



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 2nd AUGUST 2026

9th Sunday of Trinity



The Bishop and all that were confirmed at St Martin's two weeks ago – congratulations, everyone.

DIARY

Sunday 2nd August Trinity 9

- 9.30am Morning Prayer at St Stephen's**
- 10.00am Together @ Ten All Age Holy Communion service at St Martin's (*see below*)**
- 6.30pm Evening Prayer in the Lady Chapel**

Monday 3rd August

11.00am Ashley Road Cemetery.
Fred Etheridge's funeral service. Fred was a Church family member and served at St Stephen's for many years. The Wake is at the Stepping Stones public house (approximately 20 mins drive from the Cemetery), the post code is RH5 6BS.

Tuesday 4th August

- 11.00am Contemplative Prayer in the Lady Chapel**
- 7.30pm Standing & Finance Committee**

Wednesday 5th August

- 10.00am Holy Communion service at St Martin's**

Sunday 9th August The Transfiguration

- 8.30am Holy Communion in the Lady Chapel**
- 9.30am Holy Communion service at St Stephen's**
- 10.00am Holy Communion service at St Martin's**
- 6.30pm 2nd Thoughts in the Lady Chapel:**

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).

Wednesday 12th August

10.00am Holy Communion service at St Martin's

Sunday 16th August Trinity 11

9.30am Morning Prayer at St Stephen's

10.00am Holy Communion service at St Martin's

6.30pm Evening Prayer in the Lady Chapel

TOGETHER @ TEN All-Age Holy Communion Service

On the first Sunday of August, a month when many are taking a break from the usual routine, the 10am is a more relaxed and less formal service. We follow our usual structure for Holy Communion but omit the psalm and New Testament reading. After the Gospel reading, which is Jesus' feeding of the Five Thousand from the Gospel of Matthew, rather than a sermon you will have the chance to reflect on the passage in one of four different ways – you can choose:

1. A Time to be Creative
2. A Time for Reflection
3. A Time to Compare the four Gospel versions
4. A Time to Pray

So that everyone, including those worshipping online with us can take part in the activities, all the details you need to make your choice are here:

In the **Time to be Creative**, you could:

1. Draw your own picture of Feeding the Five Thousand.
2. Or, for those in church, to colour in some printed sheets which are available
3. Or create a Word Diagram using words and themes inspired by the passage

In the **Time for Reflection**, you can reflect on Eularia Clarke's picture of Feeding the 5000 which will be shown on the screens in church and online, and is available from this link from the Methodist Modern Art Collection:

<https://www.methodist.org.uk/faith/the-methodist-modern-art-collection/browse-the-collection/the-five-thousand-eularia-clarke/>

What do you see? What do you feel?

Biblical Commentary from the Methodist Church

Eularia Clarke sets the events in modern dress and follows Matthew's account in which women and children are present. The crowd has sat down on the grass, as Jesus requested, and is eating fish and chips. The scene is more reminiscent of a church picnic than the biblical miracle. Tea is brewing in the lower right corner, bicycles and footballs are discarded, children and babies are remarkably well behaved, some people doze, others pay attention to the priest – or Jesus (whose head and shoulders are uncomfortably cut off by the edge of the painting). The artist said: 'I daren't paint Christ, I put in a pulpit, the priest is reading the notices before the sermon.'

Commentary from Roots for Churches Ltd

A big community, and all-age picnic of fish and chips. The boy (centre) is growing very tall as he listens and learns from the word that the preacher (top right) is sharing. What else is happening in the painting? Ponder the things that might make this a teachable moment for the boy.

Beyond this, the bikes are symbols of journeying. Some of the women face the other way, sharing food with their children and looking directly at us – are they welcoming us? All ages are present, accepted, welcomed.

In **Time to Compare** there is the opportunity for those in church to join a group led by Nick to look at the passage in all four Gospels: What is the same, what is different?

Matthew 14. 13-21

Mark 6. 30–44

Luke 9. 10–17

John 6. 1–15

Those at home may also like to take a closer look at these passages.

In **Time to Pray** those in church may choose to visit the Lady Chapel where there are two prayer stations (inspired by an online booklet on prayer stations for harvest made available for the use of churches free of charge by members of the Generous Giving teams in the Dioceses of York, Leicester and Liverpool, with Giving in Grace, copyright © York Diocesan Board of Finance and Liverpool Diocesan Board of Finance 2022).

Come & Eat focuses on flour and the bread it creates

Flour, the bulk ingredient of bread, is made by milling (or crushing) wheat. We may be used to seeing fields of golden wheat blowing in the breeze but let's for a moment consider one little grain of corn. A grain is made up of:

- Bran: the outer skin, which is packed full of fibre.
- Germ: the embryo of the grain: the seed that reproduces more grains. It is rich in nutrients like iron, vitamin B6 and magnesium, as well as fibre and protein.
- Endosperm: the starchy food for the germ. White bread is made by taking out the goodness of the fibrous bran and the nutritious germ and using only the endosperm – the bulky and filling part.

Sometimes life can feel a bit like this: full to bursting with activity and responsibility, but ultimately not very fulfilling. We can feel forced to focus on earning money, keeping up with those around us and keeping up appearances, rather than being true to ourselves, to others, and to God.

When Jesus said, 'I am the bread of life', we should definitely be thinking of wholegrain bread – packed full of things that are good for us, as well as filling. Jesus puts the goodness into life: assuring us that we are loved and helping us to live in a way that is better for us, our families, our communities and the world. If you have some wholegrain flour at home – or are in the Lady Chapel:

Take a small handful of wholegrain flour. Look at it and notice the three elements. Move it around in your hand. Reflect on any areas of your life that feel 'white bread': filling but not nourishing.

Pray that Jesus, the whole-grain ‘bread of life’, will come and bring more goodness to your life.

Come & Drink focuses on water and the bread it creates

Without the water gathering everything together there would be no dough, only a pile of ingredients. Although you can’t see it, there’s a lot that happens when you mix flour with water, and it’s all to do with two proteins (glutenin and gliadin) that are dormant within the dry flour. Without these proteins being brought back to life there would be no bread. Glutenin is attracted to water and unravels when it’s added to the flour. This forms the strands that allow the dough to stretch. Gliadin stays dormant in the presence of water and interrupts the stretch in the dough. This allows new shapes or forms to be made in the dough.

The water brings change and new possibilities. Water is often used as a symbol of the Holy Spirit: the presence of God living in us. The Holy Spirit brings change when she comes: she is what stretches and reshapes us, like the dough. The Holy Spirit helps to stretch us for the challenge of living and giving more generously of ourselves. The Holy Spirit draws us together into community, giving us a context to share ourselves and all that God has given to us. We see this breathed into life in the early church life described in Acts 4: “All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. And God’s grace was so powerfully at work in them all that there were no needy persons among them.”

Take some water and have a drink.

Take your time, and as the water is in your mouth

remind yourself that water is life. As you continue to drink, pray for the Holy Spirit to come to stretch you into a life of generosity, and gather you into a community where that generosity can be expressed.

Richard Charles Nicholson Ascough RIP

Many members of the St Martin's family will be saddened to learn of the death of Richard Charles Nicholson Ascough, who worshipped and served at St Martin's for many years.

Before moving to Gloucestershire in 1990, Richard was a familiar face within the parish, serving in a number of roles including altar server, PCC member, Assistant Treasurer and Churchwarden.

He also faithfully supported the monthly 8.00 am Holy Communion service, preparing the church and assisting during worship. Richard had many happy memories of St Martin's, and the friendships he made here remained very special to him throughout his life. Richard's funeral will take place on: **Monday 14th September 11.45 am at Randalls Park Crematorium**

Following the service, everyone is warmly invited to join the family for refreshments and to celebrate Richard's life at:

The Star Kingston Road, Malden Rushett, Leatherhead

To assist with catering arrangements, if you would like to attend the wake, please let Richard's son know by contacting:

Richard Ascough Jnr

(email: richard.ascough@btinternet.com,

Tel/WhatsApp: 07771 811078)

Richard's family would be delighted to welcome all those who knew him through St Martin's and would like to join them in giving thanks for his life and sharing memories of his many years of faithful service to the church and wider community.

A Service of Thanksgiving celebrating Richard's life will also be held at St Mary's Church, Forthampton, near Tewkesbury, at a later date. Details will be announced in due course.

Parish Giving Scheme

If you are on our mailing list you will have received details of how effective and simple this scheme is. Making it simple to donate regularly by direct debit. If you haven't yet done it. Do follow this link to set up your regular giving:

[The Parish Giving Scheme Website](#)

MISSION FOCUS – August

Mercy Ships is a faith-based international development organisation that deploys hospital ships to some of the poorest countries in the world, delivering vital, free healthcare to people in desperate need. Please see the boards at the back of Church for more information and for details on how to support Mercy Ships.

PRAYER GROUPS

Evening Prayer on Zoom, weekdays 5-5.30pm

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 group meets to pray together in silence. We begin with something to reflect on - a biblical passage or Psalm. After our 20 minutes of silence, we share something that we have noticed during our time together.

Contemplative Prayer: 1st Tuesday of each month, 11am In the Lady Chapel, St Martin’s

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 fortnight:

Sunday 2nd

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

Monday 3rd

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

Tuesday 4th

Our Licensed Lay Ministers: Ruth Foxcroft and John Padwick. Guildford Cathedral, Dean Bob and colleagues. Our Missions: The Epsom and Ewell Refugee Network. Those living in Birches Close, Bridge Road, Bridle End, Bridle Road and Burgh Heath Road.

Wednesday 5th

Our Church Warden: Sarah and Rob. All users of Church House. Those suffering from drug or alcohol addiction and their families and friends. Those in Burghfield, Caithness Drive and Carter's Road.

Thursday 6th

Our Pastoral Assistants: Mary Gilbert and Elaine Snook. Our Area Dean: John Marrow. Our Missions: the Besom Network.

Those in Cedar Close, Cedar Hill, Chalk Lane, Chalk Paddock and Chalk Pit Road.

Friday 7th

Our Parish Manager Nicky, Church Administrator Lois and Facilities Officer Jay. Those baptised in our churches and their families, godparents and sponsors. The residents of Swail House and all who are sight impaired. Those in Chantry Hurst, Chartwell Place, Church Road and Church Street.

Saturday 8th

Our PCC. Our Children's Church: The Ark – Leader 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.

Sunday 9th

Our Organist: Iain Macfarlane. Our Welcomers: Meg Topley and the Team. Local mental health units and *Love Me Love My Mind* (Our Missions). Those in Copse Edge Avenue, Delaporte Close, Denham Road and Depot Road.

Monday 10th

St Stephen's Church: its life, worship and mission. Safeguarding in our churches: our Parish Safeguarding Officers Judith and Peter, and the Diocesan Safeguarding Team, that we may create and sustain a safe welcoming inclusive space for all. 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.

Tuesday 11th

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

Wednesday 12th

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

Thursday 13th

Our Church Development Plan for Renewal and Growth. Our Bible Reading Fellowship rep, Didi Steck. Those who are housebound and their carers. Those in Farriers Road, Fyfield Close, Grosvenor Road, Grove Avenue and Grove Road.

Friday 14th

Our Church Finances, our Treasurer, Steve. MP Helen Maguire. Epsom and Ewell Borough Council. Those in Hambledon Hill, Hambledon Vale, Harding Road and Hawthorne Place.

Saturday 15th

Our Discipleship, Fellowship and Evangelism Team. Local Emergency Services. Those in Headley Road, Heathcote Road, Hereford Close, High Street and Highridge Close.

God and Evil

Following the July poem, 'The Tyger,' and the commentary in which Mary Gilbert asked about the theories of how God and evil are reconciled, Howard Bluett has contributed this response:

The Tyger

Blake's poem begs the question of how, if God is love and God is loving and all powerful, evil exists; surely God should prevent it? I do not believe evil has an existence. Evil things happen (note, evil is merely an adjective). Evil is the characteristic we ascribe to the most severe harm done to the most innocent of God's creatures. St Mark reminds us that Jesus knew "those things which proceed out of the mouth come from the heart, and they defile a person. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile one". We follow too much the devices and desires of own hearts, as we confess in the daily office morning and evening. When we do things we ought not to have done and leave undone those things which we ought to have done someone is hurt, suffers. Yet even though others, or we ourselves, may in consequence be made even to walk through the valley of the shadow of death, God is with us, and as St Paul wrote, 'nothing in all creation can separate us from God's love'.

Howard Bluett. 26 July

The Power of Poetry: August 2026

August is a holiday month so I decided to take a holiday, at least of nostalgia, with John Betjeman. He is very much a poet of place and I have chosen *Trebetherick*, (Cornwall).

*We used to picnic where the thrift
Grew deep and tufted to the edge;
We saw the yellow foam-flakes drift
In trembling sponges on the ledge
Below us, till the wind would lift
Them up the cliff and o'er the hedge.*

*Sand in the sandwiches, wasps in the tea,
Sun on our bathing-dresses heavy with the wet,
Squelch of the bladder-wrack waiting for the sea
Fleas round the tamarisk, an early cigarette.*

*From where the coastguard houses stood
One used to see, below the hill,
The lichened branches of a wood
In summer silver-cool and still;
And there the Shade of Evil could
Stretch out at us from Shilla Mill.*

*Thick with sloe and blackberries, uneven in the light,
Lonely ran the hedge, the heavy meadow was remote,
The oldest part of Cornwall was the wood as black as night,
And the pheasant and the rabbit lay torn open at the throat.*

*But when a storm was at its height
And feathery slate was black in rain,
And tamarisks were hung with light
And golden sand was brown again,
Spring tide and blizzard would unite
And sea came flooding up the lane.*

*Waves full of treasure then were roaring up the beach,
Ropes round our mackintoshes, waders warm and dry,
We waited for the wreckage to come swirling into reach,
Ralph, Vasey, Alastair, Bidy, John and I.*

*Then roller into roller curled
And thundered down the rocky bay,
And we were in a water-world
Of rain and blizzard, sea and spray,
And one against the other hurled
We struggled round to Greenaway.*

*Blessed be St Eneadoc, blessed be the wave,
Blessed be the springy turf, we pray, pray to thee,
Ask for our children all the happy days you gave
To Ralph, Vasey, Alastair, Bidy, John and me.*

I cannot say I experienced a holiday quite like this, but certain aspects – particularly in the first verse – remind me of holidays of my youth: the thrift growing on the cliffs (though in my case the cliffs were near Freshwater on the Isle of Wight), the sand – which did indeed get into sandwiches, making me wonder if they really were named after Lord Sandwich and not after the gritty picnic – the tamarisks, and the wasps (an inevitable feature of August). Of course, not all days in Cornwall are sunny and calm, and much of this poem is much darker, from the end of the first stanza onwards.

Despite this the exhilaration of the storm and the rough seas is, for Betjeman, a thing to look back on with happiness, and he invokes St Enedoc and prays that the next generation of children may look back upon similar days.

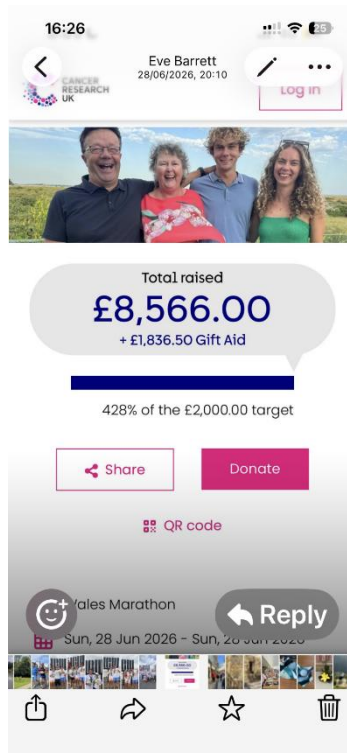
Betjeman is equally adept at describing other types of scenery and places, the grimness of some midland and northern towns, the suburbs, the downland near Lambourne and Newbury where racehorses are trained, East Anglia, and so on. But his love for Cornwall probably transcends the rest. Here he is buried, in the graveyard of the small church of St Enedoc mentioned at the end of this poem, reached by a footpath across the golf links, and from where there is a beautiful view of the sea. I commend it to anyone who visits Cornwall. His poetry I think is deceptively simple. There is great skill in writing verse of this standard. Simple language can easily become trite. There is nothing trite about Betjeman's verse.

Mary Gilbert



From Joan Gabbett

My grandchildren and friends made a total, including Gift Aid, of £10,402.50, which everyone was thrilled about. They ALL completed it too, on a blisteringly hot day. 2 ran a 1/2 marathon which we knew from the start, but the other 8 ran the full one, and one grandson was unable to run due to cutting his toe on a propeller the week before.



Epsom & Ewell Food Bank - donations please!

For families whose children rely upon free school meals during term time, the school summer holidays put extra pressure on them to keep their children fed. With food prices continuing to rise, more and more people are turning to food banks for help. So, if you can, please bring gifts of food (*see the list of what's needed in this Newsletter*) and leave them in the box at the back of church, I will deliver them to the Epsom & Ewell Food Bank. Thank you.

Sarah

Parish Office:

For the month of August 2026, the parish office is open from 10am – 12 noon 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.

Please note the next newsletter will be on Sunday 16th August 2026.

FOODBANK REQUESTS

Beans
Instant Mash
Sweetcorn
Tinned Meat
Breakfast Cereal
Pasta/Cooking Sauce
Milk
Tinned Vegetables
Tinned Fruit
Pasta/Beans with Meat
Custard
Noodles

Squash
Sponge Pudding
Crisps
Biscuits
Coffee

Shampoo
Hair Conditioner
Male/ Female Deodorant
Washing Powder
Washing Up Liquid
Shower Gel
Adult Toothpaste
Tampons



 Epsom & Ewell
Foodbank
Together with Trussell