



# EWELL PARISH NEWS

The monthly newspaper of St Mary the Virgin Ewell

No. 570

July 2020

60p



Sharing the Love of Christ, the Light of the World, with the people of Ewell

## Photos from St. Mary's on-line Garden Party



Screenshot from our on-line Garden Party on 6 June and photos from our gardens. During the Garden Party we showed a video of our garden photos.

### CONTENTS

The Vicar writes .....	2, 3
Midsummer musings.....	4
St Marys' on Facebook.....	4



Prayers for July.....	5
Giving to St Mary's.....	5
New ways of being church continued.....	6, 7
Watch this space!.....	7
ECO tip for July.....	7
From our children and families worker.....	8
The ups and downs of on-line Shopping.....	8



Scrubs for Epsom and St Helier.....	9
Children's page.....	10
Foodbank Wish List.....	11
Epsom and Ewell Talking Newspaper.....	12
Our on-line quizzes.....	12

**COPY FOR THE NEXT EDITION: Please email EPN copy to: [epn@stmarysewell.com](mailto:epn@stmarysewell.com). Handwritten or typed copy will only be accepted by prior agreement (call 020 8393 4804). Please do not embed photos in WORD files, but send the images separately. Copy date for the August edition is noon on Monday 13 July.**

## The Vicar writes

For many – though not all – of us, life gradually inches back towards normality. I think, though, we should be prepared for the coming months to be difficult ones. During the first lockdown months, everyone was in more-or-less the same situation. Now, the coronavirus measures are affecting people very differently. Some people are still unable to work, while more and more of their neighbours are able to return. Many people are able to see friends and family, at least outside or in other special circumstances – for those unable to do that, the privation can seem even harder to endure. We can now return to most kinds of shops, but with every step we are conscious that life is not back to normal: we observe social distancing, see or wear masks, are careful about what we touch. Sometimes it can be hard to know whether a decision about doing something is trivial, or potentially life-threatening.

There was a great sense of solidarity in the earliest days of the lockdown. We were ‘all in it together’. My hope is that something of that feeling will persist in the weeks ahead, even though we are affected increasingly in very different ways. Those of us who are able to venture out, go to work, and so on should remember those who cannot do so safely, more now than ever. As difficult decisions are made balancing health and safety with freedom and prosperity, it’s important to remember how these decisions make an impact on each of us very differently. We need to be understanding of why our friends and neighbours may see things differently from us.

The Christian gospel encourages us to look upon one another as brothers and sisters — as family. That vision is one that, if put into practice, would help us to navigate the months ahead. It would help, too, to find answers to the urgent questions raised by the ongoing protests in the USA, UK, and elsewhere following the killing of George Floyd.

If anyone reading this is finding life tough at the moment, I hope they will feel they can get in touch. Self-isolation or social distancing gets wearing after a while; others may be affected by the issues raised in the protests and the debates in the media. It’s my hope that whatever someone’s circumstances, they would feel able to get in touch with me or another member of our ministry team; and able too to feel welcome to join with the family of St Mary’s in our worship and other activities. Whether online, or in person, we are here to serve one another, as our Lord taught us.

## St Mary the Virgin EWELL PARISH CHURCH 020 8393 2643

Website: [www.stmarysewell.com](http://www.stmarysewell.com)  
Registered Charity Number 1128409

### CLERGY

**Vicar: The Reverend Russell Dewhurst MPhys BTh LLM; 020 8393 1297; Email: [vicar@stmarysewell.com](mailto:vicar@stmarysewell.com)**

**Assistant Priest: The Reverend Sue Ayling OBE DipCivil Law BA(Hons)Rel&Th; 020 8337 6347; Email: [assistantpriest@stmarysewell.com](mailto:assistantpriest@stmarysewell.com)**

**Honorary Assistant Priest: The Reverend Dr Patrick Miller MA PhD; Email: [assistantpriest1@stmarysewell.com](mailto:assistantpriest1@stmarysewell.com)**

**Assistant Priest: Canon Margaret Marsh MA; 020 8224 0607; Email: [canonmaggie@stmarysewell.com](mailto:canonmaggie@stmarysewell.com)**

### READER

Mrs Wendy Varney 020 8393 5212

### CHURCHWARDENS

Mrs Valerie Wood 020 8393 5991

Mr Nicholas Allsopp 07899 818400

### Pastoral Assistants

Mrs Barbara Gibson-Sykes Email: [pastoral2@stmarysewell.com](mailto:pastoral2@stmarysewell.com)

Mrs Wendy Paxman 020 8224 2851;

Email: [pastoral@stmarysewell.com](mailto:pastoral@stmarysewell.com)

Mr Andrew Sykes Email: [pastoral1@stmarysewell.com](mailto:pastoral1@stmarysewell.com)

### Children and Families Worker

Miss Sandi Keen 07376 618921;

Email: [families@stmarysewell.com](mailto:families@stmarysewell.com)

### Safeguarding Officer

Mrs Helen Crossley

Email: [safeguardingofficer@stmarysewell.com](mailto:safeguardingofficer@stmarysewell.com)

### Diocesan Safeguarding Advisor

Ian Berry 07544 566850;

Email: [ian.berry@cofeguildford.org.uk](mailto:ian.berry@cofeguildford.org.uk)

### Publicity and Social Media Officer

Mrs Kalli Pasqualucci Email: [publicity@stmarysewell.com](mailto:publicity@stmarysewell.com)

### Finance Officers

*Treasurer*

John Baker Email: [treasurer@stmarysewell.com](mailto:treasurer@stmarysewell.com)

*Day-to day financial queries*

Donna and David Boosey 07791 993261;

Email: [financeteam@stmarysewell.com](mailto:financeteam@stmarysewell.com)

### THE PARISH OFFICE

#### Administrator:

Mrs Lynne Yuille 020 8393 2643 (Office)

Office email: [parishoffice@stmarysewell.com](mailto:parishoffice@stmarysewell.com)

The postal address is: St Mary’s Ewell Parish Church, London Rd, Ewell, Surrey, KT17 2AY.

The Parish Office is on the south side of the church.

**The Parish Office is closed to visitors at present. Please telephone or email instead.**

## ST MARY'S IN JULY

**Church opening:** Since mid-June the Government has allowed churches to be open for private prayer only. We are conducting risk assessment and putting together procedures, and hope to be able to offer this for some hours a week from July. See the church website or noticeboard, or contact the Parish Office, for details.

**Sundays and other services:** It looks as though we will continue during July with the online services as we have been doing for the past few months. This means every Sunday 9:30am Morning Prayer at [www.facebook.com/stmarysewell/live](http://www.facebook.com/stmarysewell/live) - if you have any trouble accessing this, please do be in touch and we'll try to help. On Sundays as advertised we have a Zoom coffee meeting after the service, and there is Children's Hour by Zoom at 10am. We hold our group for 7+ and 11+, Club Sandwich, fortnightly on Zoom.

We continue with our all-age services online too. Sunday 5 July Praise@11 is our all-age service at 11am. On Sunday 12 July, All-in at 5:30pm is an inclusive service for all ages. Then on Sunday 19 July, Toddle Up! is at 11am and is especially for toddlers and their families.

At the time of writing, only one person is allowed to be present in church for services. In addition to the above services, which I livestream from my study, I intend to continue livestreaming some additional services from church.

When we are able to hold public services in church again, we will not stop all the online services. I am very conscious that many people will be unable safely to attend church services, so we will continue to run both kinds of service side-by-side, though that of course will mean a change to the pattern for both kinds of service while we are in the interim period.

What is permitted in churches is changing all the time, so, again, keep an eye on noticeboards and our website for the latest information.

**Wednesday evenings:** David Dance and Lucy Morrell continue to run their very successful quizzes every fortnight on Wednesday evenings, meeting online via Zoom on 8 and 22 July. I will also be running two Zoom events on Wednesday 15 July and 29 July starting at 8pm. On 15 July we will be discussing the order of service for Holy Communion, i.e. the Church of England's Common Worship service used at the 8am and 9:30am on Sundays or 10am on Tuesdays. We will go through the text, I'll talk about it, and there will be plenty of time for all your questions! Then on 29 July we will do the same with the 1662 Order for Evening Prayer, which we use at St Mary's most often for Choral Evensong. I plan that both evenings will last 1 hour. Email me [vicar@stmarysewell.com](mailto:vicar@stmarysewell.com) if you'd like to take part and I'll send you a Zoom link.

Your friend and Parish Priest  
Russell Dewhurst

### HANDMADE PICTURE FRAMES

All Frames -  
made in Our Studio  
Free local collection  
& Delivery



With this voucher

M: 07748 712133  
25 The Headway  
Ewell Village

[www.handmadepictureframes.jiggy.com](http://www.handmadepictureframes.jiggy.com)

## Christine Hardy

### Soft Furnishings

Handmade curtains, blinds, cushions and much more.

Measuring, estimating and, if wanted, time spent finding the right fabric, all come free!

Recommendations provided

Telephone: 020 8393 1222

## CAFE NESCO

On Tuesdays in term time, students from NESCO are serving simple lunches in our church hall (London Rd, opposite the church) between 12 and 1.30pm.

Soup, sandwiches, salad, and cakes, with tea, coffee, and soft drinks.

Everyone welcome!

Postponed till further notice



**WA TRUELOVE & SON LTD**  
INDEPENDENT FAMILY FUNERAL DIRECTORS  
& MONUMENTAL CRAFTSMEN SINCE 1885



### Serving the local community

- 24 hour call out service
- Home visits available
- Horse-drawn funerals
- Monumental masonry
- International repatriation

For further details about Truelove pre-paid funeral plans

Call FREEPHONE  
0800 074 3797



**EPSOM 01372 723337**

14/18 Church Road KT17 4AB

[epsom@watltd.co.uk](mailto:epsom@watltd.co.uk)

[www.watltd.co.uk](http://www.watltd.co.uk)

Branches throughout the North East Surrey Area



## To hire the Church Hall

please contact

Not available for hire at present

or visit our website

[www.stmarysewell.com](http://www.stmarysewell.com)



## MIDSUMMER MUSINGS

Strolling through our open spaces at midsummer, what may strike you is the comparative quietness everywhere. Where have all the birds gone? Only a few weeks ago every tree, every bush, was alive with the calls and songs of birds. Have they all gone away?

They have not gone away. They are very much still with us. There is indeed little time to sing. Both parents are kept frantically busy feeding their ever-hungry offspring.

When it hatches, a baby bird consists of little more than an open mouth and gut: a feeding machine. In many cases their gapes are a striking colour, yellow or orange, easily visible in dim light or the darkness of some nests. Many small birds lay large clutches of eggs, seven or eight is not unusual. They all hatch over a period of a few days. There is therefore much competition between the youngsters for the food that the parents bring them; the stronger and more sturdy chicks will thrust themselves forward to ensure they are the first to be fed. Demonstrably, a case of “survival of the fittest”. Some species, notably birds of prey (hawks, kestrels, owls) lay only two or three eggs at most and very often the first to hatch out will ruthlessly dominate the nest to the extent that the runt of the brood hardly grow at all, become ever weaker and eventually die of starvation. They themselves become food, cannibalised by their stronger siblings. It is a tough world.

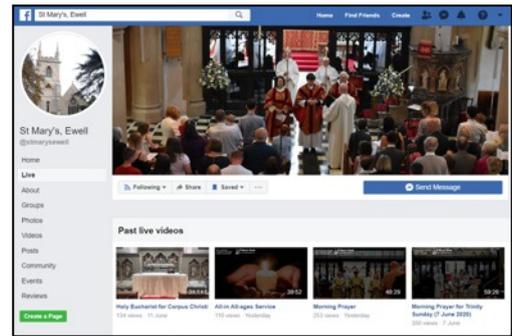
Just now I mentioned “the comparative quiet”. A few birds continue to sing, albeit sporadically. These few include wren, blackbird, song thrush and some migrant warblers. These usually lay more than one clutch of eggs, two or even three. The males’ singing suggests their mates are now sitting on eggs. They sing to deter other males. Not that this strategy is always successful! Though monogamous in name - keeping to the one mate - both females and males are not averse to a little dalliance on the side. An intrusive male may try to sneak in to the female and mate with her behind her regular partner’s back so to speak. Equally a female on eggs can slip away discreetly and mate with a neighbouring male. A prime exponent of this kind of behaviour is the pied flycatcher, a species of western oak forests not found in Ewell. A well-known bird nearer to home whose marital behaviour is truly deplorable, to say the least, is the demure little dunnock or hedge sparrow.



Why do they do this? Why indeed. Maybe it is for fun; more scientifically, the reason could be to enlarge the gene pool. By mating with multiple partners, they hope to ensure stronger more healthy progeny.

I conclude with a statistic. A recent study undertaken by the British Trust for Ornithology established that a single pair of blue tits - common garden species - captures on average in a single year over twenty nine thousand caterpillars for their brood. An example of just how hard these birds work. The corollary of this is that, were it not for these birds’ efforts, we would be overrun with caterpillars.

## ST MARY’S ON FACEBOOK



Facebook was founded in 2004 as a means for Harvard College students to network and keep in touch with each other. It was created as an on-line community on campus. Community continues to be important for Facebook - now a *Big Five* technology company (alongside Microsoft, Amazon, Apple and Google) - and it is vitally important to us at St Mary’s too.

In the past, Facebook has been a necessary way for St Mary’s to advertise services, events and church activities, a way to spread our work with the wider community, and has been one of my main focusses in my work as Publicity Officer.

Being passionate about social media and technology, I would never have imagined that it would become an essential form of communication, yet it has over the COVID-19 period. Since lockdown begun, we have set up a [Friend’s of St Mary’s](#) group, we have weekly live services for the whole congregation and for families, we have active lines of communication on social media and we continue to encourage community in our parish of Ewell.

Over lockdown, we have had over 50 new likes on our Facebook page with over 100 new followers, we have reached over 1100 people on a single day and we have live-streamed 26 videos - most videos have had between 100 and 300 views. This is fantastic that we are all staying connected in a time of isolation.

If you find Facebook confusing or need any help -

You can go directly to our Facebook [live page](#) in your usual web browser. If you’ve liked St Mary’s, Ewell Facebook page, you will also receive a notification to inform you that a live video has started.

If you are new to Facebook and would like help, please contact Sue Ayling who can put you in touch with another member of the congregation who can help.

Hope to see you online soon,

*Kalli (Publicity and Social Media Officer)*  
Email: [publicity@stmarysewell.com](mailto:publicity@stmarysewell.com)

# Greenfield

Independent, family run estate agents, specialising in all aspects of residential and commercial property sales, lettings and management



020 8393 0077

[www.greenfieldewell.co.uk](http://www.greenfieldewell.co.uk)

55 High Street  
Ewell Village  
Surrey KT17 1RX

## TOM O'SULLIVAN DECORATING

**Family business, quality decorating**

**Checkatrade member since 1999**

Quality interior and exterior decoration

Reliable, qualified, insured and CRB checked

See customer reviews at:

[www.checkatrade.com/tomosullivan](http://www.checkatrade.com/tomosullivan)

**Tel: Home - 0208 337 3942(evenings)**

**Email:**

[tom.osullivan@virginmedia.com](mailto:tom.osullivan@virginmedia.com)

## GIVING TO ST MARY'S

As with most churches and charities, the current situation has reduced St Mary's income. Thank you to all those whose regular giving continues to support St Mary's: it is much appreciated.

If you would like to make an on-line one-off gift, large or small, it will be very gratefully received by St Mary's. Please visit:

<https://uk.virginmoneygiving.com/donation-web/charity?charityId=1006677>

This link is also on our website.

If you'd like to find out about other methods of giving, please contact our parish stewardship recorder Miriam Massey on [plannedgiving@stmarysewell.com](mailto:plannedgiving@stmarysewell.com) or 020 8394 0453.

Miriam will be happy to talk you through how you can support St Mary's through regular giving, or by making a one-off donation free of processing fees, e.g. bank transfer.

# Prayers for July



In these times when we are still experiencing restrictions to our normal way of life.

O Lord,

So many of us have struggled during these past many weeks when our usual freedoms have been curtailed. Things we took for granted, no longer allowed. Help us to take this time to reflect on the things that are important to us; that are important to You.

Our freedom has been curtailed but this and far worse has been the plight of so many others around the world for far too long. We pray for all organisations and agencies around the world who work tirelessly to ease the plight of those living in repressive regimes, and who have never known the luxury of the freedoms that we normally hope to experience.

Open our eyes and hearts, Lord, and help us to find a way to play our part in changing the world for good.

Because of the global pandemic, so many people are now facing the loss of their jobs and increased poverty. We pray for all organisations who both locally and internationally are bringing relief to the hungry, the homeless, those who are frightened or mentally distressed.

Open our hearts and minds, Lord, and help us to find a way to play our part in changing the world for good.

Because of the pandemic, we must remain socially distanced from family and friends, unable to give or receive a loving hug or touch. We pray, Lord, for all those for whom this is the norm; who are friendless, living outside society and the warmth of loving relationships with family or friends. We pray for all those agencies and organisations who work to bring comfort to those in such need. We give thanks for our own family and friends. Keep us close, even when we are apart, and we pray that it will not be too long before we can meet with them again.

Open our hearts and minds, Lord, and help us to find a way to play our part in changing the world for good. AMEN

# NEW WAYS OF BEING CHURCH CONTINUED ...

*Sue writes....*

In the past two editions of EPN we've told you about three new ways in which we are learning to be church. There are the letters the Ministry Team are sending to church members who aren't on-line or who might have difficulty accessing our live-streamed services, the posts and videos on our Facebook page and St Mary's website; there is the telephone ministry to the elderly, to people living on their own or with special responsibilities and there are the volunteers who will help with shopping, picking up medicines and IT problems, including navigating around Facebook. All that is continuing.

For several years St. Mary's has had a prayer chain of church members who will start praying immediately for anyone who has a prayer request and then continue praying each day for a week. The request for prayer might be for the person making the request or for someone else (if they have said they are OK with that), and might be, for example, on the occasion of an operation, or a job interview, or on the sudden illness of a family member or a friend, or on the death of a loved one. Feedback has been given about the value of knowing that your church family is praying for you or someone you care for on a totally confidential basis. Prayer requests continue to be made, but the eleven prayer chain members are now praying in a new way: they are praying by name for all members of St Mary's who work in the NHS or are a keyworker. If you know anyone you'd like included in this prayer please get in touch with me.

The whole country has come to appreciate the dedication and sacrifices made by people working in the NHS and so many others in key positions without whom our daily lives would be very difficult – and to say 'thank you'. The two words 'thank you' can make such a difference in providing encouragement and affirmation – to our family members, to our friends and to anyone with whom we come into contact day by day.

Last month Russell, Maggie and Sue thanked everyone who has been supporting the new ways mentioned above in which St Mary's is being church. But we are aware that many of you are helping family, friends and neighbours in ways in which you may not have done before the restrictions imposed because of the COVID-19 pandemic were put in place. So thank you to you as well!

On 7 June we celebrated Trinity Sunday – the mystery and majesty of God, who is Father, Son and Holy Spirit. In his book *New Seeds of Contemplation* Thomas Merton (monk, mystic, poet and social activist), writes –

God in His Trinity of subsistent relations infinitely transcends every shadow of selfishness...In the Father the infinite Love of God is always beginning and in the Son it is always full and in the Holy Spirit it is perfect and it is renewed and never ceases in its everlasting source. But if you

follow Love forward and backward from Person to Person, you can never track it to a stop, you can never corner it and hold it down and fix it to one of the Persons as if he could appropriate to Himself the fruit of the love of the others. For the One Love of the Three Persons is an infinitely rich giving of Itself which never ends and is never taken, but is always perfectly given, only received in order to be perfectly shared.

The harmonious relationship and self-giving love shown in God the Holy Trinity, Father, Son and Holy Spirit is a wonderful model for us as a church. Being realistic the depth of harmony and self-giving love is something we can only aspire to – 'God being our helper'! However, during the surreal and uncertain times we are living in, we thank God for 'the fruit of the love' of each one of you - given and received. We are **all** learning new ways of being church.

*Maggie writes....*

I'm learning too! And I have found myself drawn to look more deeply into our Celtic Christian heritage. Most of us will have heard of the Celtic saints – Patrick, Columba, Aidan, Cuthbert, to name but a few – and you may well have visited Celtic holy places such as Lindisfarne (Holy Island) or Iona, or seen the tomb of St Cuthbert at Durham Cathedral.

Celtic Christian communities flourished in the British Isles between the sixth and tenth centuries, with a focus on the Incarnation - finding God's presence at the very heart of everyday life so that even in routine chores God is worshipped.

This rather unconventional prayer from 'Psalms Down Under' by Joy Cowley: © 1996 Joy Cowley illustrates the point. It may make you smile!

God of washing, God of unmade beds,  
God of dented saucepans and worn-out brooms,  
your presence in the most ordinary things  
often takes me by surprise.

I listen to the morning news  
and think of your presence -  
at a United Nations' peace conference,  
at the launching of a space probe,  
or in the development of a vaccine,  
or the discovery of a new planet.  
Then I look down and see you  
winking in bubbles of detergent.

God of washing,  
God of stains and missing buttons,  
wherever else you might be,  
you are right here with me,  
defrosting and cleaning the freezer,  
picking up bits of plastic toys

*Continued from page 6*

from the living room floor,  
and each time you nudge my heart  
with the warmth of your presence,  
recognition leaps like a song.

I know it! Oh, I know it!  
God of washing,  
God of vacuum cleaner bags,  
God of sparrows, lilies and mustard  
seeds,  
my house is your tabernacle.

Celtic Christians, living close to the land as they did, also had a great awareness of the natural rhythm of life – the changing tides and seasons. This is true of our own personal lives as well as the life of our communities and, of course, the life of the Church. All is caught up in the ebb and flow as the world is in a constant state of change. Yet we discover, in the ebb and flow of life, that nothing is lost, only changed. As the tide ebbs on one shore, it flows on another. In the ebbing, the sea is not diminished; the end of one thing heralds the beginning of something new. This may well encourage us at this current uncertain time.

The concept of pilgrimage is also very important in the Celtic tradition, and as we journey on together, we remember that Jesus said “I am the Way”. So our life is a pilgrimage with our Lord, into the eternal heart of God.

This prayer, based on St Patrick’s breastplate, may be a helpful one to take on the journey. From ‘Celtic Daily Prayer’: © 2015 *The North-umbria Community Trust*

Christ, as a light illumine and guide me.  
Christ, as a shield overshadow me.  
Christ under me; Christ over me;  
Christ beside me on my left and my right.  
This day be within and without me,  
lowly and meek, yet all-powerful.  
Be in the heart of each to whom I speak;  
in the mouth of each who speaks  
unto me.  
This day be within and without me,  
lowly and meek, yet all-powerful.  
Christ as a light;  
Christ as a shield;  
Christ beside me  
on my left and my right.

As we continue our journey of faith, not knowing when shall be able to gather together in church, may God the Holy Trinity enfold us in the love of the Father, the peace of the Son and the power of the Spirit.

*Sue and Maggie*

## WATCH THIS SPACE!



Very soon St Mary’s hopes to start on the journey of becoming an Eco Church. Look out for the details in next month’s edition of EPN!

If you care for the environment and would like to feed in your ideas please get in touch with Sue Ayling (please see contact details at the bottom of this column).

---

## THE ECO-GROUP'S TIP FOR JULY



**FAIRTRADE**  
FOUNDATION

### BUYING FAIRTRADE

Change one of the items you buy frequently to Fairtrade. There is plenty of choice – it could be coffee, tea, sugar, bananas, herbs and spices, flowers, cotton, wine, and beauty products. <https://www.fairtrade.org.uk/Buying-Fairtrade>

You may ask ‘Why will buying Fairtrade help the environment?’ The answer is that environmental protection is ingrained in Fairtrade. To sell Fairtrade products, farmers have to improve soil and water quality, manage pests, avoid using harmful chemicals, manage waste, reduce their greenhouse gas emissions and protect biodiversity.

Many Fairtrade co-operatives choose to invest their Fairtrade Premium in reforestation projects and other projects that encourage wildlife. <https://www.fairtrade.org.uk/Media-Centre/Blog/2018/June/8-ways-Fairtrade-protects-the-environment>

*If you have any ideas you'd like to feed in or a favourite tip to share please get in touch with the Reverend Sue Ayling: [assistantpriest@stmarysewell.com](mailto:assistantpriest@stmarysewell.com) or 020 8337 6347.*

## FROM OUR CHILDREN & FAMILIES WORKER

Another month has passed us by, and we are now half-way through the year. Hopefully, that means that we are closer to having managed through the worst of the lockdown/Covid-19 period and that we are closer to being back in church. Luckily for us, we have managed to gain more amazing skills in the technology side of things and our services are now more interactive, fun, and exciting than ever!!

This month we are focusing on God's creation and on the beauty, wonders and great gifts God has given to us. We are focusing on being thankful for the gifts we have been given, being thankful that we are healthy and have so many blessings to give thanks for and also that we need to Walk in God's light if we want to have more wholesome lives as Christians.

This period has been a great time for reflection, which has allowed us the opportunity to stop, breathe and thank God for all his blessings. We have had and will continue to have some incredible services that tie all these thoughts together, so make sure that you are a part of them!

We have some amazing craft activity packs that we are delivering to families to keep you and your children busy and to see the incredible creations you can make. These are awesome for the whole family. Contact Sandi at [families@stmarysewell.com](mailto:families@stmarysewell.com) to find out more. Pebbles of Hope – Paint a stone with something creative on it to represent HOPE in this challenging time and drop it off outside the church as we are making a walkway of positivity and hope and would love for you to be a part of it.

Our Children and Family Services			
Name of service	When does it take place?	Who is it for?	How to attend
Children's Hour	Every Sunday at 10:00 via Zoom	Any children	Contact Kathie on <a href="http://kathleen.burgess.org.uk">kathleen.burgess.org.uk</a>
Praise @11 service	First Sunday of the month at 11:00	All	Watch on Facebook Live
All-In service	Second Sunday of the month at 17:30	All	Watch on Facebook Live
Club Sandwich Youth Group	Fortnightly at 18:00 via Zoom	Children from 7-11 and 11+	Contact Sandi on <a href="mailto:families@stmarysewell.com">families@stmarysewell.com</a>
Toddle Up! service	Third Sunday of the month at 11:00	Toddlers but all welcome	Watch on Facebook Live
<b>For any other details about groups or services, please contact Sandi on <a href="mailto:families@stmarysewell.com">families@stmarysewell.com</a></b>			

## THE UPS AND DOWNS OF ONLINE SHOPPING.

Before March, my husband, John, and I would never have considered getting our weekly supermarket shop on line. However along with many others, we have been instructed to self-isolate due to the coronavirus so we have had to change our ways. After the tortuous performance of getting our preferred supermarket to accept that we were eligible for home deliveries we now find that one of the highlights of our week is to make sure we get a delivery slot and then to find out what is and is not available to buy.

We have learnt that it is essential to check the size of the item that is added to the trolley. We normally purchase a litre of vegetable oil which will last us a few months so when we ordered a three litre bottle by mistake, you can imagine our comments when it arrived! Likewise the two litre bottle of multipurpose cleaning liquid was twice the size of what I thought was ordered, and no, this did not make me want to do twice as much cleaning!

Eggs have been an ongoing surprise to us. Will we, won't we, get them and if so what size and how many. For those readers who are not familiar with the joys of buying the weekly shop on line, an email prior to receiving the delivery will let you know of things that are not available and any changes made on your behalf to your order as a result. So an order of six medium eggs became twelve large eggs. This provided us with a good excuse to make a large Victoria sponge cake. With this thought in mind,

I included in the next order the cooking fat that makes very good cakes. Sadly that was not available and so was substituted with a fat not suitable for baking. A bag of flour has become as scarce as hens teeth. A white cabbage and red cabbage for coleslaw became two white cabbages as reds were unavailable. White non-scratch scouring pads (used in non-stick saucepans) became the green coarser pads. The saddest thing was the special offer single malt whiskey, John's Sunday evening treat, was not available and, horror upon horror, no substitute was available!

However, on the plus side, extra eggs have meant that we could supply our daughter-in-law with some. The second cabbage helped someone else make coleslaw for their salad. A very large bag of self-raising flour bought online has helped to make a number of cooks very happy and we have enjoyed a sponge cake that we would not have made without the additional eggs.

Please, do not misunderstand me, this is not a tale of moans. We are very grateful for our deliveries and the amusement that they give us. We know that there are many countries where people are dying of starvation because they are in lockdown and unable to get to the market for their meagre supply of food. Supermarket deliveries have given us the peace of mind that we can get food safely without calling on other people to lug five or six shopping bags from the store on our behalf and of course we have been spared the problem of queuing. *DB*

## SCRUBS FOR EPSOM AND ST. HELIER

Scrubs for Epsom & St Helier started on April Fool's Day. I was visiting St Helier hospital and watching a steady stream of covid-19 patients coming in. It was clear that lack of protective equipment was a big issue causing concern for staff about their own and their family's safety.

I had heard that volunteers were sewing scrubs for hospital staff and asked on Social Media if anyone in Epsom was doing the same. I was contacted by Alex Morgan with the same idea and we started the group that afternoon. We were soon joined by Dawn Lansley who had excellent project management skills; as well as Debbie Christopher, Kim Hall and Jackie Wong who are experienced sewers.

Together we formed the Admin Team and decided on our processes, what we would make and who we would sew for (carers and NHS staff). The important thing was to keep everything as fun as we could - everyone was donating their most valued possession, their time, and we wanted them to enjoy it.

Given the lockdown situation, all of our contacts have been online and - I still have not met Dawn or Jackie! Our Facebook page was immediately popular and soon had over 1,000 members from this part of Surrey offering their services, whether it be sewing, delivering, making patterns, mentoring etc.

Many of our members are from Ewell itself, below are some comments from people in this Parish, including Christine Cheeseman who said:

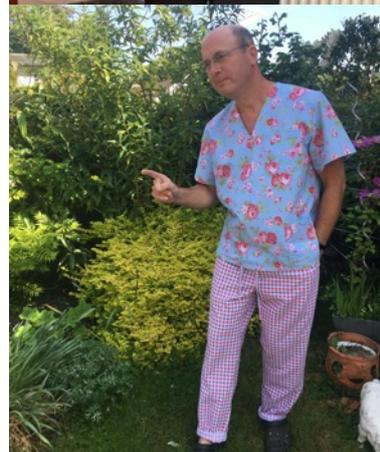
*"I enjoy sewing, so it was beneficial to my mental health - being part of a big group all sewing for the same cause, made it even more worthwhile. The thought of even one health worker wearing one of my scrub hats makes me proud that I did something positive during my lock down"*.

There were many comparisons with citizen's efforts during WWII, a real sense of community, local pride and of everyone pulling together. Lyn Hockham added;

*"I have enjoyed every minute of being part of this group. It has been an absolute honour to help out"*.

Many people had not sewn before, Shana Froggatt wrote:

*"Until lockdown I had barely used a sewing machine, but I know a lot of doctors and I figured if they are brave enough and KIND ENOUGH to stay at work for us, then the least we can do is make sure they have the supplies they need. And if that means learning to sew off YouTube then so be it! Some of us are new to sewing, some are*



*already professionals but everything here is made with love. Everyone on the group has been so kind and helpful, I'm going to miss it"*.

We have been living through strange times. People have been very worried and scared about what was happening and found personal benefits in helping out. Kay Rajagopal felt that

*"This Group has been fantastic with its friendly vibe and fabulous Admin! It has been such a force for positivity during this difficult time. For me personally, to be able to*

*contribute, even if only by a small amount, has been such a boost. I am glad we are able to give something back to our key workers. When we do finish, I will miss this Group"*.

Even those who could not sew found ways of helping. Kristy Stovell said:

*"Not a great sewer but loved being able to gather donations and to personally donate the labels for some of the beautiful scrubs that have been lovingly made, plus seeing the finished articles, camaraderie and support within the Group. Well done Admin, Drivers and Army of sewers and helpers"*.

We have used hundreds of items of unwanted bedding, which may otherwise have found their way to landfill. We also raised over £10,000 which was used entirely to buy material for scrubs. A special mention must go to the Ewell Rotary Club who gave us £750.

Some Ewell residents found it a real family effort as Dana Rayfield writes:

*"I live in Ewell and have been part of the scrubs group since 3rd April. This kept me focussed and busy during lockdown - as luckily I have no children to home school and recently 'retired'. My husband Mark was amazing and kept me supplied with food and tea, and stepped up and did most of the day-to-day stuff, including caring for our 3 guinea pigs while I sewed! I have made 20 sets of scrubs and 45 bags so far"*.

For others it was a sense of purpose as Caroline Russell comments:

*"When lockdown started I was concerned that I would be bored. But then I found the amazing Scrubs for Epsom & St Helier group. I turned my dining room into a sewing room and spent all my free hours sewing scrubs and tabards. It has been great fun and good to know that in a small way I have been helping the wonderful NHS"*.

So far we have delivered to Hospitals, Care Homes, GP surgeries, Pharmacies, Special needs schools and now Dental Surgeries, who without our help would find it difficult to reopen. So far as a group we have delivered: 1100 scrub sets, 318 isolation gowns, 120 tabards, 3800 washbags for scrubs, 4121 headbands/mask adaptors and 944 scrub caps - with many more in the pipeline and more deliveries still being made each day. During this friendships have been formed and sewing skills improved all in the knowledge that we are doing something brilliant to help our wonderful caring community.

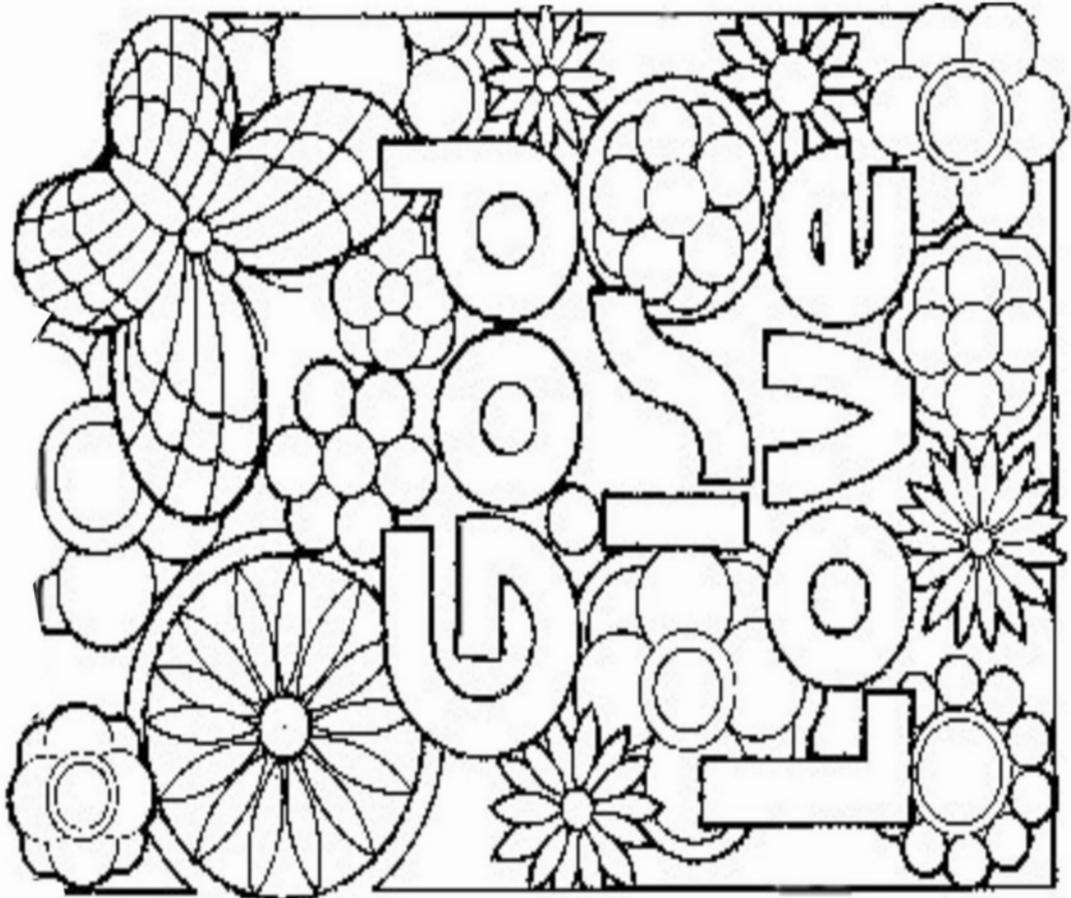
*Denise Donovan*

Page 10 can be cut out if needed

# Young Church Mag

05 July 2020, the Fourth Sunday after Trinity; Matthew 11:16-19, 25 to the end

Jesus taught us how much God our Father loves us



Can you find all the words in the wordsearch?

N I Y V A H E A R T J G U Y N  
 L P P N U U O M L H X A H T W  
 I E V N V M V B W E A R Y R  
 P Z U I R R C K S I E L B Y T  
 R R Q G O G J T G T O T Z S H  
 S T O Q Y H G K F M E P A B N  
 B J N S O C L Q R E S T X C C  
 U L A F T O S W G W Y W T H K  
 R E I O M M Q A H U M B L E X  
 D E T G F F E Z K H X Y K M E  
 E M E Y H I R U R Y E O V L K  
 N F E L Z T F G L E Y P T D R  
 Y D J J U U S B W O S N C A A  
 H K P L E A R N Y P E T Q V N  
 H K C I I J J E G I J C Y E



Come  
 learn  
 easy

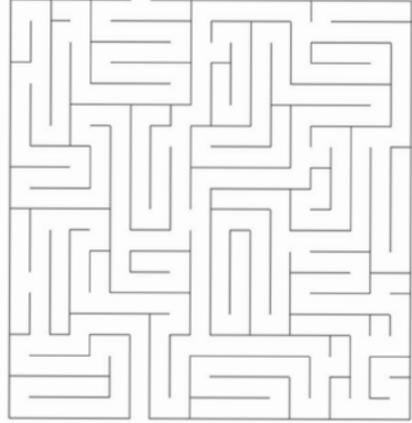
weary  
 gentle  
 light

burden  
 humble

rest  
 heart

yoke  
 rest

Can you help the lady with the heavy burden of shopping bags find her way through the maze to Jesus?





All roofing and guttering repairs  
30 years experience covering  
Worcester Park and close by

Valleys, Bays etc.

All new work guaranteed

Free estimates

Special rates to O.A.P.s

**J L Hellings & Son**

Tel: 020 8788 1459  
100 Kingsmead Avenue  
Worcester Park KT4 8UT



# Alan Greenwood & Sons

Independent Family Funeral Directors

www.alangreenwoodfunerals.com

The Funeral Service that caters for everyone's needs

- A choice of the latest Jaguar or Mercedes Hearses and Limousines
- Home visit arrangements
- Pre-paid funeral plans
- Memorials
- Quality Service 24 hours day



*The Greenwood Family are directly involved in the running of the Company, ensuring that your wishes are carried out with the utmost dignity and precise attention to detail.*

83 High Street, Ewell Village, KT17 1RX **020 8393 0197**

425 Kingston Road, Ewell, KT19 0BT **020 8786 7476**

706 London Road, North Cheam, SM3 9BY **020 8150 9525**

## FOODBANK WISH LIST - JULY

We hear so much news reported in the media that is disheartening that good news hardly seems to get a mention. So it is good to be able to say that people have been making more donations to the FB during these difficult time than before Covid-19 took hold. The Trussell Trust report that 90% of food distributed by its organisation is donated by the public.

Sadly there is bad news too, the Foodbank depot had a second break-in a few weeks ago and crates of toiletries were stolen!

**Urgently needed items:** male deodorants, bar soap, shaving foam, hair conditioner, toothpaste for adults, washing up liquid, tinned spaghetti, tinned

potatoes, tinned fruit, dried pasta sauce, powdered milk, custard, hot drinking chocolate, packet soup, squash, sugar-500g packet only, cereal, cooking sauce, noodles, savoury biscuits, chocolate and treats (not essential but a bonus for those who are feeling down,) Not needed: baked beans, pasta, pulses, rice, sweetcorn, porridge.

Due to the length of time between compiling the EPN for print and when it is available to read, the Foodbank "urgently needed items," list is likely to have changed a little. The most up to date list can be found on the Epsom and Ewell Foodbank website at <https://epsomewell.foodbank.org.uk> where there is also a link for you to donate money.

Thanks for your support.

DB

## ALFRED & EWART LONGHURST

FUNERAL DIRECTORS AND MONUMENTAL MASONS

- A complete, caring professional service
- Estimates and advice freely given for funerals and memorials
- Flexible pre-paid funeral plan - details on request

21-23, KINGSTON ROAD, EWELL

020 8393 1077

## EPSOM AND EWELL TALKING NEWSPAPER

Hello, we'd like to tell you about a completely free service we offer for those who are visually impaired in the local area where we have over 100 Listeners.

The Epsom and Ewell Talking Newspaper (EETN) is a Registered Charity which has existed in the Borough for 46 years and provides information and interest for visually impaired people.

Each Thursday morning around eight volunteers, working from a recording studio at Swail House, in Epsom, produce a weekly Talking Newspaper comprising three main sections - local news, a magazine section, pod casts and the occasional interview.

The news is collated from several sources including local newspapers, Borough Insight magazine and police reports where appropriate. We also give regular details of forthcoming local events.

The magazine section gives our Listeners access to a wide variety of publications, and often includes birthday greetings, a poem and sometimes ends with jokes!

The pod casts are usually chosen from the World Service and Info sound, the latter gives information relevant to VIPs.

We have about 30 volunteers consisting of Editors, Readers and Recordists, who make it all possible, while others receive, pack and return the weekly recordings to the Listeners. Our volunteers are organised on a three monthly rota and every Thursday a team meets at the recording studio to produce the EETN.

We can also supply a free, portable 'boom box' which is a small, lightweight player in which the memory stick is inserted. It's simple to use and the recording can be stopped, paused or played back and listened to at any time.

Each Listener receives a recording every week and returns it free of charge in its pouch, using the return label.

If you know anybody who might benefit from this free service or if you would like to become a volunteer, please visit the website <http://www.eetn.org.uk> or phone the studio - 01372 721519 and leave a message which will be answered every week.

Registered Charity No.294942

Improving homes inside and out

### Oakdene Home Services

Home Maintenance  
Painting & Decorating, Gardening & General DIY

**Roger Phillips**

TELEPHONE: 07831 663 323  
EMAIL: [oakdenehomeservices@gmail.com](mailto:oakdenehomeservices@gmail.com)



## Clearance Grafters

House Clearance Specialists

We clear everything from  
houses & schools to  
gardens, garages and lofts!

**10% discount with this ad**

Get in touch today for a free quotation

Mobile

**07557 957610**

Email

[luke@clearancegrafters.com](mailto:luke@clearancegrafters.com)

[www.clearancegrafters.com](http://www.clearancegrafters.com)



## Priory Court Care Home

Your Future Matters  
Part of the Future Care Group

If you are looking for a local care home  
"Where your Future Matters"

Look no further than  
Priory Court in Ewell village, Epsom

Please feel welcome to visit anytime or call to speak to  
one of our friendly team to discuss your care needs

Tel: 020 8393 0137  
[www.futurecaregroup.com](http://www.futurecaregroup.com)

## ST. MARY'S ON-LINE QUIZZES

We are holding on-line quizzes once a fortnight on Wednesday evenings using Zoom. These are fun for all the family, so why not join us? The next two quizzes are on July 8 and 22. You will need to register using links provided in the Weekly Notes and the Vicar's weekly email to our mailing list. For more details please email [zoom@stmarysewell.com](mailto:zoom@stmarysewell.com).