



Registered Charity Number: 1134149

## WEEKLY NEWSLETTER

**SUNDAY 20<sup>th</sup> JULY 2025**

Trinity 6

# What Is Your One Thing?

**Luke 10:38-42**

Jesus visits Mary and Martha. One is buzzing around, busily preparing a meal, one sits at his feet. When the busy one complains about her sister, Jesus says she has 'chosen the better part.' '**Only one thing is necessary,**' He said to her. What do you think that one thing might be for you?

## DIARY

### Sunday 20<sup>th</sup> July

- 9.30am Morning Prayer at Langley Vale Village Hall  
10.00am Holy Communion at St Martin's (*in Church and live streamed*)  
6.30pm Choral Evensong at St Martin's

### Tuesday 22<sup>nd</sup> July

#### 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.

### Wednesday 23<sup>rd</sup> July

10.00am Holy Communion

### Thursday 24<sup>th</sup> July

7.30 pm The Bible Course - Wisley Room in Church House

### Sunday 27<sup>th</sup> July

- 9.30am Morning Prayer at Langley Vale Village Hall  
10.00am Morning Prayer and Baptism at St Martin's (*in Church and live streamed*)  
6.30pm Holy Communion at St Martin's

## **Second Thoughts at St Martin's**

At last Sunday's 2nd Thoughts Helen Maguire, pictured here in the centre, talked about her first year in Parliament as Epsom and Ewell's MP.



## **Rosemary Donovan**

Rosemary is Vicar of Christ Church, Epsom Common, and after many years in Epsom, will be leaving in September to take up a new Parish in Derbyshire. Please pray for her and her partner, Craig, as they prepare for their move, and for our friends at Christ Church as they await a new Vicar.

## St Martin's School service

On Thursday afternoon St Martin's was jam-packed with children, staff and parents from St Martin's School for their Year 6 leavers' service. Nick introduced the event which was a vibrant hour of tales of school life from the leavers, prize-giving, exuberant singing from the whole school and prayer.



## ADVANCE NOTICE VJ DAY 80<sup>TH</sup> ANNIVERSARY SERVICE



**The Royal British Legion, Epsom and Ewell**  
**Invites You**

to a Service of Thanksgiving and Commemoration of VJ Day  
at St Martins Church, Epsom KT17 4PX  
on Friday 15 August 2025, at 11am  
and for refreshments afterwards  
Regalia/honours to be worn

Kindly RSVP to [epsomewell.secretary@rbl.community](mailto:epsomewell.secretary@rbl.community)

For more information visit [www.rbl.org.uk](https://www.rbl.org.uk)

## St Stephen's Church

Donations have already begun to come in towards the cost of our plans for this much loved building in Langley Vale. We are very grateful to all those in the village who are getting behind this project with enthusiasm.

### St Stephen's Needs You!



**St Stephen's is under scaffolding and closed - but not for long. We're on a mission to bring it back better than ever, and we need your help!**

Alongside essential repairs, we're upgrading the church to serve our community for the next 60+ years with:

- Step-free access via the Village Hall car park
- An accessible toilet
- Kitchen facilities for events and gatherings

Let's reopen St Stephen's as a space for everyone - please support the project today.

**The work will cost £125,000 -  
Can you help us to achieve this?**



**Scan the QR code or visit [www.stmartinsepsom.org/ststephens](http://www.stmartinsepsom.org/ststephens) to make a donation**



if you have any questions please email Rob Jeffery, Chair of the Fabric Committee - [rob@stmartinsepsom.org](mailto:rob@stmartinsepsom.org) or phone the Parish Office which is open every weekday morning - 01372 722567

## **WARNING RE PHISHING EMAILS**

Recently there has been an increase in the number of phishing emails circulating. These emails are sent by criminals who are trying to trick you into giving them money or your personal details or to encourage you to visit a website where they can obtain those details. These emails appear to come from someone you know. They may say that they cannot talk at the moment, perhaps because they have laryngitis, but they need you to do something for them, such as ordering an item from Amazon. Their aim is to get you to reply in a hurry, without thinking about what you are doing.

1. Stop and think.
2. Do not click on any links in the email.
3. Do not reply to the email.
4. Do not give any personal information.
5. If you believe an email is suspicious, forward it to the National Cyber Security Centre: [report@phishing.gov.uk](mailto:report@phishing.gov.uk)  
You don't need to forward emails you find in your junk/spam folder.
6. Permanently delete the email.

If you have any concerns about this, come and talk to me.

**Revd Judith, Parish Safeguarding Officer**

## STEWARDSHIP – MAKING YOUR DONATION

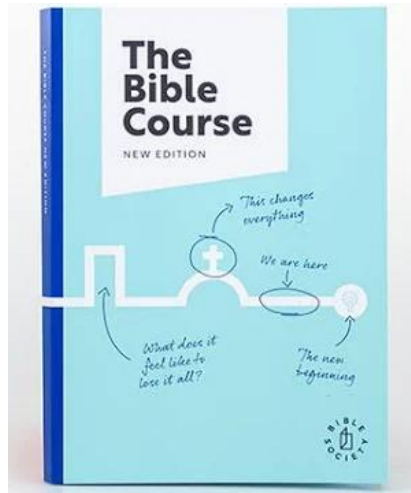
For general and stewardship giving you can give online via the Charities Aid Foundation. Donations can be either a one-off donation or a regular donation using direct debit. To make a donation either:

1. Click on the following link:  
<https://cafdonate.cafonline.org/13377>  
OR
2. Use your smart phone and scan the QR code below:



# THE BIBLE COURSE

Explore God's big story one step at a time



Starting Thursday 3 July, 7.30 pm in the Wisley Room in Church House, over eight sessions we will be following the Bible Society's new edition of *The Bible Course* in a relaxed small group.

Using a unique Storyline, *The Bible Course* illustrates how all the books, characters and events in the Bible are part of God's big story, from Genesis to Revelation.

Please let me know if you are able to come along.

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





## **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. There is an additional zoom prayer session on the 3<sup>rd</sup> Thursday at 8pm.

### **Centering Prayer: Every other Tuesday, 4pm in Church (Tea & biscuits from 3.45pm)**

"Be still and know that I am God" *Psalms 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. Next meeting: Tuesday 8<sup>th</sup> July.

### **Contemplative Prayer: 1<sup>st</sup> Tuesday of each month, 11am in the Lady Chapel**

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.

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

Please remember in your daily prayers this week:

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

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

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

Our vision and work for Social and Racial Justice. Our Readers and Intercessors. Local schools and nursery schools. Those living and working in Oak Hill, Oakmead Green, Old Barn Road, Pikes Hill and Pine Hill.

### **Tuesday 22<sup>nd</sup>**

All who offer welcome and hospitality and serve refreshments at our churches. Those to be married in our churches. Our Missions: Mercy Ships. Those living and working in Pitt Road, Portland Place, Prospect Place, Providence Place and Randolph Road.

### **Wednesday 23<sup>rd</sup>**

Our Electoral Roll Officer: John Aronson. Our Church Cleaners. Local doctors' surgeries. Those living and working in Richmond Close, Rosebery Avenue, Rosebery Road, Sadlers Way and South Street.

### **Thursday 24<sup>th</sup>**

Those recently confirmed and their growing relationship with God. Preparation for future baptism and confirmation. All who enter St Martin's in the week and pass through our garden. Church Army (supporting and empowering those most in need in UK and Ireland). Those living and working in Spencer Close, Squirrels Way, St George's Gardens, St James' Close, St Martin's Avenue and St Martin's Close.

### **Friday 25<sup>th</sup>**

The Vale School: children, parents, the Co-Heads, staff and Governors. Scouts (especially our 3rd Epsom (St Martin's) Scout Group), Cubs, Beavers, Guides, Brownies and their leaders. Local refuse collectors, those who deliver the post and other items. Those living and working in Station Approach Stevens Close, Strand Close, Sunnybank, and The Grove.

### **Saturday 26<sup>th</sup>**

Our 'Second Thoughts' programme on the second Sunday at 6.30 pm. Education and training in the Parish and future courses. Our Missions: PHAB (bringing together disabled and non-disabled to create an inclusive world). Those living and working in The Hayes, The Oaks, The Parade, The Ridge, The Ridings, Tintagel Close and Treadwell Road.

## FOODBANK REQUESTS

Cooking Sauces - **Urgent**  
Pasta Sauce - **Urgent**  
Dried Pasta in Sauce - **Urgent**  
Tinned Vegetables  
Tinned Fruit  
Tinned Meat, Tinned Fish  
Sweetcorn  
Tinned Tomatoes  
Noodles - **Urgent**  
Microwave Rice  
Instant Coffee - **Urgent**  
Ketchup/Mayonnaise - **urgent**  
Squash  
Porridge  
Jam/Honey/Marmalade/Chocolate Spread  
Sugar (500gr)  
Long life Sponge puddings - **Urgent**  
Custard – **Urgent**, Rice Pudding  
Savoury Biscuits  
Chocolate - **Urgent**  
Chocolate Biscuit Bars- **Urgent**  
Biscuits - **Urgent**  
Deodorant (Male/Female)  
Adult toothpaste  
Hair conditioner - **Urgent**  
Tampons, Toilet rolls - **Urgent**  
Washing powder/ tablets - **Urgent**  
Washing up Liquid - **Urgent**  
Nappies size 5

## THE POWER OF POETRY – JULY

It is summer, so as a change from more serious poetry, I have chosen a lighter one by John Betjeman (1906-1984).

I expect many of you will remember him from the sixties and seventies when he was frequently on television, though he was a prolific broadcaster from the thirties. He became Poet Laureate in 1972, and was a rarity among poets for being commercially successful and popular (except with the people of Slough perhaps).

He is renowned for his dislike of modern architecture, particularly when it involved sweeping away something more beautiful or interesting. He was instrumental in saving St Pancras Station but he was equally keen to record his horror of the modern taste for removal of high-backed oak settles or stuffed fish in glass cases from pubs, or for the increase in identical poorly-built houses disfiguring the landscape – he had an acute eye also for the people who inhabited them. (See too *Hymn* “The Church’s Restoration in 1883 has left for contemplation not what there used to be...”). He appreciated landscape of all sorts, writing the Shell Guides with artist John Piper. He wrote poems about Cornwall, the suburbs, Margate, Ireland, Henley-on-Thames, Essex and many other places.

I suppose the ability to notice, to absorb and then to set down those impressions in apposite words which convey not just the appearance but the scents and sounds, and intangibles, of a place is an indication of a poet rather than an ordinary observer. For instance:

### Trebertheric

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.

### Upper Lambourne

Up the ash tree climbs the ivy,  
Up the ivy climbs the sun,  
With a twenty-thousand pattering  
Has a valley breeze begun.  
Feathery ash, neglected elder,  
Shift the shade and make it run.

### Croydon

The laurels are speckled in Marchmont Avenue  
Just as they were before;  
But the steps are dusty that still lead up to  
Your Uncle Dick's front door.

Betjeman is also a poet of things ecclesiastical, including the church buildings themselves, but this is a topic for another day.

The poem selected is *East Anglian Bathe*. Anyone who as a child holidayed on the coast of Britain before the advent of package holidays will probably recall similar scenes – the ‘bent grass on the leeseide’, the ‘tumbled breaker-line’, or as they paddled the ‘intersecting wavelets morning cold’. Our memories may not be so poetic, but I’m sure we can relate to his. I remember sheltering behind a Brighton breakwater from the cold wind, eating a faintly gritty sandwich (perhaps the true origin of the word sandwich, and

not the eponymous Lord after all!), the iciness of the water, the sharpness of the shingle..... Anyway, here is the poem:

Oh when the early morning at the seaside  
Took us with hurrying steps from Horsey Mere  
To see the whistling bent-grass on the leaside  
And then the tumbled breaker-line appear,  
On high, the clouds with mighty adumbration  
Sailed over us to seaward fast and clear  
And jellyfish in quivering isolation  
Lay silted in the dry sand of the breeze  
And we, along the table-land of beach blown  
Went gooseflesh from our shoulders to our knees  
And ran to catch the football, each to each thrown,  
In the soft and swirling music of the seas.

There splashed about our ankles as we waded  
These intersecting wavelets morning-cold,  
And sudden dark a patch of sea was shaded,  
And sudden light, another patch would hold  
The warmth of whirling atoms in a sun-shot  
And underwater sandstorm green and gold.  
So in we dived and louder than a gunshot  
Sea-water broke in fountains down the ear.  
How cold the bathe, how chattering cold the drying,  
How welcoming the inland reeds appear,  
The wood-smoke and the breakfast and the frying,  
And your warm freshwater ripples, Horsey Mere.

***Mary Gilbert***

# Project 200

Enabling St Martin's to embrace the future

## Two ways to support us

**Short term:** Make a donation beginning with a '2' to help us upgrade and enclose the Lady Chapel, so we can create a warm space without heating the whole building



**Longer term:** How might St Martin's look in the future? Share your ideas with us for how our historic building can continue to witness to God in the years to come

To donate, scan the QR code  
or go to our website  
[www.stmartinsepsom.org/project200](http://www.stmartinsepsom.org/project200)



**St Martin of Tours**

Church Street, Epsom, KT17 4PX

📱 [stmartinsepsom](https://www.stmartinsepsom.org) • [office@stmartinsepsom.org](mailto:office@stmartinsepsom.org) • [www.stmartinsepsom.org](http://www.stmartinsepsom.org) • 01372 722 567



Saint  
Columba's  
House



# OPEN DAYS AT ST COLUMBA'S

## A WARM WELCOME AWAITS!

Join us this summer for two special Open Days at St Columba's House, one of Woking's most peaceful and welcoming spaces. Feel free to drop in and say 'hi'.

## THINGS TO DO:

- ✓ explore the house and gardens
- ✓ enjoy a drink from the coffee truck
- ✓ take a guided tour of the building
- ✓ walk the garden labyrinth
- ✓ visit the art exhibition
- ✓ spend a quiet moment in our Oratory

## WHEN?

**TUESDAY 29<sup>TH</sup> & WEDNESDAY 30<sup>TH</sup> JULY**  
**11AM - 3PM**

## CONTACT US NOW

- ☎ 01483 766498
- ✉ [admin@stcolumbashouse.org.uk](mailto:admin@stcolumbashouse.org.uk)
- 🌐 [www.stcolumbashouse.org.uk](http://www.stcolumbashouse.org.uk)
- 🏠 Maybury Hill, Woking, Surrey GU22 8AB



Coffee



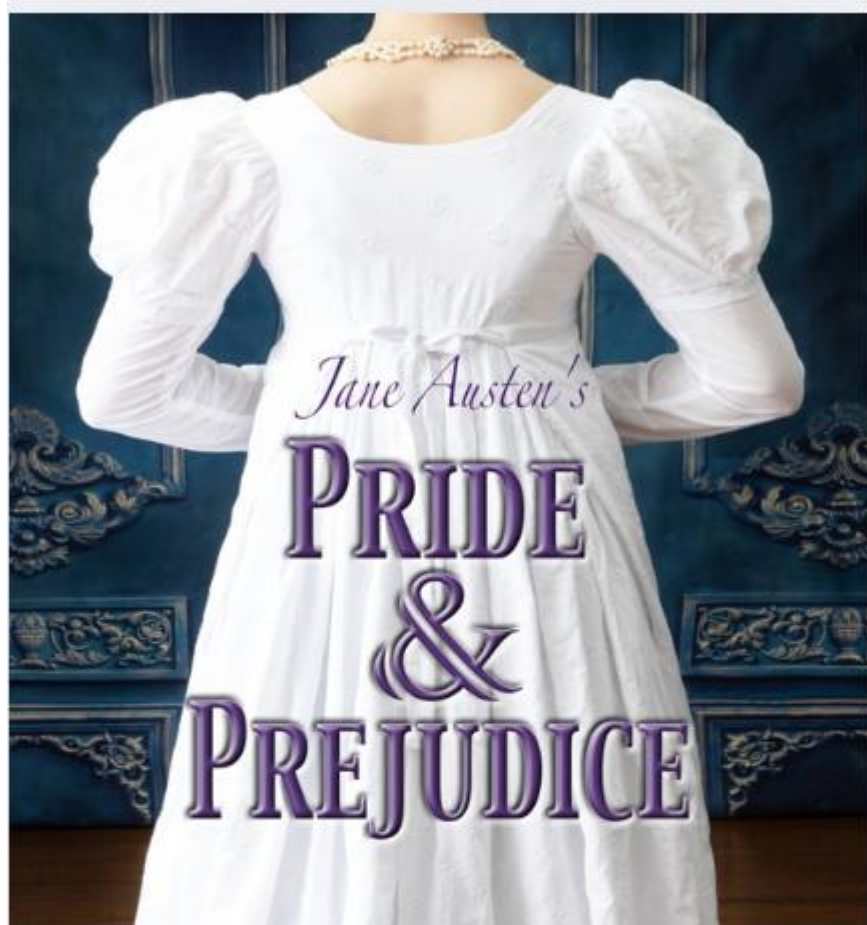
Activities



Tours



St Columba's House is wholly owned by St Peter's Charity, a registered charity in England and Wales number 1177879 and a company limited by guarantee registered in England number 11142467



**Saturday 13 September 7.30pm**



**Tickets**

**£16 Adult**

**£12 Concessions**

**[thisismytheatre.com](http://thisismytheatre.com)**

**07732 253311**

**St Martin  
of Tours**

Church Street  
Epsom, KT17 4PX

**THIS MY  
THEATRE**

**f stmartinsepsom • [office@stmartinsepsom.org](mailto:office@stmartinsepsom.org) • [www.stmartinsepsom.org](http://www.stmartinsepsom.org) • 01372 722 567**

# PRIDE & PREJUDICE

Written by Jane Austen

Directed by Sarah Slator

Assistant Direction by Chloe Bond

Adapted by Ethan Taylor

Music by Simon Stallard

**"It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife."**

**This Summer, critically acclaimed theatre company This Is My Theatre brings Jane Austen's classic tale to life in a stunning one-act adaptation to celebrate the author's 250th anniversary year.**



Epsom's largest historical building

## **St Martin's Church**

is marking its own anniversary - the 200th of its Georgian nave. Together with this theatre production, other events over a weekend of celebration include a talk on Georgian food (uniting Jane Austen with clergyman James Woodforde), an exhibition and special services.

For more information  
[www.stmartinsepsom.org](http://www.stmartinsepsom.org)  
01372 722 567

St Martin's Church, Church Street  
Epsom KT17 4PX

**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.**

**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)**

**If you would like to be added to our mailing list so that you  
receive the newsletter and orders of service weekly, please  
email the parish office. Please contact clergy and lay  
ministers via the office.**