

# St Mark's Forest Gate



**February 2020**

**50p**

[www.stmarksforestgate.org.uk](http://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](mailto:ben.king@stmarksforestgate.org.uk)

|                |  |             |
|----------------|--|-------------|
| Church Wardens | Mike Richardson 07824 859075   |             |
|                | Sharon Yates 07909 279100  |             |
|                | <a href="mailto:churchwardens@stmarksforestgate.org.uk">churchwardens@stmarksforestgate.org.uk</a> |             |
| Treasurer      | Peter Arnold   |             |
| Organist       | Elizabeth Palmer   |             |
| Music Group    | Janet Bone   | Phil Ridaut |

## P.C.C. Members

|                       |   |                    |
|-----------------------|---|--------------------|
| <b>Chairman</b>       | Rev'd Ben King                                  |                    |
| <b>Vice Chairman</b>  | Ann Arnold                                      |                    |
| <b>Treasurer</b>      | Peter Arnold (Deanery Synod Representative DSR) |                    |
| <b>Secretary</b>      | Jane Ridout                                     |                    |
| Sharon Yates (Warden) | Mike Richardson (Warden)                        | Michael Semuguraka |
| Janet Bone (DSR)      | Barbara Lumsden                                 | Charlotte Mouzer   |
| Miranda Vincent       | 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    | <a href="http://www.stmarksforestgate.org.uk">www.stmarksforestgate.org.uk</a>           |
| Admin      | <a href="mailto:info@stmarksforestgate.org.uk">info@stmarksforestgate.org.uk</a>         |
| Youth Work | <a href="mailto:youth@stmarksforestgate.org.uk">youth@stmarksforestgate.org.uk</a>       |
| Magazine   | <a href="mailto:magazine@stmarksforestgate.org.uk">magazine@stmarksforestgate.org.uk</a> |
| Notices    | <a href="mailto:notices@stmarksforestgate.org.uk">notices@stmarksforestgate.org.uk</a>   |



Facebook: St. Mark's Forest Gate



Twitter: @stmarks\_e7

## Magazine

All material for the magazine to be left in the church office or emailed to the email address above. Material for **March 2020** needs to be given in by the end of the morning service on **Sunday 9th February**.



February marks a change in the seasons as winter gives way to spring. The days lengthen, temperatures rise and we begin to see signs in the natural world which herald new life and the beauty and bounty of God's creation.



I don't know about you, but the beginning of this new life cycle reminds me of God's steadfastness and of His faithful provision. Just as we can be sure of God's provision in the natural world, so too can we be sure of His provision for us in every area of our life.

With that in mind, on 9<sup>th</sup> and 16<sup>th</sup> February we are going to be holding a 2-week stewardship campaign, focusing primarily on our regular giving.

I know many of you give generously, even sacrificially, and I am incredibly grateful to you all for doing so. Without your generosity, we simply wouldn't be able to support or resource the good work that we're doing in our church and community. My very sincere thanks to you all and may that spirit of generosity only continue and increase!

Notwithstanding your goodwill, I think there are three issues we need to focus on:

First, we need to be faithful to the teaching of Scripture about money and stewardship. I understand that about 40% of Jesus' parables touch on money or stewardship in some form. If these subjects assumed that sort of priority for Jesus, then naturally they also need to be reflected in our teaching. By giving these key areas of Christian life a profile, we are simply being faithful to what the Bible teaches and therefore bringing glory to God.

Second, we need to be candid about our own financial position at St Mark's. Whilst we are still paying in full our parish share (contribution to the Diocese) and covering our day to day running costs, there is precious little in the pot to build God's church and to reach out to the community in other ways. In addition, there has been a downward trend over the past few years with outgoings exceeding income. In my mind, it's crucial that we reverse this trend so that we can balance the books and properly resource all the things God is calling us to.

*Continued on the next page*

Third, any stewardship campaign is a wonderful opportunity to respond to God's extravagant provision and loving faithfulness. Look at the cross and think on just how much God has given out of love for us. When we consider all the different ways in which He's blessed us and provided for us, it's a natural response to give to Him in turn. And we know that when we do, God will provide for us. Indeed, if my experience is anything to go by, He will exceed our expectations (see Malachi 3:10).

A personalised envelope containing some literature and a response form will be given to everyone on the Electoral Roll and will be ready for collection on Sunday, 9<sup>th</sup> February. If you are not on the Electoral Roll but would like to join in, do let us know and we will gladly ensure you have the relevant paperwork.

Please do think about your giving prayerfully before the Lord as you reflect on His goodness and faithfulness. And as we give what God asks of us, may we also know His extravagant provision and His manifold blessings, just as He has promised.

Finally, please do feel free to speak to me about any of this; I'd be only too happy to talk with you.

With very grateful thanks

Ben

## **Pray for Enough**

**Each new day pray for enough strength,  
enough love,  
enough hope and  
enough peace for that day**

**Psalm 29 v 11**





### **Spring Harvest 13th to 17th April 2020 Minehead**

Spring Harvest aims to create space for all people to encounter God, to be confident in their faith and to see transformation in lives and communities. It's an event where everyone is valued and cared for, and where the church is supported and resourced. This is with the aim that we go ready and able to serve others, at home and around the world, in the name of Jesus.

Bible leaders will be Steve Uppal - Senior Leader for All Nations Church and Anne Calver - Church Leader at Stanmore Baptist Church.

Worship will be led by Elim Sound featuring Sam Blake and Helen Yousaf.

We are going to Spring Harvest just after Easter, and for those who have booked to go it is now time to pay the outstanding money to Yvonne Tiley.

For further information look at [SpringHarvest.org](http://SpringHarvest.org) or on You Tube 'Spring Harvest 2020'

# The Sermon

**Sunday**      **19th January All Age Service**  
**Speaker**    **Reverend Ben King**  
**Theme**      **Transformation**

Transformation is a process of big change, like a prism that splits white light into a rainbow of colours, or as the refraction of light by a curved jug of water can reverse the direction of an arrow, light can be transformed.

Jesus is the light of the world and we are part of his reflection, so just as light can be transformed by a prism or the curve of a jug, how we see things can be transformed, and who we are and what we do can be changed by Jesus as we come to know him.

The reading in John 1 v 29 - 42, talks about John the Baptist who was so excited when he saw Jesus, and Andrew and the other disciple went with Jesus to his home. Andrew went and got his brother Simon who was transformed in his presence, and Jesus changed his name to Peter, the rock, the new identity of what he would become; he was made new for Jesus.

We might be happy as we are and wary about the transforming power of knowing Jesus, but He only does it for good, and it enables us to move fully into the people we are meant to be. We can get closer to this by being closer to Jesus, by reading the bible, praying, being in fellowship with others and most of all walking with him in everyday life, being willing to follow him and allowing him to change us. As the church motto this year says, 'I will make all things new', and that includes us.

We cannot not be changed when we come into the presence of Jesus, Paul talks about this in his first letter to the Corinthians. Lots of people when they come to Christ show this with new priorities; life has a new colour and a new meaning and we can go off in a new direction.

We hope that this year we as a church can be transformed by Jesus, with a clearer sense of direction - that he will make us new.

*Please note: This is what I heard of the sermon, it may have not been what the minister meant to say, do come and join us and listen for yourself Sunday mornings at 10:30am.*

## Don't doubt, trust God's promises

God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfil?  
Numbers 23 v 19

On many occasions we make promises that we do not keep; we may not break our promise deliberately, sometimes we forget, sometimes things just do not work out the way we planned it. This shows the limitations of human beings. However God does not break his promises because he is not limited by any human factors; He does not forget.

Therefore we should not doubt God, we can trust and rely on Him, it is not in His character to let us down. We should make use of His promises in His word, He is able to make everything work together for good. When life gets broken Jesus is the only repairer and comfort, we should talk to Him, He will turn our frustrations into joy.

There are always struggles before victories, a tea bag does not do any good until it is put in boiling water, so we should stop doubting and believe God can see us through. It may be a long time, but it is not too late for our prayers to be answered and His promises to be fulfilled by our all sufficient God.

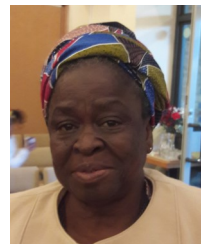
He promised the Israelites the land of Canaan; He fulfilled the promise by freeing them from slavery and leading them to the land of their inheritance. Just as Caleb and Joshua challenged the Israelites not to rebel against God by doubting His ability to fulfil his promises, we must continue to believe in God who does not lie or fail in his promises.

“so is my word that goes out from my mouth: it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” Isaiah 55 v 11.

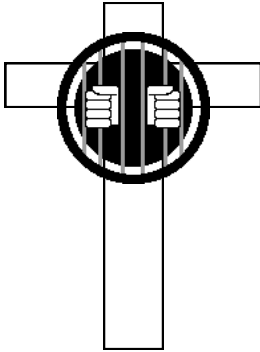
May the good Lord give us the grace to continue to trust and believe in His promises.

God Bless you

Elizabeth Adegbite



# The Persecuted Church



**Speak up for people  
who cannot speak for  
themselves. Protect  
the rights of all who  
are helpless.**

**Proverbs 31 v 8**

In CSW's current issue of 'Response' UN officer Claire Denman writes about their work on Sudan at the United Nations.

Mohamed is a human rights lawyer who worked with CSW on many cases in Sudan until he was forced to leave the country due to government sanctioned harassment as a result of his work.

Last year Claire accompanied Mohamed to the UN in Geneva as he spoke about his country at this momentous time in their history. CSW facilitated his attendance at the UN Human Rights Council (HRC) where their advocacy focused on urging the HRC to hold an urgent debate on the human rights situation in Sudan and commission an independent international fact finding mission to investigate violations that occurred across the country during the protests which led to the removal of President Omar Al-Bashir and a transition to a civilian led government.

Together Claire and Mohamed attended numerous meetings so that Mohamed could update UN officials and country representatives on the situation in Sudan and urge them to take action to keep the human rights situation in Sudan on the HRC agenda.

Having been forced to leave Sudan because of his work in defending victims of freedom of religion or belief violations such as Meriam Ibraherim, Mohamed had wondered how he could continue advancing human rights and justice in his homeland. Coming to the UN and using his expertise to testify about the situation provided the perfect opportunity to continue his vital work.

Mohamed says 'I felt like I was doing something very important for my country. I was a voice for victims, martyrs, and elders - I took pride in speaking for them and doing what I feel I was put here to do. And CSW gave me the opportunity.'



There have already been positive outcomes at the UN since Mohamed's visit: a new resolution on Sudan was adopted in September 2019, and the new government has approved the opening of a UN country office to monitor the human rights situation and support transitional justice.

In even more encouraging news investigative mechanisms are being put in place to report on the violations against protesters, and the violent clearing of the sit-in on 3rd June 2019, to bring criminal charges against those responsible.



In January 2019's magazine we told you about Eritrean refugee Afewerki who was forced to escape from repressive Eritrea in late 2017 after his wife Fekadu died in prison after being denied medical treatment. 'I know that my wife was a hero Christian, that she died for Christ,' he told CSW shortly after making the dangerous journey to one of the refugee camps for Eritreans in northern Ethiopia with his four children.

The good news is that Afewerki and his family are now safely in Canada.

Please pray for Afewerki and his children (from left) Susan, Saimon, Nftalem and Michias. Pray that God will meet all their needs as they establish their new life in Canada.



At our Re-Dedication Service on 5<sup>th</sup> January, 68 members of our church family pledged to read the whole Bible during 2020. Most people will be doing this either by using their own Bible and a Bible reading guide such as the one Ben made available for us, or through the Bible in One Year App.

I have created a list of who is using which resources. This is simply for my own use – if anyone would like to be put in touch with others using the same resources, please let me know. I will of

course ask your permission before giving any names out.

As I compiled the list it was a privilege to read the prayers that many people had written as we start out on our journeys through the Bible. When I had finished the list I prayed each prayer, and hope to do so again later in the year.

As I write it's still early January, but I'm pleased that this new year resolution has already lasted longer than ones I've made in previous years. A number of the prayers echoed the one I almost wrote – for the time and perseverance to see the initiative through to the end of the year, so I was relieved that I wasn't the only person who felt this way. It would be great then, if in February we could all pray for each other to have time for our Bible in One Year reading, so that by the end of the month it really has become an established part of our daily routine.

These are a few things I've found so far in these early days and also based on a trial I did in November, and some of this may echo what you have found. At first I added my Bible in One Year time onto my regular Bible reading time using the New Daylight notes. I quickly found this was too much all in one go, so I split the two up – I kept my Bible notes at their usual time and I now move my Bible in One Year time around the day, as and when I can fit it in, although this will not be possible for everyone.

I use the app, and started off reading the material. I found sometimes I lost concentration towards the end, so I tried the audio version. This kept my attention much better, and is what I've continued with. As Lynne is also using the audio app, it means we can sometimes listen to it together. I find the commentaries in the app very helpful, so I feel I am learning as well as simply reading.

It is worth experimenting – if you feel that what you started with is not working for you as you would like, then try a different time or place if possible, or perhaps try one of the other resources. Please do contact Ben, Sharon or myself if you would like any help or prayer.

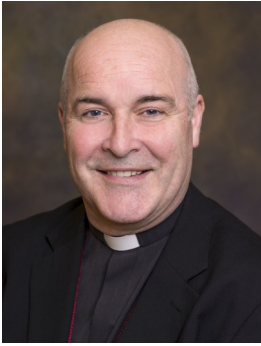
And of course it doesn't matter if you didn't start on January 1<sup>st</sup> – the resources are designed to start at any point in the year, so it's never too late to begin.

Over the coming year I'd love to hear your experiences and things you've learnt. You can email these to me: [bioy@stmarksforestgate.org.uk](mailto:bioy@stmarksforestgate.org.uk), write me a note and either give it to me or leave it for me at church, or have a word with me.

May God bless us all in this initiative.

Mike Richardson





A letter from our Bishop

Dear friends in Christ,

Downing Street announced that I am to be the next Archbishop of York. I am humbled and excited to be called to this position of leadership and service in our Church, but I will also be sad at leaving the diocese where I was born and grew up. Being the Bishop of Chelmsford will always be one of the greatest honours of my life.

Please pray for me and for Rebecca as we prepare for this move. Please pray for the Diocese of York and for Archbishop Sentamu as he prepares for his retirement in June. Please pray for the dioceses and communities of the Northern Province and for Archbishop Justin and the whole Church of England.

I don't know exactly when I will be laying down my responsibilities as your bishop, but I will write again with the details of what will be happening.

I love and will always love the diocese of Chelmsford. I love its diversity. I love its creativity. I love its possibility. I will continue to pray for the churches and people of East London and Essex and all who live and serve here; and I give thanks for all the joys I have shared with you these past nine years.

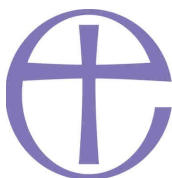
Thank you for the trust you have put in me. As we look forward to Christmas, may the song of peace that the angels sung echo in our hearts and lives and fill us with joy.

A handwritten signature in black ink, reading "Stephen Cottrell".

The Rt Revd Stephen Cottrell  
The Bishop of Chelmsford



The Church of England  
in Essex and East London  
Diocese of Chelmsford



# THE CHURCH OF ENGLAND

### How to raise a secure adult

The children of your people will live in security

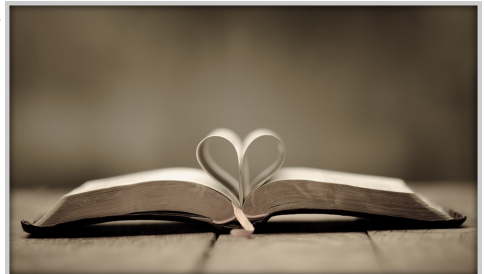
Psalm 102 v 28

When you ask parents about their future hopes for their kids, you'll hear words like *happy*, *secure*, and *self-confident*. Those are nice sentiments, but not guarantees. But what makes that kind of adult? A childhood filled with trophies and good grades? A life in the country, far away from the crime-ridden city? Enriching pastimes like travel and music? The truth is, not one of these things predicts later happiness.

That doesn't mean you shouldn't encourage children to study and excel; having parents who value knowledge makes a difference. The important qualities, however, aren't external, they're internal. Psychologist Dr Edward Hallowell says to feel secure, your children need to develop two crucial skills: The ability to overcome adversity and the capacity to sustain joy. He says, 'Life is full of disappointments. Only by failing the first time and learning to try, try, and try again will a person get the most out of their abilities.'

But how do you teach your kids to be joyful in the face of adversity? There's only one way to do it: introduce them to the source of joy. Isaiah said, 'My soul shall be joyful in my God; for he hath clothed me with...salvation' (Isaiah 61:10 KJV). David said, 'In thy presence is fulness of joy; at thy right hand there are pleasures for evermore' (Psalm 16v11). Jeremiah said, 'Thy word was unto me the joy...of mine heart' (Jeremiah 15v16). God never promised us a life without problems, but His Word says, 'The Holy Spirit produces this kind of fruit in our lives...joy' (Galatians 5v22).

*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](http://www.ucb.co.uk), or telephone 0845 6040401.*



# Can we help you?

## People to pray with you

If you would like someone to pray with you, people will be available to pray with you after the Sunday morning service in the church prayer corner, which is just inside the door to the church. Prayer will be private and confidential. You do not need to attend the service.

## Individual Prayer Requests

If you would like prayer for yourself or others, please put a prayer request on the notice board in the prayer corner in the church, and we will pray for you. As all these needs are known to God you do not need to provide names, but only the situation you want us to pray for.

## Pastoral Care

We would like to provide pastoral care to the church and wider community through our ministers and the church leadership team. If you need help and support please contact the church wardens or our minister Rev Ben King

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



## Intercession: Wisdom

Father God we ask you for wisdom in the decisions we make in life, and help us to hear your voice before we move forward. Come into every part of our lives and help us decide how we spend our money, how we work with other people, and how we react to the situations we find ourselves in. Help us Father not to be too hasty, not to speak without reflection, not to hurt others by carelessness in what we say and how we say it.

Lord in your mercy,  
Hear our prayer



## Wednesday Prayer

Every Wednesday there is an early morning prayer session held in the church at 7:30 am, where we meet to pray for the life of the church. And on Wednesday evenings there is a session at 7:00 pm with a focus the life of the church.



## Our Parish Streets:

### Week beginning

|               |  |
|---------------|--|
| 2nd February  | Pray for all who live in Ridley Road   |
| 9th February  | Pray for all who live in Sebert Road   |
| 16th February | Pray for all who live in Tylney Road   |
| 23rd February | Pray for all who live in Woodford Road |

Sunday Services

|             |          |  |
|-------------|----------|--|
| Sunday 2nd  | 8:00 am  | Prayer and Breakfast                                 |
|             | 10:30 am | Morning Worship<br>Music Group                       |
|             | 6:30 pm  | Holy Communion<br>Rev'd Ben King                     |
| Sunday 9th  | 8:00 am  | Prayer and Breakfast                                 |
|             | 10:30 am | Holy Communion<br>Rev'd Ben King<br>Stewardship 1    |
|             | 6:30 pm  | Prayer for Persecuted Church                         |
| Sunday 16th | 8:00 am  | Prayer and Breakfast                                 |
|             | 10:30 am | Holy Communion<br>Rev'd Ben King<br>Stewardship 2    |
|             | 4:30 pm  | Praise T<br>Sharon Yates                             |
| Sunday 23rd | 8:00 am  | Prayer and Breakfast                                 |
|             | 10:30 am | All Age Worship<br>Sharon Yates and Charlotte Mouzer |
|             | 6:30pm   | Holy Communion<br>Rev'd Ben King                     |



**For Young People during Sunday Morning Services**  
Crèche area for Babies 0 - 3 years   Scramblers for 3 - 5 years Meeting Room  
Sunday Club for 5 - 11 years Hall   Youth Group for 11 - 16 years Lounge



## What's On

|     |      |          |                                    |
|-----|------|----------|------------------------------------|
| Wed | 5th  | 7:30 am  | Prayer Meeting (every Wednesday)   |
| Wed | 5th  | 12 noon  | Bible Study (every Wednesday)      |
| Wed | 5th  | 7:00 pm  | Prayer Meeting (every Wednesday)   |
| Fri | 7th  | 10:00 am | Coffee Morning for Kidney Research |
| Fri | 7th  | 1:30 pm  | Nifty-Fifties - Quiz               |
| Fri | 14th | 1:30 pm  | Nifty-Fifties - Food and Drink     |
| Fri | 21st | 1:30 pm  | Nifty-Fifties - Animal World       |
| Mon | 24th | 7:30 pm  | P.C.C.                             |
| Wed | 25th |          | Ash Wednesday (start of Lent)      |
| Fri | 28th | 1:30 pm  | Nifty-Fifties - no meeting         |

### Every Wednesday in the church

7:30 am Prayer Meeting;  
12 noon Bible Study;  
7:00 pm Prayer Meeting



## Care and Concern

**Coffee Morning for  
Kidney Research UK  
Friday 7th February  
10:00 am**



Kidney Research UK have a vision of life free of kidney disease, and their research aims to eradicate what is a silent killer and to improve the quality of life for those who suffer from renal diseases and genetic conditions. They aim to provide better information for sufferers and to raise public awareness.

The January coffee morning for Pussycat Lodge raised £156. The March coffee morning will be on the 6th March and will be raising funds for The Tower Lifeboat. All coffee mornings are held in the church hall at 10:00 am.



### **Newham Churches Food Bank**



St Mark's is contributing, on a regular basis, to the Churches Food Bank in Newham. Each month we will be asked to buy particular items when shopping and bring them in to St Mark's.

For the month of **February** we are collecting **Rice (500g bags) and Nappies (sizes 1-6)**. Please place items in the Food Bank box, outside the office at church.

Thank you

The writer Gary Chapman describes the 5 'love languages' as words of encouragement, quality time, gifts, acts of service and touch. Do you have a preferred 'language of love'?

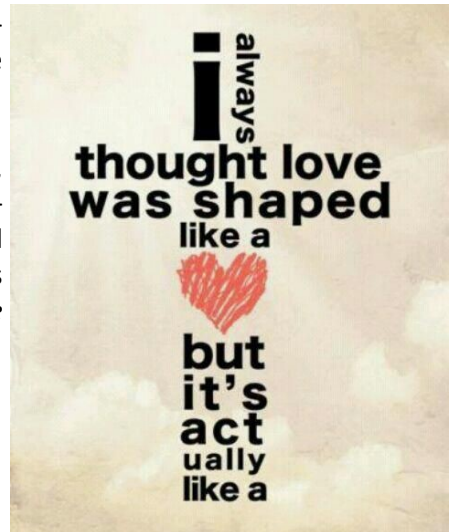
With the approach of St Valentines' Day, let's ask: what is God's love language? *'Dear children, let us not love with words or speech but with actions and in truth.'* (1 John 3:18). God's love is expressed in the word *agape*, which is exclusively found in the New Testament. Greek has a number of words for love e.g. empathetic, friendship or sexual, but *agape* is defined uniquely by Jesus. *'This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters.'* (1 John 3:16) It provides the model for how we should love others.

**Agape love is self-giving:** it is ready to put the other person first, just as Jesus gave His life for us on the cross by dying in our place. Are we generous with our time, words, money and service to others?

**Agape love takes the initiative:** are we ready to show love to those who don't deserve it? Do we have eyes of compassion to see the needs around us and a heart to reach out to them?

**Agape love is intentional:** are we ready to get close to those in need around us, irrespective of what time we have or how we feel?

The story is told of Jesus asking a little child, *'how much do you love me?'* The child replied *'lots and lots and lots!'* They then asked Jesus how much He loved them. Jesus stretched out His arms wide and said *'I love you this much'*, as they nailed Him to a cross.



# RHS Chelsea Flower Show

## Psalm 23 Garden coming to RHS Chelsea

The Bible Society has announced that “We’re absolutely thrilled to be working with award-winning garden designer Sarah Eberle, to bring Psalm 23 to life at the RHS Chelsea Flower Show in May 2020!”

The Psalm 23 Garden at RHS Chelsea Flower Show 2020, designed by Sarah Eberle, will offer visitors the chance “to stop, reflect, and feel refreshed”.

The Bible Society said: “This powerful psalm, with its visual imagery of green pastures, still waters and the valley of the shadow of death, just cries out to be turned into a garden.

“We hope you’ll love it. And after the Chelsea Flower Show, the garden will find a permanent home at the Winchester Hospice in Hampshire, where it will be a blessing to patients and families.”

The Bible Society says it is also hoping that people will “join us in creating community gardens across the country inspired by the Psalm 23 Garden. You can do this outside your office, in your school grounds, or in your churchyard. Let’s get gardening!”

You can follow the project on the Bible Society website.



## 25 February Shrove Tuesday: Pancake Day

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us *Shrove* Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, while salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3<sup>rd</sup> February and 9<sup>th</sup> March.



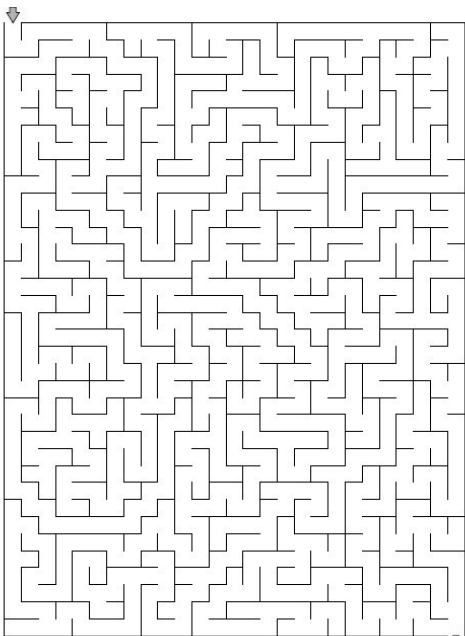
Puzzle Page

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| 2 |   |   |   | 1 |   |   |   |   |
|   |   | 4 |   | 8 |   |   |   | 1 |
| 7 |   | 3 | 9 | 2 |   | 6 | 5 |   |
| 6 |   | 2 |   |   |   |   | 8 | 3 |

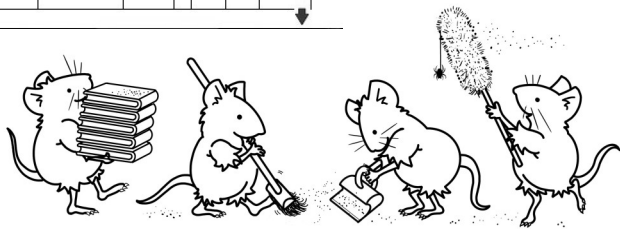
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|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   | 7 | 2 |
|   |   |   |   |   | 9 | 5 |   | 3 |
| 6 | 7 |   |   | 3 | 2 | 9 |   |   |
| 9 |   |   |   | 1 |   |   |   |   |
| 4 | 1 | 6 |   |   |   |   | 7 | 9 |
|   |   |   |   | 6 |   |   |   | 1 |
|   |   | 3 | 1 | 8 |   |   | 4 | 6 |
| 2 |   | 7 | 4 |   |   |   |   |   |
| 8 | 4 |   |   |   |   |   |   |   |

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"Ready when you are, George..."





## Grant Museum of Zoology

The Grant Museum of Zoology is one of a number of museums run by the University College London. This is a particularly unusual one as it is a collection of many animal specimens.

Step inside this grand Edwardian building and you'll find rare and extinct dodo specimens, one of only seven quagga skeletons in the world, and the famous glass jar of moles.

Established in 1827 as part of UCL, today the museum is still a space for exploring the animal kingdom and making ground-breaking new discoveries.

Drop-in and enjoy a free exhibition inspired by the specimens on display, new work by contemporary artists and university researchers, or get your hands on a specimen at one of the museum's interactive events.

It is open Monday - Saturday afternoons from 1:00 pm to 5:00 pm, including bank holidays.

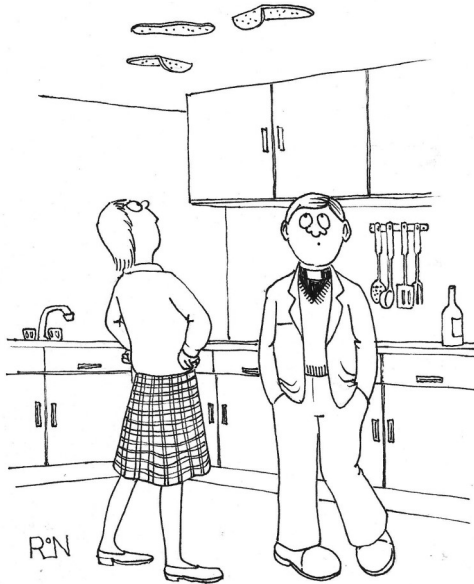
Rockefeller Building  
University College London  
21 University Street  
London WC1E 6DE

It is a short walk from Euston Square Tube station on the Circle Line.



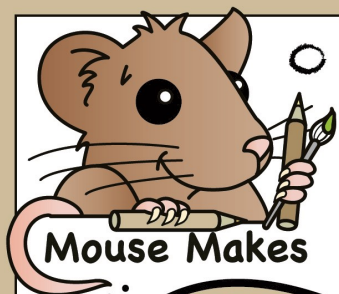
## St Mark's Forest Gate youth

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



"Pancake party?" said Simon,  
"What Pancake Party?"





After **Jesus** was baptised He was led by the Spirit into the **wilderness** for **forty** days where he was tempted by the devil.

**READ** the story in **Luke 4:1-13**

## Mouse Makes

JUMP  
JERUSALEM  
HIGH  
HOLD  
IF

THUNGRY  
EOHFOOT  
MLIFTDE  
PYMOJBO  
TSBREAD  
APATSRE  
TIPYUAV  
IRTESTI  
OILEDL  
NTSTONE  
STEMPLE  
HDAYS

DESERT  
ROJORDAN  
VRIVEROCK  
U

WOWORLD  
ISONKTO  
LCRWIHW  
DRSRNRN  
EIHIGOD  
RPITDWG  
NTPTOOL  
EUAEMNO  
SRINSLR  
SERVEYY  
EANGELS  
LORDR

What was Jesus' reply when the devil asked Him to turn a stone into bread?

Who did Jesus say He would only worship and serve?

What did Jesus say you must not do?

Can you find these words in the word search?

JESUS • BAPTISED • RIVER • JORDAN • LED  
HOLY SPIRIT • WILDERNESS • DESERT • TEMPTATIONS  
DEVIL • FORTY • DAYS • HUNGRY • ROCK • STONE  
BREAD • WRITTEN • SCRIPTURE • ALL • KINGDOMS • WORLD • GLORY  
WORSHIP • SERVE • GOD • ONLY • JERUSALEM • TEMPLE • HIGH • IF • SON  
JUMP • THROW • DOWN • ANGELS • HOLD • LIFT • FOOT • LORD • TEST

# The parable of the Shrewd Manager



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ONCE JESUS TOLD A STORY ABOUT A RICH MAN...

...AND HIS SERVANT, WHO MANAGED THE RICH MAN'S PROPERTY.

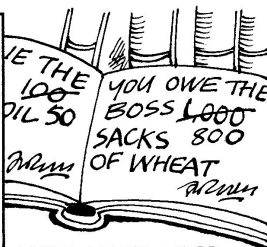


THE RICH MAN HAD HEARD THAT THE MANAGER HAD BEEN WASTING MONEY.

SO HE CALLED THE MANGER TO ACCOUNT FOR HIMSELF!



OH NO! I AM GOING TO GET THE SACK!!

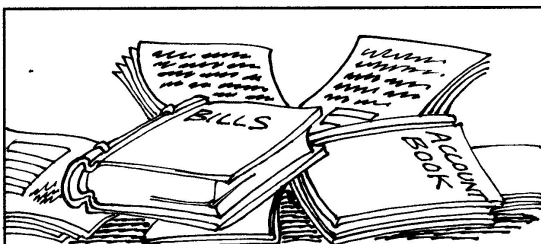
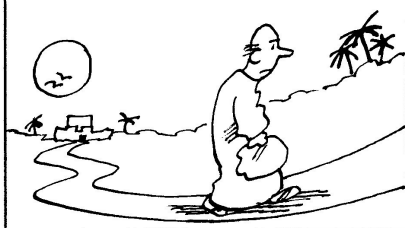


THE MANAGER AGREED TO LET THE RICH MAN'S TRADERS FIDDLE THEIR BOOKS!



SO THEY ALTERED THEIR DEBTS - AND STAYED FRIENDS WITH THE MANAGER.

JESUS EXPLAINED THAT THE MANAGER HAD BEEN WISE IN MANAGING HIS FUTURE... EVEN THOUGH HE WAS BEING DISHONEST.



JESUS WAS TRYING TO ENCOURAGE THE PEOPLE TO THINK ABOUT THEIR OWN FUTURES TOO. BUT IT'S A HARD PARABLE TO UNDERSTAND!

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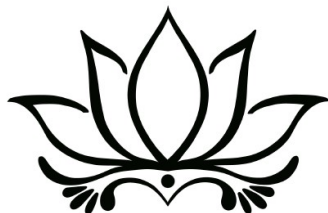
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Email [Jan@mpark.co.uk](mailto:Jan@mpark.co.uk)



## St. Mark's Weekday Activities

St. Mark's is not just a Sunday church - why not try some of the other activities? For further details contact the Church Wardens or the vicar, or simply come along.

|           |            |  |
|-----------|------------|--|
| 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                |
|           | 8:00pm     | 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](http://www.stmarksforestgate.org.uk)

### Vicar:

[ben.king@stmarksforestgate.org.uk](mailto:ben.king@stmarksforestgate.org.uk)

020 8091 5652 | 07437 522650

### Email:

[info@stmarksforestgate.org.uk](mailto: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](http://www.stmarksforestgate.org.uk)