



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 29th OCTOBER 2023



We all need to feel safe in our environment – at home, at work, at leisure, and at Church. Most of us will have experienced that feeling of not being safe - being careful what you say or do, avoiding people or situations, always having our senses on full alert. Sadly, some of us may have experienced abuse – verbal, physical, emotional, spiritual. This week we are asked to mark Safeguarding Sunday – reminding ourselves of the healing power of feeling safe and protected, our responsibilities to provide that space for others and the importance of having people we can turn to when we feel at risk.

The Vicar

THIS SUNDAY 29th OCTOBER SAFEGUARDING SUNDAY

9.30am Morning Prayer at St Stephen's

10.00am Holy Communion

6.30pm Songs of Praise

This will be a Service of praise and thanksgiving when members of the congregation will choose a hymn and tell the congregation about the organisation they represent. Do come! It will be fun as well as good worship!

Adrian Esdaile

Tuesday 31st October

4.00pm Centering Prayer

(tea and biscuits from 3.45pm in the Headley room)

'Be still and know that I am God' Psalm 46:10

An introduction and an invitation to Centering Prayer – Lynne Scholefield.

Centering Prayer is one form of silent, contemplative prayer. Developed from traditional Christian practice, it is easy to learn and is only one of many forms. It is an invitation to listen to God, to be open to God's presence and action within. Richard Rohr is the founder of the Center for Action and Contemplation, in New Mexico. He has been my teacher, in person and on-line, for a number of years. This is what he recently wrote in one of his daily emails:

'Mere information tends to break things apart into competing ideologies. Wisdom received through contemplative seeing puts things back together again. At the CAC, we have found that the most radical, political, and effective thing we can do for the world and the church is to teach contemplation: a way of seeing beyond the surface of things that moves people toward credible action. Contemplation, in non-mystified language, is the ability to meet reality in its most simple and direct form. When I let go of my

judgments, my agenda, my emotive life, my attachment to my positive or negative self-image, I am naked, poor, and ready for The Big Truths. Without some form of contemplative surrender, I see little hope for breakthrough, for new ground, for moving beyond ideologies, the small mind, and the clutching ego. Action without contemplation is the work of hamsters and gerbils. It gets us through the day, it gives us a temporary sense of movement, but the world is not made new by spinning wheels going nowhere.

Even religion has its own equivalent of hamster spinning wheels going nowhere. Since Jeremiah's time, we clergy have been shouting, "The sanctuary, the sanctuary, the sanctuary!" And God keeps telling us through the prophets, "Only if you amend your behaviour and your actions ... if you treat each other fairly, if you do not exploit the stranger, the orphan, and the widow, if you do not shed innocent blood ... only then will I be with you here in this place" (see Jeremiah 7:3–7). Contemplation without action is *certainly* not contemplation at all. Jesus seemed to think it might even be the greater danger: "If the light inside you is, in fact, darkness, what darkness that will be!" (Matthew 6:23). Concrete action in the world of relationships keeps us from a world of self-delusion about our own "enlightenment."

We meet every other Tuesday to pray together, in silence, at 4pm with coffee and biscuits from 3.45 in the Headley Room in winter. **This is an invitation to join us.** If you want, we will teach you Centering prayer, but you may already have your own practice. We begin with something to reflect on – perhaps a biblical passage or Psalm, or something like the extract above. After our period of silence, we might share something that we have noticed during our time together. Do Join Us – All are welcome. Any questions please ask Lynne Scholefield or Judith Mitchell – stmcenteringprayer@gmail.com

Wednesday 1st November ALL SAINTS DAY

10.00am Holy Communion

Thursday 2nd November

5.00pm Evening Prayer in the Lady Chapel

NEXT SUNDAY 5th NOVEMBER ALL SAINTS

9.30am Morning Prayer at St Stephen's

10.00am SUNG COMMUNION

6.30pm Evening Prayer

Second Thoughts - Sunday, November 10th at 6.30 pm

Refreshments beforehand

**The Sword and the Cloak: St. Martin, Armistice Day
and the Gospel of Peace**

Canon Rob Esdaile

We gather in a building dedicated to St. Martin of Tours, described in some quarters as 'the first Christian conscientious objector'; and we gather on Remembrance Sunday, recalling the eleventh hour of the eleventh day in 1918, when the guns fell silent ... on the Feast of St. Martin. Can St. Martin speak to us today in a Europe riven by armed conflict? And how should our responses as Christians to questions of peace and war differ from those of our non-Christian neighbours?

Canon Rob Esdaile is a presbyter of the Roman Catholic diocese of Arundel & Brighton and has been parish priest of Woking and Knaphill since September, 2022.

Contemplative Prayer Group

The Group meets at 11 am on Tuesday 7th November in the Lady Chapel at St Martin's for an hour or so of prayer and silence. Our starting point will be the lovely phrase, spoken by God, and recorded by Ezekiel in 18.4 - '*Every living soul belongs to me*'. All are very welcome.

Adrian Esdaile

Beacon Winter Lunches

Those who read, mark and inwardly digest every word of every Newsletter, will recall that we decided to abandon regular Beacon Teas because of lack of support. Instead, we will provide a tea at Christmas, Easter and mid-summer, and a *light lunch* in November, January and February.

The first lunch will take place in the Wisley Room, Church House on **Tuesday 21 November from 1.00 p.m. – 2.30 p.m.** and will comprise homemade soup (nice and warming), bread/rolls and cheese (nice and filling), salad (nice and healthy), fruit (ditto), a hot dessert (nice, but naughty) plus tea and coffee. This is free but donations are welcomed. Do join us. In order that we can glean some idea of how many we need to cater for, it would be helpful if you would sign the sheet at the back of church.

Mary Gilbert and Elaine Snook

Goods Needed for the Christmas Fayre

We need the following goods to stock the stalls at the Christmas Fayre:

Unwanted gifts and toiletries, Craft Items

Chocolate for the Chocolate Tombola

Jewelry, Games and Jigsaws

Bottles (full ones) for the Bottle Tombola

Books and DVDs

CAKES (but not until November 25th)

All these items can be left in the Christmas Fayre Box at the back of Church. All donations gratefully received.

Nancy Eggett and Maureen Suatt

Christmas cards and advent calendars

I have set up my display of cards, advent calendars and candles as well as Christmas candles. There are a wide variety of cards both in design, size and cost, in packets of 10 or 20 cards. There are also lots of Advent Calendars which come with their own envelopes in case if you wish to post them. There are also Advent candles in red or cream.

The Christmas candles come in their own glass container with a variety of nativity scenes.

Payment may be made via the below:

- Donation Station: contactless payments – please use the “Cards” button
- Cash: via the wall safe in church.

I will keep all items topped up but once a design has sold out, I may not be able to get any further stock. Please ask me if you are looking for something in particular.

All profits for the sale of items goes to help the church.

Thank you for your custom
Mary Holloway-Neville

Music at St Martin’s – Choir members

We are looking for more sopranos and altos. Rehearsals on Friday nights 8.00pm-9.30pm are open to anyone who'd like to join us for the evening. A warm, friendly welcome is guaranteed. Contact Richard Dacey for more information:
office@stmartinsepsom.org

Evening Prayer

Evening Prayer is said in St Martin's Church every Thursday at 5pm. Additionally, **Evening Prayer on Zoom** is held throughout the week, Monday – Friday, at 5pm. It lasts about half an hour. If you are interested in joining us please contact me for further details (link or i/d and password) on mlgilbert88@gmail.com . Alternatively, you can speak to me when you see me as I am in Church most Sundays.

You will need to be able to access Zoom, and also the service provided by the Church of England. (Find: Church of England Daily Worship/Join us in a service of Daily Prayer; scroll down and click on 'Evening Prayer', making sure you have selected the correct date.)

Mary Gilbert

MISSION OF THE MONTH – OCTOBER

Home Mission - The CHURCH ARMY

The Church Army activates positive change through Faith, Words, Action. A Mission focused community with the Anglican Church, positively affecting lives. Prayerfully-Expectant—Risk taking and Generous.

Abroad Mission

Alex's Medical and Educational clinic in Africa (AMECA)

Founded in 2006 by Ruth Markus in memory of her only child Alex. AMECA is committed to healthcare delivery and supporting the training of care professionals through sustainable initiatives. Malawi suffered from a paucity of effectively managed healthcare facilities, equipment and healthcare professionals.

We as a church have welcomed Ruth several times to update the congregation speaking on the progress of all the health clinics and training of health care professionals in Malawi.

Jill Chapman and Meg Topley – Mission



STEWARDSHIP

Managing God's Gifts To Us

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).

Please would you be kind enough to review your giving, and consider whether you are able to increase it? As with everything else, our costs are rising, and as we set budgets for the coming months, it would be wonderful if to see our giving income rising too. Thank you for all your generosity to our Church.

Nick Parish

FOOD BANK

We urgently need the following items:

Urgent- Long Life Sponge Puddings - (we have none)

Urgent- UHT Milk full fat and semi skimmed

Urgent- Tinned Vegetables

Urgent - Powdered Milk

Urgent - Long Life Juice- (we have none)

Urgent- Squash

Urgent - Packet Soup

Urgent- Instant Mash

Urgent- Marmalade

Urgent- Chocolate Spread

Urgent- Toilet Rolls

Sugar- All sizes

Brown Sauce, Mayonnaise

Crisps

Nappies 6+

Washing up Liquid

Female and Male Deodorant

Shaving Gel/Foam

We are also in great need of bags for life/ strong shopper bags.

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!

We always welcome donations and promise to use them to
provide help to people in need. Donations will be shared
across [Epsom & Ewell Foodbank](#) and [Epsom Pantry](#). This
ensures your donations go to help people who use our
services wherever they are.

Please contact us if you have any questions about
donating food.

Do let us know if you book a supermarket delivery direct to
us so we can tell our warehouse team when to expect it.
We are unable to accept refrigerated or frozen items.

music@StMartin's

AUTUMN CONCERTS 2023

SAT 23 SEP AT 4.30PM

CITY OF LONDON FREEMEN'S SCHOOL

Talented musicians from the City of London Freeman's School open our autumn series with a varied programme of solo and ensemble music for voices and instruments.



SAT 14 OCT at 4.30pm

NETTLE AND MARKHAM PIANO DUO



International piano duo, Nettle and Markham present an exciting concert on their Pleyel Double Piano, prior to their recording of the virtuoso two-piano works of Saint-Saens. Don't miss this opportunity to hear major works of the French duo repertoire, as originally conceived on this very rare, authentic instrument.

SAT 25 NOV at 4.30pm

IAIN MACFARLANE -organ

St Martin's organist, Iain Macfarlane presents a programme of music old and very new with something seasonal and local too, including pieces by J S Bach and Epsom composer, Felton Rapley.



More information at www.stmartinsepsom.org

ST MARTIN'S CHURCH, EPSOM KT17 4PX

Registered Charity No 1134149

Admission to the concerts is by donation. You can also use our QR code to support the series at any time.



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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Website: www.stmartinsepsom.org

Please contact clergy and lay ministers via the office.