

St Martin of Tours  
Epsom

St Stephen on the Downs  
Langley Vale

Registered Charity Number: 1134149

## WEEKLY NEWSLETTER

**SUNDAY 15<sup>th</sup> FEBRUARY 2026**

**SUNDAY BEFORE LENT**



## DIARY

### **Sunday 15<sup>th</sup> 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 15<sup>th</sup>. All proceeds to the Christmas Fair.

***Maureen Suatt***

### **Tuesday 17<sup>th</sup> February**

**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. ***This will be the last meeting until 17<sup>th</sup> March.***

***Lynne***

### **Wednesday 18<sup>th</sup> February, ASH WEDNESDAY**

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

## **Sunday 22<sup>nd</sup> February LENT 1**

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

### **Update: Church House car park**

From mid February (date to be confirmed) NCP will be responsible for controlling the parking at Church House. Our previous parking contractor hadn't proved effective at dissuading unauthorised parking. 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 you (if needed) about the administration of the new system.

### **Red House Rhythm & Blues - Saturday 21 February 4.30pm**

We're delighted to welcome back to our Music @ St Martin's series this entertaining and popular duo of Chris Hollingshurst & Danny Wignall.

With roots going back to the spirituals of African-American slaves, Rhythm & Blues emerged in the mid-20th century as a style that is now loved the world over. This wonderfully entertaining duo explores the blend of gospel, jazz and pop to show how magical - and fun - this music is. Admission is free, but we ask for donations from those who can.

**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.

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](mailto:revjudith@stmartinsepsom.org) or speaking to me when you see me in church.

**Rev Judith**

## LENT COURSES

### Overflowing Faith & Generosity

**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](mailto:revjudith@stmartinsepsom.org)

## ‘From Now On’

**THURSDAYS at 7.30pm at the Vicarage (or 3pm in Church)  
FROM 5<sup>th</sup> MARCH to 2nd APRIL  
(last evening meeting on Wednesday 1<sup>st</sup>)**



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 sign up for this course using the sheet at the back of Church.      Thanks.      Nick Parish**

## **WORLD DAY OF PRAYER 2026**

### **“I Will Give You Rest, Come”**

A service will be held in St Barnabas Church on Friday March 6 at 10am.

All are very welcome with refreshments after the service. A good time to meet fellow Christians from all churches in Epsom and Ewell. Please try to support this venture.

A slip is available to collect at the back of church for a reminder or to post to friends who may be interested.

If you have any questions, contact Ruth Foxcroft or Elaine Snook. Thank you.

**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**

## 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: 1<sup>st</sup> 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.

## 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:



## **PRAYING FOR OUR CHURCH AND OUR COMMUNITY**

Please remember in your daily prayers this week:

### **Sunday 15<sup>th</sup>**

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

### **Monday 16<sup>th</sup>**

Our Choir, and for a new Musical Director who will lead musical outreach into the community. The growth of our Life Groups, Study Groups, WhatsApp Groups. Our Missions: Operation Noah. Those in Hillcrest Road, Hook Road, Hylands Close, Hylands Road, Jackson Close and Kilcorral Close.

### **Tuesday 17<sup>th</sup>**

Our Livestreaming Team. Our Sacristan, Mary Holloway-Neville, and chalice assistants. University of the Creative Arts, Laine Theatre Arts staff and students. Those in Kiln Lane, Kingsdown Road, Laburnum Road, Ladbroke Road, Leighton Way and Leith Road.

### **Wednesday 18<sup>th</sup>**

Vocations to Ministry, ordained and lay. Churches Together in Epsom: Russell Holding (Chair). Our Missions: AMECA (for Malawi, Epsom based). Those in Langley Close, Langley Vale Road, Links Road and Lintons Lane.

### **Thursday 19<sup>th</sup>**

Our Home Communion Team and those to whom they take Communion. Our Flower-Arranging Team: Yvonne Parish. Staff at local Citizens' Advice Bureau, Age Concern and Job Centre. All seeking help to find work. Those in Longdown Lane South, Longdown Road, Lynwood Avenue, Lynwood Road, Mannamead, Mannamead Close, Middle Close and Middle Lane.

### **Friday 20<sup>th</sup>**

Our Deanery Synod reps: Howard Bluett, John Padwick and Alexander Rennie. Our Eco Church Team: Helen Williams. Our Missions: Mission to Kenya. Those in Milburn Walk, Mill Road, Millers Copse, Milton Gardens and Mospey Crescent.

### **Saturday 21<sup>st</sup>**

Our vision and work for Social and Racial Justice. Our Readers and Intercessors. Our Church school, St Martin's Primary; other local schools and nursery schools. Those in Oak Hill, Oakmead Green, Old Barn Road, Pikes Hill and Pine Hill.

## **THE POWER OF POETRY – FEBRUARY**

The feast of Candlemas was celebrated on 2<sup>nd</sup> February. In mediaeval times it marked the end of the Christmas Season - 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 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 6<sup>th</sup> January (Epiphany), and this is described in a very short 17<sup>th</sup> century poem by Robert Herrick. Sorry the poem is so short, and the commentary long!

### 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 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 19<sup>th</sup> 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**

**Tinned Meat – Urgent; Microwave Rice - Urgent**

**Tinned Spaghetti – Urgent; Instant Coffee - Urgent**

**Squash – Urgent; Sanitary Pads - Urgent**

**Powdered Milk - Urgent we have none**

**Long Life Juice - Urgent we have none**

**Sponge Pudding - Urgent we have none**

**Male/Female Deodorant - Urgent we have none**

Noodles, Tinned Fish, Tinned Vegetables

Pasta Sauce, Sweetcorn, Cooking Sauce

Tinned Fruit, Milk UHT, Tea (bags)

Rice Pudding, Biscuits

Chocolate Biscuit Bars, Sugar

Honey/Jam/Chocolate Spread/Peanut Butter/Marmalade

Ketchup/Mayonnaise/Brown Sauce

Washing Up Liquid, Washing Powder

Shaving Foam, Shower Gel, Hair Conditioner

Children toothpaste and toothbrushes 0-2 and 6-8 ONLY

Toilet Rolls

# **WORLD DAY OF PRAYER**

A service for everyone!

# **Friday 6 March**

*I will give you rest, come*

**Nigeria 2026**

## **Service for Epsom**

## **St Barnabas Church**

Temple Road, KT19 8HA

10.00am

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**All are welcome**

Refreshments will be served after the service



**INFORMED PRAYER PRAYERFUL ACTION**  
24-7 365 Days a year Prayer movement Ecumenical International Women-led  
[wwdp.org.uk](http://wwdp.org.uk)

Registered Charity Number 233242

Eco Church at EMC welcomes our next speaker, William Ward,  
Chair and Co-Founder of  
**Epsom and Ewell Climate Action Network**



**Wednesday March 25th 7.30pm,  
Epsom Methodist Church  
Ashley Road KT18 5AQ**

Come and find out who they are, the FREE community services that they offer, and how to reduce your home energy bills and access FREE home insulation products and grants.

Refreshments served before event

The Eco Church group at Epsom Methodist Church would like to invite you to this event.





# 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*



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.

**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](mailto:office@stmartinsepsom.org)**  
**Website: [www.stmartinsepsom.org](http://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.