

St Martin of Tours
Epsom

St Stephen on the Downs
Langley Vale

Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 29th MARCH 2026
PALM SUNDAY



DIARY

Saturday 28th March

4.30pm Music @ St Martin's:

Peter Lutton shows off both our fine pipe organ and grand piano with a wide-ranging choice of music. In a programme lasting just an hour he shares his love of organ music by Bach, Handel and Duruflé and piano music by Mozart, Schubert, Respighi and Joplin. Admission free, donations requested from those who can.

Sunday 29th March Palm Sunday

- 9.30am Morning Prayer service at St Stephen's**
- 10.00am Holy Communion service at St Martin's,**
(Followed by the internment of the ashes of
Patrick Gabbett in the garden of remembrance).
- 6.30pm Compline at St Martin's**

Monday 30th March

- 7.30pm Stations of the cross and compline**

Tuesday 31st March

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.

- 7.30pm Stations of the cross and compline**

Wednesday 1st April

10.00am Holy Communion at St Martin's

7.30pm Lent Course From now on (at the Vicarage)

7.30pm Stations of the cross and compline

Maundy Thursday 2nd April

3.00pm Lent Course From now on at St Martin's

7.00pm Stations of the Cross

8.00pm Holy Communion service at St Martin's

Good Friday 3rd April

12–2pm Readings and Prayers for the day at St Martin's

2.00pm Liturgy of the Cross at St Martin's

Holy Saturday 4th April

8.00pm Easter Vigil at St Martin's

Sunday 5th April Easter Day

8.30am Holy Communion service at St Martin's

9.30am Holy Communion service at St Stephen's

10.00am Sung Communion service at St Martin's

6.30pm Choral Evensong at St Martin's

EASTER CARDS – SELLING FAST!

There is a good selection of reasonably priced cards now available at the back of church to celebrate Easter Sunday on April 5th. Please support the church by buying your cards from St Martins. Thank you.

Mary Holloway-Neville

Contemplative Prayer Group

The next Group will be at 29, Hereford Close at 11am on Tuesday 7th April. Our starting point will be from John 20.27: *'Be not faithless, but believing'*. All will be welcome. We also have a 'zoom' session at 8 pm on Thursday 16th April. Contact me if you need details of the 'zoom' session. **Adrian Esdaile**

Second Thoughts - Sunday 12th April at 6.30pm

(refreshments available from 5.45pm)

The Dean of Guildford, The Very Revd Bob Cooper 'Praying with Icons'

What exactly is an icon, and how might these sacred images deepen our prayer life? This session explores the rich spiritual tradition of icons in Christian devotion, examining their theological significance and contemplative purpose. We'll discover how icons can serve as windows into the divine, offering focal points for meditation and encounter with God. Practical guidance will be shared on using icons in personal prayer, helping participants engage with this ancient practice in fresh and meaningful ways.

The Very Rev'd Bob Cooper serves as Dean of Guildford Cathedral, the Cathedral of the Holy Spirit, where he leads a vibrant community of worship, music, and mission. Previously Archdeacon of Sunderland, Bob has demonstrated creative ministry through innovative programming combining cultural and spiritual engagement. Throughout his ministry, Bob has maintained a passionate commitment to deepening spirituality in people's lives, developing contemplative practices, educational resources, and liturgical experiences that help contemporary audiences encounter God through both ancient traditions and fresh expressions of faith.

LENT COURSES

Overflowing Faith & Generosity **Sundays 3 pm – 5 pm in the Lady Chapel**

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.

6. *Sun 29 March*: What next?

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

revjudith@stmartinsepsom.org

From Now On

THURSDAY at 3pm in Church and 7.30pm at the Vicarage
NB Evening Group on Wednesday this week.

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.

Nick Parish

Report by Mackie Holder, Barbadian Deputy High Commissioner on Facebook about the Creative Workshop led by Christina Peake at Reading Museum on Thursday 19 March

Examining Slavery to inform Memorial

A different kind of engagement for sure. The workshop at Reading Museum to inform the art memorial to those enslaved in Barbados by John Brathwaite, to be installed at St Martin of Tours Church, Epsom, to address an existing one to John Brathwaite, was educational, stimulating and, of course, passionate.

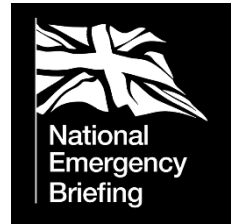
The last of three, it was conducted by Christina Peake, a Bajan British transdisciplinary artist with an extensive research record. Among others attending were Revd Judith Mitchell, Assistant Curate, St Martin's Church, Epsom; Revd. Polly Falconer, Associate Minister, St. George's and St. Mary Magdalen , Tilehurst, Reading and Racial Justice Adviser for the Oxford Diocese; Brendan Carr, Reading Museum; community leaders and residents of Reading.

There were lively discussions around the role of the church in slavery, the lack of discussion among Barbadians born in and out of Barbados about slavery, and notions of "slavery" in Barbados in the first half of the 20th century and Emancipation – Bussa – statue was one of the images examined to inform design. For sure, too, there remains a need for a lot more education and discussion about this – and about the development of Barbados. But an enjoyable night looking at slavery from a different perspective.



People's Emergency Briefing

Some of you may have heard about the National Emergency Briefing held in London last November, when a number of experts held a high-level briefing, calling for the Government to make sure the public is informed, prepared and protected, in the light of the current risks from climate change. This three-hour event is being summarized in a 45 minute film, which will be shown at St Martin's on 11th and 12th April. Both events are free (no charge). This is a nationally significant initiative.



After the 45 minute film there will be a discussion of 45 mins -1 hour.

The event on 11th April is being advertised to the public, and we are asking people to sign up so that we have an idea of numbers. This event is at 2.30pm for 3pm, and will finish by 4.45pm. Please let me know if you are attending. One way of doing this is by following this link -

<https://stmartinsepsom.churchsuite.com/events/enz7krst>, or looking under 'Church Life' and 'Calendar' on the church website and going to 11th April.

The event on 12th will be after coffee after the 10am service, at 11.30am for 11.45am. This will be followed by discussion and bring-and-share lunch. There will be a list at the back of church for you to sign up and suggest what you will be bringing.

We look forward to seeing you at one of the events. Please spread the word amongst your friends and neighbours, too.

Helen Williams, Eco Rep

Public Lecture: The Man Who Built Surrey's Churches: the architect Henry Woodyer Revealed

On Saturday 23 May 2026, 10.30am –12 noon at St Andrew's Church, Grafham, Guildford GU5 0LJ, architectural historian Robin Stannard explores the life and legacy of Henry Woodyer (1816–1896), the prolific Victorian Gothic Revival architect responsible for around 300 buildings, including many of Surrey's finest churches. Held at Woodyer's own church ahead of its much needed restoration, the lecture will reveal the story behind its creation and the hidden splendour of its interior decoration. Tickets: £12 advance (£15 on the door), £8 SCPT members, £5 under 25s, or three for £30 in advance. Book via www.ticketsource.co.uk (search "Woodyer"). All proceeds support the Surrey Churches Preservation Trust. Click here to book: <https://www.ticketsource.co.uk/whats-on/surrey/st-andrews-church/public-lecture-the-man-who-built-surrey-s-churches-the-architect-henry-woodyer-revealed/2026-05-23/10:30/t-mjjevma>



Parish Giving Scheme

We introduced the Parish Giving Scheme on Sunday at the morning service in St Martin's and if you are on our mailing list you will have received details of how effective and simple this scheme is to donate regularly by direct debit.

Follow this link to set up your regular giving:

[The Parish Giving Scheme Website](#) If you have any questions do please contact rob@stmartinsepsom.org or Sarah - wardens@stmartinsepsom.org

FALL IN LOVE WITH THE FUTURE

One-day workshop, 30th May 2026

10am – 4.30pm

St Martin's Church, Epsom KT17 4PX

£25 (Early bird £20)

After a recommendation from Lynne to read 'From What Is to What If', Rob Hopkins is coming to Epsom to lead a dynamic and hands-on workshop, which will guide us in how to 'fall in love with the future'. In a day of inspiring, playful and imaginative activities Rob will steer us towards imagining and discovering the thriving town of the future – Epsom, Ewell and further afield - we'd all love to live in.

This isn't your standard workshop – it will take you out of the 'daily grind' and beyond familiar workday discussions. The event is open to anyone: members of local sustainability groups, teachers/lecturers, town councils, local businesses. It's a day for people from all parts of the local community – the more 'cross-pollination' the better, so we do hope that you will come along and be part of it.

More details, and how to book, can be found at

<https://www.stmartinsepsom.org/imagine/>

Best wishes,

Helen, Eco Rep

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



Epsom & Ewell
Foodbank

Together with Trussell

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

PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Please remember in your daily prayers this week:

Sunday 29th

All parents and toddlers. Users of Langley Vale Village Hall: Sean Porter, Chair of the Village Hall Committee. Care and nursing homes in the Parish. Those in sheltered housing. Those living and working in Woodcote Close, Woodcote End, Woodcote Green Road, Woodcote Hurst, Woodcote Park Road and Woodcote Side.

Monday 30th

Epsom College, staff and students: Chaplain Andrew Haviland. May all who enter our churches find peace and welcome. Epsom & Ewell Foodbank (Our Missions) and the Leprosy Mission. Those living and working in Wootton Close, Worple Road,

Wyeths Mews, Wyeths Road, Yeomanry Close and Yew Tree Gardens.

Tuesday 31st

May the choirs who give concerts at St Martin's and their audiences feel God's presence in our church. Those in our church family who now live elsewhere. Our borough libraries: their librarians, volunteers and those who use them. All who attend our churches and live in roads outside the Parish boundary.

Wednesday 1st

Our Vicar: Nick Parish, Yvonne and their family. The Bishop of Dorking, Paul Davies. The Chaplaincy Team at Epsom & St Helier Hospitals. Those living and working in Adelphi Road, Albert Road, Alexandra Road and Andrews Close.

Maundy Thursday 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.

Good Friday 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.

Holy Saturday 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.

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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:



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 Fish - **Urgent**
Rice Pudding - **Urgent**
Tinned Fruit - **Urgent**
Instant Coffee - **Urgent**
Sponge Pudding - **Urgent**
Male/Female Deodorant - **Urgent**
Powdered Milk - **Urgent we have none**
Savoury Biscuits - **Urgent we have none**
Custard - **Urgent we have none**
Hair Conditioner - **Urgent we have none**
Tinned Meat
Noodles, Sweetcorn
Packet Soup, Instant Mash
Tinned Spaghetti, Microwave Rice
Dried Pasta in Sauce
Tinned Peas
Pasta Sauce, Cooking Sauce
Milk UHT, Tea (bags), Biscuits
Squash, Sugar
Honey/Jam/Chocolate Spread/Peanut Butter/Marmalade
Ketchup/Mayonnaise/Brown Sauce
Washing Up Liquid, Washing Powder
Shampoo, Shaving Foam, Shower Gel
Children Toothpaste ONLY 0-2
Children Toothbrushes ONLY 0-2 and 6+
Adult Toothpaste
Toilet Rolls
Nappies Size 5, 6 & 6+

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.



Good Friday Passion Play 3rd April 2026

Epsom Market Place, 10.30am

BRING YOUR FRIENDS!



People's Emergency Briefing

Epsom



Film screening and discussion

St Martin's Church, Epsom KT17 4PX
Saturday 11th April 2026
2.30pm for 3pm

www.nebriefing.org

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

FREE!

Music @ St Martin's

Spring 2026

Saturday afternoons at 4.30



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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