

St Martin of Tours
Epsom

St Stephen on the Downs
Langley Vale

Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 8th FEBRUARY 2026

SECOND SUNDAY BEFORE LENT



DIARY

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'

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*.

Tuesday 10th February

4.00pm Time to Talk, Ways of reading Scripture

The Hebrew Scriptures and the New Testament come from a very different thought world from the one we live in. Gregory the Great encouraged as many as seven 'senses' of scripture.

So, how should we approach them?

One short answer to this question is 'SLOWLY!' and that's what we are going to begin to do in Time to Talk. Then we will apply what we've learned and start with Genesis.

Come and join us on the journey!

Lynne

Wednesday 11th February

**10.00am Holy Communion
7.30pm Standing & Finance committee**

Sunday 15th February, Sunday before Lent

**9.30am Morning Prayer service at St Stephen's
10.00am Holy Communion service at St Martin's
6.30pm Choral Evensong at St Martin's**

Marmalade

I will be selling marmalade, jam and lemon drizzle cakes after the 10am service on February 15th. All proceeds to the Christmas Fair.

Maureen Suatt

Wednesday 18th February, ASH WEDNESDAY

**10.00am Holy Communion with ashing
8.00pm Holy Communion with ashing**

Please come to one of these if can. Otherwise, the 10am will be live streamed, and can be watched live or later on.

Craft Group

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

Maureen Suatt

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

Saturday 28 February 2pm – 5pm

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



Christina 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.

At our annual Brathwaite lecture in September, Christina gave a fascinating talk about her work, her research into the impact of slavery on Barbados, and how faith and nature intertwine with our personal histories. I recommend that you watch the recording of the talk which is here:

<https://www.youtube.com/watch?v=7BUhS4xj35Y>

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

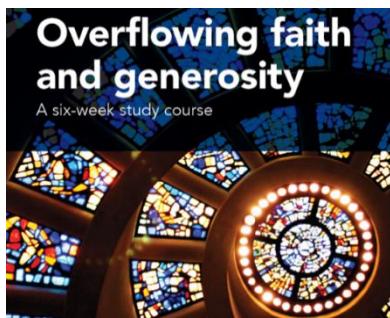
Overflowing Faith & Generosity

A six-week course for Lent

With Refreshments

Sundays 3 pm – 5 pm
Starting 22 February 2026

Christ calls us to a faith that is actively generous, building up spiritual, rather than earthly, treasures. Generosity is the foundation of a lived-out faith because it seeks to mirror the generous love of God. But how does this apply to us? What does



it mean to live a generous faith? Is it just money, or are there other ways to be generous?

Over this six-week course we will 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

'From Now On'
A 5 week course for Lent

**THURSDAYS at 7.30pm at the Vicarage
(or 3pm in Church)
FROM 5th MARCH to 2nd APRIL**



I will be leading a group based on the film musical, '*The Greatest Showman*.' The course explores the themes of Hope and Redemption. Come to all or one, as you can!

I will run the course at the Vicarage in the evenings (35, Burgh Heath Rd) and will also run it in the afternoons at 3pm if there are people who would prefer that.

Please could you email me, vicar@stmartinsepsom.org if you would like to come, and also afternoon or evening.

Thanks.

Nick Parish

**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)

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:



PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Please remember in your daily prayers this week:

Sunday 8th

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

Monday 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 in Copse Edge Avenue, Delaporte Close, Denham Road and Depot Road.

Tuesday 10th

St Stephen's Church: its life, worship and mission to Langley Vale. Safeguarding in our churches: our Parish Safeguarding Officers Revd Judith and Peter Christie, the Diocesan Safeguarding Team, and that all of us work to create and sustain a safe, welcoming, inclusive space for everyone.

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

Wednesday 11th

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

Thursday 12th

Our Prayer and Healing Ministry: Contemplative and Centering Prayer. Those who work on our Website, Facebook and YouTube channel. Through the Roof: Wheelchairs for the World (Our Missions) and the Sunnybank Trust (based in Epsom). Those in Downside, East Street and Elmslie Close.

Friday 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 in Farriers Road, Fyfield Close, Grosvenor Road, Grove Avenue and Grove Road.

Saturday 14th

Our Mission and Evangelism Team. Our Church Finances and Our Treasurer, Andrew Roberrts. Our MP, Helen Maguire. Epsom and Ewell Borough Council: elected members and officers. Those in Hambledon Hill, Hambledon Vale, Harding Road and Hawthorne Place.

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

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.

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

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.

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.

stmartinsepsom • www.stmartinsepsom.org • office@stmartinsepsom.org • 01372 722 567

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