

St Martin of Tours
Epsom

St Stephen on the Downs
Langley Vale

Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 5th OCTOBER 2025
ST FRANCIS of ASSISI



DIARY

Sunday 5th October St Francis

9.30am Harvest Festival at St Stephen's

10.00am Holy Communion at St Martin's
(in Church and live streamed)

6.30pm Evening Prayer

Tuesday 7th October

11am Contemplative Prayer Group

The next meeting of the Contemplative Prayer Group will be in the Lady Chapel at St Martin's at 11 am on Tuesday, 7th October – all will be welcome. There will also be a meeting on 'zoom' on Thursday 16th October – details from me. Our starting point will be Jeremiah 32.41 where God says: *'I will rejoice in doing good to them'*.
Adrian Esdaile

4.00pm Time to Talk (tea and biscuits from 3.45pm in Church)
Being an elder - what might our roles of the shepherd/ess involve?

7.30pm Overflowing Faith & Generosity in the Wisley Room, Church House

Wednesday 8th October

10.00am Holy Communion

Saturday 11th October

4.30pm Music at St Martin's
Epsom & Ewell Silver Band

The first of our autumn series of free afternoon concerts offers a thoroughly entertaining hour of music played by a thoroughly

entertaining and popular local ensemble. You'll be transported from Berkeley Square to Space via Henry VIII. See you there!

Sarah

Sunday 12th October Trinity 17

8.30am Holy Communion at St Martin's

9.30am Holy Communion at St Stephen's

10am Choral Mattins at St Martin's

(in Church and live streamed)

3.00pm Celebrate the apple harvest

You are invited to join us at Church House from 3 – 5 pm to enjoy the fruits of our apple tree

Nick & Yvonne

6.30pm Second Thoughts at St Martin's

Refreshments from 6pm

Peter Lutton

'An exploration of the origins of the Office of Compline'

The recent further reappearances of Compline on Sunday nights on Radio 3 (heartening in themselves) encouraged me to think.

Would it be suitable to have a half-hour run-down of the old monastic hours services, pointing out the origins of Anglican Matins and Evensong, followed by a simple Compline which everyone could take part in? I have often felt drawn to researching them a little further.

Peter's background is straightforward. He taught music at St John's, Leatherhead for 35 years, during which he had stints as organist at All Saints, Weston Green and St Mary's, Ewell. He recently stood down after over twenty years at St Nicolas, Great Bookham.

Christmas Fair 2025

The Christmas Fair this year is being held in Church November 29th 10am to 2pm. This is a very social occasion and is an opportunity for us to get to know each other and to meet visitors to the Fair. It is important therefore that as many people as possible agree to help on the day and in the days before setting up. We also need you to start collecting goods for us to sell. The following are the stalls we are hoping to have:

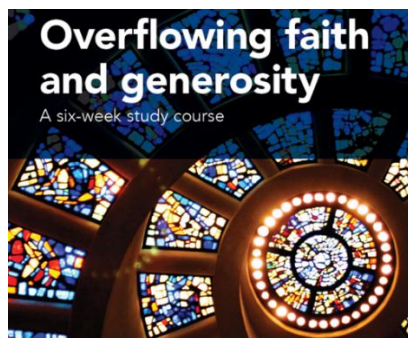
- Chocolate and Bottle tombolas
- Christmas Decorations
- Unwanted gifts and Jewellery
- Jigsaws, games and books
- Craft
- China and Glass

Please don't bring the items to Church until the beginning of November as we don't have anywhere to store them.

Sarah, Nancy and Maureen

Overflowing Faith & Generosity

A six-week study course starting **Tuesday 7 October**
@ 7.30 pm in the Wisley Room, Church House



Christ calls us to a faith that is actively generous, building up spiritual rather than earthly treasures. Generosity can be the foundation of a lived-out faith because it seeks to mirror the generous love of God for the world. But how does this apply to us as 21st-century Christians? What does it mean to live a generous faith? Does it just mean money, or are there other ways to be generous?

Over this six-week course we will take some time to consider how Jesus calls his followers to be generous. Each week we will explore a different way Christians are called to be generous,

discuss the theme in our group and find suggestions for what that form of generosity might look like as part of a lived-out faith. Please let me know if you are able to come along.

revjudith@stmartinsepsom.org



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.

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.

MISSION FOCUS – OCTOBER



The mission partner in our prayers this month is Love Me Love My Mind, an Epsom and Ewell mental health charity founded and run by Rev Sue Bell until her untimely death in 2022.

Sue wrote that the charity's desire was "to break down stigmas about mental distress; to build strong community; and to help make the Borough the best place for mental health and the best place for mental health care". LMLMM remains highly active throughout the year and our mission focus coincides with Epsom Mental Health Week, which lasts from October 4-11.

This is an annual event in which our own Jim Wilson would participate. For a programme of this year's events, please click on LMLMM's website:

<https://www.lovemelovemymind.org.uk/>

David Stamp

PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Please remember in your daily prayers this week:

Sunday 5th

Our Church Warden: Sarah Lutton and for someone to join her as the second Church Warden. All users of Church House. Those suffering from drug or alcohol addiction and their families and friends. Those living and working in Burghfield, Caithness Drive and Carter's Road.

Monday 6th

Our Pastoral Assistants: Mary Gilbert and Elaine Snook. Our Area Dean to replace Rosemary Donovan. Our Missions: the local Besom Network. Those living and working in Cedar Close, Cedar Hill, Chalk Lane, Chalk Paddock and Chalk Pit Road.

Tuesday 7th

Our Parish Manager, Church Administrator and Facilities Officer. Those baptised in our churches, past and future, and their families, godparents and sponsors. Swail House and those who are sight impaired. The deaf and hard of hearing. Those living and working in Chantry Hurst, Chartwell Place, Church Road and Church Street.

Wednesday 8th

Our Parochial Church Council – officers and members. Our Children's Church: The Ark – Sarah Jeffery, the children, the parents and volunteers. The Mission to Seafarers and Mission Aviation Fellowship. Those living and working in Chuters Grove, Clayton Road, College Avenue and College Road.

Thursday 9th

Our Organist: Iain Macfarlane. Our Welcomers: Meg Topley and the Team. The physical, mental and emotional well-being of the people of Epsom and Langley Vale, local mental health units and Love Me Love My Mind (Our Missions). Those living and working in Copse Edge Avenue, Delaporte Close, Denham Road and Depot Road.

Friday 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. The Bible Society, Spinnaker Trust (Our Missions) and all those teaching RE locally. Those living and working in Digdens Rise, Dirdene Close, Dirdene Gardens, Dirdene Grove and Dorking Road.

Saturday 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.

THE POWER OF POETRY – OCTOBER

This month's choice is quite seasonal, but it is also lengthy so I haven't written much in the way of commentary. It is a light offering from John Betjeman: *The Church Mouse*. We have recently celebrated harvest, though this is a festival probably best suited to a country village. Tins and packets of food do not have the same visual appeal as a sheaf of corn, or home grown fruit and vegetables. Still, we *do* have mice (or did have earlier in the year when they caused chaos in the biscuit cupboard – but don't panic, they have been dealt with, and the biscuits are now safely in tins. Plastic containers evidently offer no defence against the teeth of rodents!).

I spoke about Betjeman in August 2024 when the chosen poem was *Hymn*, so to save space I won't offer any biographical notes this time. All I shall say is that the last few lines are ironic. We don't know anyone like that of course.

*Here among long-discarded cassocks,
Damp stools, and half-split open hassocks,
Here where the vicar never looks
I nibble through old service books.
Lean and alone I spend my days
Behind this Church of England baize.
I share my dark forgotten room
With two oil lamps and half a broom.
The cleaner never bothers me
So here I eat my frugal tea.
My bread is sawdust mixed with straw,
My jam is polish for the floor.*

*Christmas and Easter may be feasts
For congregations and for priests,
And so may Whitsun. All the same,
They do not fill my meagre frame.
For me the only feast at all
Is Autumn's Harvest festival,
When I can satisfy my want
With ears of corn around the font.
I climb the eagle's brazen head
To burrow through a loaf of bread.
I scramble up the pulpit stair
And gnaw the marrows hanging there.
It is enjoyable to taste
These items ere they go to waste,
But how annoying when one finds
That other mice with pagan minds
Come into church my food to share
Who have no proper business there.
Two field mice who have no desire
To be baptized, invade the choir.
A large and most unfriendly rat
Comes in to see what we are at.
He says he thinks there is no God
And yet he comes... it's rather odd.
This year he stole a sheaf of wheat
(it screened our special preacher's seat),
And prosperous mice from fields away
Come in to hear our organ play,
And under cover of its notes
Ate through the altar's sheaf of oats.
A low church mouse who thinks that I*

*Am too papistical, and High,
Yet somehow doesn't think it wrong
To munch through Harvest Evensong.
While I, who starve the whole year through,
Must share my food with rodents who
Except that at this time of year
Not once inside the church appear.
Within the human world I know
Such goings-on could not be so.
For human beings only do
What their religion tells them to.
They read the Bible every day
And always, night and morning, pray.
And just like me, the good church mouse,
Worship each week in God's house.
But all the same it's strange to me
How very full the church can be
With people I don't see at all
Except at Harvest Festival.*



Mary Gilbert

FOODBANK REQUESTS

This week we need the following:

Chocolate - **Urgent**
Sponge Pudding - **Urgent**
Cereal Bars - **Urgent**
Custard- **Urgent**
Instant Coffee- **Urgent**
Long Life Juice- **Urgent**
Male/Female deodorant - **Urgent**
Packet Soup - **Urgent**
Savoury Biscuits - **Urgent**
Honey - **Urgent**
Cooking Sauces, Pasta Sauce
Sweetcorn, Noodles
Pasta/Beans with Meat
Microwave Rice
Tinned Fruit
Tinned Vegetables
Tinned Spaghetti
Tinned Tomatoes
Tinned Meat, Tinned Fish
Baked Beans
Instant Mash
Dried Pasta in Sauce
Ketchup/Mayonnaise/Brown Sauce
Tea (bags)
Jam/ Chocolate Spread/ Peanut Butter / Marmalade
Sugar (500gr)
Rice Pudding, Biscuits

Powdered Milk
Milk UHT
Non Dairy Milk
Squash
Shaving Foam
Shower Gel
Adult Toothpaste
Shampoo
Hair Conditioner
Washing up Liquid

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:



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

📱 [stmartinsepsom](https://www.stmartinsepsom.org) • office@stmartinsepsom.org • www.stmartinsepsom.org • 01372 722 567

Music @ St Martin's

Autumn/Winter 2025

FREE!

Saturday afternoons at 4.30pm



Saturday 11 October

Epsom & Ewell Silver Band

*The ever-popular and always
entertaining ensemble*

Saturday 8 November

The Matthew Cooper Jazz Quintet

*These outstanding young musicians
bring a programme of new and
original jazz compositions*



Saturday 6 December

Fantasia Viols & Voices

*This locally based group present music by
the master of the late English Renaissance
Orlando Gibbons*

**St Martin
of Tours**

Church Street
Epsom, KT17 4PX

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
the series at any time.



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Registered Charity No 1134149



ST MARTIN'S CHURCH

CHRISTMAS FAIR

November 29th
10 am – 2pm

St Martin's Church
Church Street, Epsom, KT17 4PX

Join us for a fun-filled church fair featuring a cake stall, tombola, unique gifts, children's activities, and a delicious BBQ feast.

Bring family and friends for a memorable day - everyone's welcome!

**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.**