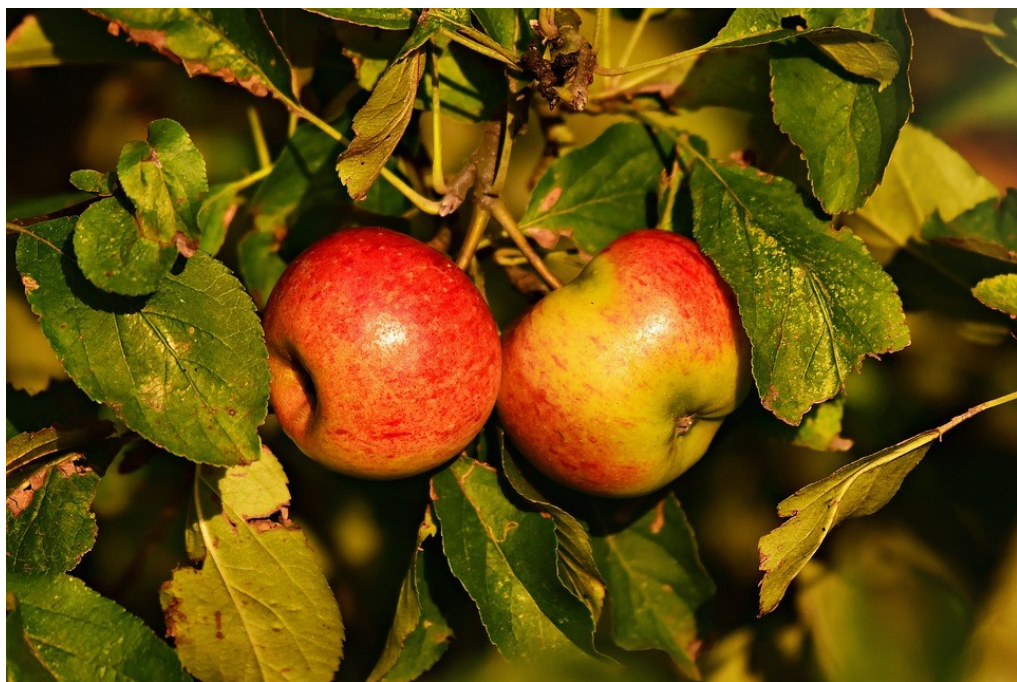


St Mark's

Forest Gate



October 2020

50p

www.stmarksforestgate.org.uk

Who's who in the Church

Vicar: Rev'd Ben King

020 8091 5652 or 07437 522650

ben.king@stmarksforestgate.org.uk

Church Wardens Mike Richardson 07824 859075
Sharon Yates 07909 279100
churchwardens@stmarksforestgate.org.uk

Treasurer Peter Arnold

Music Group Janet Bone Phil Ridaut

P.C.C. Members

Chairman	Rev'd Ben King		
Vice Chairman	Ann Arnold		
Treasurer	Peter Arnold (Deanery Synod Representative DSR)		
Secretary	Jane Ridout		
Sharon Yates (Warden)	Mike Richardson (Warden)	Michael Semuguraka	
Janet Bone (DSR)	Barbara Lumsden	Charlotte Mouzer	
Ellen Kemp (DSR)	Jackie Randall	Yvonne Tiley	Dave Dale

The P.C.C. represents the members of the church;
if there are any issues you want raised, do talk to them.

Contact information

Website	www.stmarksforestgate.org.uk
Admin	info@stmarksforestgate.org.uk
Youth Work	youth@stmarksforestgate.org.uk
Magazine	magazine@stmarksforestgate.org.uk
Notices	notices@stmarksforestgate.org.uk



Facebook: St. Mark's Forest Gate



Twitter: @stmarks_e7

Magazine

Material for the magazine to be emailed to ap.arnold@btinternet.com
or put through the door of 32 Cranmer Road. Material for **November 2020** needs to be given in by **Sunday 17th October**.



A very warm welcome to October's edition of the parish magazine. I trust you had a good break over the summer and a chance to rest. Of all the things that have arisen during the pandemic, there are two which I'd like to reflect on as we look ahead to the autumn.

The first is **the new opportunities we've had to share our faith**. I say 'new' because undoubtedly, people are seeking answers to some big questions which have been prompted by COVID-19. For some, it's questioning the existence of God and if God does exist, asking where He is in the midst of such widespread suffering. For others, it's more personal. Confronted by challenging circumstances in their own lives, they are looking to the church for help and guidance. These opportunities are also 'new' because we have had to find alternative ways of communicating with one another. Physical meetings are no longer the norm and instead the internet and social media platforms play a big part in how we interact with each other and how Christians share the hope they have in Jesus.

At St Mark's, we shall be endeavouring to make the most of these new opportunities to share our faith by way of our **Alpha course** which starts on **Thursday, 24th September**. As the name suggests, Alpha is a way into the Christian faith which introduces people to who Jesus is, the claims He made about Himself and why millions of people worship Him as the Saviour of the world.

The course is via Zoom and will last an hour a week for ten weeks. You can find more details on our website and on page 4 of this magazine. It could just answer some of the questions you have about our current circumstances, about life or about God. And if you're reading this after 24th September, please do join us anyway. You can catch up very easily, so don't worry about missing the first couple of sessions! I look forward to seeing you there.

The second thing which has characterised the pandemic is **uncertainty about the future**. The last few weeks have proved the point. Just as we thought the outbreak of new cases remained steady, there has suddenly been a sharp increase, leading of course, to fresh restrictions. Who knows what might happen next?



Church Events

Uncertainty can be very disarming and has the potential to fill us with fear. But it need not. Indeed, it can be one of the ways God invites us to draw close to Him, so that we might come to know His peace and provision.

I'm reminded of God's call on Abram's life (before he became Abraham). Abram had no idea where God was calling him, but he obediently followed nonetheless and God graciously led him to the Promised Land, a place of bounty and blessing.

On **Saturday, 3rd October**, we will be holding a **Day of Prayer** specifically to try and discern what God might be calling us to in the future, both as individuals and as a church. How might He want us to use our gifts and experience hereon in, what have we learnt from lockdown that might shape our future and what's God saying about our direction of travel as His people?



There'll be a chance to delve into Scripture, seek inspiration at some designated prayer stations in church and get creative and interactive with prayer as well.

If you don't receive our fortnightly updates by e-mail, please drop me a line, so you can be included. It's a great opportunity to be involved in the new thing God is doing. Moreover, like Abram and countless millions since, it's a reminder that God has our best interests at heart, good plans for our future and is faithful to lead us to a better place.

Words of Comfort

**Inner peace need not be that elusive,
just pray for it.**

**Philippians 4 v 6-7
Jeremiah 29 v 7**

*The peace of God,
which transcends
all understanding,
will guard your
hearts and minds.*

-Philippians 4:7





You're invited.

When?
Every Thursday 7.30 - 8.30 pm
From 24th September to 3rd December

Where?
Zoom ID 864 991 9885

Who's Organising?
St. Mark's Church
Lorne Road E7 0LJ

Contact
Rev'd Ben King
ben.king@stmarksforestgate.org.uk
07437 522650

stmarksforestgate.org.uk/alpha

Plans?

Let's break this down.

Definition: Alpha
noun

Alpha is a chance to explore life and the Christian faith in a friendly, open and informal environment.

#TryAlpha

You are invited to Alpha for a time of great conversation and talks that make you think.

If you come along, we won't call you after, write, or ask you to pick up the cheque — the ball is completely in your court.

What have you got to lose?

For more details contact:
Rev'd Ben King
ben.king@stmarksforestgate.org.uk
07437 522650

Or sign up at:
stmarksforestgate.org.uk/alphasignup

Or simply join us on Zoom 864 991 9885

St Mark's - your local church in Lorne Road

Annual Parochial Church Meeting

7:30 pm Monday 19th October

The Diocese is due to issue more detailed guidance about the content and format of this year's APCMs, so we will need to wait for that document to be circulated until final arrangements can be made. However, we very much hope that there will space for a limited number of people in church and that others will be able to access the meeting via Zoom. If that is not possible for you and you would like a copy of the report and the opportunity to ask a question, please do contact us in advance. Thank you.

Rev'd Ben King, Chair of P.C.C.

The Sermon

Sunday **16th August**
Speaker **Sharon Yates**
Theme **The Bible**

Today we can open a bible any where, any time, and in any format. We have the blessing of easy access to the Bible. But why is it important? In Revelation 22 v 4 it says 'They will see his face' - this is at the end of our journey to God. The scriptures are part of our journeying in faith to the Lord, and during that journey we need to immerse ourselves in the scriptures to read about God, to know him deeper and the way we should live in our relationship with God. There are three things that show us why we should trust in the bible to lead us in our relationship with God.

1. Prophets - seeing the different revelations God gave them at that time, which came true many years later.
2. Apostles - if you encountered the apostles today, and asked them how they know so much about Jesus—they were eye witnesses.
3. Jesus - He offers something else that no one else has done before or since: his sacrifice for us showing unconditional love (Galatians 1 v 4), so we could be rescued and see the face of God.

Trust in a living God who across the centuries has revealed his ways in the scripture; all scripture is God breathed and useful (2 Timothy 3). Trust in a living God who sent his son to rescue us, and whose life on earth was recorded by eye witnesses. Jesus says that man shall not live by bread alone, but by every word that comes from the mouth of God (Matthew 4).

In a modern world when we are subject to rapid communications we can easily be diverted, but we should be hungry for the word of God. As a church family we need to make the Bible central to our lives. There is much around that would deceive and distract us; modern life places much emphasis on self worth, and we supposedly have the answers within. That's not enough; the answer does not lie within us but lies with God, He has the answers and the truth. Our future cannot be found in our practices but sitting at the feet of Jesus, doing the one thing that is necessary.

Please note: If you would like to hear the sermon it is on St Mark's YouTube, and Sharon goes on to explain further how you can use the bible.

Moral Questions from the Pandemic

You may have missed it at the time. The movie 'Contagion' didn't make much of an impact when it was released for public viewing in 2011. Perhaps it was thought to be unrealistic. It was about a highly contagious, unknown virus, transmitted by an infected bat to a pig in a Chinese marketplace. From there it spread like wildfire round the world.

It was fiction then of course, but not so far-fetched as to be distant from reality, as we now know. Deadly viruses and the plagues they cause have been part of world history since time began. In the early days when travel between continents was infrequent, their spread was slower and usually confined to local regions.

The way the film's imaginary plot develops bears an uncanny resemblance to what we have experienced this year. Panic buying empties supermarkets, whole populations adopt social distancing, scientists work flat out to identify the virus and then search for a means to combat it. Meanwhile millions are infected, and quarantines are imposed.

The story progresses far beyond the reality which is familiar to us. The irresponsible use of social media and false rumours of a cure lead to the looting of pharmacies. Emergency food supplies are ransacked, law and order break down. Troops police the streets. Then there's a breakthrough: a vaccine is discovered. But that raises a new moral problem: who will get it first and what would be a fair distribution system?

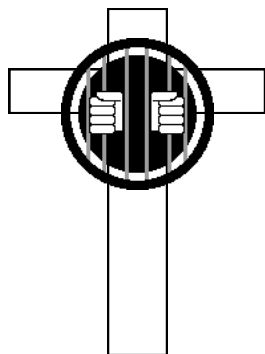
The movie is still available via Netflix, or you can buy a DVD online. Despite the inevitable carnage of the pandemic and the suffering it portrays, it contrives to have a relatively happy ending.

In real life, we haven't got that far yet. But, please God, we will. After all, most deadly diseases are now under control and both vaccination and immunisation are part and parcel of everyday life; old 'uns take it for granted that their GP will summon them for an anti-flu jab each winter.

But we may face an ethical dilemma when it comes to a vaccine for Covid-19. If there's an initial shortage, who should get it first? Should money come into it? Are Christian principles applicable?

Ven John Barton

The Persecuted Church



**In all these things we
are more than conquerors through him
who loved us.**

Romans 8 v 37

China

In April, the government of a town in the northern province of Shanxi, called officials from all villages under its jurisdiction for a meeting. The participants were ordered to remove crosses, religious symbols and images from the homes of people of faith who receive social welfare payments and replace them with portraits of Chairman Mao and President Xi Jinping. The officials were instructed to annul the subsidies to those who protest the order.

Other locations also appear to be enacting this policy. A disabled Christian living in Jiangxi Province had their minimum living subsidy and monthly disability allowance similarly cancelled. Another account from Jiangxi described a Three-Self church member in her 80s who uttered, “Thank God” after receiving her monthly 200 RMB subsidy. She was removed

from the government aid list. Another believer in Henan, a widow with two boys in her care, refused to sign a statement renouncing her faith. Her allowance was stopped. Another elderly woman in her 70s, also in Henan Province, had her living allowance and poverty alleviation subsidy cancelled after officials saw an image of a cross on her door.

Source: Chinese Church Support Ministries , Barnabas Fund

Pray:

Lord Jesus Christ, we praise you for the faithfulness of Christians in China in the midst of growing persecution. When worship services are attacked, church buildings are demolished, digital surveillance tracks their every move, and elderly believers are deprived of their pensions, please give them grace and strength to bear their suffering. May your people show their character in their lives. May they bring peace, love, joy and harmony to their society and show to the communist authorities in China the reality of Your presence and power.

Amen

Algeria

In Algeria a strict anti-conversion law was introduced in 2006 that does not allow people to convert from Islam to any other religion, although it does allow conversion to Islam. Please pray for the abolition of this law and for greater religious freedom for the people of Algeria.

Strict laws and the recent closure of a number of churches by the authorities have made it very difficult for believers to meet together for worship.

The Bible Society asks us to pray for Rezki who is committed to leading Bible work in Algeria and for the Church in Algeria.

Sources: Open Doors, Bible Society.

Pray:

Lord God, for whom nothing is impossible, we ask that your hand will be over the church in Algeria. For Rezki, committed to leading Bible work in the future, we ask that you fill him with wisdom. For believers bold enough to meet in tents when churches are closed, we ask for courage and perseverance. For seekers who feel that knowing Jesus is worth the risk, we ask for protection and the support of Christian brothers and sisters. Let no one who wants a Bible be sent away empty handed.

Amen.



Rezki

Shoe Box Appeal 2020

Shoe Box Appeal 2020 – it is going ahead!

St Marks is again taking part in the *Link to Hope Shoe Box Appeal*, which delivers boxes to Romania, Moldova, Bulgaria and Ukraine in time for Christmas. There are two types of shoeboxes you can make up - The **Family Shoebox** and the **Elderly Shoebox** - although only one leaflet (**leaflets available from Julie**).

The Shoebox contents are similar and this year they have asked that each box should contain – **gloves/hat, sweets/chocolate (BB June 2021), soap and flannel, toothbrush/toothpaste, candles and holder, small games (travel size dominoes etc, playing cards).**

Then please add at least five more items -

FAMILY - Ideas for filling your shoebox

Colouring pads (A5), crayons, pencils with rubber and sharpener
Small toys (yo-yo, skipping rope, toy cars)
Soft toy/teddy
Tape measure/DIY tool
Headscarf (lightweight)
Shampoo (max 300ml)
Solar powered calculator
Safety razors
Hairbrush/comb

ELDERLY - Ideas for filling your shoe-box (*Contents must be suitable for both sexes i.e. gender neutral as much as possible*)

Reading glasses/magnifier
Mug/wooden spoon/cutlery
Sensory item (eg. lavender bag)
Hot water bottle
Work gloves
Pen/paper
Socks/tights
Wind up radio/torch
Shampoo (max 300ml)
scissors/nail clippers
Safety razors

Please do not add medicines, food, coffee/tea or out-of-date items or literature. These are banned by Customs. Also please do not enclose sanitary items or underwear, which follow strict customs regulations.



How are you getting on with your **Bible in a Year** readings? A number of people have found some of it difficult to understand. It may be useful to make use of bible commentaries either books or on line.

Also our minister Ben is very happy for you to get in touch with him if you have any specific questions or points you'd like to raise about your readings in **Bible in a Year**. He can't promise to answer them all but will do his best! See his contact information at the front of the magazine.

If you have other comments on your experiences with the Bible in One Year do email bioy@stmarksforestgate.org.uk

Please wrap your box in Christmas paper and attach a leaflet to it, making it clear which appeal you are supporting. Fill in the Gift Aid form if you are a UK taxpayer. Finally, please **add £3 to each box** which pays for the transport of the box.

As St Marks is not open often at the moment, please deliver your box to my house **during the two week period 19th October to 1st November** (for onward transmission on 2nd November). You may wish to telephone first.

If you don't feel you can afford to produce a whole box, do please consider making a financial donation, via me, which will help with the contingency fund. Last year's thank you letter to St Marks stated:

'We were particularly pleased that we were able to send extra funds and resources out to our project managers in Eastern Europe thanks to the increase in the shoebox donation. Many people not only benefited from your shoebox but also received wood to see them through the winter, food parcels and necessary house repairs to keep them warm, fed and safe.'

Thank you for your support.
Julie Thomson (8534 7516)
38, Lorne Road E7



The Revd Canon Dr Chigor Chike has been appointed as the Church of England's interim National Adviser Minority Ethnic Anglican Concerns as work begins to establish a new body to combat racism.

Dr Chike, who is the vicar of Emmanuel Church, Forest Gate, East London and chair of the Anglican Minority Ethnic Network

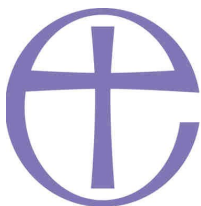
(AMEN), is taking on the role as a secondment for six months. Based in Church House, Westminster, Dr Chike will be part of the Mission and Public Affairs (MPA) department.

This is ahead of a permanent appointment of a replacement for Dr Elizabeth Henry, who retired this year after seven years as National Adviser to the Committee for Minority Ethnic Anglican Concerns (CMEAC). It will be a crucial period, which will see preparations for the establishment of a new Archbishops' Racism Action Commission.

Dr Chike, who has degrees from Oxford and Birmingham and is author of numerous books, has been based in his East London church since 2010. He is also chair of the Rights and Equalities in Newham charity, advocating for marginalised people. He said: "I am really looking forward to the secondment to the role of National Adviser Minority Ethnic Anglican Concerns.

"I have worked in the field of anti-racism for the past twenty-five years and do not know a time when people have been more aware of systemic racism or more determined to dismantle it.

"I would be looking to play a part to the Church of England's response to this moment."



THE CHURCH OF ENGLAND

Radical Commitment

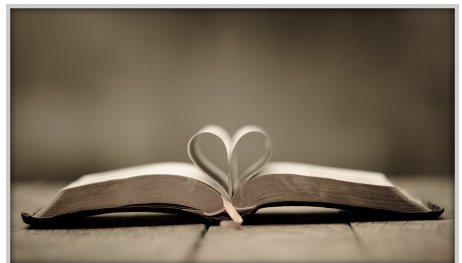
Give up your own way, take up your cross daily, and follow me.'

Luke 9 v 23

Here are three Bible examples of radical commitment:

- 1) *Commitment on the job.* In the past, employers appreciated their workers, and workers valued their employers and their jobs. Today's workplace is often adversarial, with employees criticising their bosses and doing the minimum required to get by, while many bosses have become increasingly demanding, taking their workers for granted. This isn't God's way. His way calls for mutual commitment between management and labour. Paul says: 'Obey your earthly masters...always with an eye to obeying the real master, Christ. Don't just do what you have to do to get by...work heartily...keeping in mind that no matter who happens to be giving the orders, you're really serving God' (Ephesians 6:5-8).
- 2) *Commitment at church.* Many Christians have adopted a cafeteria-style approach towards church. We pick what we like and leave what we don't. But membership in Christ's church involves a covenant relationship with a body of believers who watch over, cherish, and pray for one other, and fulfil the great commission together (see 1 Corinthians 12:12-31).
- 3) *Commitment to Christ.* Christ is not looking for wishy-washy, 'lukewarm' followers (see Revelation 3:16). He told the crowd, 'If any of you wants to be my follower, you must turn from your selfish ways, take up your cross daily, and follow me.' That means you no longer follow your own wishes and will, you follow Christ and His will. *That's* radical commitment, and you are called to it.

These are daily devotionals produced by UCB free of charge and this excerpt is reproduced by their kind permission. If you would like your own copy, they are available in the church, or you can log on to www.ucb.co.uk, or telephone 0845 6040401.



Can we help you?



Pastoral Help and Support

We are keenly aware that some people are struggling to cope with the current situation and find the disruption to their normal routine deeply distressing. The Wardens and Rev'd Ben are available to help out where they can, so please do let them know if you or someone else needs support – spiritual, practical or otherwise - and they will try and make the necessary arrangements.

The contact details are:

Rev'd Ben King, Vicar 07437 522650
ben.king@stmarksforestgate.org.uk

Sharon Yates, Churchwarden 07909 279100
sharon.yates@stmarksforestgate.org.uk

Mike Richardson, Churchwarden 07824 859075
mike.richardson@stmarksforestgate.org.uk

Thank you.

how you can help



Intercession: Let us pray for older people

We know Father that the pandemic has affected older people more severely, and this has led to isolation, fear and loneliness amongst our older people. Help us to be mindful of them and their needs, to communicate with them and visit with them, even if it only sitting in their front garden. Help us to offer practical help, with shopping, with transport, with reassurance when they are facing tasks that they are worried about. Let us show our love, and show how we can be their brothers and sisters in Christ.

Lord in your mercy,
Hear our prayer



Can we pray for you?

Please let us know if we can pray for you, using the email addresses or phone numbers on the previous page.



Our Parish Streets:

Week beginning

4th October	Pray for all who live in Lorne Road
11th October	Pray for all who live in Mornington Hall
18th October	Pray for all who live in Ridley Road
25th October	Pray for all who live in Sebert Road

Sunday Services

The church building continues to be closed for most activities. Please see the church website www.stmarksforestgate.org.uk for more up to date information.'

The church has limited opening for private prayer at the following times. These are drop in sessions and to maintain social distancing the numbers will be limited.

Saturday: 10:00 – 11:00 am

May you be encouraged to pray for God's blessing and protection for our parish and community.

There will be a weekly service available on the St Mark's page on Facebook, which you can access at any time. The services in October and their themes are as follows

October 4th: Harvest Festival

October 11th: Morning Worship

October 18th: Morning Worship

October 25th: Morning Worship

It is hoped that the church will be open at 10:30 am on the 11th, 18th and 25th for a limited number of people to watch the streamed services together in the church and then to gather round the Lord's table for a short, said service of Holy Communion . The details as to how to book a place will be in the fortnightly newsletter, and it may be subject to change due any alterations in the guidance.

What's On

Online Prayer and Worship Resources

The Church of England has a number of different prayers and services all linked to the current situation on the Church of England website.

On television there is a Sunday Worship service programme on BBC 1, usually at 11:45 am, Songs of Praise at 1:15 pm, and there are a number of radio programmes on Radio 4 including Morning Worship at 9:45 am.

The liturgy for daily prayer, morning and evening, is also available on the Church of England website, or you can look at St Mark's website to find out what is available including a daily evening prayer on Zoom. You can access Zoom for free on your computer or phone; please see the website for instructions or speak to one of the church wardens.

On Wednesday evenings Ben will be hosting a prayer meeting from 7:30 pm to which you are all very welcome. It is key that we are able to support one another and petition God in these uncertain times. Let us never forget the power of prayer; our world needs it more than ever.



Care and Concern

Macmillan Cancer Support

We can join in the world's biggest coffee morning in a slightly different way this year with raise a mug and donate - make a drink at home, raise a mug to a loved one affected by cancer or to someone who's supported you. Simply upload a selfie and message to the wall on the Macmillan website and make a donation and share your support for people living with cancer.



We thank those who have already donated at the Jumble trail stall, but if you still want to make another donation do drop it into the vicarage marked Macmillan coffee morning.

Jumble Trail

Thanks to everyone who came along to the St Mark's stall during the Jumble Trail.

We raised £134 for the church and £60 for Macmillan Cancer Care.



We also have a number of Christian books to take to the Book Aid collector .

It was also an enjoyable day that enabled us to see a lot of friends and neighbours in a safe way, as well as clearing out quite a lot of stuff in a sustainable fashion.





Newham Churches Food Bank

The food bank is continuing to function as there are still people in need. Items can be dropped off in a bin outside the vicarage: 41a Tylney Road. The use of the bank has decreased recently, so please check the fortnightly newsheet as to what is required

Financial support would also be appreciated, so please contact Rev Bruce Stokes on 07708 682464 on how gifts can be given.

This is what is wanted, as much as possible, please also take note of the **quantities** (if the items are too big, they are often more difficult to distribute). Please check with the fortnightly church bulletin what is particularly needed at that time. Thank you again for your generosity.

- Jars of bolognaise or sweet & sour sauces
- 500g rice
- Instant or tinned potatoes
- Tinned vegetables
- Tinned tomatoes
- Lentils
- 500g flour
- 500ml oil
- 1 litre milk
- 1 litre fruit juice
- Packets of 40 teabags
- 500g sugar
- Jam
- Biscuits
- Bars of soap
- Small bottles of washing-up liquid
- Clothes washing tablets
- Nappies

Thank you

Seasonal Events

31st October:

All Hallows Eve – or Holy Evening

Modern Halloween celebrations have their roots with the Celtic peoples of pre-Christian times.

In those long-ago days, on the last night of October, the Celts celebrated the Festival of Samhain, or 'Summer's End'. The priests, or Druids, performed ceremonies to thank and honour the sun. For there was a very dark side to all this: Samhain also signalled the onset of winter, a time when it was feared that unfriendly ghosts, nature-spirits, and witches roamed the earth, creating mischief. So the Druid priests lit great bonfires and performed magic rites to ward off or appease these dark supernatural powers.

Then the Romans arrived, and brought their Harvest Festival which honoured the Goddess Pomona with gifts of apples and nuts. The two festivals slowly merged.

When Christianity arrived still later, it began to replace the Roman and Druid religions. 1st November - All Saints' Day - was dedicated to all Christian Martyrs and Saints who had died. It was called 'All Hallows' Day'. The evening before became an evening of prayer and preparation and was called 'All Hallows' Eve', The Holy Evening, later shortened to 'Halloween'.

For many centuries, however, fear of the supernatural remained strong. During the Middle Ages, animal costumes and frightening masks were worn to ward off the evil spirits of darkness on Halloween. Magic words and charms were used to keep away bad luck, and everybody believed that witches ride about on broomsticks. Fortune telling was popular, and predicting the future by the use of nuts and apples was so popular that Halloween is still sometimes known as Nutcrack Night or Snap-Apple Night.

Today, Christians have learned to turn to prayer instead of charms to overcome the powers of darkness. And the deeper, true meaning of All Hallows' Eve, should not be forgotten. As Christians, we all draw closer to Christ when we remember and give thanks for our loved ones and for others who have gone before us through the gates of death.

Traidcraft has continued trading this year, but it has lost a lot of business this year due to the impact of the coronavirus lockdown on many of their usual sales outlets in shops and churches. So any additional sales will help them.

I have some of the usual Traidcraft food stock at home and I can order any other Traidcraft items, so if anyone would like any Traidcraft items please contact me on 020 8519 5765 or by email: traidcraft@stmarksforestgate.org.uk.

The new Traidcraft Autumn catalogue is available please let me know if you would like a copy. Peter



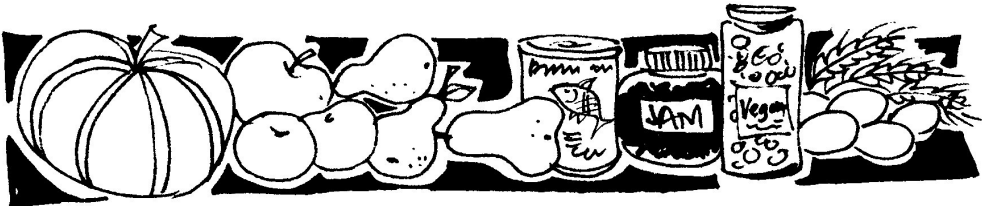
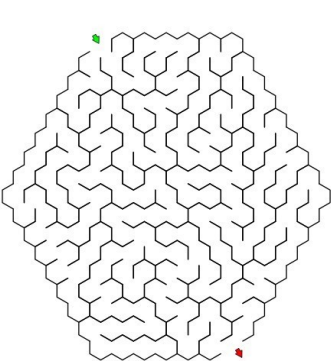
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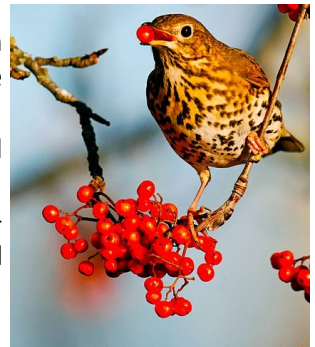
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1. Which poet composed 'To Autumn', the 1819 poem which begins 'Season of mists and mellow fruitfulness'?
2. This season sees swifts migrating to Africa. Three swifts monitored in 2016 broke the world record for continuous time spent in the air. How long did they go without touching land? Ten days, ten weeks or ten months?
3. Name the pigment which trees stop producing, thus causing leaves to lose their green colour?
4. Which autumnal farming practice has been banned in England and Wales since 1993?
5. Which world championship takes place every year in Northamptonshire on the second Sunday in October?
6. What is a cribbar, which appears in Cornwall once or twice a year — often in autumn — for a couple of hours at a time?
7. A reminder about which event, which happens every October, is provided by an alternative word for autumn?
8. Why should you wait for the first frost of autumn before picking your sloe berries to make sloe gin?
9. A storm of October 1859 (which sank the ship the Royal Charter off the coast of Wales) prompted Vice-Admiral Robert Fitzroy to create what?
10. Maple, ash and sycamore trees produce seeds with which nickname, due to the way they fly through the air?
11. Squirrels are starting to bury acorns. What is the bird that does the same?
12. This bright red berry gets its name from an old German word meaning 'to redden' — not to be confused with the Mr Bean actor. Which berry?



ANSWER TO THE SUMMER QUIZ

- | | | | |
|--|--|---------------------------|-----------|
| 1. Thousand islands | 2. The pope | 3. 24th June | 4. Mexico |
| 5. Soft fruit (such as raspberries or blackcurrants) | 6. Open University | | |
| 7. Queen of Hearts made some tarts | 8. Queen of Disco | | |
| 9. Helsinki (Finland) | 10. Melvyn Hayes | 11. George & Ira Gershwin | |
| 12. Bleak House | 13. John Travolta & Olivia Newton John | | |
| 14. Jodie Foster | 15. Eddie Cochran | 16. Ullapool | |
| 17. Mungo Jerry | | | |

St Mark's Forest Gate youth

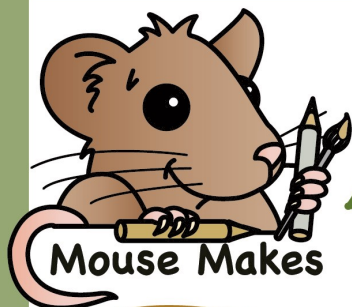
If you would like any further information please contact Sharon on 07909 279100.

All youth events are cancelled until further notice.



We pray for our young people as they have returned to school after a long time away. Help them to become accustomed to the new way of doing things. Keep them safe and secure in their faith in you. Help us to provide for their needs as best we can and inspire us to find new ways to tell them of your love.

Amen



Mouse Makes

"GOD is the **one** who gives seed to those who **plant**, and He gives **bread** for **food**. And GOD will give you spiritual seed and make that seed grow. He will **produce** a great **harvest** from your goodness."

2 Corinthians 9:10

Look out for seeds in the park and garden and in your kitchen store cupboard.



How many different seeds can you find?



Jesus said:
"The kingdom of heaven is like a _____ **seed** that a man took and sowed in his **field**. It is the _____ of all the seeds, but when it has grown it becomes a tree, so that the wild _____ come and nest in its branches."

Read
Matthew
13:31-32

Jesus said:
"You do not need more **faith**. There is no 'more' or 'less' in faith. If you have a bare kernel of faith, say the size of a poppy seed, you could say to this sycamore tree 'Go jump into the lake' and it would do it!"
Luke 17:6

So the one who plants is not important, and the one who **waters** is not important. Only **GOD** is important because He is the one who makes things grow."

1 Corinthians 3:7

Find the words in **bold** on this page in the word search

H A R V E S T W O E S
F I A F T P L A N T B
O F A I T H A T E E R
O O J E S U S E E D E
D E U L O U G R O W A
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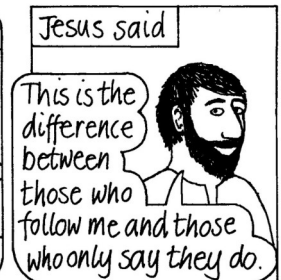


Bible Bite

A short story from the Bible

It can be read in the Bible in
Matthew 24:44-51, Luke 12:40-46

Jesus warned his disciples to be always ready for his return at the end of time by telling the story of two servants



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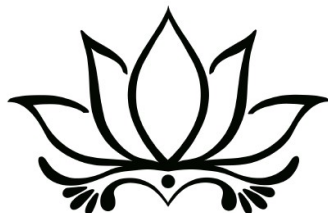
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St. Mark's Weekday Activities

St. Mark's is not just a Sunday church - why not try some of the other activities?
All activities are cancelled until further notice



Monday	10:00 am	Banner Group
	6:00 pm	Brownies
	7:30 pm	Guides
	7:30 pm	Home Group: Cranmer Road
Tuesday	10:00 am	Parent and Toddler Club
	7:00 pm	Youth Bible Study: school years 7 - 11
	8:00 pm	Tuesday Fellowship
	8:00 pm	Music Group
Wednesday	7:30 am	Prayer Meeting
	10:00 am	Parent and Toddler Club
	12:00 noon	Lunchtime Bible Study
	7:00 pm	Prayer Meeting
Thursday	8:00 pm	St Mark's Players Group
	8:00 pm	Home Group: Ridley Road
	8:00 pm	Home Group: Godwin Road
	8:00 pm	Home Group: Lorne Road
Friday	10:00 am	Coffee Morning (monthly)
	1:30 pm	Nifty Fifties
Sunday	10:30 am	Crèche 0 - 3 years
	10:30 am	Scramblers 3 - 5 years
	10:30 am	Sunday Club 5 - 11 years
	10:30 am	Youth Group 11 - 16 years

Weekday Home Groups
Want more information? Contact the Church Wardens

St Mark's Forest Gate



St. Mark's Forest Gate

**Church Centre: Lorne Road,
London E7 0LJ**

www.stmarksforestgate.org.uk

Vicar:

ben.king@stmarksforestgate.org.uk

020 8091 5652 | 07437 522650

Email:

info@stmarksforestgate.org.uk

Registered Charity Number

1132240



St. Mark's is a local Church of England Church. The Vicar will be pleased to help make arrangements for baptisms, weddings and other matters.

If this is the first time you have seen the magazine and you would like to receive it regularly, then phone or drop a note into the church and we will do the rest.



THE LORD bless you
and KEEP you, The
LORD make His face
shine upon you,
And be GRACIOUS TO
you, The LORD lift
up His COUNTENANCE
upon you, And GIVE
you PEACE.



www.stmarksforestgate.org.uk