



Registered Charity Number: 1134149

WEEKLY NEWSLETTER

SUNDAY 26th JULY 2026

8th Sunday of Trinity



DIARY

Sunday 26th July Trinity 8

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

Tuesday 28th July

4.00pm Take Time to Talk

(refreshments from 3.45pm in church)

The Book of James is a highly practical New Testament letter. It acts as a bridge between Old Testament wisdom and Jesus' teachings (especially the Sermon on the Mount). James famously asserts that genuine faith naturally results in tangible, good works. Do come and join us for our first time to talk exploration of a New Testament epistle.

Lynne

Wednesday 29th July

- 10.00am Holy Communion service at St Martin's

Sunday 2nd August Trinity 9

- 9.30am Morning Prayer service at St Stephen's
- 10.00am Together @ Ten - All Age Holy Communion service at St Martin's
- 6.30pm Evening Prayer service at St Martin's

Tuesday 4th August

11am Contemplative Prayer

The Contemplative Prayer Group meets in the Lady Chapel at St Martin's. Our starting point will be from Hebrews 13.5: *I will never fail you or forsake you*. All will be welcome and also at the 'zoom' session at 8 pm on Thursday, 20th August.

Adrian Esdaile

Second Thoughts

Sunday 9th August at 6.30 pm

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).

Fred Etheridge RIP

Fred Etheridge's funeral will take place at Ashley Road Cemetery on Monday 3rd August in the chapel at 11am. The Wake is at the Stepping Stones public house (approximately 20 mins drive from the Cemetery), the post code is RH5 6BS.

Fred served at St Stephen's church for many years.

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 – JULY

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.

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

PRAYING FOR OUR CHURCH AND OUR COMMUNITY

Please remember in your daily prayers this week:

Sunday 26th

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

Monday 27th

All involved in planning and leading our services. 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.

Tuesday 28th

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

Wednesday 29th

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

Thursday 30th

Epsom College, staff and students: Chaplain Andrew Haviland. All who enter our churches, for their peace and welcome. Epsom & Ewell Foodbank and the Leprosy Mission. Those in Wootton Close, Worple Road, Wyeths Mews, Wyeths Road, Yeomanry Close and Yew Tree Gardens.

Friday 31st

The choirs who give concerts at St Martin's and their audiences, that they may 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.

Saturday 1st

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

THE POWER OF POETRY – JULY

This month I am venturing into the world of William Blake. I have chosen *The Tyger* which was included in the Cambridge Book of Poetry for Children, a book given to me at Christmas when I was eight. The poetry included a few simple rhymes, but then progressed via Wordsworth's *Daffodils*, *Home Thoughts from Abroad* by Robert Browning, an extract from Macaulay's *Lays of Ancient Rome*, Byron's *Destruction of Sennacherib* and *The Glory that was Greece*, and so on. Quite a few dealt with death. I remember liking only a very small handful, though I must have looked at it quite often, judging by its condition. The rest were either too miserable or quite beyond my comprehension. And *The Tyger* was one of the latter. (I preferred *A Child's Garden of Verses* by Robert Louis Stevenson, given to me when I was six – *The friendly cow, all red and white...* was a favourite!) William Blake was not just a poet; he was an engraver and painter. He was born in 1747 into a dissenter family of tradesmen, living in London. Blake was also a Visionary. He was a difficult man, apparently indifferent to his parents and his many siblings, apart from one. His parents were ordinary, pleasant people but throughout Blake's life he found it easy to take offence. He first saw visions when he was only eight, and these visions continued for the rest of his life. Where other people saw London as a dark, dirty and gloomy city, Blake saw angels, and the Prophet Ezekiel

under a tree. He was threatened with a beating by his father who thought he was lying, though this was not carried out. Yet Blake bore this as a grievance ever after and hardened his dislike of both parents. There was evidence that his mother in particular was proud of her son and hung his engravings in her room. Peter Ackroyd in his excellent biography of Blake said that "there was a sense in that in all his contrariness and extreme sensitivity, he remained a child." He married, happily, but had no children. He died in 1827.

*Tyger, Tyger, burning bright,
In the forests of the night;
What immortal hand or eye,
Could frame thy fearful symmetry?
In what distant deeps or skies,
Burnt the fire of thine eyes?
On what wings dare he aspire?
What the hand, dare sieze the fire?*

*And what shoulder, and what art,
Could twist the sinews of thy heart?
And when thy heart began to beat,
What dread hand? And what dread feet?
What the hammer? What the chain,
In what furnace was thy brain?
What the anvil? What dread grasp,
Dare its deadly terrors clasp?
When the stars threw down their spears
And water'd heaven with their tears:
Did he smile his work to see?
Did he who made the Lamb make thee?*

The poem has a regular and even beat, which may be why it was often given to children to learn by heart. *The Lamb* referred to in verse 5 was another poem by Blake, a companion to this one and a contrast: the lamb has “clothing, woolly, bright”, a tender voice, and is meek and mild. The tiger has “fearful symmetry”, burning eyes, a tough, sinewy heart, and is altogether a terrifying beast. Even more disturbing is the line “Did he smile his work to see?”. I think I was right to give the poem a miss when I was eight. There have been many explanations of *The Tyger*, but the main one seems to be the *Theodicy* argument in which the attempt is made to justify the claim that God is good, loving and all powerful, despite there being so much evil and suffering which seems to indicate the contrary. Over to the theological experts to explain this.....

Mary Gilbert

Can you help the
SURREY CHURCHES
PRESERVATION TRUST?

RIDE & STRIDE
Saturday 12 September 2026
PRESERVING
Our Heritage
FOR FUTURE
GENERATIONS

www.surreychurchespreservationtrust.org

FOODBANK REQUESTS

Pasta/Beans with Meat - **Urgent we have none**
Instant Mash - **Urgent we have none**
Instant Coffee - **Urgent we have none**
Savoury Biscuits - **Urgent we have none**
Male/ Female Deodorant - **Urgent we have none**
Washing Powder - **Urgent we have none**
Tinned Vegetables – **Urgent**, Biscuits – **Urgent**
Sponge Pudding – **Urgent**, Squash – **Urgent**
Shower Gel – **Urgent**, Hair Conditioner – **Urgent**
Tampons – **Urgent**
Tinned Spaghetti, Tinned Fish,
Tinned Potatoes, Tinned Meat,
Pasta Sauce, Tinned Tomatoes
Beans, Cooking Sauce,
Noodles, Microwave Rice
Sugar, Crisps,
Custard, Rice Pudding
Tinned Fruit, Powdered Milk,
Breakfast Cereal, Tea (bags),
Washing Up Liquid, Shampoo
Toilet Rolls, Children Toothbrushes 0-2 and 6-8
Adult Toothpaste, Nappies Size 4, 4+, 5, 5+, 6 and 6+

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.



The Ancient of Days – William Blake