



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 21st JANUARY 2024

EPIPHANY 3



‘His disciples went out *into the countryside*, preaching the changed life as *Jesus had taught them*, casting out unclean spirits and anointing the sick with oil to heal them.’ Mark 6.12,13

We all have our reasons for seeking cleansing and new beginnings. Maybe physical health, or mental health; maybe spiritual refreshing, or renewing of faith. It could be haunting memories we can't let go or dread of the future that cripples us in the present.

At 10am on Sunday 21st, we offer the chance for anointing with oil, as an invocation of God's spirit to bring the cleansing renewal for which you yearn. I love the translation above (The Voice) that renders 'the gospel' as 'the changed life.' May that healing spirit minister to you.

The Vicar

DIARY

Sunday 21st January EPIPHANY 3

- 9.30am Morning Prayer at St Stephen's**
- 10.00am Holy Communion (and anointing) at St Martin's**
- 3.00pm Churches in Epsom unity service at St Joseph's**

Churches Together in Epsom warmly invites you to attend the Ecumenical Service for the Week of Prayer for Christian Unity, hosted by St Joseph's Church. Refreshments from 2.30pm.u The booklet containing prayers and readings for each day of the week from 18-25 January is available on the [CTiE web site](#).

6.30pm Choral Evensong at St Martin's

Monday 22nd January

7.30pm 59a Burgh Heath Rd: Pilgrim Course: The Creeds

The Pilgrim group meets on Monday evenings and will be exploring the Creeds in the weeks before Easter, beginning on Monday 22nd January. Please contact Graeme on graemelodge@hotmail.co.uk if you are interested in joining this group.

Tuesday 23rd January

4.00pm Centering Prayer in the Headley room

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

We meet every other Tuesday to pray together, in silence, at 4pm, with coffee and biscuits from 3.45pm in the Headley Room. 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
The following is a short extract about silent prayer from *Christ on Trial* (p20-21) by Rowan Williams:

“Learning to pray requires, as the books will tell you, a willingness to ‘put yourself in the presence of God’. What the books do not make very clear - but anyone who has seriously tried to pray will - is that this involves putting yourself in the presence of the present, i.e. trying to put away the distraction that pulls you away from the experience of this body and this mind in this moment into some sort of fantasy, some chain of self-consoling thought. It is so easy, however, to misunderstand what is going on in the process of settling into the prayer of stillness. You can run away with the idea that what is required is rigorously to abstract yourself from everything that is actually going on in your mind and body, to try to force your mind to a Somewhere Else that is the realm of piety and holiness. In fact, the beginning of stillness is a patient attention to where you are and what is going on within you. Observe the rhythms of your heart and breath; try to look at or name the preoccupations, fears, desires, that are around indoor mind and heart; feel the texture of the chair or the floor. Arrive. The hardest thing in the world, they say, is to be where you are.”

Wednesday 24th January
10.00am Holy Communion

Thursday 25th January
5.00pm Evening Prayer

Sunday 28th January CANDLEMAS
9.30am Holy Communion at St Stephen's
10.00am Holy Communion at St Martin's
6.30pm Holy Communion at St Martin's

Churches Together in Epsom: Council Meeting and Annual General Meeting

You are warmly invited to attend the CTiE AGM and Council meeting, to be held at Epsom Baptist Church Parish Hall on Wednesday February 7th at 19:55. [Please click here for the meetings' Agenda](#). Refreshments and Fellowship from 19:30.

MISSION AND OUTREACH

JANUARY MISSION FOCUS

HOME MISSION

Epsom and Ewell Foodbank

Opened in 2012 and fed more than 2,600 in 2017 and the need has been growing ever since. They are working to stop hunger in our area working together with the Community, Churches, Agencies, Businesses and Schools.

ABROAD MISSION

The Leprosy Mission

Leprosy is thought to be the World's oldest Disease is still common in Countries where poverty is rife. It can lead to isolation and rejection from families and communities, despite being entirely curable.

There are ¼ million new cases of Leprosy recorded each year. Treatment is vital to prevent disabilities that have devastating effects. The Mission works to defeat leprosy and transform lives.

Please pray for them and take a look at the Display boards at the back of Church.

Jill Chapman, Mission

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.



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

New year is a good time to reflect on our stewardship. If you are not a regular giver, please consider making a regular donation to the work of the Church. And provided you are a UK taxpayer, please Gift Aid your contributions. Thank you.

Food Bank

Epsom & Ewell Food Bank are one of the charities we're supporting. It would be great if the boxes at the back of the church can be full again by the end of January. So, if you are able to, please be generous with your donations and I'll happily deliver them.

Sarah Lutton

FOOD BANK

This week we need:

Jars of cooking sauce
Tinned veg, Tinned pasta/beans with meat
Jam, Instant mash
Sponge puddings (long-life)
Long-life juice, Powdered milk
Sugar (500g bags)
Cereal bars
Loo rolls – URGENT,
Shampoo / conditioner, Deodorant
Toothpaste / toothbrushes adult
Washing up liquid
Nappies 5+, 6
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 Bank Holidays).

A Rocha UK's Easy Eco Tips 2024 Calendar - JANUARY

Make 'enjoying nature' your priority. From bird watching to writing about or drawing something that inspires you in nature, growing your own fruit or vegetables, or exploring an area of outstanding natural beauty in the UK, be sure to fall in love with nature in a new way this coming year and allow it to lead your thoughts towards God our Creator. Further ideas can be found at arocha.org.uk/ideas-to-enjoy-nature/

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 *Helen Williams*

Explore the meaning of life together

Being With: *a course exploring Christian faith and life, developed by St Martin-in-the-Fields (being-with.org).*

If you are looking for an opportunity to discover more about Christianity – or to take another look, having been away for a while – you may like to join a group starting in March 2024 called **Being With**. This offers a chance to explore what Christianity is really about over ten sessions in a respectful and thoughtful setting. No special knowledge or religious language needed. Just what you have learned in life so far.

Being With is about sharing stories about our lives and hearing the stories of others. These stories are the small things that mean a lot to us and they can also be the most challenging and life-changing moments of our lives. **Being With** invites you to discover faith in the context of discovering friendship.

Starts Tuesday 12 March 7.30 – 9 pm at St Martin’s Church.

Ten sessions: 12, 19, 26 March. 2, 16, 30 April. 7, 14, 21, 28 May.

Contact revjudith@stmartinsepsom.org for more details.

COMMUNITY



nsdas

For life free of abuse, fear & oppression
North Surrey Domestic Abuse Service

NORTH SURREY DOMESTIC ABUSE SERVICE

Serving Epsom and Ewell, Elmbridge, Spelthorne

www.nsdas.org.uk

HOW CAN WE HELP?

We are here to listen, believe and support you. We are a safe place to talk through your experiences, your needs and your options.

Email: nsdas@caew.org.uk

Phone: 01932 260690

In an emergency always dial 999

We are open: Monday to Friday 9.30 – 16.00

We have a 24-hour answerphone which operates outside office hours and also during office hours should we be unable to answer the telephone. If the phone is unanswered, please leave a short clear message with safe contact details and we will ring you back.

We know that no situation is the same and everyone is at a different stage in their journey, so wherever you are, we can provide emotional support and, if you are not ready to leave, we can give practical advice around safety at home. If you are starting to think about how you can leave, we are here to help

you plan leaving safely. If you have left, we can support your recovery.

We offer a large range of services, if there is something specific that may help you, please ask but here are some of the services we offer:

- Advice and support by phone or email – both practical and emotional support and information
- Recovery support groups for adults such as Hope2Recovery and Power to Change
- Finding refuge spaces for you, and your children
- A property security assessment and locks changed
- Accompanying you to appointments such as court proceedings
- Recovery support for children that have experienced domestic abuse
- Awareness raising of domestic abuse and training within business, education and the community

If we can't help with something, we will be able to put you in touch with a caring agency or organisation that will be able to help.

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

Website: 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.**