

St Martin of Tours

Epsom

St Stephen on the Downs

Langley Vale

*Registered Charity Number: 1134149*

## WEEKLY NEWSLETTER

**SUNDAY 19<sup>th</sup> MAY 2024**



We celebrate the coming of the Holy Spirit on the Church and thank God for its inspiring, energising power. May it fall afresh on us.

**The Vicar**

## DIARY

### Sunday 19<sup>th</sup> May Pentecost

9.30am Morning Prayer at St Stephen's

10.00am Holy Communion at St Martin's

6.30pm Choral Evensong at St Martin's

### Tuesday 21<sup>st</sup> May

Centering Prayer and Take Time To talk will be held at the back of church from now on.

#### 4.00pm Take Time to Talk – Sabbath Rest

(tea and biscuits from 3.45pm in church)

"There is a realm of time where the goal is not to have but to be, not to own but to give, not to control but to share, not to subdue but to be in accord." Abraham Joshua Heschel. "Remember the Sabbath day, and keep it holy" Exodus 20v8. We are invited to Sabbath Rest, but how do we do that in our busy 21st century lives?

Following a short introduction to the topic we will reflect, talk, and listen, remembering that in this sort of exploration, questions are more important than answers.

Everyone is welcome to come along - just turn up. If you want to know more, please ask me.

***Lynne Scholefield***

#### 7.45pm '*Being With*' in Church

## **Wednesday 22<sup>nd</sup> May**

**10.00am Holy Communion at St Martin's**

Churches Together in Epsom: Council Meeting  
You are warmly invited to attend and participate in the CTiE Council Meeting, to be held at St Joseph's Church on Wednesday May 22 at 20:00. [Please click here for the meeting Agenda.](#) Refreshments and Fellowship from 7.30pm.

## **Saturday 25<sup>th</sup> May**

**4.30pm Recital - The Amantine Piano Quartet.**

We welcome cellist Georgia Morse back to the series, this time with fellow musicians to perform quartets by Brahms and Faure.

## **Sunday 26<sup>th</sup> May Trinity Sunday**

**9.30am Holy Communion at St Stephen's**

**10.00am Holy Communion at St Martin's**

**12.00pm Holy Baptism at St Martin's**

**6.30pm Evening Prayer at St Martin's**

## **Work on the west end terrace outside St Martin's**

During May, our stonemason will be working to replace the concrete steps (the central section within the handrails) in front of the main (west) door. They will also be repairing other specific areas of the terrace. There will still be access to the church from the terrace, but please be aware of any restrictions and take all possible care when entering and leaving the church.

***Sarah Lutton***

## **A Rocha UK's Easy Eco Tips 2024 Calendar - May**

Say no to the mower. Mowing your lawn less and letting parts grow long saves you time and helps give nature a home. If you want to make an even bigger impact on wildlife, wait to mow your lawn or a section of it until August to support even more animals.

Contribute to citizen science and get to know what (and who!) lives in your church's green space - sign up to take part in Churches Count on Nature (8-16 June 2024) at [caringforgodsacre.org.uk/churchescount-on-nature-faqs/](http://caringforgodsacre.org.uk/churchescount-on-nature-faqs/).

For more practical ways to enjoy, nurture and defend nature, sign up to A Rocha UK's Wild Christian email: [arocha.org.uk/wild-christian](http://arocha.org.uk/wild-christian)

## **PRAYING FOR OUR CHURCH AND OUR COMMUNITY**

Prayer is the foundation of God's kingdom and one of the most powerful tools we have. It underpins everything we do. We can work as hard as we are able, generating lots of activity and exerting much effort in our discipleship and mission, but without prayer much is in vain. The gift of prayer is that all of us, however limited we may be physically, or in the time we have available, can play our part.

Please remember in your daily prayers this week:

### **Sunday 19<sup>th</sup>**

Our Home Communion Team and those to whom they take Communion. Our Flower-Arranging Team: Yvonne Parish. Staff at local Citizens' Advice Bureau, Age Concern and Job Centre. All those seeking their help and/or in need of work. Those living and working in Longdown Lane South, Longdown Road, Lynwood Avenue, Lynwood Road, Mannamead, Mannamead Close, Middle Close and Middle Lane.

## **Monday 20<sup>th</sup>**

Our Deanery Synod: Howard Bluett. Our Eco Church Team: Helen Williams. Our Missions: A Rocha. Those living and working in Milburn Walk, Mill Road, Millers Copse, Milton Gardens and Mospey Crescent.

## **Tuesday 21<sup>st</sup>**

Our vision and work for Social and Racial Justice. Our Readers and Intercessors. Local schools and nursery schools. Those living and working in Oak Hill, Oakmead Green, Old Barn Road, Pikes Hill and Pine Hill.

## **Wednesday 22<sup>nd</sup>**

All who offer welcome and hospitality and serve refreshments at our churches. Those to be married in our churches. Our Missions: Mercy Ships. Those living and working in Pitt Road, Portland Place, Prospect Place, Providence Place and Randolph Road.

## **Thursday 23<sup>rd</sup>**

Our Electoral Roll Officer: John Aronson. Our Church Cleaners. Local doctors' surgeries. Those living and working in Richmond Close, Rosebery Avenue, Rosebery Road, Sadlers Way and South Street.

## **Friday 24<sup>th</sup>**

Those recently confirmed and their growing relationship with God. Preparation for future baptism and confirmation. All who enter St Martin's in the week and pass through our garden. Church Army (supporting and empowering those most in need in UK and Ireland). Those living and working in Spencer Close, Squirrels Way, St George's Gardens, St James' Close, St Martin's Avenue and St Martin's Close.

## **Saturday 25<sup>th</sup>**

The Vale School: children, parents, the Co-Heads, staff And Governors. Scouts (especially our 3rd Epsom (St Martin's) Scout Group), Cubs, Beavers, Guides, Brownies and their leaders. Local refuse collectors, those who deliver the post and other items. Those living and working in Station Approach Stevens Close, Strand Close, Sunnybank, and The Grove.

## **MUSIC @ ST MARTIN'S**

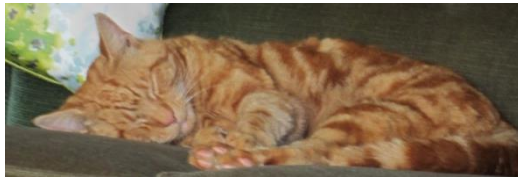
**Saturday afternoons at 4.30pm. Future dates for your diary:**

**25th May: The Amantine Piano Quartet.** We welcome cellist Georgia Morse back to the series, this time with fellow musicians to perform quartets by Brahms and Faure.

**22nd June: The Plaegan Piano Trio** performing Ireland and Beethoven.

## THE POWER OF POETRY: MAY

This month: a poem by D H Lawrence, mainly known of course for his novels and which you may know at least by reputation. He was known too for travel writing, essays, letters and plays. He was also a prolific poet, though many of the thousand poems he wrote were not regarded highly, and the selection I have in front of me numbers just 150. A few are quite well known, e.g. *Snake* (“A snake came to my water trough...”), and I came across *The North Country* many years ago and was struck by the rhythm of the poetry which – particularly if read aloud and with due regard to the punctuation – reflects the insistent rhythm of machinery and industry. This poem is *Pax* (peace). It describes a comfortable cat relaxing before a fire, and Lawrence’s description is a metaphor for contemplation and for being fully in the presence of God. For some, such an experience can be fearful, but here, with the image of the relaxed cat luxuriating in the warmth, we are encouraged to be at one with God, and at home in His presence. You will notice Lawrence’s use of repetition throughout.



*All that matters is to be at one with the living God  
to be a creature in the house of the God of Life.  
Like a cat asleep on a chair  
at peace, in peace  
and at one with the master of the house, with the mistress,  
at home, at home in the house of the living,  
sleeping on the hearth and yawning before the fire.*

*Sleeping on the hearth of the living world  
yawning at home before the fire of life  
feeling the presence of the living God  
like a great reassurance,  
a deep calm in the heart,  
a presence  
as of the master sitting at the board  
in his own and greater being,  
in the house of life.*

The idea of reassurance, which we so often need in our lives, and of calm is very comforting, as indeed are many of the words selected by Lawrence - asleep, peace, at one, and so on. As far as the cat is concerned though, I suspect any contemplation would be of mice!

***Mary Gilbert***



## **FOODBANK WANTS LIST**

**This week we are in great need of all the following items:**

Urgent - Jars of cooking sauce (we have none)  
Urgent - Instant Coffee (we have none)  
Urgent - Longlife Sponge puddings (we have none)  
Urgent - Sanitary Towels and Tampons (we have none)  
Urgent- Custard  
Urgent - Tinned Meat (Hot dogs, Meatballs, Ham, stew etc)  
Urgent -Tinned Pulses  
Biscuits  
Savoury Biscuits (cream crackers etc)  
Crisps  
Packet Soup  
Jam  
Marmalade  
Mayonnaise  
Powdered Milk  
Conditioner  
Shaving Foam  
Female Deodorant, Toilet Rolls

Please use our supermarket donation points or bring donations directly to us at Epsom & Ewell Foodbank, Good Company Hub, behind West Ewell Primary School, Ruxley Lane, Ewell KT19 0JG.

## STEWARDSHIP

### **Giving to our Church**

For general and stewardship giving you can give online via the Charities Aid Foundation. Donations can be either a one-off donation or a regular donation using direct debit. To make a donation either:

1. Click on the following link:  
<https://cafdonate.cafonline.org/13377>  
OR
2. Use your Smart Phone and Scan the QR Code below.



## MISSION FOCUS - MAY

### AMECA (Alex's Medical & Educational Clinic in Africa)



Ruth Markus, whom many will know from previous visits to St Martin's, founded AMECA in 2006 in memory of her son. It focuses on delivering healthcare and training in Malawi, where facilities, professionals, equipment and medicine are scarce and travel distances prohibitive. The aim is for long term sustainability across a variety of ventures and projects, partnering with existing structures and other organizations.

Community engagement is strong and AMECA has a proven track record of making efficient use of funding to transform lives in Malawi and respond to urgent need. See <https://www.ameca.org.uk> for further details.

***Alexander Rennie, Mission & Outreach***

# FOOD FOR THOUGHT

St  
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**Summer 2024**

**SPEAKER | CONVERSATION | LUNCH**

**Wed 1 May | Does God Love Lawyers? | James Wakefield KC**

**Wed 5 Jun | God and Gaza - Christian Perspectives on the  
Middle East | Revd Canon John Salter**

**Wed 3 Jul | Can Faith be Fashionable? | Simon Ward**


**Welcome & Coffee 11:30am | Talk 12pm**

**Lunch 1pm | Finish 2:30pm**

**Charge £10**

**Book your place at [saintpauls.co.uk/foodforthought](https://saintpauls.co.uk/foodforthought)**

St  
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# AMECA

[www.ameca.org.uk](http://www.ameca.org.uk)

## 'An Evening with AMECA'

Ruthie Markus, CEO & Founder and Consultant Surgeon, Mr Paul Thomas, Medical Director of AMECA, speak about the charity's work in Malawi and the challenges of healthcare delivery.

TIKHALE NDI ANA OCHEPA KUTI TITHE KUWASAMALIRA, TILELE.



NDI UDINDO WA ABAMBO KUWALIMBIKITSA AMAYI ZAMALELEDWE.

With guest Right Hon. Chris Grayling MP

7pm to 9pm, Thur 30 May 2024, Ewell Hall,  
7 London Rd, Ewell, KT17 2AY.

£12 per ticket includes wine and nibbles.

Contact Barb Warwick : [barb.warwick@virginmedia.com](mailto:barb.warwick@virginmedia.com)





## **Managing Biodiversity in Epsom Common**

Come and listen to Stewart Cocker, Countryside Manager for Epsom & Ewell Borough Council who will be talking to us about how Epsom Common is managed, protected, and enhanced. There will be time for Q&A at the end.

**Wednesday June 26<sup>th</sup> 7.30pm,  
Epsom Methodist Church  
Ashley Road KT18 5AQ**  
Refreshments served before event

The Eco-church groups in Epsom would like to invite you to this event.



**Submitting an item for the newsletter:  
Please ensure that all items are emailed to the office marked  
'For Newsletter' in the title by  
12pm on Wednesday, to be included for that week.**

**Parish Office:  
The parish office is open from 9.30am – 12.30pm every  
Monday, Wednesday and Friday.  
Church House, Church Street, Epsom,  
KT17 4PX Phone: 01372 722567  
E-mail: [office@stmartinsepsom.org](mailto:office@stmartinsepsom.org)  
Website: [www.stmartinsepsom.org](http://www.stmartinsepsom.org)**

**If you would like to be added to our mailing list so that you receive the newsletter and orders of service weekly, please email the parish office. Please contact clergy and lay ministers via the office.**