

# St Mark's Forest Gate



**March 2021**

**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
Music Group	Rev'd Ben King

## P.C.C. Members

<b>Chairman</b>	Rev'd Ben King	
<b>Vice Chairman</b>	Ann Arnold	
<b>Treasurer</b>	Peter Arnold	
<b>Secretary</b>	Jane Ridout	
Sharon Yates (Warden)	Mike Richardson (Warden)	Michael Semuguruka
Janet Bone (Deanery Synod Representative 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	<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

Material for the magazine to be emailed to [ap.arnold@btinternet.com](mailto:ap.arnold@btinternet.com) or put through the door of 32 Cranmer Road. Material for **April 2021** needs to be given in by **Sunday 14th March..**



## Message for the Month

I trust that February has passed well and that with the promise of longer days, warmer weather and Easter joy, your spirits are beginning to lift. My guess is that, like me, you're also encouraged by the falling hospitalisation and death rates across the country, as well as the many millions who have been vaccinated over the past month.

Needless to say, there are still many uncertainties about the future, but it really does feel like we're going in the right direction and that God is graciously guiding us out of this pandemic to a better place. Please do join with me in giving thanks to our good and gracious God, and do continue to pray for the virus to be fully and finally defeated.

If you receive the church updates via e-mail (and please let me know if you don't and would like to), you'll be aware that the beginning of Holy Week is going to look a little different this year. That weekend (27<sup>th</sup>-28<sup>th</sup> March), we're going to **distribute a posy of daffodils and an Easter card to every household in the parish.**



Our community outreach over Christmas seemed to be well-received (that strange chap in a flashing suit certainly made an impression!) and I trust that this is yet another way in which we can serve our community with Christian love.

If you're happy to help with the distribution, please do get in touch. This is a big operation and it would be great to have as many people as possible involved. If you can't help out, then please do be praying that this simple gesture would reveal something of Jesus' love to the wonderful people of the parish. Thank you.

Community outreach was one of the key things that emerged from last October's day of prayer and will, I'm sure, form part of our new vision for St Mark's. Thank you to those of you who have already fed in ideas. Although the complete vision is still some way off, we are taking steps to translate ideas into action. Do please be praying for the PCC which meets on 1<sup>st</sup> March as we discuss the community aspect of our vision and continue to seek God's will for our future.

Finally, if you're looking for details about Holy Week and Easter services, there'll be more information on the church website later this month and in April's issue of the magazine when we hope to have a clearer idea of what worship might look like.



In the meantime, this comes with my very good wishes and God's richest blessings,

*Ben*



### **Words of Comfort**

**The future is today, live for today, enjoy today  
it comes only once.**

**Psalms 118 v 24**

## **The Barking Area Vocations Day**

**Saturday 6th March between 10:00 am and 12:00 noon via Zoom.**

Bishop Peter will give the keynote address and there will be presentations and testimonies about lay and ordained ministry, as well as opportunities for questions and discussion. Please speak to Ben for more details if you feel God might be calling you to explore your vocation – he'd love to hear from you.

## **Diocesan Lent Appeal**

### **Bishop's Annual Appeal 2021 - Empower Marsabit**

The Lent appeal is part of the Bishop's annual appeal for the Chelmsford sister diocese of Marsabit in Kenya in support of 'Empower Marsabit'.



In Marsabit, 80% of the population lives in absolute poverty and only 26% of women are literate. Life is a challenge. Through the work of Five Talents across Kenya 97% of members who completed locally run courses reported being able to afford three meals

a day. Transformational, locally run, empowering courses for local communities.

Five Talents provides training in literacy, numeracy and basic business skills to free people from dependency into empowering and abundant lives. Join us this year as we partner with Five Talents and our link Diocese of Marsabit to be part of the story of transformation.

You can donate on line at <http://www.chelmsford.anglican.org/bishops-appeal/> or drop money/cheques to the Treasurer at 32 Cranmer Road or the Vicarage, please mark you envelope Lent Appeal.

# The Sermon

**Sunday**      **14th February**  
**Speaker**    **Sharon Yates**  
**Theme**      **Love one another**

In the world love is often used without much thought, but love in the bible, agape love, is unconditional love and is a commandment given by Jesus at the last meal He shared with his friends.

We long for love, it is how we were created, but the many expressions of love in our modern culture are counterfeit and have hijacked the real meaning of love, the true love from God. The first person to love you was Father God; He has loved you forever and since you were formed in your mother's womb. God loves us and wants us to experience true love. So what is true love? This is the love we receive from God and the love we are commanded to extend to others. Note the word command; it is not an optional extra but something we are to obey.

How do we love one another as Jesus as loved us? We need to follow His example.

- He spent time with his disciples, special time where they went aside. We can give time to others.
- He comforted them when they were distressed and fearful. We can do this for other people when they are distressed and fearful.
- He prayed for his friends and he continues to pray for us at the right hand side of God. We need to commit to pray for each other; it is a privilege to pray in earnest for each other as an expression of our love.
- He corrected them. We can be called to correct each other or to be corrected; when we love someone unconditionally we want what is best for each other.
- He served humbly, doing little things that make a difference which are signs of a servant heart.
- He gave of himself; He gave his life as a ransom for many. Not many are called to die literally, but we are called to die to ourselves.

We cannot do this in our own strength, but because God's love is poured out on us it is there to be shared with others. With the Holy Spirit we can love beyond ourselves and serve the kingdom of God. It is conspicuous love, love is action that is seen and is honouring of God.

Please note: if you would like to hear the whole sermon for yourself it is on St Mark's YouTube.



### 25th March: The Annunciation

The church celebrates the annunciation on this date, the event is when the Angel Gabriel visits Mary to tell her she is to become the mother of God's Son. The Annunciation is a significant date in the Christian calendar - it is one of the most frequent depicted in Christian art. Gabriel's gracious strength and Mary's humble dignity have inspired many artists. Certainly, Mary's response to the angel has for centuries been an example of good faith in practice - humility, enquiry of God, and trusting acceptance in His will for her life.

The church calendar is never quite as neat as some would like it. To celebrate the Annunciation on 25<sup>th</sup> March places the conception of Jesus exactly nine months from His birth on 25<sup>th</sup> December, but the latter part of March almost inevitably falls during Lent. But the birth and death of Jesus are intrinsically linked - He was born to die, and thus fulfil God's purposes.

### 28th March: Jesus at the gates of Jerusalem

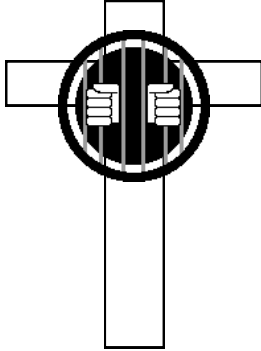
Holy Week begins with Palm Sunday, when the Church remembers how Jesus arrived at the gates of Jerusalem just a few days before the Passover was due to be held. He was the Messiah come to His own people in their capital city, and yet He came in humility, riding on a young donkey, not in triumph, riding on a war-horse.

As Jesus entered the city, the crowds gave Him a rapturous welcome, throwing palm fronds into His path. They knew His reputation as a healer, and welcomed Him. But sadly the welcome was short-lived and shallow, for Jerusalem would soon reject her Messiah and put Him to death. On this day churches worldwide will distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.





# The Persecuted Church



**Speak up for those who  
cannot speak for them-  
selves, for the rights of all  
who are destitute speak  
up and judge fairly, de-  
fend the rights of the poor  
and needy.  
Proverbs vv 8-9**

## Burma - Myanmar

When Aung San Suu Kyi's National League for Democracy (NLD) swept the board in Burma's 2015 elections after over 50 years of oppressive military rule, there was a promise of hope, the chance for a freer brighter future, especially for the country's religious and ethnic communities. Sadly the reality today stands in the stark contrast to those post-election hopes of 2015.

The civilian NLD government which had the opportunity within the constraints of the constitution to allow more freedoms, to improve human rights in areas such as freedom of expression, to repeal repressive laws and free political prisoners, has done the opposite. Aung San Suu Kyi's government has become an authoritarian government. Last November's election was held in a climate where many critics of the government were afraid to raise

their voice for fear of arrest and imprisonment. Aung San Suu Kyi, who once said that one political prisoner is one too many, on the eve of the election had 229 political prisoners in jail.

In the run up to the elections last November CSW senior analyst for East Asia, Benedict Rogers, explained 'Burma approached the crossroads of democratisation and national reconciliation and went into reverse....'. The gains that were made in terms of human rights have largely been lost. Today, once again there is the tragedy of political prisoners, refugees, media censorship, religious intolerance, continuing military offensives against ethnic groups and involving war crimes and crimes against humanity and most shocking of all, a genocide (of the Rohingya Muslims) that Aung San Suu Kyi herself went to the International Court of Justice at the Hague to defend. Most fair minded people would acknowledge the limitations she was under, but almost no-one would have predicted where we are today.'



But there is still cause for hope, as the Church in Burma has been powerful force of love across the nation during the Covid 19 pandemic. In crowded camps for the internally displaced persons, the church has distributed protective equipment, helped with preventative measures and sanitised the camps. His Eminence Cardinal Bo, Archbishop of Rangoon, told us 'Mercifully the camps are spared the expected spread!' and as the second wave hit, Cardinal Bo encouraged the church to continue 'to be a Good Samaritan to a wounded humanity' and reminding them that 'love has no lockdown'.

As we reflect on what lies ahead for Burma, we hold fast to the words of Cardinal Bo in the run up to the elections and in the face of Covid 19, saying 'During these challenging times, let us joyfully proclaim with the Apostle Paul, If God is with us who can be against us.'

Let us pray for a brighter future for Burma, especially in view of the military coup that has taken place.

Source: CSW Burma Campaign

### **2021 World Watch List**

Open Doors has found that more than 340 million Christians suffer high levels of persecution and discrimination for their faith, amounting to one in eight world-wide. Now the charity has released its 2021 World Watch List (WWL) which highlights the top 50 countries that are most hostile toward Christians. Here are the top ten.

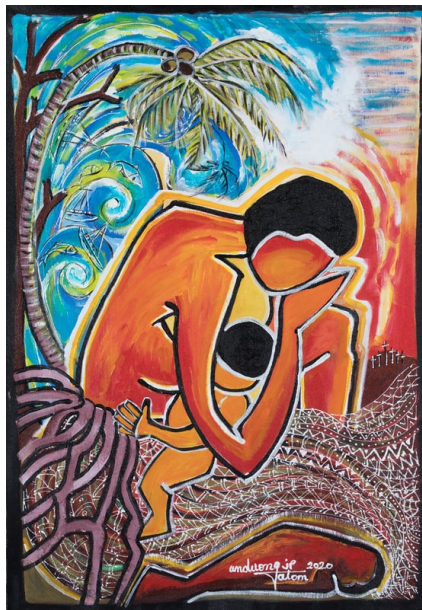
1. North Korea
2. Afghanistan
3. Somalia
4. Libya
5. Pakistan
6. Eritrea
7. Yemen
8. Iran
9. Nigeria
10. India

# Women's International World Day of Prayer



The Day of Prayer has been running for many years. The Women's International World Day of Prayer is an inter-church organisation which enables us to share in the thoughts of women from all parts of the world; their hopes, concerns and prayers. Each year the women of one country prepare a service which is then celebrated around the world on the first Friday in March.

Women of the Republic of Vanuatu (located in the South Pacific Ocean) have prepared this year's service. The black and white sandy beaches, coral reefs with coloured fishes, lovely birds, fruits and nuts in the forest, all make the islands a pristine environment, but they are vulnerable to frequent tropical storms, earthquakes, cyclones, tsunamis, and active volcanoes. Women, men and children of all ages are called to 'Build on a strong foundation' and live in unity, love and peace in the context of ethnic and cultural diversity like Vanuatu and so many other places around the world. The image was painted after Hurricane Pam in 2015 showing a mother protecting her child from the storm.



On Friday 5 March 2021 people will gather to celebrate the service prepared by the women of Vanuatu. The Day of Prayer is celebrated in over 170 countries. It begins in Samoa, and prayer in native languages travels throughout the world – through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 39 hours later.

For further information and resources, see the WDP website: [wwdp.org.uk](http://wwdp.org.uk)

**As we cannot hold the service during the current restrictions, we would like to encourage you to come to Evening Prayer and Wednesday evening prayer that week (i.e. from Monday, 1st March) to focus on the theme. At each prayer meeting, a different woman from St Mark's church family will be bringing a particular focus. Details of times and the Zoom ID can be found on page 16.'**

Ross Haselhorst recommends that first time readers of the Bible start with the Luke, then Acts, Genesis, Exodus, John, begin Psalms (a few each time you read several chapters in another book) and Proverbs (one chapter each time you read several chapters in another book); Deuteronomy, Romans, (After reading the above, a person has a reasonable grasp of what the Bible is about) .



However, hopefully a person will go on....Isaiah, Mark, Ecclesiastes, Hebrews, Joshua, Judges, Ruth, Ephesians, Job, Philippians, First and Second Samuel, the Gospel according to Matthew, Colossians, First and Second Kings, First and Second Corinthians, Ezra, Nehemiah, Esther, Galatians, Song of Solomon, First and Second Thessalonians, Jeremiah, First and Second Timothy, Lamentations, Daniel, James, the rest of the New Testament, and the rest of the Old Testament. This recommended reading pattern above aims at presenting a "balanced diet" of Old and New Testament and the different literary styles.

### **Walk and pray for your community in 2021**

Our communities have all been affected by the Covid-19 pandemic: our schools, hospitals, neighbours, churches, friends and families, so when we're out on our daily walk, let's turn the time to prayer.

That's the challenge from HOPE Together, which is encouraging Christians to walk and pray in 2021.

Rachel Jordan-Wolf, HOPE's executive director, says: 'Whatever time, wherever you live, whilst we're able and permitted to walk – let's walk and talk to the one who has the power to act and bring change.'

HOPE is bringing together resources and ideas for prayer walking from many UK prayer ministries. An app is also being developed to track where Christians have walked and prayed throughout the UK. This is part of a worldwide Every Home for Christ initiative called Oikos, which aims to take the Christian message of hope to every home on the planet over the next 20 years.

To find out more visit [www.hopetogether.org.uk/prayerwalk21](http://www.hopetogether.org.uk/prayerwalk21)

## Coronavirus near Easter: still a good time to pause, pray and remember

When the UK death toll for coronavirus recently reached 100,000, the Archbishops of Canterbury and York issued a call to the nation. They asked everyone to pause and remember the victims of Covid-19. The victims and their families were ‘known to God and cherished by God’.

Perhaps, as we approach Easter, we should consider stopping again and remembering again the terrible cost of the pandemic.

In their open letter, Archbishops Justin Welby and Stephen Cottrell had insisted that death does not have “the last word”, and the Christian faith promises that one day “every tear will be wiped away”.

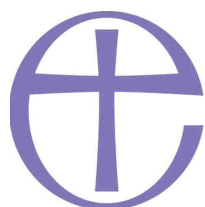
God, they wrote, knows grief and suffering and “shares in the weight of our sadness”.

Turning to the wider impact of the pandemic, the loneliness, anxiety and economic hardship, they then invited people to “cast their fears on God”.

The archbishops said: “We write to you in consolation, but also in encouragement, and ultimately in the hope of Jesus Christ. The God who comes to us in Jesus knew grief and suffering Himself. On the cross, Jesus shares the weight of our sadness.”

“Most of all, we have hope because God raised Jesus from the dead. This is the Christian hope that we will be celebrating at Easter. We live in the hope that we will share in His resurrection. Death doesn’t have the last word. In God’s kingdom, every tear will be wiped away.

“Please be assured of our prayers. Please join us.”



# THE CHURCH OF ENGLAND

## Notes and Diamonds

This [salvation] is not of yourselves [of your own doing, it came not through your own striving], but it is the gift of God

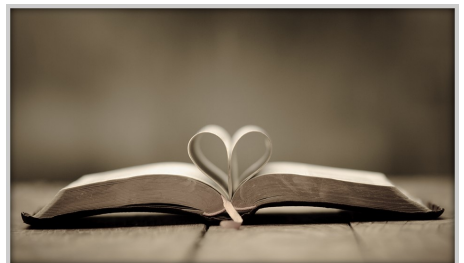
Ephesians 2 v 8

To understand how God sees you, try to think of these two things:

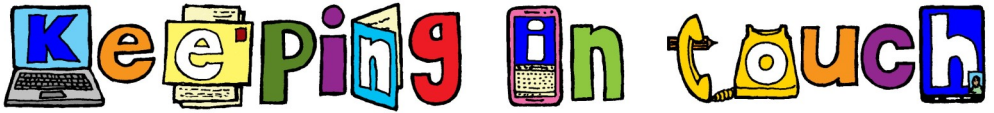
- 1) *A five-pound note.* What makes it more valuable than any other piece of paper of equal size? The wealth and stability of the government whose signature is on it. You can crumple that five-pound note up, step on it, even tear it in two and tape it back together again, and its worth is still the same.
- 2) *A diamond.* If you rub a diamond in the dirt, it's still a diamond, albeit a dirty one. But it has not lost its value. Now, we must point out that in order to truly appreciate the beauty of the diamond, you would have to get the dirt off it and then restore it back to its original lustre.

What's the point of these two illustrations? That your value in God's eyes as His redeemed child doesn't change or diminish when you get dirty, or stepped on, or torn apart by life and circumstances. That's because your true worth is determined not by your own efforts but by the price Jesus paid for you on the cross. There, the great exchange took place. All your sins from the cradle to the grave were laid on Him. And when you accept Him as your Saviour, all His righteousness is transferred to you. You don't have to strive for it; it's a 'gift'. 'This [salvation] is not of yourselves [of your own doing, it came not through your own striving], but it is the gift of God.'

*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?



### Pastoral Help and Support

The Wardens and 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](mailto:ben.king@stmarksforestgate.org.uk)

Sharon Yates, Churchwarden 07909 279100  
[sharon.yates@stmarksforestgate.org.uk](mailto:sharon.yates@stmarksforestgate.org.uk)

Mike Richardson, Churchwarden 07824 859075  
[mike.richardson@stmarksforestgate.org.uk](mailto:mike.richardson@stmarksforestgate.org.uk)

Thank you.



## Intercession: For the Bereaved

Father God we pray for those who have lost a person they have loved in recent times, when the limitations of the lockdown have not allowed many of the usual services and gatherings to celebrate their lives. We pray that there are those who can come alongside and comfort, and reflect the value of the life of the person lost.



We pray for the mourners who pass through our streets on the way to the cemeteries, that you Lord will give them a sense of comfort.

We also pray for an ongoing awareness of your presence as people learn to live without their loved one, and that they would find comfort in You.

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

7th March	Pray for all who live in Woodgrange Road
14th March	Pray for all who live in Avenue Road
21st March	Pray for all who live in Barwick Road
28th March	Pray for all who live in Capel Road

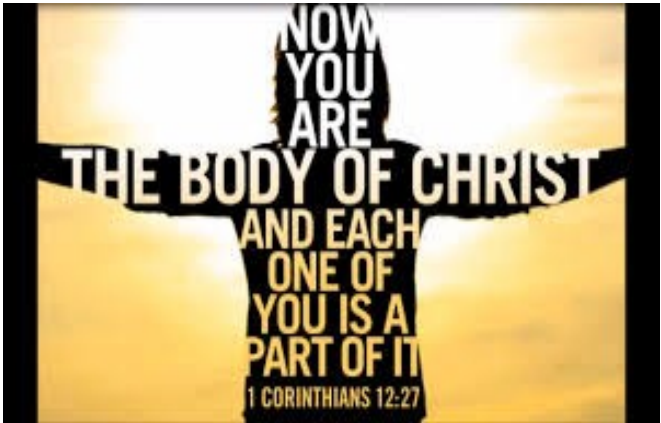


Services in March

Date	Service	Theme	Reading
7th	Morning Worship	Take up your cross	Matthew 4 vv 18-25
14 <sup>th</sup>	All Age	Mothering Sunday	John 19 vv25-27
21 <sup>st</sup>	Morning Worship	The plural of disciple is church	1 Corinthians 12 vv 12-30
28 <sup>th</sup>	Holy Communion	Palm Sunday	Mark 11 vv 1-11

The service will be available every week on YouTube.

In accordance with national and diocesan guidance, at present the church is not open. Whether we can hold a service in church in the future will depend on the guidance for gathered worship throughout March. Please check on the church’s webpage or look out for notice emails for any changes.



2021 Motto

## Resources

### Lent prayer booklet

It's a really accessible and systematic way of praying for our church and community in this season of prayerful discernment. Ben would love to hear from you if you sense the Lord speaking to you as you pray.

### Each Wednesday at 7.30 pm: Prayer Meeting via Zoom

We'll be continuing to gather to meet with our loving Heavenly Father and to lift our prayers and petitions to Him. These sessions are such sweet times of prayer and powerful intercession and no wonder - God is with us! We look forward to praying with you.

**Zoom ID: 864 991 9885**

### Each Weekday Evening at 4.30 pm: Evening Prayer via Zoom

This 40-minute service following the Anglican Daily Office is a way of resourcing ourselves and of making sure that we stay close to Jesus and to one another. As part of our intercessions we'll be continuing to pray for each individual and family associated with St. Mark's.

**Zoom ID: 864 991 9885**

**Daily Hope** is a Church of England telephone service offering music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The line is available 24 hours a day on 0800 804 8044 and has been set up particularly with those unable to join online church services during the period of restrictions in mind.



### Zoom Coffee Meet-Up: 11.00 am Every Tuesday



Do join us on Zoom for coffee and chat every Tuesday at 11.00 am for half an hour. We talk about anything and everything and always have many laughs. Everyone is invited, so if you're able to join us we'd love to see you.

**Zoom ID: 905 952 9633**



### Coffee Morning: Alzheimer's Society

The coffee morning in March would have been for the Alzheimer's Society.

This organisation works to support people affected by dementia, and their carers; they also fund research into the disease.

The restrictions of the pandemic has made life extremely hard for people affected by Alzheimers, and the organisation is working hard to provide support in many ways at a time when their funding is being adversely affected.

If you would like to make a donation directly to them you can do so:

- online, [www.alzheimers.org.uk/get-involved/make-donation](http://www.alzheimers.org.uk/get-involved/make-donation)
- by phone **0330 333 0804**
- or in the post to the:

Fundraising Team  
Alzheimer's Society  
Scott Lodge  
Scott Road  
Plymouth  
PL2 3DU

### Zoom coffee morning

If you would like to share a coffee morning and can access the internet, the church is holding an online coffee morning on Zoom at 11:00 am every Tuesday morning.

Zoom ID 905 952 9633





## Newham Churches Food Bank

The Churches Food Bank is continuing to have heavy use. If you would like to contribute, please place any items in the bin outside the vicarage at 41a Tylney Road.

You will find updates of what is needed on the church WhatsApp group, but at the moment

they are asking for the following:

Vegetarian meals (tinned is fine but not just macaroni cheese)  
Lentils  
Long life milk  
Orange/blackcurrant squash  
1lb bags of flour  
Vegetable oil  
Granulated sugars  
Jam

Biscuits  
Sweet and Sour sauces  
Soap powder blocks  
Washing up liquid  
Nappies (size 3,5, and 6)

Thank you



## Spring Harvest 2021 goes online

Christian festival Spring Harvest has axed its 2021 in-person events, saying it is "no longer viable or responsible" to host the gatherings at their flagship Butlin's locations. Spring Harvest continues to plan for events in 2022. But in the meantime, Spring Harvest Home 2021, the online event which has already been months in the planning, is set to be "bolder and better than ever before". Spring Harvest will now start online on Easter Sunday evening. According to Spring Harvest, Butlin's will issue refunds to anyone who has already paid a deposit for the 2021 in-person full event.

## Mental Health Ideas for Uncertain Times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, and vaccinations and better weather may make handling the pandemic a little easier. On the other hand, marking a year from the start of the first UK lockdown will be painful for some, especially as many of us are likely to be experiencing restrictions or ongoing hardships for quite some time. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

- **Getting outside** Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying creation can also help us connect with God.
- **Looking outside** If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!
- **Lament & praise** The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.
- **Journaling** Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.
- **Acts of kindness** Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver - spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.
- **Gratitude** Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.
- **Laugh, sing, make music, dance** All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.

*Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge*



Through the current lockdown Traidcraft is continuing to supply a variety of fairly traded goods, even though many of their usual sales outlets in shops and churches are closed at present.

This month Traidcraft are selling Easter eggs from the Real Easter Egg company. Please see the Traidcraft website or contact me for details. I also have some of my usual Traidcraft food stock at home, and I can order any other Traidcraft items from the range in the Traidcraft catalogue or listed on the Traidcraft website. If you order via me I can get items delivered for free.



Buying fairly trade goods from organisations such as Traidcraft is more important than ever at present, and can help to make a real difference to people's lives, helping to lift them out of poverty by providing regular income and employment. If you would like to check what I have in stock, or to order any Traidcraft items, please either email me at [traidcraft@stmarksforestgate.org.uk](mailto:traidcraft@stmarksforestgate.org.uk) or phone me on 020-8519-5765. Peter Arnold



## Have you done a strip for our motto banner?

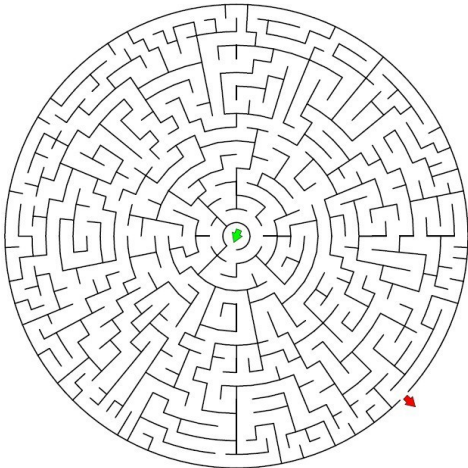
Did you see the motto banner during the service on 14th February? We would like everyone in the church to feel that they could contribute to this years motto banner. If you reflect what the phrase 'Now we are the body of Christ and each one of us is a part of it' means to you. You can make your own strip, or let the banner group know your design or idea so they can make it for you. It can just be figurative, decorative or you could write on it. Strips need to be 114 cm long and approximately 7cm wide and need to be made out of fabric. Let Ann Arnold have your strip if you have done one, if you want any help you can send a message via the church's WhatsApp group or contact Ann on 07767735117

# PUZ?LES

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

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

© 2013 KrazyDad.com



© www.parishpump.co.uk



Places in the Britain and Ireland:

Where is:

1. Highest mountain of all
2. Longest British river
3. Largest lake
4. Holiest Island
5. Only touches one other county
6. Strait between Anglesey and the mainland
7. Two cities linked by Grand Union Canal
8. Largest island of the Inner Hebrides
9. Where is Middle Wallop?
10. Mountains in County Down
11. Southern tip of Dorset
12. River that enters sea at Berwick
13. Where is Osborne House?
14. England's largest lake
15. Ireland's longest river
16. Wales' highest mountain
17. Do they do the Furry Dance?

## Answers to February's Quiz

1. An American House - Boston Manor
2. This doll is able to - Barbican
3. Did the doctor go here - Gloucester Road
4. The chicken is an academic at the middle point - Hendon Central
5. Astrologist who is not around here - Russell Square
6. H<sub>2</sub>O for a spent penny - Waterloo
7. Local turning - Latimer Road
8. Corse you can - Vauxhall
9. This nobleman is found out - Earls Court
10. Vicars political party - Parsons Green
11. Love all - Wimbledon
12. Dogs talk and a cut of beef - Barkingside
13. Down, no sounds like halfway on the leg - Upney
14. 311 steps phew you made it - Monument
15. Traps running water - Snaresbrook
16. North of Canterbury's London home - Lambeth North
17. Bash in a nail, but not Jones - Hammersmith
18. Little Kenneth weighs a lot - Kenton
19. Dark blue ring - Oxford Circus
20. A Capon's lager - Cockfosters



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

All youth events are cancelled until further notice.

## Youth Alpha

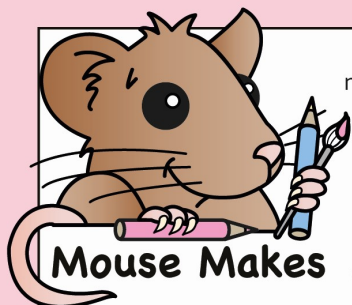
**Newham YFC** is running **Youth Alpha** for young people aged 14 and above, starting at the beginning of February. It's a wonderful opportunity to explore life's big issues and ask any question you have about faith or life in general. You can find more details and register for a place by going to their website: <https://newham.yfc.co.uk/youth-alpha/>



## We pray for our young people

We continue to pray for the young people of St Mark's who are unable to meet as a Christian community. May all we do to try and support them be of benefit and teach them more about you Lord. In particular we pray for them with the ongoing closure of schools and the pressures of studying at home and the uncertainty as to when they will return.

Amen



## Mouse Makes

**Who is my mother?**  
Look up the Bible verses  
then find the mother's  
names in the word search

**CAIN and ABEL**  
*Genesis 4:1-2*

**JOSEPH**  
*Genesis 30:22-24*

**ISHMAEL**  
*Genesis 16:15*

**TIMOTHY**  
*2 Timothy 1:5*

**RUBEN**  
*Genesis 29:32*

**GAD**  
*Genesis 35:26*

**SAMUEL**  
*1 Samuel 1:20*

**OBED**  
*Matthew 1:5*

**ISAAC**  
*Genesis 21:3*

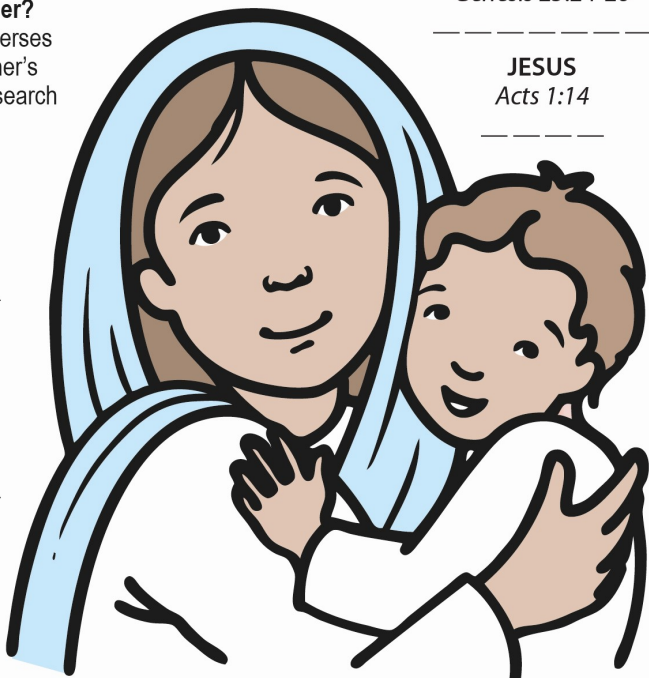
Jesus was **loved** by his  
mother Mary, she looked  
after him, worried  
about him and prayed  
for him. She **cuddled**  
Jesus when he was  
born, **cried** when he  
died and **rejoiced** when  
he rose from the dead.

**SOLOMON**  
*1 Chronicles 3:5*

**JOHN**  
*Luke 1:57-60*

**ESAU and JACOB**  
*Genesis 25:24-26*

**JESUS**  
*Acts 1:14*



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

There are two other words in the word search, can you find them?

# The Widow's little coins



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ONCE JESUS WAS WATCHING PEOPLE BRINGING GIFTS TO THE TEMPLE

HE SAW THE RICH PEOPLE BRINGING THEIR MONEY

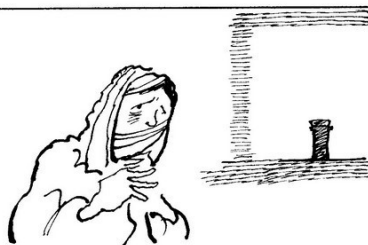


THEY MADE A BIG FUSS

THE PROUD PEOPLE WANTED EVERYONE TO SEE HOW RICH THEY WERE.



THEY MADE SURE EVERYONE COULD SEE THEM PUTTING THEIR MONEY IN THE BOX



BUT THEN JESUS WATCHED A POOR WIDOW CREEP UP TO THE TEMPLE...

...AND DONATE TWO SMALL COPPER COINS.



"THE WIDOW HAS GIVEN THE GREATEST GIFT", EXPLAINED JESUS. "IT IS WORTH SO MUCH MORE THAN ALL THE RICH PEOPLE'S GIFTS!" see Luke 21.1-4

# *the* Liberty Clinic

OSTEOPATHIC & REHABILITATION CENTRE

394 Romford Road  
Forest Gate  
London E7 8DF  
tel 020 8552 6063

Treatment for lower back and neck pain, shoulder, ankle and knee injuries  
A masseuse for remedial and sports massage  
A fully equipped gym and fitness studio.

**From pain to full rehab we provide it all.**

Call us now or check out our website  
<http://www.libertyosteopaths.com>

Registered Osteopaths and Masseuse

Established in 1985



**Hello Heating**

**Richard Titcombe**  
Plumbing & Heating Engineer

22 Cranmer Road  
London E7 0JW

t: 07450 524 770  
e: [helloheating1@gmail.com](mailto:helloheating1@gmail.com)



- Boiler installation
- Full central heating
- Power flushing
- Landlord certificates
- Boiler servicing
- Boiler breakdown
- Gas leaks
- Leaking taps
- Outside taps installed
- Plumbing





## **THE OLD SLATE YARD FLORIST**

Birthdays, Weddings, Sympathy Flowers  
Plants, Garden Furniture and Much More

**Telephone / fax 020 8221 1667**



The Railway Arches  
460 Sebert Road, Forest Gate, London, E7 0NW  
[www.theoldslateyard.co.uk](http://www.theoldslateyard.co.uk) Email [info@theoldslateyard.co.uk](mailto:info@theoldslateyard.co.uk)

## **Smallholders**

### **PET, GARDEN & AQUATIC CENTRE**

Proprietor  
**KEVIN SHAW**

**Tel: 020 8534 1972**  
**Mob: 079 5639 5830**

**113 - 117 Woodgrange Road, Forest Gate, London, E7 0EP**

## **TREE FELLING, PRUNING & REMOVAL**



ALSO

**RUBBISH CLEARANCE AND FENCING**

COMPETITIVE RATES , FREE QUOTES  
NO JOB TOO BIG OR TOO SMALL



CONTACT GEOFF ON 07979 531007 OR EMAIL  
[CIRCUMNAVIG8@YAHOO.CO.UK](mailto:CIRCUMNAVIG8@YAHOO.CO.UK)

## GARY'S GARDENS

GARDENING MAINTENANCE & ASSOCIATED SERVICES

LOCAL AND ESTABLISHED SMALL GARDEN BUSINESS SPECIALISING IN:


- REGULAR GARDEN MAINTENANCE AND CARE
- ONE OFF CLEARANCE AND TIDY
- LAWN LAYING AND CARE
- HEDGING
- TREE WORK
- PLANTING AND POTS

OWN VEHICLE AND TOOLS.

PRICES FROM £20 PER HOUR.

REFERENCES AND RECOMMENDATIONS AVAILABLE.

CDB CHECKED AND FULLY INSURED. HMRC REGISTERED.

 CONTACT: GARY ON 07918127735

## R. L. LOWRIE ROOFING CONTRACTOR

Built up felt roofing specialist

New roofs and repairs

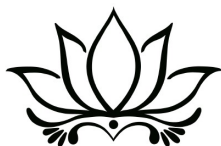
All aspects of lead work

Guttering and Stacks

Free estimates



Sandy 07743 894596



We're here when  
you need us

0208 989 0493  
89a Aldersbrook Road  
E12 5DG

[www.compassionatefunerals.co.uk](http://www.compassionatefunerals.co.uk)  
[info@compassionatefunerals.co.uk](mailto:info@compassionatefunerals.co.uk)

Compassionate  
Funerals



Independent Family  
Funeral Directors



1901



2001

TASTEFULLY DECORATED PREMISES

HOME ARRANGMENTS IF PREFERRED

ALL DENOMINATIONS AND CULTURES  
CARED FOR

*A complete funeral service at rea-  
sonable charges*



## **JAMES HAWES FUNERAL DIRECTORS**

Your LOCAL family owned  
FUNERAL DIRECTORS covering  
MANOR PARK, WANSTEAD, FOREST GATE, EAST HAM  
and surrounding areas

**020 8478 2424**

IMMEDIATE 24 HOUR SERVICE IN ANY AREA

**29 STATION ROAD, MANOR PARK**

**also at ROMFORD**

Prepaid funeral plans through

**Serving the Community since 1874**  
**Supporting Richard House**  
**Full Range of Memorials Colour Brochure Available**

**Contact: Janet Briggs, Cemetery Manager**

## **MANOR PARK Cemetery & Crematorium**

**Sebert Road, Forest Gate, E7 ONP**  
**Tel: 020 8534 1486 Fax: 020 8519 1348**  
**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?  
All activities are cancelled until further notice

Monday	10:00 am	Banner Group
	7:30 pm	Guides
Tuesday	7:30 pm	Home Group: Cranmer Road
	10:00 am	Parent and Toddler Club
	7:00 pm	Youth Bible Study: school years 7 - 11
	8:00 pm	Tuesday Fellowship
Wednesday	8:00 pm	Music Group
	7:30 am	Prayer Meeting
	10:00 am	Parent and Toddler Club
	12:00 noon	Lunchtime Bible Study
Thursday	7:00 pm	Prayer Meeting
	8:00 pm	St Mark's Players Group
	8:00 pm	Home Group: Ridley Road
	8:00 pm	Home Group: Godwin Road
Friday	8:00pm	Home Group: Lorne Road
	10:00 am	Coffee Morning (monthly)
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 Rev'd Ben King

# 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)**