

St Martin of Tours
Epsom

St Stephen on the Downs
Langley Vale

Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 1st FEBRUARY 2026

CANDLEMAS



Christ is presented in the temple – Simeon and Anna rejoice in his coming.

DIARY

Sunday 1st February, Candlemas

- 9.30am Holy Communion service at St Stephen's
- 10.00am Holy Communion service at St Martin's
(Children's Church, 'The Ark', meets)
- 6.30pm Evening Prayer at St Martin's

Tuesday 3rd February

Contemplative Prayer Group

We meet on Tuesday, 3rd February, at 29, Hereford Close, at 11am, for an hour or so of led and silent contemplation. Our starting point will be Genesis 12.2: *I will bless you, so you will be a blessing*.

4.00pm Centering Prayer (tea and biscuits from 3.45pm)

'Be still and know that I am God'

Psalm 46:10

A small group of us meet every other Tuesday at 4pm, at the back of church, to pray together in silence.

If you would enjoy some time for silent prayer with others, please come along.

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.

Wednesday 4th February

- 10.00am Holy Communion
- 11.00am Ministry Team meeting

Sunday 8th February, Second Sunday before Lent

- 8.30am Holy Communion service at St Martin's**
- 9.30am Holy Communion service at St Stephen's**
- 10.00am Choral Mattins service at St Martin's**
- 6.30pm Second Thoughts (refreshments from 5.45pm)**

Second Thoughts Ben Ryan – Medaille Trust

'Modern Slavery and Human Trafficking Today'

Modern Slavery and Human Trafficking today – how has this global crime against humanity evolved over the past decade and what can be done to better support survivors?

Ben Ryan is the Chief Operating Officer at Medaille Trust, one of the leading providers of support services to survivors of modern slavery and human trafficking in the UK. Previously he was National Policy and Ethics Adviser at the Church of England and Head of Research at the Christian think tank Theos.

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.

Update: Church House car park

From mid February 2026 NCP will be responsible for controlling the parking in Church House car park.

The reason for the change is that our previous parking contractor hadn't proved effective at dissuading parking by those not eligible for a space. An ANPR (Automatic Number Plate Recognition) camera will ensure that only permitted vehicles (such as those belonging to staff and Church House hirers) can use the spaces.

Fines will be imposed by NCP on those who park without permission.

The Office will be in touch shortly with those as needed about the administration of the new system. Parking arrangements in the public car park in front of the church, which is managed by the local council, are unchanged.

Solar Panels are go!

We've just received news that we have been awarded a grant from Surrey County Council which will enable us to go ahead with installing solar panels on the roof of St Martin's. The money comes from SCC's 'Your Fund Surrey' which supports small community projects in Epsom & Ewell. Obtaining this grant was the last hurdle in our long running efforts to make the solar panels a reality. Our thanks have been passed to our Surrey County Councillor Steven McCormick for his support in enabling us to take this huge step forward on our journey to Net Zero. We will let you know when we have a start date for the work and we will also be telling you about plenty of other smaller ways we can all help both St Martin's and St Stephen's along the eco-route.

Rob, Helen, Nick, Sarah

Lay Pastoral Care

Elaine Snook and Mary Gilbert are our Lay Pastoral Visitors. Could you join them? As need grows, so our team needs to grow. What do they do? Keep in touch with people who are housebound, unwell, in Care or Nursing Homes, or anyone else who can no longer get to church.

The next Lay Pastoral Visitors' Training Course will be running over 4 Saturdays in the Spring: 28 February, 21 March, 18 April and 16 May, 9.30am - 4pm.. The course is led by Ruth Cornish

(Pastoral Care Lead at St Paul's Dorking) with a team of trained pastoral tutors. The sessions will cover a variety of topics, including developing listening skills, exploring judgement and prejudice in our response to others, and learning from Jesus' ministry.

Is this for you? This course may help you decide but should in any case be worthwhile. Please speak to Nick (the Vicar) or Elaine or Mary to find out more about the role.

Saturday 28 February 2pm – 5pm

**Creative Workshop at St Martin's led by artist
Christina Peake**



Christina Peake will lead her creative workshop for members of the congregation on Saturday 28 February from 2 – 5 pm as part of our **Racial Justice Project to Create a Memorial for the Enslaved of Barbados.**

All who attended our fourth annual Brathwaite lecture at St Martin's in September heard Christina give a fascinating talk about her creative work, her research into the impact of slavery on Barbados, and how faith and nature intertwine with our personal histories to help form our different perspectives which change over time. If you weren't there, I strongly recommend that you watch the recording of the talk which is available on our YouTube channel:

<https://www.youtube.com/watch?v=7BUhs4xj35Y>

to discover more about the background behind this exciting and innovative project.

During the workshop Christina will share more about her research to encourage reflective discussion, giving us the opportunity to listen and share our stories with each other. Combined with creative activity, this will help us understand how we remember our own stories and how our different perspectives are formed. Numbers are limited so please let me know as soon as possible if you would like to participate in the workshop by emailing me at revjudith@stmartinsepsom.org or speaking to me when you see me in church.

Rev Judith

Net Zero Event

At a Net Zero event we attended in Guildford - with reps from neighbouring dioceses, we heard the story of St John's, Stoke Road's Net Zero journey. Other organisations there included Christian Aid and A Rocha. We came away with:

- Practical ideas to consider for St Martin's
- Learning about some pros and cons of certain projects
- A reminder of the financial and knowledge resources available

We were reminded of the importance of MISSION – that sustainability is 'care for all creation', not just ONE part of what we love to do, but is actually the warp and weft of what we do as a church (the presence of 'creation care' in all five Marks of Mission, not just the fifth, was particularly highlighted).

Something St John's modelled was having a team involved in the 'Net Zero' plans - 8-10 people! We are currently two, and although we do get generous support from others, it would be so helpful to have a larger group in the 'Eco Team'. What talents and

energy can you bring? What is your skill in making St Martin's a place the whole community wants to visit? Perhaps there are projects we can link up on which would then become more effective... We value your support, in prayer and in practical matters – please speak to us and let us know how you would like to be involved! Thanks.

Helen Williams and Rob Jeffrey

Overflowing Faith & Generosity

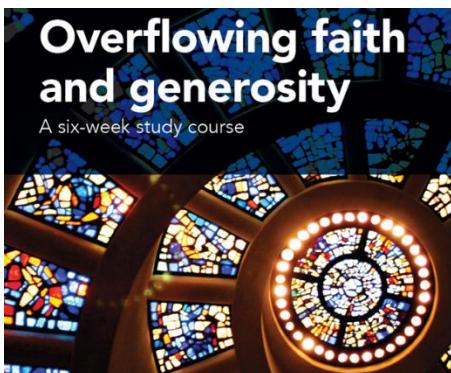
A six-week course for Lent

With Refreshments

An opportunity for those who were unable to come to the evening sessions of this course held last September.

Sundays 3 pm – 5 pm
Starting 22 February 2026

Created by the Diocese of Oxford



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.

1. *Sun 22 Feb*: Following Jesus' example
2. *Sun 1 March*: Charity
3. *Sun 8 March*: Prayer
4. *Sun 15 March*: Money
5. *Sun 22 March*: Mission and evangelism
6. *Sun 29 March*: What next?

Please let me know if you are able to come along.

revjudith@stmartinsepsom.org

LENT GROUP THURSDAYS at 3pm FROM 5th MARCH to 2nd APRIL

I will be leading a group, over tea and cake, based on the film musical, '***The Greatest Showman***'

Full details in next week's newsletter, but if you are interested do make a note of the dates.

Come to all or one, as you can!



Nick Parish

Craft Group

It has been suggested that we should start a craft group, and to find out how many people would be interested we are having a meeting on Feb 3rd at 2.00pm. If you are interested, please contact me on maureensuatt@virginmedia.com or 01372723675

Maureen Suatt

SAVE THE DATE:
Wednesday 25 March 2026
7.30 pm



**St Martin's Annual Service to Commemorate the
Victims of Slavery and the Transatlantic Slave Trade**

MISSION FOCUS – FEBRUARY

The Medaille Trust is one of the charities that we support from St Martin's and 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.

They work to combat modern slavery by offering safe housing, providing support for victims, raising awareness in communities and partnering with law enforcement authorities.

Do take a look at the Church notice board during February.

Thank you.

Jill Chapman (Missions)

STEWARSHIP – 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:



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.

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

"Be still and know that I am God" *Psalm 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 at 29 Hereford Close

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.

There is an additional zoom Contemplative Prayer session on the 3rd Thursday of each month at 8pm. Find us using the same Zoom details cited above for Evening Prayer.

PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Please remember in your daily prayers this week:

Sunday 1st

Our Vicar: Nick Parish. Our Bishops: Andrew Watson and Paul Davies. The Chaplaincy Team at Epsom & St Helier Hospitals. Those living and working in Adelphi Road, Albert Road, Alexandra Road and Andrews Close.

Monday 2nd

Our Curate: Judith Mitchell. Our Archdeacon, Martin Breadmore and the Guildford Diocesan Staff. Our Missions: The Medaille Trust fighting against modern slavery. Those living and working in Ash Mews, Ashdown Road, Ashley Road, Aston Way, Avenue Road and Axwood.

Tuesday 3rd

Our Priest-in-Retirement: Adrian Esdaile. Andris Abakuks, priest in the Latvian Evangelical Lutheran Church. Our local pubs, restaurants and shops, and their staff. The Street Pastors giving help on Friday nights in Epsom. Those living and working in Barn Close, Baron's Hurst, Beaconsfield Place, Beaconsfield Road, Beech Road and Beech Way.

Wednesday 4th

Our Lay Ministers: Ruth Foxcroft, John Padwick and Howard Bluett. Guildford Cathedral, the Dean and Chapter. The Epsom and Ewell Refugee Network. Those living and working in Birches Close, Bridge Road, Bridle End, Bridle Road and Burgh Heath Road.

Thursday 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.

Friday 6th

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

Saturday 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.

THE POWER OF POETRY – FEBRUARY

The feast of Candlemas is celebrated on 2nd February (on 1st February in Church this year). In mediaeval times it marked the end of the Christmas Season. It is when Christ was presented in the Temple to Simeon and to Anna. From Simeon's words of joy and thankfulness comes the canticle *Nunc Dimittis*, 'Lord now lettest thou thy servant depart in peace according to thy word, for mine eyes have seen thy salvation'. On a more secular level, for our forebears it was a day of festival, people would go to church

bringing their candles for blessing and there would be candlelit processions in honour of the feast. Given our rather depressing weather in much of January I feel it would be nice to rediscover Candlemas and make more of it. It was also when the decorations of Christmas came down, rather than our much earlier 6th January (Epiphany), and this is described in a very short 17th century poem by Robert Herrick. Sorry the poem is so very short, and the commentary too long, but I ran out of time to find and research a more appropriate poem!

Ceremony Upon Candlemas Eve

*Down with the rosemary, and so
Down with the bays and mistletoe,
Down with the holly, ivy, all
Wherewith ye dress'd the Christmas hall;
That so the superstitious find
No one least branch there left behind;
For look, how many leaves there be
Neglected there, maids, trust to me,
So many goblins you shall see.
(I am not sure about the goblins...!)*



Robert Herrick was born in Cheapside in 1591 to Julia Stone and Nicholas Herrick, a goldsmith. He was their seventh child. His father died when he was one year old. It is probable that he was educated at Merchant Taylor's School with his cousins – sons of Robert Herrick, his uncle. He was apprenticed to another uncle, Sir William Herrick, also a goldsmith, but after six years he gained admittance to St John's College, Cambridge, later moving to Trinity Hall. In 1625 he was ordained into the Church of England and

became Vicar of Dean Prior in Devon in 1629. He was ejected from his vicarage during the Civil War and returned to London where he wrote poetry and was supported by friends. After the Restoration of the Monarchy (Charles II) in 1660 he again became Vicar of Dean Prior in 1662, dying in 1674. He wrote much poetry though it seems that it was not particularly popular at the time, too lyrical and straightforward perhaps. At the time the metaphysical poets (e.g. John Donne, Andrew Marvell) were more fashionable, though for modern readers they are more complex to understand. He was re-discovered at the start of the 19th century. He wrote *Fair Daffodils we weep to see...*, and the poem that begins *Gather ye rosebuds while you may*. Swinburne described Robert Herrick as the “greatest [English] song writer ever born” which I assume is reference to his lyrical quality.

Mary Gilbert

FOODBANK REQUESTS

This week we need the following:

Tea (bags) - Urgent

Tinned Fruit - Urgent

Shampoo - Urgent

Pasta/Beans with Meat - Urgent we have none

Long Life Juice - Urgent we have none

Non Dairy Milk - Urgent we have none

Custard - Urgent we have none

Sugar - Urgent we have none

Sponge Pudding - Urgent we have none

Adult Toothpaste - Urgent we have none

Washing Up Liquid - Urgent we have none

Cooking Sauce
Tinned Meat, Tinned Spaghetti
Sweetcorn
Milk UHT, Powdered Milk
Instant Coffee
Chocolate Biscuit Bars
Rice Pudding, Squash
Honey/Jam/Chocolate Spread/Peanut Butter/Marmalade
Ketchup/Mayonnaise/Brown Sauce
Shaving Foam
Male/Female Deodorant
Shower Gel
Hair Conditioner
Toilet Rolls
Nappies size 4, 5 and 6 ONLY

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

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.

Music @ St Martin's

Spring 2026

Saturday afternoons at 4.30

FREE!



Saturday 31 January

Mariia Zhornikova - piano

*plays Debussy, Granados and works by
her fellow Ukrainians*

Saturday 21 February
Redhouse Rhythm & Blues

*Entertaining and popular duo Chris
Hollingshurst & Danny Wignal return
to our series*



Saturday 28 March

Hammers & Pipes

*Peter Lutton shares his enjoyment of
playing our fine piano and organ*



Saturday 18 April
Women of English Song

*Soprano Christine Cunnold and pianist
Richard Harker explore some of the best
music of female composers*

**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.

