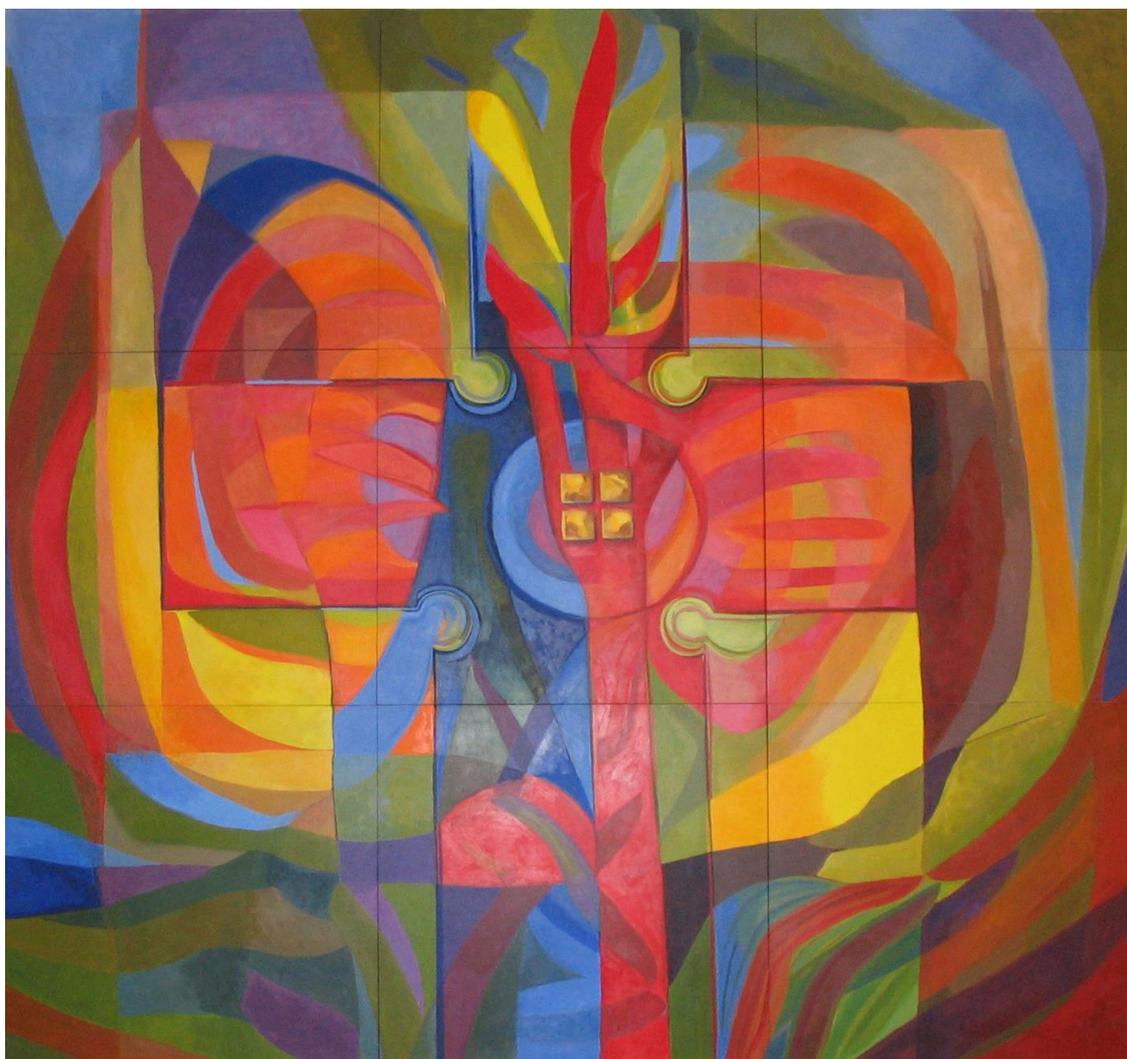


St Barnabas Church
Temple Road, Epsom KT19 8HA

*Parish Information News
Sheet*



March 2019

Events in March

Friday 1 st	7.30pm	Quiz Night
Sunday 3 rd	8.00am 10.00am	Holy Communion All Age Worship
Wed. 6 th	9.00am 9.30am 7.30pm	Morning Prayer Holy Communion with Ashing Holy Communion with Ashing
Thursday 7 th	11.00am	Coffee Morning
Saturday 9 th	9.30am	Morning Prayer
Sunday 10th	8.00am 10.00am	Holy Communion Parish Eucharist
Monday 11 th	9.00am	Morning Prayer
Tuesday 12 th	9.00am	Morning Prayer
Wednesday 13 th	9.00am 9.30am 7.30pm	Morning Prayer Holy Communion Holy Communion
Thurs 14 th	12.15pm–2pm	Soup Lunch
Friday 15 th	2.00pm	Knit and Natter
Saturday 16 th	9.30am	Morning Prayer
Sunday 17th	8.00am 10.00am	Holy Communion Parish Eucharist
Monday 18 th	9.00am	Morning Prayer
Tuesday 19 th	9.00am	Morning Prayer
Wednesday 20 th	9.00am 9.30am	Morning Prayer Holy Communion

	7.30pm	Holy Communion
Thursday 21 st	9.00am	Morning Prayer
Saturday 23 rd	9.30am	Morning Prayer
Sunday 24th	8.00am 10.00am	Holy Communion 3 on 3 Service
Monday 25 th	9.00am	Morning Prayer
Tuesday 26 th	9.00am	Morning Prayer
Wednesday 27 th	9.00am 9.30am 7.30pm	Morning Prayer Holy Communion Holy Communion
Thursday 28 th	9.00am	Morning Prayer
Saturday 30 th	9.30am	Morning Prayer
Sunday 31 st	8.00am 10.00am	Holy Communion Mothering Sunday Worship for All

Message from the Vicar's desk:

When we moved into the Vicarage three years ago, one of the great joys was getting to know the garden. As many of you know, it's a big garden, and it takes a lot of time and attention to make the most of it.

There are three apple trees in the garden, but the one in the middle of the lawn is the most impressive and takes centre stage. In March it slowly comes to life, covered with tiny, bright green leaves and encircled by daffodils. Come May it will be covered in large, pinky-white blossoms. In bloom it is the showpiece of the whole garden and gives one a real lift to the spirit as it is living proof that summer is really on its way.

Flowers give way to more leaves, then apples appear. Over the long summer last year, I watched them grow larger and larger. Autumn saw a small haul of delicious apples. Even in winter the tree is majestic, gnarled and wizened like some sort of modern sculpture. Everything else in the garden relates to the tree and any new planting must take it into consideration.

Our faith is like the apple tree. It stands there day after day, a part of our lives. Sometimes it flares up into glorious, colourful life. The Spirit moves us and we well up into life, real eternal life. At other times it fades into the background, almost unnoticed. Sometimes it is taken for granted.

Faith, like the apple tree, is a gift, something to be nurtured and enjoyed. As Lent begins, we have the opportunity to re-evaluate our own spiritual wellbeing and revitalise our relationship with God. We may take something new on, or give something up. We might join

a Lent group or study the Bible. Prayer may come to the foreground as we seek to open that channel of communication with God as we follow his Son on the long, hard road towards Jerusalem and the events that wrought salvation itself.

What is important is that we do something that will feed our spiritual selves and deepen our faith. For in the depths of winter we need to feed our souls so that, come Spring, they may burst into bloom yet again and fill us with awe and wonder. Let us this Lent dig deep and drink deeply that we might be renewed and fill this place with his love.

With Every Blessing,

Fr. Michael



3 rd	Marion Harris
8 th	Craig Mey Mac Ransom
20 th	Travis Mey
24 th	PJ Jansen

Bishop of Guildford's Lent Challenge: Leaflets are at the back of the church and we encourage you to sign up for the daily reflections during Lent 2019. It's easy to sign up through the website at: cofeguildford.com/lent and a PDF booklet will be also be available to print off for anyone who'd prefer to have a paper copy.

If you prefer to undertake a Lent challenge in small groups, the reflections can be broken down into their respective weeks and explored together.

This Lent the Bishop is encouraging people to join in on a journey to become more prayerful and confident disciples in

daily life. Through interviews, email reflections and prayers the Lent Challenge will provoke, inspire and offer practical tips as we grow as disciples of Jesus Christ. Any money raised by the challenge will go towards two worthy causes, one domestic and one international – the Bishop of Guildford's Communities Fund (formerly the Bishop of Guildford's Foundation) and also the Church Missionary Society for their work in DR Congo and Tanzania. More information about the causes can be found [on the website](#). Donations can be made online at: justgiving.com/campaign/lent19

Michael's has had surgery and is recovering well. He will be back to work on Wednesday 6th April.

Parish Prayers continue on a bi-monthly basis in the Lady Chapel as we pray together for the future of St Barnabas. The next one will be in April – date to be advised.

Soup Lunch: On 14 March there will be a soup lunch at St Barnabas from 12.15pm to 2pm. Lunch will comprise of soup, bread, cheese and cake all for £5. All welcome.

Beaver Scout Leader: An opportunity has arisen for a person to take over our church's Beaver Scout Colony which meets at their headquarters – Concorde Hall, Horton Hill. For full details of the role, appointment and training, please contact Howard Park on 01372 722352.

Children's Church News: On Sunday 24th March, we will be trialling a new event for children aged 9 years or older. It is called Y - this stands for "youth" and also represents one of the big questions of life and one frequently asked by our young people. We will be enjoying cakes and hot chocolate, watching video clips and sharing ideas as we discuss the BIG questions around life and faith. If you have any questions do speak to Anna Jansen or Helen Dyke.

New Electoral Roll: We have to start a new electoral roll this year. Forms can be collected from our Electoral Roll Officer – Ann Baxter. Please ensure that you complete and

return the new forms before the 10th April 2019 for inclusion in our new roll.

New Gift Aid Form: If you pay tax and have not completed a gift aid form for your donations to the church please obtain a form from Ruth or Hilary.

Readers and Intercessors: The January-March list is in the narthex and has vacancies for readers and intercessors on 24 and 31 March (Mothering Sunday). Please sign up if you are able to assist. Thank you.

Parish Prayer Chain: *Together We Can Make a Difference*

Please sign up to prayer triplets – list in the narthex.

Sick List: We pray for Doreen, Nigel Ford, Iris Mann, Karl Bosley, Eileen Lambie, Caroline and Family and Liz and family.

Church Keys: We are doing a key audit so if you have any church keys please advise Ruth.

What's that All About?

In my house, even up until the time my brother and I went off to uni, things like cake, biscuits, and fizzy drinks were strictly reserved as treats for special occasions. And no matter how stealthy we thought we were, my mother could hear the fridge door open and the twist of the cap off a Coke bottle from the other end of the house. Treats were just that, treats. So it comes as no surprise that when we were both off at uni we ate and drank as we pleased and are now both rather rotund for it!

Lent is coming and it is the perfect opportunity to “get back to basics”. The weeks ahead give us the time and space to peel back all the unnecessary things that crowd out our spiritual lives. From ancient days it has been about walking with Jesus more closely, first during his temptation in the desert, and then on that fateful journey to Jerusalem. The

ashes of Ash Wednesday remind us that, no matter how important we may count ourselves in this life, we all “go down to the dust”, our mortality is inescapable, weighed down us we all are by our burden of sin. Jesus alone frees us from that, but we must first recognise that we are sinners and ask for forgiveness, and claim his as Lord and Saviour. There is no other way, no other source of abundant, everlasting life. Lent reminds us that we are far from perfect and that, with God’s help, we can become the people he calls us to be. Bridging that gap takes honesty, humility, and a willingness to change.

Self-denial is a dirty word in our culture today. We are surrounded by endless choices and can have pretty much whatever we want on demand. Often the only time we “give up” is when the doctor tells us we must or we want to shed those unwanted pounds. Lent has always had an element of giving up to it, an opportunity for self-control. I usually find it to be a challenge, but having been introduced to the Anglican way of doing Lent, and even trying fasting, I have always found it to be a rewarding spiritual experience. Laying something aside for a time has made room for more positive things to come to the fore. For instance, cutting back on internet time and television has enabled even more prayer time, especially at the end of the day when all you want to do is unwind. Far more useful than any TV drama or Facebook updates has been prayer, gently evaluating the day that is ending before going to a peaceful night’s sleep. If we can fend off temptations in the little things, we are better placed when facing greater challenges.

Jesus’ whole life was lived in “self-denial”, never once motivated by selfish desire, but instead always doing the Father’s will, even to death itself. His example can inspire us to deny ourselves and take up our crosses for the weeks ahead so that we might become that bit more “Christ-like”. It’s an opportunity not to be missed and one that we will be grateful for come Easter Day. Travel well! *Michael*

Music for Services: If you have any new songs that you would like us to learn, then please let Anna or Sarah know so they can include them in our early Worship or when choosing the music for the service. In addition, is there a song that we have not sung for a while that you would like us to sing, then please add it to the list in reception.

Dates for your Diary:

1 st June	Derby Day Cream Tea
21 st September	Barn Dance
22 nd September	Harvest Festival
5 th December	Start of Christmas Tree Festival
7 th December	Craft Fair 10am – 2pm Dinner and Cabaret 7.30pm – 10.30pm

LAST LAUGH

A good laugh and a long sleep are the best cures in the doctor's book. *Irish Proverb*

A priest, a minister, and a rabbi want to see who's best at his job. So each one goes into the woods, finds a bear, and attempts to convert it. Later, they all get together. The priest begins: "When I found the bear, I read to him from the catechism and sprinkled him with holy water. Next week is his first Communion."

"I found a bear by the stream," says the minister, "and preached God's holy Word. The bear was so mesmerised that he let me baptise him."

They both look down at the rabbi, who is lying on a gurney in a body cast. "Looking back," he says, "maybe I shouldn't have started with the circumcision."

If you understand English, press 1. If you do not understand English, press 2. *(Recording on an Australian tax help line).*

An old guy walks into a bar and the bartender asks for ID. "You've got to be kidding," he said. "I'm almost 60 years old." The bartender apologized, but said he had to see the license. The guy showed his ID, then paid and told the bartender to keep the change. "The tip's for carding me," he said. The bartender put the change in the tip cup. "Thanks," he said. "Works every time."

Q. I am a word that begins with the letter I. If you add the letter A to me, I become a new word with a different meaning, but that sounds exactly the same. What word am I?

A. Isle (add A to make “Aisle”)

Q. I weigh nothing, but you can still see me. If you put me in a bucket, I make the bucket lighter. What am I?

A. A hole!

Q. You find me in December, but not in any other month. What am I?

A. The letter D!

Q. How do you make Holy Water?

A. You take some regular water and boil the devil out of it.

Q. Why did God create man before woman?

A. Because He didn't want any advice on how to do it.

Q. Why do they say ‘Amen’ at the end of a prayer instead of ‘Awomen’?

A. Same reason we sing Hymns instead of Hers!

Q. Who was the smartest man in the Bible?

A. Abraham. He knew a Lot.

Q. Who was the greatest comedian in the Bible?

A. Samson — he brought the house down

What do they call pastors in Germany?

A: German Shepherds

Q. On the Ark, Noah probably got milk from the cows. What did he get from the ducks?

A. Quackers.

**Spring has
Sprung !**



Parish Contacts:

Office: Ruth Mey (Thursdays)
Hilary Batt (Fridays)
Email: stbarnabasepsomoffice@gmail.com
Phone: **01372 417813**

Parish Priest: Fr. Michael Roper (*day off: Friday*)
Tel: 01372 722874
email: gore_lodge@yahoo.co.uk

Churchwardens: Sarah Ford
Helen Dyke

Parish Treasurer: PJ Jansen

Safeguarding Rep for

Children & Vulnerable Adults: Deborah Kind
Deanery Synod Rep: Vacancy
Electoral Officer: Ann Baxter
Stewardship Rep. Ruth Mey
Sunday School Leader: Helen Dyke

Church Website: stbarnabasepsom.org.uk

Parish Church Council:

Fr. Michael Roper (*Chair*)
Kathy Appleyard Hilary Batt
Helen Dyke Sarah Ford
Wendy Hurst PJ Jansen
Ruth Mey Janice Pond
Janet Roberts Frank Sinnock
Muriel Stafford

Clubs and Organisations at St. Barnabas

Pastoral Support

Love Me Love My Mind: Various meetings throughout the year with *Epsom Mental Health Week* in October.

Drop-In: Mondays from 4.00 – 7pm (*meal and activities*) and **Wednesday mornings** at 10.00am for coffee.

Let's Talk Epsom: Support group for people dealing with depression and anxiety issues. *Run by Love Me Love My Mind.*
Wednesdays 7:30pm

KITES Club: Social and support group for adults with learning disabilities and their friends. Every Thursday from 5pm – 8.00 pm.

The Brigitte Trust: support for people with life-changing illnesses. Meets 3rd Tuesday at 7.00pm.

The Meeting Room: Lunch for all. Wednesdays 11.30am – 2.30pm.

Children's Groups and Activities

NCT Toddlers Group: Friday mornings 9.30 – 11.30am *in term time.*

Jo Jingles: Toddlers' group Tuesday 9.30 – 12 noon and Thursdays 9.30 – 12.15pm *in term time.*

Rainbows: Tuesdays at 4.15pm *in term time.*

Brownies: Wednesdays at 5.45pm *in term time.*

Social Groups

Epsom Gardening Society: 3rd Monday at 7.30pm (*except January, February and August*)

Epsom WI: 2nd Tuesday at 7.30pm (except August).

I promise myself

To be so strong that nothing can disturb my peace of mind
To talk health, happiness and prosperity to every person I meet.
To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.
To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.
To forget the mistakes of the past and press on to the greater achievements of the future.
To wear a cheerful expression at all times and to give a smile to every living creature I meet.
To give so much time to improving myself that I have no time to criticize others.
To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.
To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.
To live in faith that the whole world is on my side, so long as I am true to the best that there is in me.

Christian D Larson

