



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 23rd AUGUST 2026

TRINITY 12



DIARY

Sunday 23rd August Trinity 12

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

Tuesday 25th August - No Centering Prayer meeting

Wednesday 26th August

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

Sunday 30th August Trinity 13

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

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.

New benches at St Martin's

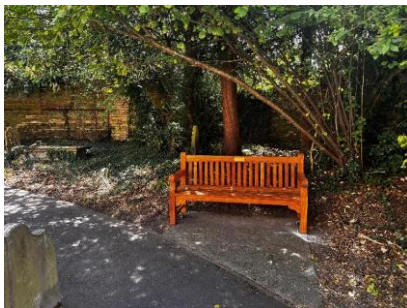
Have you noticed the wonderful new additions to our churchyard? We are delighted to share that two new benches have been installed for everyone in our community to enjoy.

On the south side of the church: A bench dedicated to the Mothers' Union, celebrating their wonderful work and lasting presence in our community.



In the Memorial Garden: A bench dedicated in loving memory of John Syrad, offering a peaceful spot for quiet reflection. Whether you're looking for a moment of quiet contemplation, a peaceful place to pray, or simply a spot to rest your legs and take in the surroundings, please do come and take a seat!

A heartfelt thank you goes out to everyone whose generous donations made these benches possible. Your support helps make our churchyard a welcoming haven for all.



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:

Sunday 23rd

Our Church Cleaners. Local doctors' surgeries. Those in Richmond Close, Rosebery Avenue, Rosebery Road, Sadlers Way and South Street.

Monday 24th

Those recently confirmed and preparing for future baptism and confirmation. All who visit St Martin's in the week and pass through our garden. The Church Army. Those in Spencer Close, Squirrels Way, St George's Gardens, St James' Close, St Martin's Avenue and St Martin's Close.

Tuesday 25th

The Vale School: children, parents, staff and Governors. Scouts, Cubs, Beavers, Guides, Brownies and their leaders. Local refuse collectors, those who deliver the mail and parcels. Those in Station Approach Stevens Close, Strand Close, Sunnybank, and The Grove.

Wednesday 26th

Our 'Second Thoughts' programme . Education and training in the Parish and future courses. Our Missions: PHAB (bringing together disabled and non-disabled). Those in The Hayes, The

Oaks, The Parade, The Ridge, The Ridings, Tintagel Close and Treadwell Road.

Thursday 27th

Christian Aid and the projects it supports. Local prisons and their chaplains: Downview and High Down. Those in Upper High Street, Victoria Place, Warren Hill and Waterloo Road.

Friday 28th

All who are bereaved and grieving, and local funeral directors. Our young people – our vision for the future. USPG (United Society Partners in the Gospel). Those in Westgate Close, Wilmerhatch Lane and Wimborne Close.

Saturday 29th

All parents and toddlers. Langley Vale Village Hall: Tom Pope, Chair of their Committee. Care and nursing homes in the Parish. Those in sheltered housing. Those in Woodcote Close, End, Green Road, Hurst, Park Road and Side.

THE POWER OF POETRY – AUGUST

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.

FOODBANK REQUESTS

Instant Mash
Pasta / Cooking Sauce
Sweetcorn
Tinned Meat
Non Dairy Milk
Milk UHT (Semi Skimmed/Full Fat)
Tinned Fruit
Noodles
Dried Pasta in Sauce
Tinned Spaghetti
Tinned Potatoes
Tinned Vegetables



Crisps
Chocolate Biscuit Bars
Biscuits
Custard
Coffee
Tea (bags)
Shampoo
Hair Conditioner
Male / Female Deodorant
Washing Powder
Adult Toothbrushes
Washing Up Liquid
Children's Toothbrushes
(0-2 and 6+ only)
Nappies 4, 4+, 5, 5+, 6, 6+

 Epsom & Ewell
Foodbank
Together with Trussell

FREEWHEELERS
THEATRE AND MEDIA COMPANY

Us & THEM



Freewheelers Theatre & Media is delighted to invite you to the launch of Us & Them, a major new exhibition exploring how society's understanding and support of people with learning disabilities has changed over the last 150 years.



Funded by The National Lottery Heritage Fund, Freewheelers has collaborated with Surrey History Centre, King's College London, filmmaker Stefan Pollak, On the Record and photographic artist Emma Brown to ask: What has changed in the care and support of people with disabilities? What has stayed the same? What has been brought to light? What remains obscured?

Us & Them collides past and present in an immersive, co-produced photography exhibition that explores these questions through image-making, performance and acts of looking.

Using historic tintype photography techniques, fifty contemporary Freewheelers members – all artists with disabilities – have been photographed using the same technology that first captured their historical counterparts over a century ago. Each participant selected a "friend" from the archives of Surrey History Centre, home to one of the largest collections of diagnostic photographs and treatment records relating to people with learning disabilities, including many residents of the former Epsom asylum cluster.

The exhibition is free

Join us for an evening featuring:

- Exhibition viewing
- Talks from project partners and participants
- Film screenings
- Live dance performances by Freewheelers company members

Opening times are:

*5rd - 28th September, Every
Tuesday - Saturday, 9.15 -
4.50pm*

RSVP:

info@freewheelerstheatre.co.uk

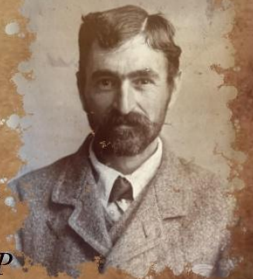
Friday 18 September 2026

6.45 – 9.00pm

Presentations begin at 7.00pm

The Horton Arts Centre

Haven Way, Epsom KT19 8NP





LUMOS

An

ANDREA BOCELLI

*Candlelight Opera
Experience*

EPSOM

St Martin's Church
Saturday 17th October