

St Martin of Tours
Epsom

St Stephen on the Downs
Langley Vale

Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 22nd JUNE 2025
TRINITY 1



DIARY

Sunday 22nd June TRINITY 1

- 9.30am Holy Communion at Langley Vale Village Hall
- 10.00am Holy Communion at St Martin's
- 6.30pm Compline at St Martin's (Lady Chapel)

Wednesday 25th June

- 10.00am Holy Communion

Thursday 26th June

- 7.30 pm The Bible Course (first of an 8-week course)
Wisley Room in Church House

Sunday 29th June PETER & PAUL

- 9.30am Pet Service at Langley Vale Village Hall
- 10.00am Holy Communion at St Martin's
- 6.30pm Taize at St Martin's (Lady Chapel)

St Stephen's

At the PCC meeting on 11th June members were presented with 4 options for the future of St Stephen's Church. There was a unanimous vote by those present for the option to repair the west gable end and at the same time build an extension on the north side which would contain an accessible toilet, a small kitchen and a lobby entrance to the vestry. We were able to look at the architect's initial drawings at the meeting.

By choosing to go forward with this plan we hope that St Stephen's will not only continue to be a place for worship but also

a building that can be used by the wider community in Langley Vale for many years to come.

At a meeting at 4.30pm on Friday 20th June in the Village Hall to which members of St Stephen's regular congregation have been invited, Rob, Sarah and Helen Williams from the Fabric Team will show the architect's initial drawings and try to answer as many questions as possible.

We are endeavouring to ensure that the work can begin at the earliest opportunity so that the church doesn't remain in its current state any longer than it has to. The tasks of applying for grant funding and seeking planning application advice from both the Diocese and Council have already begun.

If you have any questions, do please contact one of us.

Nick: vicar@stmartinsepsom.org

Rob: rob@stmartinsepsom.org

Sarah: wardens@stmartinsepsom.org

Sunday 6th July

On this day, we will be welcoming the Bishop of Guildford, Andrew Watson, who will lead and preach at the 10am Parish Communion service.

Ark will happen as usual, but please note that we will be cancelling the 9.30am service at Langley Vale to enable the congregation there to join the 10am at St Martin's.

It would be great if we have a 'good turnout' on the day, so please put the date in your diary. For those who can't make it, the service will be loaded onto YouTube as usual.

Where has it gone!?

The eagle-eyed among you may have spotted a little change at St Martin's



– the carpet that used to run between the choir stalls and up to the high altar has been removed. You might be wondering why, so here's the story...

There were actually two good reasons. Firstly, the edges of the carpet had started to lift and were becoming quite a trip hazard. Secondly, the middle seam was beginning to split, making it not only unsafe but also a bit unsightly. After some discussion, the Fabric Committee decided it was best to remove it for now to keep everyone safe.

But here's the exciting part – taking up the carpet has uncovered some beautiful stonework underneath! We believe these patterns are original features from when that part of the church was rebuilt in 1908, designed by the architect Sir Charles Nicholson.

We'd love for you to take a moment to come and admire the newly revealed flooring next time you're in church – it's a lovely glimpse into our building's history.

As always, if you have any questions or thoughts, feel free to get in touch with me.

Rob Jeffery - Chair of the Fabric Committee

Email: rob@stmartinsepsom.org

Bike ride sponsorship

John Aronson and David Stamp recently completed the Way of the Roses, a 170-mile bike ride from the Irish Sea to the North Sea. The route through Lancashire and Yorkshire involved a total ascent of 8,547 ft – that's equal to almost 12 Box Hills – and included some particularly punishing climbs.

Would any parishioners like to sponsor us? Your contribution would go to Huntington's Disease Youth Organisation and Alport UK, charities which support sufferers of two dreadful inherited conditions. We are piggybacking on an existing fundraiser in memory of Tim McLean, a school friend of David's:

<https://www.justgiving.com/crowdfunding/remembering-tim-7>

Tim died in March and his wife, Amanda, has already raised more than £700 for each of the charities. Tim spent his last 15 years working on research into Huntington's Disease, and a while back donated a kidney to a family member suffering from Alport Syndrome.

Please click on the link above for more information or to make a donation. David can also answer any queries. Any amount, however small, would be gratefully received. The size of your donation can be hidden and made anonymously if you want.

David Stamp

Do you know someone who needs a Mobility Scooter?

Offered free of charge: a Go Go Elite Traveller Plus mobility scooter in maroon. Three years old and very reliable. It will need a new battery as it has been unused for 12 months. Please contact Judith Rice-Jones on 07759 660 400 for more details.



PRAYER GROUPS

St Martin's offers these options for praying together:

Evening Prayer on Zoom, weekdays 5pm-5.30pm

This follows the Common Worship rite and is led by one of the regular members of the group.

See <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

All are warmly invited to join on an occasional or regular basis. Find us at:

<https://zoom.us/j/91650281049?pwd=dLiB4jY8FRRdtFcbGBRjaVtMJ9K2Ar.1> or, if you prefer typing details directly into

Zoom, use Meeting ID is 916 5028 1049 and passcode 960460. There is an additional zoom prayer session on the 3rd Thursday at 8pm.

Centering Prayer: Every other Tuesday, 4pm in Church (Tea & biscuits from 3.45pm)

“Be still and know that I am God” *Psalms 46:10*. A small group of us meet to pray together in silence. We begin with something to reflect on - perhaps a biblical passage or Psalm. After our 20 minutes of silence, we might share something that we have noticed during our time together. Next meeting: Tuesday 8th July.

Contemplative Prayer: 1st Tuesday of each month, 11am in the Lady Chapel

A time for focussing on God's presence and allowing oneself to be filled with God's grace. It's a time of stillness and quietness. We listen to the words of God or of Jesus in contemplation.

Project 200

Thank you for all the donations we have been receiving and also for all your ideas, thoughts and comments that have been written on the plans at the back of church. We've also had many conversations with people about them as well as getting feedback from those who use the church on a regular basis such as the local choirs. The plans will remain in place until the end of June so any further thoughts you have, please do add them.

To remind you what **Project 200** is: Launched last month and inspired by the upcoming 200th Anniversary of our Georgian nave, it looks to the future for St Martin's. There are two parts to the project.

Shorter term: to enclose and upgrade the Lady Chapel so to create a warm and welcoming space for services and meetings. We are asking for donations towards the cost of the work to the Lady Chapel and suggest they begin with a '2'. You can donate via the card machine, via the website, use the QR code on the leaflet (which you can find in this newsletter) or take your gift to the office.

Longer term: to make better use of the wonderful spaces we have in the building. All are welcome to offer ideas and suggestions which can be written on the large plans at the back of church. Think BIG and very little is off limits!

You can find a recording the presentation given by Sarah, Helen and Rob below and if you have any questions, do please ask us. <https://youtu.be/q-9U3jAu4CE>

PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Please remember in your daily prayers this week:

Sunday 22nd

All who offer welcome and hospitality and serve refreshments at our churches. Those to be married in our churches. Our Missions: Mercy Ships. Those living and working in Pitt Road, Portland Place, Prospect Place, Providence Place and Randolph Road.

Monday 23rd

Our Electoral Roll Officer: John Aronson. Our Church Cleaners. Local doctors' surgeries. Those living and working in Richmond Close, Rosebery Avenue, Rosebery Road, Sadlers Way and South Street.

Tuesday 24th

Those recently confirmed and their growing relationship with God. Preparation for future baptism and confirmation. All who enter St Martin's in the week and pass through our garden. Church Army (supporting and empowering those most in need in UK and Ireland). Those living and working in Spencer Close, Squirrels Way, St George's Gardens, St James' Close, St Martin's Avenue and St Martin's Close.

Wednesday 25th

The Vale School: children, parents, the Co-Heads, staff and Governors. Scouts (especially our 3rd Epsom (St Martin's) Scout Group), Cubs, Beavers, Guides, Brownies and their leaders. Local refuse collectors, those who deliver the post and other items. Those living and working in Station Approach

Stevens Close, Strand Close, Sunnybank, and The Grove.

Thursday 26th

Our 'Second Thoughts' programme on the second Sunday at 6.30 pm. Education and training in the Parish and future courses. Our Missions: PHAB (bringing together disabled and non-disabled to create an inclusive world). Those living and working in The Hayes, The Oaks, The Parade, The Ridge, The Ridings, Tintagel Close and Treadwell Road.

Friday 27th

All involved in planning and leading Family services. Christian Aid and its annual collection in May and the projects it supports. Local prisons and their chaplains: Downview and High Down. Those living and working in Upper High Street, Victoria Place, Warren Hill and Waterloo Road.

Saturday 28th

All who are bereaved and grieving, and local funeral directors. Our young people and teenagers – our vision for the future. USPG (United Society Partners in the Gospel). Those living and working in Westgate Close, Wilmerhatch Lane and Wimborne Close.

Christmas Fair 2025

We are planning to have a Christmas Fair in the Church on November 29th, so please save the date and help us make it another happy and successful one. If you have any suggestions for stalls or activities, please let one of us know.

Sarah, Nancy, and Maureen

FOODBANK

This week we need the following:

Tinned Vegetables
Tinned Spaghetti
Tinned tomatoes
Tinned fruit, Tinned Meat
Sweetcorn - **Urgent**
Cooking Sauces - **Urgent**
Pasta Sauce - **Urgent**
Microwave Rice - **Urgent**
Long Life Milk, non dairy milk
Powdered Milk - **Urgent**
Instant Coffee - **Urgent**
Squash
Long Life Juice - **Urgent**
Ketchup/Mayonnaise
Porridge
Jam/Honey/Marmalade/Peanut Butter
Chocolate Spread, Sugar (500gr)
Long life Sponge puddings
Custard – **Urgent**, rice pudding
Savoury Biscuits
Biscuits, cereal Bars
Deodorant (Male/Female) - **Urgent**
Adult Toothbrushes - **Urgent**
Kids toothpaste Toothpaste age 0-2 & 6+
Shampoo & Conditioner, Tampons

STEWARDSHIP – MAKING YOUR DONATION

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:



THE POWER OF POETRY – JUNE



This month I have chosen two poems by Malcolm Guite. They are *Pentecost* and *Trinity Sunday*. Both days are celebrated around this time of year, on 8 and 15 June respectively in 2025. It seemed just the opportunity to give you both poems, as neither is very long. They are both in sonnet form so each has the same number of lines – that is 14.

Pentecost falls fifty days after Easter, and is celebrated as a feast day. (It was always called Whitsun, a corruption of White Sunday I believe, when I was young. Where did that go?) It is when the Holy Spirit descended upon the Apostles, and may be regarded as the beginning of the spread of the Gospel to the world, although I suspect word of Jesus and his ministry may have begun earlier than that – perhaps at the instant he was crucified, or even a bit before. The Holy Spirit enabled them to act as Jesus did, to forgive sinners, to heal the sick, to cast out demons, etc. They were also enabled to speak “in tongues” so that people of many different nationalities were able to understand them.

We are told (in Acts) that on this auspicious occasion the spirit descended in tongues of fire with accompanying wind and earthquake. These circumstances are brought to mind whenever we sing the hymn *Dear Lord and Father of Mankind* where the last verse reads “....*Speak through the earthquake, wind and fire, O still small voice of calm.*” (As an aside, a really good hymn can teach us a great deal about theology. So can poetry and a hymn is a specialised form of poetry.)

Pentecost

Today we feel the wind beneath our wings,
Today the hidden fountain flows and plays,
Today the church draws breath at last and sings,
As every flame becomes a tongue of praise.
This is the feast of Fire, Air and Water,
Poured out and breathed and kindled into Earth.
The Earth herself awakens to her maker,
Translated out of death and into birth,
The right words come today in their right order
And every word spells freedom and release.
Today the gospel crosses every border,
All tongues are loosened by the Prince of Peace.
Today the lost are found in his translation,
Whose mother-tongue is love, in every nation.

Explanations of the Trinity are difficult to grasp – particularly for those who are new to Christianity, though each year someone attempts it on Trinity Sunday. In this poem Malcolm Guite compares it to a chord where three notes together sound as one. I like the last line which summarises it: God the Father who is

unfathomably powerful and far away, Jesus who walks beside us (as with the two disciples walking to Emmaus) and the Holy Spirit working within us.

Trinity Sunday

In the Beginning, not in time or space,
But in the quick before both space and time,
In Life, in Love, in co-inherent Grace,
In three in one and one in three, in rhyme,
In music, in the whole creation story,
In his own image, his imagination,
The Triune Poet makes us for his glory,
And makes us each the other's inspiration.
He calls us out of darkness, chaos, chance,
To improvise a music of our own,
To sing the chord that calls us to the dance,
Three notes resounding from a single tone,
To sing the End in who we all begin;
Our God beyond, beside us, and within.

Mary Gilbert

THE BRIGITTE TRUST PRESENT
Before I Say Goodbye: Workshops
(FORMERLY COFFIN CLUB)



Come along to our **free end-of-life workshops**, where each week a professional will share valuable information on the different options available to you to plan and cost either your own or others unique end-of-life celebration.

When: Tuesday 10th, 17th and 24th June, 9:45AM - 12:00PM

Where: Clandon Wood Natural Burial Ground, Guildford
GU4 7FN

The course will provide you with all the information needed to plan a meaningful end-of-life celebration- a farewell that honours your values and brings comfort to loved ones. **Attendance is free but we kindly ask you to book a space for us to manage numbers and catering.**

For further information, please contact Sarah Pattenden on **07469 932192**, email sarah.pattenden@brigitte-trust.com or visit www.brigitte-trust.org/our-service/before-i-say-goodbye

Project 200

Enabling St Martin's to embrace the future

Two ways to support us

Short term: Make a donation beginning with a '2' to help us upgrade and enclose the Lady Chapel, so we can create a warm space without heating the whole building



Longer term: How might St Martin's look in the future? Share your ideas with us for how our historic building can continue to witness to God in the years to come

To donate, scan the QR code
or go to our website
www.stmartinsepsom.org/project200



St Martin of Tours

Church Street, Epsom, KT17 4PX

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Music @ St Martin's

FREE!

Summer Recital Series

Saturday 10 May

Epsom College Music Scholars

The annual recital by young and exciting talent being nurtured by the school.



POSTPONED UNTIL 2026

Stephen Hope entertains with a 'Victor Borge' style afternoon offering musical facts, fun and cleverness.

Saturday 5 July

Gisela Meyer - Ravel at 150

Pianist and Vocalist Gisela Meyer celebrates the composer's birthday with some of his most famous works including 'Jeux d'eau' and 'Miroirs'.



**St Martin
of Tours**
Church Street



Admission to the recitals is free but we ask for donations to enable us to continue offering great music at St Martin's

You can also use our QR code to support



Do you have parenting experience?

Become a Family Support Volunteer
to help a struggling family in our local area
2-3 hours per week can change a family's future forever



HOME START

Epsom, Ewell & Banstead

(incl. Mole Valley North)
REGISTERED CHARITY 1156539

NEXT FREE TRAINING COURSE STARTING SOON!

We are committed to diversity and would particularly welcome
volunteers from under-represented communities

Please get in touch by
Email: tracey.cobb@hseeb.org.uk
Phone: 07804 519623
Or scan the QR code to the right



We also welcome volunteers for one-off or regular help with events,
fundraising and practical jobs, so please get in touch!

TRAUMA: MORE RELEVANT TO EVERY DAY LIFE THAN WE REALISE



Led by Libby Williams, Counsellor and Tutor

Saturday 5th July 2025

10 am – 12.30 pm

(Coffee available from 9.30 am)

at Godalming Baptist Church,

Queen Street, Godalming, Surrey GU7 1BA

- Do you notice yourself reacting to seemingly small things in ways that seem out of proportion? Or perhaps you notice this in others around you? But where do these (over) reactions come from?
- Do you find yourself struggling with certain topics of conversation? Feeling like you'd like to escape or noticing you can't concentrate or keep zoning out? What goes on inside us that makes staying present hard?
- Do you ever get halfway through a sentence and your mind goes blank? Or you have a to-do-list but find yourself feeling overwhelmed or procrastinating forevermore? What is happening inside our minds/bodies when this happens?

We are familiar with trauma resulting from a bad car crash, or at the hands of a violent partner, or as the result of a chronic illness etc. However, whilst trauma can result from all those things, it also encompasses so much more. Come along to the session to learn what trauma actually is, where it comes from, and how it is surprisingly relevant to most of our lives. Find out how it effects our bodies, minds, and behaviour. Explore what can be done to help in practical ways and learn to start noticing better what is going on in and around you.

**Please reserve a place, with payment of £7, by contacting Sally Pollard
email: pollard3@hotmail.co.uk, tel: 01483 428646
by ***Friday 27th June*****

LADYWELL RETREAT CENTRE AWAY DAY
OASIS IN THE DESERT



*An ecumenical day of refreshment, encouragement
and food for thought for women of all ages,
in the peace and beautiful surroundings
of Ladywell Retreat Centre, Godalming*

Saturday 20th September 2025

10 am - 4 pm

Led by Linda Chamberlain

Who would wish to live in a desert?

Such an extreme environment - vast, dangerous, lonely and barren.

Is there any beauty or benefit to be found in such a harsh place?

Many Christians experience 'spiritual deserts'.

**Let's explore together some aspects of desert life through worship,
the Word, testimony and creative activities.**

Let's discover God's presence and purpose in desert times.

To reserve a place (£28) including a cooked lunch & refreshments)

by Friday 22nd August

please contact Sally Pollard email: pollard3@hotmail.co.uk, tel: 01483 428646

Surrey Churches Preservation Trust

Parisian Churches Weekend

26-28 September 2025



Join us for a weekend in Paris exploring five of its most celebrated churches

SCPT Members = £275 / person

Non-members = £300 / person

Your ticket includes:

- ◆ Return rail fare by Eurostar.
- ◆ Admission to the five churches mentioned.
- ◆ Tour guide.
- ◆ Two-course dinner and one-hour evening boat trip along the River Seine on Saturday.
- ◆ A donation to SCPT funds to help maintain churches at home.

It does not include:

- Hotel accommodation—you can book a hotel that best fits your budget and expectations using Booking.com or your usual travel agency. For convenience we encourage you to stay around the Gare du Nord or Gare de l'Est area where a range of boutique hotels is available at a spectrum of prices.
- Dinner on the Friday evening.
- Lunch on Saturday—we suggest you buy a sandwich and a bottle of water on the day so we can picnic on the Quai de Archevêché.
- Wine/drinks with your dinner on Saturday.
- Travel insurance.

Itinerary

Friday, 26 September

- 14:00—Depart London St Pancras Int'l.
- 17:30—Arrive Gare du Nord Station, Paris.
- Check in to your chosen hotel and make your own arrangements for dinner.

Saturday, 27 September:

- 10:00—Visit to Sainte Chapelle.
- 12:00—Tour of the Cathedral of Notre Dame.
- 14:30—Tour of the Église Saint-Louis-en-l'Île.
- 16:00—Tour of Saint Etienne du Mont.
- 18:00—Dinner at *Le Bistro Parisienne* on the Port de la Bourdonnais and cruise along Seine.
- 21:00—Evening stroll around the Eiffel Tower.

Sunday, 28 September:

- 09:30—Visit to the Basilica of Sacré Cœur.
- 14:30—Depart Gare du Nord Station, Paris.
- 16:00—Arrive London St Pancras International.

Our tour begins with a visit to Sainte-Chapelle, a palatine chapel on the Île de la Cité. Built for King (later Saint) Louis IX to house the Holy Crown of Thorns, a piece of the True Cross and various relics of the Passion that he had acquired from 1239 onwards, this former royal chapel boasts one of the finest collections of stained glass in Europe and is known as *The Jewel Box of Paris*.

Our second church is a 10 minute walk away—the medieval Notre-Dame de Paris. Recently restored following the tragic fire on 15 April 2019, the cathedral is a particularly fine example of French Gothic architecture, especially its pioneering use of rib vaults, flying buttresses and huge rose windows.

After lunch we have a 15 minute walk to the Church of Saint-Louis-en-Île, a Baroque church hidden behind a plain and innocent-looking façade. It was built 1664-1725 and although much of its original interior was lost in the French Revolution, it was extensively restored in the nineteenth century.

From here we have a 20 minute walk to Saint Etienne du Mont, a sixteenth century church that contains the shrine of St. Geneviève, the patron saint of Paris. Famous for its rood screen and double spiral staircase leading to a gallery, the church was renovated by the City Architect Victor Baltard in 1865-68. He restored the façade and replaced some of the sculpture and stained glass that had been destroyed in the Revolution.

In the evening we will dine together at a bistro by the Eiffel Tower and take a one-hour guided cruise along the River Seine. Once back ashore we can enjoy an

evening stroll around the Eiffel tower before returning to our hotels.

On Sunday, you can either spend the morning doing your own thing in Paris or join us for a visit to Sacré Cœur in Montmartre.

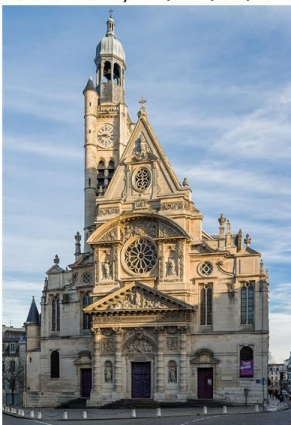
The tour involves a walk of about 30 minutes duration (2½ km). If you have difficulties walking any distance, please let us know so we can provide you with a Navigo Travel Card and map with bus and metro details.

Bookings must be made by writing to Andrew using plumridge@architect-uk.com, and include the names of everyone in your party and confirmation that they have a valid passport. You will then receive a letter giving you further details about the trip and how to pay, as well as a list of hotel suggestions.

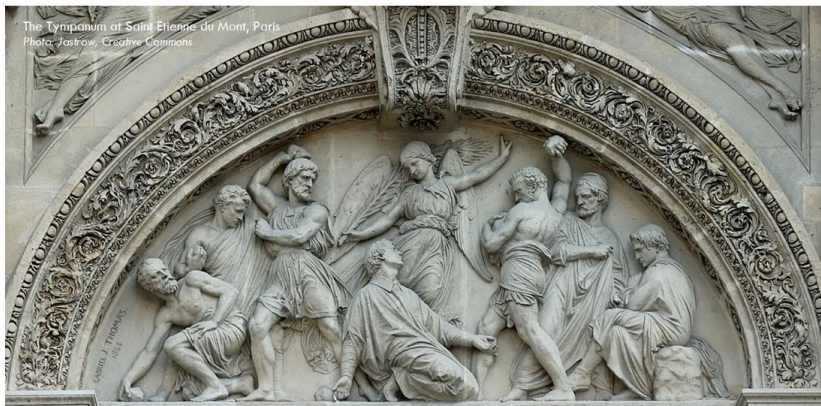
Places are limited to 20 on a first-come-first-served basis.

Bookings close 22 August 2025.

If you have any questions, special needs (including diet) or have trouble finding an appropriate hotel, contact Andrew on 07484 062333.



Saint Etienne du Mont, Paris
Photo: David Iliffe, Creative Commons



The Tympanum at Saint Etienne du Mont, Paris
Photo: Jaszrow, Creative Commons

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

**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.**