

St Martin of Tours

Epsom

St Stephen on the Downs

Langley Vale

Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 1st MARCH 2026
LENT 2



'Christ Instructing Nicodemus'
by Crijn Hendricksz Volmarijn

DIARY

PLEASE NOTE:

This month the 8.30 Holy Communion service is **THIS SUNDAY** not the second Sunday.

Sunday 1st March LENT 2 (St David's Day)

- 8.30am Holy Communion service at St Martin's
- 9.30am Morning Prayer service at St Stephen's
- 10.00am Holy Communion service at St Martin's
- 6.30pm Evening Prayer service at St Martin's

Sweet Pea seedlings will be on sale at the back of church after this Sunday's 10am service (1st March). All proceeds to the Christmas Fair.

Sarah L

Tuesday 3rd March

11.00am Contemplative Prayer Group

We meet at 29 Hereford Close, Epsom at 11am on Tuesday 3rd March, for an hour or so of Contemplative Prayer. Our starting point will be Isaiah 42.1,2: *You are mine ... when you pass through the waters I will be with you.* All will be very welcome.

Wednesday 4th March

10.00am Holy Communion

Sunday 8th March LENT 3

- 9.30am Morning Prayer service at St Stephen's
- 10.00am Choral Mattins service at St Martin's
- 6.30pm Second Thoughts at St Martin's

Second Thoughts – Sunday 8th March, at 6.30 pm with refreshments from 5.45pm.

Kevin Greening – ‘Trees and what they do for us’

Kevin will talk about the benefits of trees and how they shape our urban environment. He will include his membership of the Epsom & Ewell Tree Advisory Board (EETAB), its work in the borough over the last 25 years and how anyone with an enthusiasm for trees can get involved. Kevin Greening, tree enthusiast, arborist, chair of EETAB, professional tree inspector and London Borough local authority tree officer (Hounslow).

Jane Norris RIP

Jane’s funeral is taking place at St Martin’s on Tuesday 10th March 2026 at 1pm, refreshments will be served at the back of Church afterwards. All are very welcome.

LENT COURSES

Overflowing Faith & Generosity

**Sundays 3 pm – 5 pm in the Lady Chapel
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'

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



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: 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.

MISSION FOCUS – MARCH

This month we are highlighting the Epsom and Ewell Foodbank which we continue to support from St Martin's. The number of people using the Foodbank has nearly doubled in the last few years to support over 10,000 people – as living costs rise the need increases for those on or below the poverty line. Please continue to help to your best ability. Thank you.

Jill Chapman, Mission

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:



PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Please remember in your daily prayers this week:

Sunday 1st

Our Vicar: Nick Parish, Yvonne and their family. 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 and her family. 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 and his family. Andris Abakuks, priest in the Latvian Evangelical Lutheran Church, and his family. Our local public houses, restaurants and shops, and the staff who work in them. 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. Our Cathedral: Guildford Cathedral, the Dean and Chapter. Our Missions: 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 – MARCH



This month, a rural interlude – *On a Lane in Spring*, by John Clare, 1793-1864.

*A Little Lane, the brook runs close beside
And spangles in the sunshine while the fish glide swiftly by
And hedges leafing with the green spring tide
From out their greenery the old birds fly
And chirp and whistle in the morning sun
The pilewort glitters 'neath the pale blue sky.
The little robin has its nest begun
And grass green linnets round the bushes fly
How Mild the Spring Comes in; the daisy buds
Lift up their golden blossoms to the sky
How lovely are the pingles and the woods
Here a beetle runs; and there a fly
Rests on the Arum leaf in bottle green
And all the Spring in this Sweet lane is seen*

Clare was born into a peasant family in the small village of Helpston, Northamptonshire. His parents were illiterate but he had some schooling, attending the village school for a few months each year until he was twelve.

He grew up with great love and understanding for nature, rural life, the rhythms of the seasons, and understood the oral tradition. He then attended night school. He loved to read, one of his favourite books being Isaac Walton's *The Compleat Angler*. James Thompson's poem *The Seasons* also inspired him and he was soon writing his own poetry. His first collection of verse was published in 1820: *Poems Descriptive of Rural Life and Scenery* which was very well received enabling Clare to visit London, and which resulted in him acquiring several benefactors. Other volumes followed: *The Village Minstrel and Other Poems*, and a few years later on *The Shepherd's Calendar* (1827). Many other poems followed, though they remained unpublished until after his death.

Clare had begun to experience mental problems. The saddest thing was that he had to be committed to a Mental institution. He missed his family so ran away from the first, taking four days to reach his home (walking). And then he was confined to the Northampton Lunatic Asylum for the rest of his life, experiencing hallucinations and confusion. It must, I think, have been torture for him. He was so much a poet of the open air and rural life.

You may have noticed the absence of punctuation in the poem above. I was tempted to add a few commas and full stops, but then read that he said apropos of the rules of grammar "do I write intelligible I am generally understood tho I do not use that awkward

squad of pointings called commas colons semicolons etc". I think the occasional semicolon must have been added by the editor of the version I copied. He is now accepted as a great poet, not least for his observations on what life was like in the countryside of the nineteenth century for people born in the lower walks of life.

Mary Gilbert

FOODBANK REQUESTS

Tinned Meat – **Urgent**
Microwave Rice – **Urgent**
Tinned Fish – **Urgent**
Tinned Carrots – **Urgent**
Instant Coffee – **Urgent**
Washing Up Liquid – **Urgent**
Toilet Rolls – **Urgent**
Male/Female Deodorant – **Urgent**
Sweetcorn - **Urgent we have none**
Squash - **Urgent we have none**
Sugar - **Urgent we have none**
Powdered Milk - **Urgent we have none**
Long Life Juice - **Urgent we have none**
Sponge Pudding - **Urgent we have none**
Noodles, Pasta Sauce
Packet Soup, Cooking Sauce
Tinned Fruit, Milk UHT, Tea (bags)
Biscuits, Rice Pudding, Custard
Honey/Jam/Chocolate Spread/Peanut Butter/Marmalade
Ketchup/Mayonnaise/Brown Sauce

Washing Powder, Shaving Foam, Shower Gel
Children toothpaste and toothbrushes Shampoo
Hair conditioner 3+

Foodbank

There are a lot of items in urgent need, so if you can, please add your donations to the box at the back of church by Tuesday 3rd March and I'll make another trip to Ruxley Lane. Thank you.

Sarah L

Church House car park

From Monday 2nd March 2026 the ANPR system will go live and the car park will be managed by NCP. If you have any parking queries, please contact the office on the details below.

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.

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

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

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.



FALL IN LOVE WITH THE FUTURE

Rob Hopkins Author of *From What is to What if?*



How to Fall in Love
with the Future
A Time Traveller's Guide to Changing the World

A one day workshop led by author of 'From What is to What if' Rob Hopkins will guide us to think about how we can build a community of the future

Saturday 30th May, 10am - 4.30pm

Tickets £25 (£20 Earlybird)

For more information and to purchase tickets, scan the QR code or go to smartinsepsom.org/imagine



SUSTAINABLE
EPSOM & EWELL



St Martin
of Tours

Church Street
Epsom, KT17 4PX

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.

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Registered Charity No 1134149