



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 30th July 2023

TRINITY 8



Today in our reading from Matthew's Gospel Jesus says that the Kingdom of Heaven is like a mustard seed. Something that is so tiny it is almost invisible. However, not only does it grow but it is transformed into a place where new life is born and nurtured. Jesus also says that the Kingdom of Heaven is something of great value, like treasure hidden in a field which brings great joy. How would you describe the Kingdom of Heaven?

Revd Judith

THIS SUNDAY 30th July – Trinity 8

- 9.30am Pet Service at St Stephen's**
- 10.00am Morning Prayer and Baptism at St Martin's – live streamed**
- 4.30pm Old Testament Study Group (details below)**
- 6.30pm Holy Communion at St Martin's**

Wednesday 2nd August

- 10.00am Holy Communion**

Thursday 3rd August

- 5.00pm Evening Prayer in the Lady Chapel**
- 7.30pm Sacraments Discussion Group (details below)**

NEXT SUNDAY 6th August

- 9.30am Morning Prayer at St Stephen's**
- 10.00am Holy Communion at St Martin's – live streamed**
- 6.30pm NO SERVICE at St Martin's**

THIS SUNDAY 30th July 4.30 pm in the Headley Room The Old Testament study group

The last in the series of *Studies in the Old Testament* will be today Sunday 30th July at 4.30 pm in the Headley Room. We will be exploring the book of Judith - which is one of the rare biblical books called after a woman and also featuring a woman as the main character and hero. It's a rollicking story - so whether or not you already know it, come and join us to see where it leads.

Lynne Scholefield

Discussion Group, in Church, Thursday 3rd August 7.30pm 'A tax dodge? A great excuse for a party'? – Why get married?

Nick Parish will lead this session, the last in our Sacraments series.

Contemplative Prayer Group

The next Contemplative Prayer Group meeting will be on Tuesday, **8th August**, at 11am in the Lady Chapel. This is a change from 1st August when there is a funeral in the Church that morning. The 'saying' which will be our starting point will be Mark 12.35: *'You are not far from the Kingdom of God'*. All will be very welcome.

Adrian Esdaile

August Office Hours

Please note that the office will be open from 10am to 12noon on Monday, Wednesday, Thursday and Friday in August.

St Martin's Choir at Portsmouth Cathedral

As part of our periodic cathedral singing mission and as a final 'hurrah' before the summer break, we sang the services at Portsmouth Cathedral last weekend whilst the cathedral's own choir was on holiday.

Hearty singing from our men's voices led the music for



Choral Evensong on Saturday and the full choir joined us for the Sunday services of Sung Communion and Evensong. The cathedral in Portsmouth is located very much in the heart of the old city and shares an integral part of the extensive naval and

fishing history there. Indeed, last Sunday's eucharist included the annual commemoration devotions for all of the ship's company lost on the Mary Rose which sank on 19th July, 1545.



As always on these visits, the choir acquitted themselves admirably by singing with total commitment, and Iain's masterful organ playing on a very different instrument was typically brilliant and inspiring. We received many appreciative comments from worshippers and cathedral staff who also enjoyed a selection of music by Epsom composers, including, Helen Williams' anthem 'Love is the Key, Iain's Preces and responses, 'Angel Voices' by Felton Rapley (DoM 1948-65) and my Missa brevis.



The cathedral trips play an important role in binding the choir together socially and musically, while also waving a flag for the parish of Epsom and St Martin. Our cathedral tally since 2017 includes visits to Winchester, Chichester, Southwark, Rochester, Guildford, Chelmsford and now Portsmouth, with Canterbury and St Alban's in our sights for the future!

Richard Dacey

CHURCH DEVELOPMENT PLAN – UPDATE

All churches in the diocese have been asked to come up with a Development Plan. We presented our draft Plan earlier this year and welcomed your comments. You may have been wondering what has happened with it. Well, since then our Plan has evolved and details, means and methods discussed. It has been approved by the Archdeacon and adopted by the PCC. The five main goals of our Plan are these:

- Growing a younger congregation: children and families and younger adults
- Communicate effectively with each other and the community
- Building for the future – creating space for church and community
- Explore small groups afresh as a way of growing faith
- Increase financial giving

As we work towards these goals you will notice some changes and some new things happening. Some of the changes and happenings have already begun, some will be soon, others will be on a longer timescale. We will keep you updated. Most of all we hope you will support our efforts and, where possible, get involved so that you can be a part of the future of St Martin's and St Stephen's.

If you have any questions, please talk to one of the members of the CDP group: Lynne Scholefield, John Padwick, Graeme Lodge, David Eggett, Rob Jeffery, Sarah Jeffery, Helen Williams and Sarah Lutton.



On 24th June the 3rd Epsom (St. Martin's) Beavers and Cubs were collecting food for the Epsom and Ewell Foodbank at Sainsburys Epsom. They were persuading member of the public to purchase an additional item with their shopping and leave it with the Scouts as they left the store.



The shoppers were very generous and the children were very persuasive, raising over £700 and collected over 1.4 tons of food for the foodbank (7 full estate car boots).



Flowers in Church

As part of our worship and celebration of life and nature, we aim to have fresh flowers in St Martin's most weeks (except Lent, Advent and August).

As there are now fewer people available to make the beautiful floral arrangements that we have been used to, we are changing the way in which we provide flowers in church. We will continue to provide floral arrangements for the festivals (Christmas, Easter, Harvest and Remembrance).

We are inviting all members of the church to consider giving the flowers, perhaps in memory of a loved one or to celebrate a special occasion.

You are invited to donate flowers or contribute towards the cost of flowers.

If you would like to contribute towards the cost of flowers, then the recommended donation is £15. Please use the card reader in church to make your payment. If you pay for the flowers, then one of the members of the flower team will purchase and arrange them for you.

If you would prefer to provide flowers, from your garden, allotment or the shop, then please bring them to church on Friday morning. One of the flower team will be available to help you arrange the flowers.

You can find the sign-up sheet at the back of church on the noticeboard, nearest to the glass room. Please put your name against the week that you would like to pay for or provide the flowers.

Many thanks, Yvonne Parish

Age Concern Epsom and Ewell Befriending

Loneliness is something that people of all ages can feel, but it is older people who perhaps feel this more acutely. Our Volunteer Befrienders visit an older person on a regular basis to offer a supportive and reliable relationship to our clients who may be socially isolated to provide companionship and support.

If you have an hour or two a week to spare, it would be great if you could consider becoming a Volunteer Befriender for Age Concern Epsom and Ewell. No specific qualifications are required, just good listening skills, reliability, an interest in older people and a sense of humour.

We will ensure you receive the necessary training before you start your befriending journey and will provide ongoing support. If you would like to know more, please contact Jane Hodgson, Volunteer Co-ordinator on jane.hodgson@ageconcernepsom.org.uk or by telephone on 01372 732456.



MISSION OF THE MONTH – AUGUST

Home Mission

The Sunnybank Trust supports people with learning disabilities and autism to say what they want and live the life they choose, through their range of services. Voices—Choices—Futures, providing Advocacy and Social opportunities and transitional support of young adults and their families leaving full time education.

Spinnaker Trust—Engaging-Inspiring-Equipping

The aim of this Christian Charity is to support Primary Schools with Assemblies and R.E. Lessons, and locally here they have worked at 11 Schools in Epsom and Ewell.

They aim to inspire this generation of Primary School children to engage with the Christian Faith and explore its values.

Abroad Mission

‘Wheels for the world ‘ is part of the ‘Through the Roof’ charity. The charity exists to transform lives of disabled through Jesus. Thousands of disabled people across the world have experienced God’s love through the ministry of ‘Through the Roof’ strengthening local churches in the UK and developing countries welcoming disabled people.

‘Wheels for the World; restores donated wheelchairs and distributes refurbished wheelchairs to disabled adults and children in developing countries providing life changing mobility.

Jill Chapman and Meg Topley – Mission

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.
3. You can give cash in church
(use the collection plate provided)



FOOD BANK

This week, we need the following items:

UHT Milks (full fat and semi skimmed)
Sponge puddings - URGENT
Cooking sauce
Pulses - tinned and dry
Instant Mash
Long-life juice
Honey

Small chocolate bars / treats
Sugar (small bags)
Shampoo / Conditioner
Men's deodorant
Nappies sizes 5+ and 6+
Bags for Life / Very strong bags

Please, no more of these items as we are at capacity: dog food, cat food, tea bags, tinned fish, tinned soup.

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.

We are open for donations Monday - Friday, 9am-2pm (closed on Bank Holidays).

Please ensure donations are sealed, in date and do not contain alcohol.

Many thanks for all your support - we really do appreciate it!

Donations can also be made if you prefer by texting any amount between £1 and £20 followed by your chosen amount to 70450. If you wish to donate a larger amount please e-mail us.

foodbank@goodcompany.org.uk

*****Please note that in August, the Parish Office is open
Mondays, Wednesdays,
Thursdays and Fridays, 10am – 12 noon*****

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

**Parish Office:
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E-mail: office@stmartinsepsom.org
Website: www.stmartinsepsom.org**

**Please contact clergy and lay ministers via
the office.**