the Russian invasion of Ukraine, but also because it reminds us of the absolute futility of war. When humankind makes war against each other there are no winners.

According to Time magazine the flower has an even longer history in the country. Sunflowers—soniashnyk in Ukrainian—have been grown in Ukraine since the mid-18th century. Sunflower seeds are reportedly the country's most popular snack. The flower also helps fuel the national economy. Today Ukraine and Russia supply around 70–80% of the world's sunflower oil exports.

The presence of the flowers across the whole of Ukraine have led to it being seen as an unofficial national flower. In June 1996, to celebrate Ukraine giving up nuclear weapons, U.S., Russian and Ukrainian defence ministers planted sunflowers in a ceremony at southern Ukraine's Pervomaysk missile base. Because of this history the sunflower is worn by those wishing to show solidarity with the Ukrainian people and as a symbol of peace.

The bible says this "Those who make peace sow the seeds of justice by their peaceful acts." (*James 3:18*) Justice and peace go hand in hand. When we treat people in a just and equitable way, showing respect, seeing their worth, and trying to understand their lives, we are working towards peace.

When we watch the news it can feel overwhelming as we don't know how to help, how to pray, or even to understand what we are seeing unfold in front of us. But we do have a role to play. As Christians we believe God does hear our prayers and we know that the people of Ukraine receive small comfort from knowing that their stories are being shared, their plight is being witnessed and people are praying for them. We also have a right to seek justice, we can write to our MP's and ask them why Britain isn't doing more to allow Ukrainian refugees into the country to seek sanctuary from war; and we can give. Money can be donated via The Disasters Emergency Committee (DEC) which is an umbrella fund for 15 leading charities that have people on the ground in Ukraine and surrounding countries and so are well placed to get help quickly to those in need.

Just as the poppy is used in this country as a symbol of peace and a reminder of a war that once was, we pray the same for the sunflower. That one day it will be seen again growing abundantly across Ukraine and Russia, its big yellow head a sign of peace and of nations united in justice for all.

Every blessing,
Jane

ELECTRONIC NEWSLETTER

Our mailing list to receive the electronic version is now in excess of 70 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.

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: SCAMPILOCH. The answer will be found elsewhere in the Newsletter.

CHURCHWARDEN'S CHATTER

Last month's Table Top Sale was an enjoyable event with a wide range of stock on sale. Following its success we have been asked if we could repeat it again in the summer. Watch this space for more information.

Our Spring Community Lunch on 20th April will have a menu of roast ham with hot vegetables, dessert with custard or cream plus tea or coffee all for £8, but you must book via Pauline 07899 846711. A vegetarian option will be available – please order when booking.

We are looking for volunteers to help with running our events this year. If you can help in any way please contact any member of our PCC as soon as possible.

The number of deer roaming about on the local roads is on the increase, plus the state of the local road surfaces in some places is very poor which is causing damage to tyres, wheels, track rods and steering. We understand that since a local pop star started filling potholes in his local area Essex Highways and local councillors are looking into it. Let's hope we soon get some action.

The Seedlings group have now placed their planters at the east end of the church in readiness for planting up from this month, which will be a range of flowers and vegetables.

The community pay back team have now completed cutting back our hedges before the bird nesting season begins, revealing a number of colourful plants never seen there before. We must thank them for all their efforts in a job well done.

Stephen Brown 07960 809799

GROWERS CORNER

Spring is here! No more hedge cutting until next winter; due to wild birds nesting time only light trimming of hedges should be done during spring and summer.

Before mowing your lawns, sweep off all the worm casts, raise your mower cutters, empty out the old petrol from the tank and fill up with the new fuel. You can lower your mower's cutters as and when required.

Your tulips will make a good show this month, so will the bluebells in the local woods but these should not be picked.

A grower's major problem at this time of year is frost. All hardy plants will need to be hardened off outside during the day and taken in at night for a few weeks. Tender plants, vegetables and flowers, can be grown on in pots in a greenhouse or similar until late May when they can be planted out but you may still have to use horticultural fleece nightly until mid-June to guard against frost.

As the warmer weather arrives watering has to be increased accordingly but feeding the plants is only a once a week event. You must read the feeding instruction before applying – remember less is more!

Steve.

PUZZLE – What is it?

From the shaft of an old fork
Or even a spade will do,
You can fashion the rough end
To a profile that suits you.
When used in the ground
It could plant potatoes and cabbage too.

You will find the answer elsewhere in the Newsletter.

UPSHIRE MOTHERS' UNION

Our meeting will be on 27th April at 2.15pm in the Village Hall when our Speaker will be the Revd Jane Yeadon on 'The life of a Vicar'.

Tea Hostesses: Mrs Jean Brewster and Mrs Lyn Wackett. Raffle: Mrs Sue McKinley.

Further information from Ann Smith of 01992 767809.

Meetings with trees

As awareness of climate change has gradually percolated the public conscience, the importance of trees as absorbers of carbon, stabilisers of soil and bastions of biodiversity is understood but, during the pandemic, people have felt the need to connect with the natural world and become more aware of the spiritual benefits of being amongst trees. "Forest Bathing" has slipped into the vocabulary and our own forest has seen a massive increase in visitors throughout the woodlands, not just in the honeypot areas.

So I was pleased to be asked to pick up the threads of the Tree Warden's Log articles which used to appear in this newsletter even though I am no longer Upshire's official Tree Warden.

St. Thomas' Churchyard isn't blessed with many magnificent specimens but it does contain a wide variety of species and trees have a knack of being meaningful for very personal reasons.

Near the bottom of Hill Wood, at High Beach, is a piece of decaying beech tree about the size of a footstool. Fifty- five years ago, my class of 32 seven-year-olds were sitting side by side on that log – a section of fallen beech pollard - devouring their packed lunches, when I was offered my job of a lifetime and Epping Forest became my classroom for all but one year of my career. Over the years that fallen tree and many others like it, was the dining room, playground and classroom for hundreds of Waltham Forest children. They peered through hand lenses at the fungi and mosses which grew on it, drew the invertebrates in the leaf-litter under it, lay on it and watched the clouds moving across the gap in the canopy its demise had created and wrote poems. They propped their drawing boards against it to stand back and be amazed at the pastel pictures of the autumn forest they had created. Groups of blind and partially sighted children from Joseph Clarke School found out how big a tree is by feeling their way along its length then teetered back along it and jumped off.

Denise and Daniel, Musrat and Michael, Geraldine and Geoffrey (you never forget your first class) are all in their 60's now. The log and I have matured and decayed together. I visit it every so often which is quite difficult now as the brambles encroach, but it gives me great pleasure to see the three birch seedlings which were pointed out to my children standing tall, mature trees nurtured by my rotting log and reaching for the light flooding in where the beech used to stand.

There may be a tree in St. Thomas' Churchyard which has a personal significance for you.

Trees of St. Thomas' Churchyard

It seems logical to start with the avenue of Yews which lead us from the lych gate to the church itself.



Yew wood is hard and tough, covered in rough deep reddish-brown bark. In older trees, the trunk takes on a fluted appearance as new branches spring from low down. It was used for gateposts and stakes and more famously, English longbows. A bed made from Yew was said to be bug proof!

Male and female flowers occur on separate trees. The males release copious clouds of pollen in early Spring and the females produce green seeds in a red fleshy cup which are loved by birds.

St. Thomas' Yews are the same age as the church, mere babies as Yews go. A photo taken in 1903 in Richard Padfield's "A History of St. Thomas Church, Upshire" shows the newly planted Yew trees. Shropshire has more ancient Yews than any other county. In his book, "Trees of Shropshire," Andrew Morton notes that Yew trees were treated with great reverence and were as much part of the churchyard as the church itself. Sometimes the tree is older than the building and in Wales, certain trees were consecrated. He bemoans the fact that, because of the dense low cover they give, these living monuments are "often no more than dumping grounds for broken headstones, dead flowers and churchyard paraphernalia".

Some people are sceptical about trees living for more than a thousand years but the growth habit of Yews is distinctive. Some measured a hundred years ago have hardly increased in girth. How long has a tree been growing that two hundred years ago measured 28 feet in circumference and now measures thirty feet? The monks of St. Werburgh on the Wirral, were instructed to “have a care of the olde Yew” in 1150 and that tree stands in the churchyard at Eastham to this day.

A popular theory is that Yews were planted simply for longbows but clearly the religious significance is much earlier. We know that the word Yew is Celtic. We also know that when St. Augustine was sent to Britain in AD 597 he was instructed not to destroy the temples of Pagan Britain but to establish Christian churches on these sites. Probably the Yew was a symbol of immortality, never losing its leaves and apparently living for ever. Only Juniper, Holly and Yew, amongst native trees, were green in winter and all have myths and legends associated with them. It may well have been adopted by Druids as a holy tree from an even earlier time. In the 17th Century, plants from foreign parts were introduced and interestingly the evergreen Cypress from the Mediterranean, which also lives to a great age, is also found in churchyards.

The shelter provided by the Yew’s crown made it a suitable place for travelling preachers and Yews exist with stone pulpits inside their hollow trunks. In Normandy one contains a chapel.

Some of these holy shelters developed into chapels and churches. In medieval churches it is easy to see Yew trees’ fluted trunks in columns and branches in spreading pillar heads.

To the Victorians, an avenue of Yew trees from lych gate to church entrance signified the journey to immortality. Ours may in time require some management to make sure the way doesn’t become blocked but there are other examples in the churchyard, probably once part of the boundary hedges. They could still be there in two thousand years’ time, global warming permitting.

Next month

The Wild Service Tree (no pun intended)

Sue McKinley

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.

Thank you

A DATE FOR YOUR DIARY

A Charity event is being held at Upshire School on the field on June 11th (11am-4pm) for the Lullaby Trust for SIDS (Sudden Infant Death Syndrome). If you can help in any way please contact 01992 805151 during office hours Monday to Friday 9am-3pm.

MEMORIES

Do you have any memories you would like to share with us – I’m sure the readers would love to read about them.

The Church Homeless Trust

St Thomas' Church supports a number of charities, either by giving a donation directly or by holding events to support them. Most of these charities send me information about their current work and I thought it would be good to occasionally share this with you starting with the Church Homeless Trust, a charity we supported directly in 2021, by giving a donation of £200.

They are a small charity that helps homeless people in England rebuild their lives away from the streets. They raise funds for homeless individuals, some of whom have high support needs, who would not otherwise receive extra support. Their mission is to end the cycle of homelessness through Christian values of care-giving and philanthropy. They work closely with homelessness schemes and churches to create communities dedicated to ending homelessness. They believe that home is not just a roof; a home is a place where we belong. It provides the safety and opportunity to establish roots, and develop into the person we were created to be. It is somewhere we are cared for, and somewhere we care about.

One way they help the homeless is through 'Street Buddies'. These are a team of expert volunteers who have themselves experienced homelessness. They use this experience, along with their training and support, to build relationships with rough sleepers, and help them to take that first difficult step toward accepting help. Often they succeed where outreach teams have not.

Arnold was once a rough sleeper and is now passionate about helping other homeless individuals get off the street. This has enabled him to help George who has been on the street for many years. He had always refused to work with services due to bad experiences he had with them in the past. Arnold has been able to make that all important connection and develop trust. Now George is talking with Street Buddies regularly and is beginning to warm to the idea of a life off the streets. For entrenched rough sleepers – those who have been on the streets for so long they can no longer imagine a life away from them – this is a huge first step. Arnold is determined to keep helping George and other homeless individuals to rebuild their lives.

The Church Homeless Trust is proud to have funded a trainee at Street Buddies last year, and with the support of donors hope to support 4 more in 2023.

Further details of the work of the Church Homeless Trust can be found at:

www.churchhomelesstrust.org.uk

KNITTERS WANTED!

Knitters wanted to make jumpers for babies and child refugees. Any size, any colour, any style, all will be appreciated. Also to knit hat, scarves and mittens (or gloves if you're so inclined!) ready for shoe boxes for next year.

Thank you to everyone who donated wool, we now have lots if anyone needs any to knit the above items!

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 **ACCOMPLISH**.

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 EVENTS FOR 2022 TO NOTE IN YOUR DIARIES:

MAY	SUNDAY 15	SUNDAY TEAS - PLANT SALE
JUNE	SUNDAY 5	SUNDAY TEAS - HMQ 70 TH TEA CELEBRATION
JULY	SUNDAY 17	SUNDAY TEAS - SUMMER FAYRE
SEPTEMBER	FRIDAY 23	MCMILLAN COFFEE MORNING/CAKE COMPETITION
DECEMBER	SATURDAY 10	CHRISTMAS FAYRE

.....

PUZZLE

The answer to the puzzle is: A dibber.

No sunbeams

A small boy returned from Sunday School in tears. When questioned by his anxious mother, he explained: "This morning they told me that Jesus wants me for a sunbeam. But I want to be a train driver!"

CRAFT FAIR

in Upshire Village Hall
On Saturday 14th May, 11am-3pm

A variety of stalls including Jewellery, Bags, Cards, Cakes,
Needlework, Pictures and many more items
All handmade by local crafters.
Tea and coffee will be available.
Free entry.

The Opera Octaves
SPRING CONCERT at High Beach Church

Saturday 30th April 2022 at 7.00pm

Tickets £10 adults, £5 children; to include a glass of wine/soft drink and light buffet

The programme will encompass a selection of popular sacred, classical and operatic music with a little fold featuring works by Mozart, Chopin, Humperdinck, Faure and Poulenc.

There are no parking restrictions around the Church but please park safely
and with regard for all road users.

Whoever walks to God one step,
God runs towards him in two.

Jewish Proverb

THE CHURCH OF THE HOLY INNOCENTS, HIGH BEACH IG10 4BF

TENEBRAE

SERVICE OF DARKNESS

Set to the music of the 16th century composer Tomas Luis de Victoria

Sung by Choral8

Wednesday 13th April 2022 at 7.45p

Following the success of the first Tenebrae service in 2019, you are invited to join us for the second setting in Holy Week. The Tenebrae service (Latin for darkness) all but disappeared from the church calendar after the 1950s. However, in recent years there has been a resurgence of interest and here at High Beach we will be holding a shortened version of the second original setting using the music of 16th century composer Tomas Luis de Victoria that he wrote specifically for the occasion.

The service is very theatrical in its presentation and is characterised by the gradual extinguishing of candles throughout, symbolising the desertion of Jesus's disciples in his hours of need.

It finished in total darkness with a loud noise or 'streptus' taking place near the end.

There is just one hidden candle left alight – the 'Christ Candle'.

Do come and listen to the music, psalms and readings that form the bulk of the service and join in with the prayers.

Tree planted at Lambeth Palace as part of The Queen's Green Canopy

The Archbishop of Canterbury has planted a fig tree in the garden at Lambeth Palace as part of The Queen's Green Canopy to celebrate Her Majesty's Platinum Jubilee.

The Archbishop of Canterbury said: "The beauty of trees reminds us of our responsibility to care for God's creation, for each other and for generations to come. It's a fitting tribute to Her Majesty The Queen's seven decades of service, and the trees we plant this year will be a sign of our gratitude and celebration of this remarkable occasion for many decades to come. I encourage everyone to get involved in The Queen's Green Canopy, and plant a tree to celebrate Her Majesty's Platinum Jubilee."

Here are some general observations on the spiritual side of life:

No amount of good deeds can make us good persons. We must be good before we can do good. -
Chester A Pennington

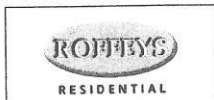
As Christ is the root by which a saint grows, so is He the rule by which a saint walks. - *Anon*

Can't sleep? Try counting your blessings. - *Anon*

Christians are like tea; their strength is drawn out by hot water. - *Anon*

Some minds are like concrete - all mixed up and permanently set. - *Anon*

Don't wait for the hearse to take you to church! - *Anon*



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*Min spend £25

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EASTER WORDSEARCH

All the words 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.

APOSTLES	MARY MAGDALENE	S E L T S O P A S T S E I R P F E I H C
BANDITS	MESSIAH	A P O A P C S E G F S O N R M E R N G R
BARABBAS	NAILS	B M I E Y T A A R I O O L A O O A R I O
BETRAYAL	OIL	B S T C I A R R N F I H R D B T A C P W
BREAD	PALMS	A E M D E D R S S T U Y P E I V I A E N
CENTURION	PARADISE	R T N L E S S T C R E M N E E E R A C O
CHIEF PRIESTS	PEACE	A A O N A E E E E N E E E C S A R H R F
CHRIST	PERFUME	B R E I N P R N A B R P L M D O R S U T
COCK CROW	PETER	R R I K R R O M E Y N O P I E I J Y C H
COUNT	PONTIUS PILATE	E N R M U A E N C L T A S U S S E A I O
CROSS	RESURRECTION	A A O S A S C F T H A E I T S K S S F R
CROWN OF THORNS	ROBE	D C E I H T O S E I M D E L N T U I Y N
CRUCIFY	SACRIFICE	W R E T T N H S I I U C G O S F S A A S
CURTAIN	SALVATION	O E E N O A N E T S I S D A F E H A E H
DARKNESS	SCARS	R G E M T I V E A F A W P E M T V V L R
DONKEY	SINS	C E I P A U E L I C O D R I O Y I O A E
FORGIVE	SILVER	K S V T I R R R A U O I U G L G R E L N
GARDENER	SIMON OF CYRENE	C I R L H N C I N S N U L J R A P A H O
GETHSEMANE	SOLDIERS	O U S T I A G D O G F O N O S S T O M T
GOLGOTHA	SON OF GOD	C R O S S S S K I N G O F T H E J E W S
GRAVE CLOTHES	SPEAR	
JESUS	SPICES	
JOHN	STONE	
JOSEPH	SUFFERING	
OF/ARIMATHEA	THREE TIMES	
JUDAS ISCARIOT	TOMB	
KING OF THE JEWS	TRAITOR	
KISS	WEeping	
LAST SUPPER	WINE	
LOVE	WOUNDS	
MARY		

The best position in which to pray

Three theologians at a conference centre sat discussing the best positions for prayer, while a telephone repairman worked nearby. "Kneeling is definitely best," said one, and backed up his claim by quoting a number of New Testament texts on humility in Greek.

"No," another contended. "I get the best results standing with my hands outstretched to Heaven." He quoted a few texts on praise in Latin.

"You're both wrong," the third insisted. "The most effective prayer position is lying prostrate, face down on the floor." He quoted a few texts on penitence in Hebrew.

The repairman could contain himself no longer. "Sorry to interrupt," he said, "but the best praying I ever did was in English, hanging upside down from a telephone pole!"

Comfort

As the new vicar in the community, I tried to have a friendly word for everybody. And so, even while I sat in the reception area of my doctor's surgery, I felt 'on duty'.

Just then a woman rolled an elderly man in a wheelchair into the room. As she went to the receptionist's desk, the man sat there, alone and silent. I was thinking I should make small talk with him when a little boy slipped off his mother's lap and walked over to the wheelchair.

Placing his hand on the man's, he said companionably, "I know just how stupid you feel. My mum makes me ride in the pushchair, too."

Jesus' grannie

The little boy came home from his first day at Sunday School and casually told his mother that the Sunday School teacher was Jesus' grannie. Astonished, his mother asked: "Whatever makes you think that?"

"Well, it's pretty obvious," said her son. "She never stopped talking about Him all morning. She told us Jesus is smarter and stronger and better-behaved than anyone else she knows. She even showed us a picture of Him. Who but a grannie would do that?"

Quiet in church A mother who took her fidgety seven-year-old to church finally had an idea: about halfway through the long sermon she leaned over and whispered: "If you don't be quiet, the preacher is going to lose his place, and he will have to start the sermon all over again." It worked.