



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 10th MARCH 2024



We reach the fourth week in Lent, and we celebrate Mothering Sunday, focussing on Mary. Mother of Jesus, Mother Church, considering how God nurtures us, and our and the ministry of nurture. Here's a quote I like:

What a mother sings to the cradle goes all the way down to the coffin. ~ Henry Ward Beecher

Nurture in infancy, whether it be physical infancy or spiritual, can influence our whole lives. May God guide each of us as we seek to nurture living faith in one another.

DIARY

Sunday 10th March Mothering Sunday

8.30am Holy Communion at St Martin's

9.30am Family Service at St Stephen's

10.00am Choral Matins at St Martin's

3.00pm Easter Beacon Tea

All are welcome for Simnel cake, hot cross buns, sandwiches, and other cakes (including Maureen's special lemon drizzle and Sue's chocolate biscuit cake). If you are free from other engagements (e.g. Mothering Sunday with your family) do come! ***Mary Gilbert***

4.00pm Lent Group: 6 steps to the Bible

This week will be held in the Headley Room in Church House

6.30pm Second Thoughts with refreshments served from
5.45pm

'From barriers to bridges – how to include people with a learning disability.'

Dorothy Watson is the CEO of The Sunnybank Trust and has worked with people with a learning disability for over 15 years. The charity supports people with a learning disability across North East Surrey, supporting them to live without prejudice and have confidence, opportunities and control over their own lives. The charity provides advocacy, clubs and activities, a series of weekly radio shows as well as transition support for young adults who are starting their lives in the adult world. Dorothy will be joined by a couple of Sunnybank partners who use the charity, and will speak about the significant changes that have taken place in society for them as well as the challenges that this community face today.

Tuesday 12th March

4.00pm Take Time To Talk – Lent as a time of new beginnings (tea and biscuits from 3.45pm in the Headley room)

If Lent is about prayer, fasting, giving and study, perhaps this will help us to see things in a new way or decide to do something differently - it can be a time of new beginnings. This week we will explore Genesis 2v7-23.

Following a short introduction to the topic we will reflect, talk, and listen, remembering that in this sort of exploration, questions are more important than answers. Everyone is welcome to come along - just turn up. If you want to know more, please ask me. **Lynne**

Wednesday 13th March

10.00am Holy Communion

Saturday 16th March

10.00am – 11.00am Lent Vigil for Climate Justice

St Martin's Church

The vigil for climate justice will continue this week. Please come and join us on Saturday at 10am, and each following Saturday finishing on the 23rd March. Bring a cushion!

Helen Williams, Lynne Scholefield

7.00pm Compline

The Burdens Jesus Carried to the Cross:- 'The sins of the world' -
in the Headley Room in Church House

Sunday 17th March Passion Sunday

9.30am Holy Communion at St Stephen's

10.00am Holy Communion at St Martin's

4.00pm Lent group in the Headley Room

6.30pm Choral Evensong at St Martin's

Wednesday 20th March

5.30pm Midweek Choral Evensong

The lower school Chapel Choir (of Epsom College) is singing Choral Evensong in St Martin's and all are invited to attend.

The music includes:

Preces and Responses – Disraeli Brown (b. 1974)

Psalm 56

Evening Service in C minor – George Dyson

How Beautiful Upon The Mountains – John Stainer

arr. Philip Le Bas.

The plan is to livestream the service, so if you can't be there on the day, you can watch online.

The service will be led by the Chaplain, Revd Canon Andrew Haviland and Graeme Lodge. The choir consists entirely of pupils in Years 7 and 8 (11-13 years old), the youngest in the school, and has sung similar services in Guildford and Southwark Cathedrals recently. Please come along to this service if you are able to, as our worship is led by these young musicians.

Graeme Lodge

Save the Date - an invitation to our local synagogue

25 April

6.30pm for 7.00pm

Wimbledon Synagogue

Queensmere Road SW19 5QD

They say, "We would like to invite you to a 'model' Pesach (Passover). To include an explanation, exploration and a traditional Pesach meal." Please tell Lynne Scholefield if you would like to go.

Church House

The long-planned repair and restoration work began on Church House is in full swing. Access to Church House will be restricted during working hours on weekdays, so if you need to communicate with the office, **please don't visit in person.** Instead, contact the office at office@stmartinsepsom.org or on 01372 722567

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, distributing hot cross buns etc. please email Jane Williams: jane@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](#).



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.

PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Prayer is the foundation of God's kingdom and one of the most powerful tools we have. It underpins everything we do. We can work as hard as we are able, generating lots of activity and exerting much effort in our discipleship and mission, but without prayer much is in vain. The gift of prayer is that all of us, however limited we may be physically, or in the time we have available, can play our part.

Please remember in your daily prayers this week:

Sunday 10th

St Stephen's Church: its life, worship and mission to Langley Vale. Safeguarding in our churches: creating and sustaining a safe welcoming inclusive space for everyone. Our Missions: The Bible Society, Spinnaker Trust and all those teaching RE locally. Those living and working in Digdens Rise, Dirdene Close, Dirdene Gardens, Dirdene Grove and Dorking Road.

Monday 11th

Our Bell-ringing Team and Tower Captain Mike Bale. Our Ministry Team. All local young families. Those living and working in Downs Avenue, Downs Hill Road, Downs Road and Downs Way.

Tuesday 12th

Our Prayer and Healing Ministry: Contemplative and Centering Prayer. Those who work on our Website, Facebook and YouTube channel. Our Missions: Wheels for the World and the Sunnybank Trust. Those living and working in Downside, East Street and Elmslie Close.

Wednesday 13th

Our Church Development Plan: for Renewal and Growth. Those who read the Bible through the Bible Reading Fellowship notes and Didi Steck. Those living locally who are housebound and

their carers. Those living and working in Farriers Road, Fyfield Close, Grosvenor Road, Grove Avenue and Grove Road.

Thursday 14th

Our Mission and Evangelism Team. Our Church Finances and Our Treasurer. Our local MP Chris Grayling. Epsom and Ewell Borough Council: elected members and officers. Those living and working in Hambledon Hill, Hambledon Vale, Harding Road and Hawthorne Place.

Friday 15th

Our Discipleship and Fellowship Team. Our Premises and Gardens Team. The Emergency Services: Fire, Police and Ambulance. Those living and working in Headley Road, Heathcote Road, Hereford Close, High Street and Highridge Close.

Saturday 16th

Our Choir, and our vision for a new Worship Band. The growth of our Life Groups, Study Groups, WhatsApp Groups. Our Missions: Redress (justice against torture). Those living and working in Hillcrest Road, Hook Road, Hylands Close, Hylands Road, Jackson Close and Kilcorral Close.

MUSIC @ ST MARTIN'S

**Saturday afternoons at 4.30pm.
Future 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.

11 May: Schubert Mass in G performed by students of Epsom College.

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.

MARCH MISSION FOCUS

HOME MISSION

The Medaille Trust—exists to provide refuge and freedom to victims of modern slavery-supporting them as they rebuild their lives. Today they are one of the largest providers of supported safe house beds for victims of modern slavery in the UK. In combating modern slavery by offering safe housing, providing support for victims, raising awareness in communities, and partnering with law enforcement authorities.

Jill Chapman, Mission

ABROAD MISSION

Wheels for the World - Through the Roof

Wheels for the World is a charity program that restores and distributes refurbished wheelchairs to disabled people in developing countries who cannot afford one. The charity send a team of physiotherapists and occupational therapists to these developing countries to ensure the wheelchairs are fitted professionally and individualized to every wheelchair recipient. Wheels for the World provides life - changing mobility and the hope of the Gospel to people impacted by disability world wide.

Meg Topley, 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).

FOODBANK WANTS LIST

Urgent- Rice Pudding (we have none)
Urgent- Honey
Urgent- Ketchup
Urgent- Mayo
Urgent- Washing Powder or Pods (Bio and Non Bio)
Brown Sauce
Female Deodorant
Kids toothbrushes ages 0-2 and 6-7
Kids toothpaste ages 0-2

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 – March

Celebrate Spring. Immerse yourself in the sights and sounds of the season – breathe in the fragrance of blossoms, observe budding catkins, note different bird songs, spot footprints, or use the PI@ntNet app to identify spring flowers. Nature can boost our happiness, so spend time in your garden, on your balcony, and in local green spaces. Dedicate quality time to appreciate creation's beauty, and thank God for the hope that spring can bring with our Lent resources at arocha.org.uk/connect-with-gods-creation-overlent/

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*

LOVE ME LOVE MY MIND – CAN YOU HELP?

Allen Price, Charity Coordinator from Love Me Love My Mind, addressed the recent Churches Together in Epsom meeting on the charity's need for 2-3 new trustees and a new Treasurer.

For 18 years there has been a weekly drop-in at St Barnabas providing a hot meal and support for between 25 to 30 people affected with mental health issues. The charity has organised the annual mental health week. However, following the sad death of Revd Sue Bull, and much reflection by the LMLMM team, the charity is now focusing on reaching out to people in different ways and will not be continuing the annual mental health week.

They need trustees to help with the governance of the charity (Safeguarding, training and education) and someone to replace their current Treasurer who has served for many years. An interest in mental health wellbeing and, most importantly, a need to care are the criteria required in a trustee. If someone has experience in fundraising, that would be a bonus. Allen spoke of the ripple effect involved in helping one person at LMLMM – friends and families are helped too.

They are turning the Monday drop-in into a Warm Space and also trialling a children's art club at Epsom Social to help children be kind to each other. Allen explained that his own illness began when he was four years old. They are also starting a meet-up on a Thursday from 6 – 8pm for anyone who is lonely, sad, etc. This will be a social haven, a safe place, for people needing some help, with volunteers walking alongside them and growing a community. Sue talked about her hope for this, two days before she died. The plan is, in due course, to expand this to seven days a week.

Please hold LMLMM in your prayers and spread the news of the need for new trustees and a new Treasurer. If you are able to help, please contact Allen: allen.price@btinternet.com; 07592 542530.

Revd Judith

THE POWER OF POETRY

The Power of Poetry: March

Today I have chosen something a *little* more recent than the 17th century (last month's). I also wanted to choose something relevant to Spring. Gerard Manley Hopkins (1844-1889) was arguably one of the most important poets of the Victorian age. His poetry is informed by his love of nature and his deep religious beliefs, which for a time embraced asceticism. He was born into a High-Anglican family but became estranged from them when he converted to Catholicism – this was the time of the Oxford Movement. His family had anticipated that he would become an Anglican priest, but instead he became a Jesuit. So,

Spring:

*Nothing is so beautiful as Spring –
When weeds in wheels, shoot long and lovely and lush;
Thrush's eggs look little low heavens, and thrush
Through the echoing timber does so rinse and ring
The ear, it strikes like lightnings to hear him sing;
The glassy pear tree leaves and blooms, they brush
The descending blue; that blue is all in a rush
With richness; the racing lambs too have fair their fling.*

*What is all this juice and all this joy?
A strain of the earth's sweet being in the beginning
In Eden garden. Have, get, before it cloy,
Before it cloud, Christ, lord, and sour with sinning,
Innocent mind and Mayday in girl and boy,
Most, O maid's child, thy choice and worthy the winning.*

The first verse seems a relatively straightforward description of aspects of spring. The second dwells on the idea that spiritual reflection rests sometimes in a single moment or occasion. Spring may be a cruel month and a breathtakingly beautiful one, and it is probably true to say that we all have experienced that moment when we notice, after a grey and unfriendly winter, the clarity of the light, the bright lime green of leaves, the increased activity of birds and their song, and the earliest flowers and blossoms. The poet makes great use of alliteration – “weeds in wheels”, “long and lovely and lush”, “fair their fling”, “this juice and joy” etc. – and his love and knowledge of nature and his power of observation is evident. I especially like the simile of the thrush's eggs looking like “little low heavens”.



The poem reminds us of course, of the beauties of the earth, before the heedlessness of mankind marred it. And also, of God's gift of his Son, Jesus Christ, come to us on Earth. I find the language rather complex, whereas February's poem by George Herbert seemed to me to echo everyday speech, despite Herbert's being the earlier poem by a couple of centuries. **Mary Gilbert**

LEITH HILL
MUSIC
FESTIVAL



DORKING
HALLS
2024

JS Bach St Matthew Passion

**Sunday 10th March 2024
7:30pm at Dorking Halls**

Enjoy J S Bach's sublime masterpiece with the combined voices of the Leith Hill Music Festival, Canzona (one of the finest professional baroque orchestras) and a stellar quintet of soloists, led by internationally renowned tenor James Oxley and baritone Gareth Brynmor John.



Tickets from £17 available from
Dorking Halls www.dorkinghalls.co.uk
or call Box Office 01306 881717



Dates for your diary Festival Concerts, April 2024

Friday April 12th 2024

(Choirs: Capel, Dorking, Epsom, Leatherhead, Oxshott)

Vaughan Williams – Serenade to Music

Mozart – Requiem

Saturday April 13th 2024

(Choirs: Beare Green & Newdigate, Bookham, Buckland and Betchworth, Holmbury St. Mary, Horsley, Mickleham)

Lauridsen – Lux aeterna

Puccini – Missa di Gloria

www.lhmf.org.uk

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

**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.**