



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 4th FEBRUARY 2024



This clever image sums up the teaching of Jesus that his disciples should be salt and light in the world; salt for preserving, light for illuminating. Our world can feel like everything is decaying and in darkness; politically, socially and environmentally. What can we do to help preserve our planet, our society, our political life? How do we illuminate, show things for what they are, bring hope?

Building the Kingdom of God and living by its values is our calling. We need each other to be effective as a Church in fulfilling our Lord's command. A question for each of us – 'what is my contribution?'

Nick Parish (The Vicar)

DIARY

Sunday 4th February EPIPHANY 5

9.30am Morning Prayer at St Stephen's
10.00am Holy Communion at St Martin's
6.30pm Evening Prayer at St Martin's

Tuesday 6th February

11.00am Contemplative Prayer Group

We meet in the Lady Chapel. Our starting point will be from John 14.6: *'I am the way, the truth and the life'*. There is also a 'zoom' meeting at 8 pm on Thursday 15th February. All are welcome on either occasion - zoom details from me. ***Adrian Esdaile***

4.00pm Centering Prayer

'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 3.45 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. 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.

Wednesday 7th February

10.00am Holy Communion at St Martin's

8.00pm 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.

Sunday 11th February

8.30am Holy Communion

9.30am Holy Communion at St. Stephen's

10.00am Choral Matins

6.30pm Second Thoughts - *'Paul in Corinth'*

Andris and Ruta Abakuks

Andris and Rūta, while on holiday in Greece last summer, visited the archaeological site of ancient Corinth, where the apostle Paul stayed for a couple of years during his second missionary journey and where he returned on his third missionary journey.

The presentation is a continuation of a previous presentation, on Paul in Athens. We shall look at pictures from the archaeological site, and how these illustrate what is related in the Book of Acts, and the connections to some of Paul's letters and to other historical evidence.

Andris and Rūta are active in the Latvian Lutheran Church in Great Britain. Andris also has permission to officiate in the Church of England Diocese of Guildford. He regularly takes services at St. Martin's and St. Stephen's.

Refreshments available from 5.45pm.

Jacob Nelson RIP

We have heard the sad news that Romana and Tony's son Jacob has died suddenly.

Please hold the family in your prayers.

Nicky Kelly

MISSION AND OUTREACH

FEBRUARY MISSION FOCUS

HOME MISSION

My-TIME - Young Carers in Epsom and Ewell

Young Carers are often forgotten people as they are not obvious in Society. They can be anyone, from a very young age who supports someone in their own family in multiple roles. In their isolated situations they need support in order to cope.

My Time for Young Carers is a charity-relying on enough volunteers to provide activities outside of the home, to mix with others and to take part in fun activities. It is for young Carers between the ages of 7—16 who live locally.

ABROAD MISSION

The Bible Society

The Society is working to circulate the Scriptures across the world, in the church and through the culture. The strategy of the Bible Society centres on Bible availability, accessibility and credibility- what it calls the 'lifecycle' of the Bible.

Jill Chapman, Mission

MUSIC AT ST MARTIN'S

17th February 4.30pm - Iain Macfarlane. As our 'resident' organist, Iain is best placed to get the most out of the superb

Norman & Beard instrument which he knows so well. His programme includes Bach's Prelude and Fugue BWV543 (known as the 'Great A minor') a sonata by Josef Rheinberger, who was a contemporary of Brahms, and music by Charles Villiers Stanford who died 100 years ago this spring. Admission by donation

Future Music @ St Martin's dates for your diary:

20 April – Red House Rhythm and Blues Duo.

The Revds Chris Hollingshurst and Danny Wignall, when not busy with their roles working for the Guildford Diocese, form a highly respected and entertaining musical duo.

25 May - Georgia Morse Piano Quartet.

We welcome cellist Georgia back to the series, this time with fellow musicians for a concert of chamber music.

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

The Epsom & Ewell Food Bank is one of the local charities we support. The boxes at the back of the church are filling up nicely but it would be great that by this Sunday they are overflowing with donated goods. So, if you are able to, please bring along any of the much-needed items on the list and I'll deliver them during the week.

Sarah Lutton

FOOD BANK

This week we need:

Urgent - Tinned meat
Urgent -Tinned Fish (we have none)
Urgent -Sugar 500g bags (we have none)
Squash
Powdered milk
Urgent - Shampoo / conditioner
Urgent - Deodorant both male and female
Urgent - Washing Powder- Non Bio and Bio
Urgent - Single Toothbrushes adult
Urgent - Adult toothpaste
Urgent - Kids toothbrushes aged 0-2 and 6-8
Washing up liquid
Nappies 5+
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).

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

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*

OPPORTUNITIES TO SERVE

Following the annual meeting in May, we shall need a new Churchwarden (to replace David) and a new adult safeguarding officer (to replace Howard). Please prayerfully consider if these are roles that you might be called to.

There are also many other roles, practical and administrative, that keep our Church community going, so if you feel you can be part of that, then do talk to me about what you could offer.

Thank you.

Nick Parish

A prayer for service:

Jesus, fill me with the love and gratitude for Your church. Cause this gratitude that You're working within me to produce an intentional investment of prayer and time into Your people. May love for the church produce servanthood among Your people. Amen.

STUDY/ DISCIPLESHIP

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.

The Power of Poetry: February



This is a new innovation for the Newsletter: it was suggested that I should provide a poem for it fairly regularly, and I shall try to provide one each month – which I hope will be manageable. I feel that the poem should be relevant (-ish) to Christianity, the church, or at least the season, e.g. a poem about spring in, well, spring; a war poem in November. (If anyone would like to submit a poem with a brief commentary, to take up no more than two pages of the Newsletter, do get in touch.) Some will be quite serious, but I hope to add a few lighter ones. This offering is a poem by the 17th century priest and poet George Herbert, *Love (III)*, and is one of his more well-known ones.

*Love bade me welcome; yet my soul drew back,
Guilty of dust and sin.*

*But quick-eyed love, observing me grow slack
From my first entrance in,
Drew nearer to me, sweetly questioning
If I lacked anything.*

*“A guest”, I answered, “worthy to be here”:
Love said, “You shall be he.”
“I, the unkind, ungrateful? Ah, my dear,
I cannot look on thee.”
Love took my hand, and smiling did reply,
“Who made the eyes but I?”*

*“Truth Lord, but I have marred them: let my shame
Go where it doth deserve.”
“And know you not,” says love, “who bore the blame?”
“My dear, then I will serve.”
“You must sit down,” says love, “and taste my meat”.
So I did sit and eat.*

This poem of just three verses encapsulates the nub of what Christian belief means. ‘Love’, we realise, is God, but by using ‘Love’ Herbert demonstrates that love is at the heart of the message of the Bible, especially the New Testament, and that God loves us and forgives us all our wrongdoings. The guest feels he is unworthy to enter the house of God and is ‘guilty of dust and sin’, as are we all, ‘dust’ leading us back to the fall of Adam in Genesis (“dust thou art and unto dust thou shalt return”). In Genesis again, there is an allusion to God’s Creation (‘who made the eyes but I?’). Then we come to Christ’s redemption of us (‘.... know you not.... who bore the blame?’).

Finally, in the last line (‘So I did sit and eat’) we are reminded of the heavenly banquet we are promised in Luke chapter 12, and also the sacrament of the Eucharist which we celebrate regularly. The poem is a masterpiece, using simple, mainly short, words and

copies the rhythms of everyday speech. I hope you enjoy it and are tempted to read more of George Herbert's work and about his life. [There is an excellent biography about him called *Music at Midnight* by John Drury, probably out of print, but second-hand copies are available.]

Mary Gilbert

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.

Church Office Opening

The hours remain unchanged (9.30-12.30, Mon-Fri) but the Office will only be open to visitors and enquiries in person on a Monday, Wednesday and Friday. If you need to contact the Office on Tuesdays and Thursdays, please telephone (01372 722567), email office@stmartinsepsom.org or leave a note in the postbox outside Church House. Thank you.

David Eggett & Sarah Lutton