



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 9th AUGUST 2026

The Transfiguration



Art by Mike Moyers

DIARY

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**

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 week:

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.

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, Biddy, 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 Enedoc, 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, Biddy, 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

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