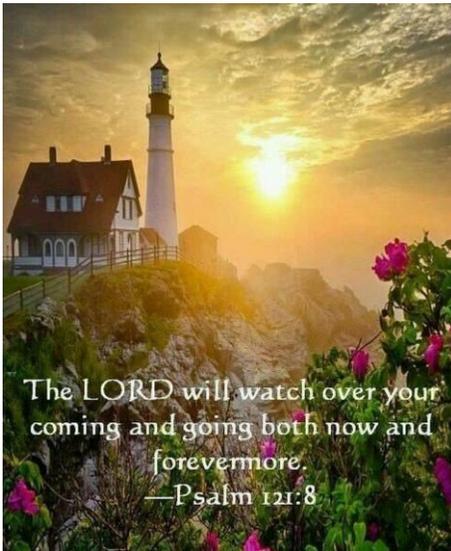


Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 12th MARCH 2023



The LORD will watch over your
coming and going both now and
forevermore.
—Psalm 121:8

Our Lenten theme this week is 'the spirituality of the Psalms.' For centuries, people have found solace, inspiration and challenge in these poems, prayers and prose. I encourage you to read them afresh, or maybe for the first time.

Nick Parish, Vicar

THIS SUNDAY 12th March – 3rd Sunday of Lent

NO 8.30 TODAY – WILL BE ON THE 26TH MARCH

- 9.30am Holy Communion at St Stephen's**
- 10.00am Choral Mattins - in church and live-streamed**
- 3.00pm Beacon Tea**
- 6.30pm Second Thoughts: John Valentine**

'Training for ministry (lay and ordained) in the church'.

What will church leadership look like in the next 5 to 10 years? The place and role of the church in society is changing fast and dramatically, and accordingly so is how we understand Christian leadership and service. These are challenging and stretching times, but also exciting ones with new opportunities. Training for roles, whether authorised or not, is also changing. This evening will look at all these things, with opportunity to consider how our own histories, gifts, talents and personalities might find their place in the church of the future.

John Valentine is the Dean of Guildford Diocese's Local Ministry Programme, a non-residential theological college, training local people for leadership, mission and ministry in the church and beyond. He married to Catherine, and they have two teenage daughters.

Wednesday 15th March

- 10.00am Holy Communion at St Martin's**
- 3.00pm Lenten sermons discussion group in the Headley Room at Church House.**

NEXT SUNDAY 19th March – Mothering Sunday

9.30am	Morning Prayer at St Stephen's
10.00am	Sung Communion at St Martin's - in church and live-streamed
6.30pm	Choral Evensong at St Martin's

NEWS OF THE PAROCHIAL CHURCH COUNCIL

The PCC met last week on Wednesday 8th March in Church House and ratified the Minutes of the previous meeting that had been held on the 5th January. These can be found at the back of St Martin's Church and on the parish website. (*To find them on the website, click on the drop-down tab "Church Life" and then scroll down to Parochial Church Council and click on the 5th January meeting*).

You will also find the agenda of this week's meeting by clicking on the 8th March. We encourage you to visit the website and explore the information that is set out there. If you have any questions, please ask one of us or Rob Jeffery, the PCC secretary.

Churchwardens

Beacon Teas

Do come along to the next Beacon Teas on:

Sunday 12 March, 3.00 p.m. – 5.00 p.m.

Sunday 9 April, 3.00 p.m. – 5.00 p.m. (Easter)

At the Easter one we shall have hot cross buns and Simnel cake, plus the usual sandwiches or filled rolls.

We look forward to welcoming you.

Mary Gilbert and Elaine Snook

Music@StMartin's
THIS SATURDAY



**PIANO RECITAL
SIMON WATTERTON**

SAT 11 MARCH

4.30PM

Scarlatti, Schubert, Brahms, Rachmaninoff

Bringing the Bread and Wine for communion

We are re-instating the symbol of two people from the congregation bringing bread and wine up to the altar (the offertory) during the offertory hymn. If possible, we'd like this to happen next Sunday (19th March), which is Mothering Sunday. If this is something you would like to do, please let the one of us know.

Sarah Lutton/ David Eggett (the churchwardens).



THE CORONATION

Plans are underway for St Martin's celebrations. These are the details we have to date:

Saturday 6th May Coronation Day

We will show the coronation service in

church on the large screens. There will also be children's activities including a procession in fancy dress. Bring your own snacks, but we'll provide tea and coffee and something bubbly to toast the new King & Queen.

Sunday 7th May Coronation Big Lunch

After the 10.00 service is our Annual Church Meeting which will be followed by a Coronation Big Lunch. It will be a 'bring and share' and may include a BBQ. The day will end with a quiet and reflective service of Evening Prayer at 6.30pm.

Monday 8th May The Big Help Out

You may already have plans to take part in a volunteering activity. However, if anyone would like to suggest or organise a St Martin's activity, please let the churchwardens know.

A Capital Idea

Come into our church on Saturdays in lent with a duster, for - Calm, Company, Coffee, Chat and a Cleansing campaign of loving care. Come when you can, no need to commit.

10.30am to 11.30am starting 4th March.

Chris and Sue Hyde

Fairtrade



'Yum, yum! We are in the middle of Fairtrade Fortnight. Fairtrade is nothing new, of course. It

has been around for years and is one of many organisations trying to make sure that social justice is involved in food production; and social justice is inextricably linked with climate issues and sustainability. Which Fairtrade products do you buy? Is there a swap you can make to Fairtrade? Look for the logo on tea, coffee, sugar, chocolate, bananas, oil, nuts, wine... and textiles, gold, sports balls... If you use the internet, have a look on the Fairtrade website for more details.

Helen Williams

Hope Into Action Epsom

Even Epsom has its homeless. Churches Together in Epsom have taken a significant step by investing in a house for the homeless. As the appeal below makes clear, they are in need of our prayers, possibly some additional investment and certainly some volunteer help with support and friendship. Please do consider how you might help.

Laurence Impey

Churches Together in Epsom (CTiE)



This Good Friday at 10.30am there will be an ecumenical Service of Worship and Praise in Epsom market place, organized by CTiE. This will be followed by family crafts and outreach activities.

All are invited.

If you can help in this event, such as in stewarding, crafts, manning the stall, prayer ministry, preparing hot cross buns etc. please email Jane Williams: chair@ctie.org.uk.

If you can sing in the choir, brought together to lead the singing in this one event, please email David Williams: admin@ctie.org.uk. Rehearsal information is on the [CTiE 'Upcoming Events' webpage](#).

STEWARDSHIP

Giving to St Martin's and St Stephen on the Downs

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.



Carbon Fast for Lent, weeks '3' and '4'.

Week 3's challenge (for 5th March - 11th March - I'm a bit behind!) is a bit more familiar: **fast from meat and fish.**

- **If you are already a vegetarian, fast from dairy products this week.**
- **If you are vegan, choose a favourite sweet treat to fast from this week.**

Beef production has the greatest impact on the climate - 10 times more carbon emissions than chicken, 100 times more than soya - and livestock accounts for 15% of all carbon emissions globally.

Other foods can have a range of impacts, depending on how they are produced, but a portion of the highest impact vegetable protein has less than the lowest impact animal proteins. How we eat matters!

Week 4's challenge (12th March - 18th) is to **fast from cheese, chocolate and coffee.**

- **These treats have a high carbon footprint.**

This is going to be a hard one for me - for once I'm glad that I prefer tea to coffee! Perhaps I will turn again to dried fruit for a sweet treat. Do let me know if you have any delicious ideas...

How did you do on 'not buying stuff'? I did OK until Saturday, when I just forgot. Ah well, I'll try harder to be conscious of my choices this week!

Best wishes, Helen

Volunteer Drivers for Medical Appointments

Age Concern Epsom and Ewell are looking for volunteer drivers to take older people to medical appointments, or to visit family of friends in hospital or residential homes. We have high demand for this service and need more drivers to meet it.

Volunteering is a great way to meet people and to support your local community, it can also improve your own happiness and wellbeing. If you are looking for a volunteer role which enables you to meet interesting people, help the older members of our community, and if you like driving then this could have the role for you! This can be a regular weekly commitment or on an ad-hoc basis.

A mileage allowance of 50p per mile is paid and we will need to undertake a DBS clearance for you.

If this role is of interest or if you would like more information, please contact Jane Hodgson, Volunteer Co-ordinator on 01372 728458 or by email jane.hodgson@ageconcernepsom.org.uk

MISSION OF THE MONTH – MARCH

ABROAD

New Mercy Ships

Volunteers wanted. Please take a leaflet.

Please look at the Church Mission Board at the back of the church. We have updated the literature which includes the award to Don Stephens, Mercy Ships Founder, of a Lifetime Achievement Award. Presented by the Egyptian Minister of International Co-operation of Government, Rania Al-Mashat at the Opening of the GE7African Visionary Leaders Summit in Washington DC by African Dignitaries. The new Ship will be based in West Africa, Senegal and then Sierra Leone.

HOME MISSIONS

Refugee Network

The Epsom and Ewell Refugee Network helps refugees and asylum seekers in this area with support and guidance. They connect with people and organisations who can help with English classes, housing, clothing, food and other essential needs. They organise social events and collect donations to help all Refugees in the UK and abroad. They are helping a great deal on all fronts with regards to the Ukraine crisis.

CMS in the UK

Andrea Campanali is our UK based Mission Link Partner, forming a network of pioneers helping to renew the Church. Please have a look at the display boards at the back of the Church and hold them in your prayers.

Jill Chapman

FOODBANK

We urgently need:

UHT Milk,

Long life fruit juice ,

Noodles

Long life sponge puddings,

Squash

Mayonnaise,

Sugar (500g bags only please), Hot chocolate

Washing powder/pods

Shampoo / conditioner, Toilet rolls

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

Rainbow Service

Wednesday 15th March 2023, 7:30pm

St. Mary's Church, Quarry Street, Guildford



Treasures of Darkness

Stories from around the campfire

A service for LGBTQI+ people, friends and allies

For more information and to sign up for updates contact Jonathan Hedgecock:
jonathan@holytrinityguildford.org.uk

EPSOM CHORAL SOCIETY

*Visions
of
Eternity*

Saturday 18th March 2023 at 7:30pm

St Martin's Parish Church, Church Street, Epsom KT17 4PX

Jonathan Dove | Bless the Lord, O My Soul

Arvo Pärt | Salve Regina

James Whitbourn | Son of God Mass

John Tavener | Svyati

Brahms | Geistliches Lied

Julian Collings | conductor

Peter Jaekel | organ

Kyle Horch | saxophone

Rebecca Hepplewhite | cello

Tickets: £16, £8 (students and U18s)

www.epsomchoral.org.uk/tickets

Box office: 01372 727078 or 07522 111219



Registered charity number 273757



EPSOM CHAMBER CHOIR

Guest conductor: Jack Apperley

Music for Passiontide

Buxtehude Membra Jesu Nostris

Anerio ♦ Sulpitia Cesis ♦ Lassus ♦ Lotti

Sarah MacDonald ♦ Paul Mealor ♦ Weelkes

with the Epsom Early Music Players

Saturday 25th March 2023 7:30pm

St Martin's Church, Epsom, KT17 4PX

Tickets: £16 in advance | £18 on the day | Under 18s Free

online www.epsomchamberchoir.org.uk | telephone 020 8672 5495 | text 07940 486163

SCAN TO
BOOK
ONLINE



Supported by

Con lris

The Humphrey Richardson Taylor
Charitable Trust

www.hrtaylortrust.org.uk



We are a local independent charity empowering older people in the borough

Could you volunteer with us?

Roles available:-

- **Medical Transport Drivers** - to collect clients from their home & take them to medical appointments & back again
- **Befrienders** - to visit clients at home to prevent social isolation and loneliness
- **IT /DIY volunteer-** to help our clients get to grips with their IT equipment in their own homes/help with small jobs around the home, e.g. putting up pictures
- **Trustees** - to oversee the overall management and administration of the charity.

For more information please contact:

Jane Hodgson - Volunteer Coordinator

Tel: 01372 732 458

jane.hodgson@ageconcernepsom.org.uk

Submitting an item for the newsletter:

Please ensure that all items are emailed to the office by 12 noon on Wednesday, to be included in the newsletter for that week. Thank you.

Parish Office:

Church House, Church Street, Epsom,

KT17 4PX Phone: 01372 722567

E-mail: office@stmartinsepsom.org

Website: www.stmartinsepsom.org

The Parish Office is open Mondays, Wednesdays, Thursdays and Fridays, 9.30am to 12.30pm.

Please contact clergy and lay ministers via the office.