

# St Mark's Forest Gate



**October 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)

Authorised Lay Preacher

Sharon Yates

Church Wardens

Mike Richardson 07824 859075

Sharon Yates 07909 279100

[churchwardens@stmarksforestgate.org.uk](mailto:churchwardens@stmarksforestgate.org.uk)

Treasurer

Peter Arnold

## P.C.C. Members

**Chairman**

Rev'd Ben King

**Vice Chairman**

Ann Arnold

**Treasurer**

Peter Arnold

**Secretary**

Jane Ridout

Sharon Yates (Church Warden) Mike Richardson ( Church Warden)

Janet Bone (Deanery Synod Representative DSR)

Yvonne Tiley(DSR)

Ellen Kemp (DSR)

Dave Dale

Michael Semuguruka

Judith Nyabango

Charlotte Mouzer

Jackie Randall

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](http://www.stmarksforestgate.org.uk)

Admin

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

Youth Work

[youth@stmarksforestgate.org.uk](mailto:youth@stmarksforestgate.org.uk)

Magazine

[magazine@stmarksforestgate.org.uk](mailto:magazine@stmarksforestgate.org.uk)

Notices

[notices@stmarksforestgate.org.uk](mailto:notices@stmarksforestgate.org.uk)



Facebook: St. Mark's Forest Gate

## 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 **November 2021** needs to be given in by **Sunday 10th October**.



## Message for the Month

Last time I wrote we were on the cusp of our summer programme. Despite the mixed weather, the events that were able to take place were well-received and commented on favourably by the community. Thank you to those of you who were involved and who prayed hard. We are so grateful to God for the impact He has helped us to make.

Building on our summer programme, we're going to be holding a special guest service on Sunday 3<sup>rd</sup> October to celebrate Harvest Festival.

Growing up on a farm as I did, harvest was always an important time of year in our small country parish. It brought the community together and was an opportunity to give thanks to God for His goodness and generous provision.

I appreciate that things look a little different in the 21<sup>st</sup> century and in an urban context, but that doesn't mean we can't celebrate God's goodness and generosity and invite others to do so as well.

With that in mind, our morning service on 3<sup>rd</sup> October will take the form of Messy Church followed by a BBQ. Please do be thinking and praying about who you can invite.

Jesus also had something to say about a rather different kind of harvest which seems pertinent as we prepare for our own service. At the end of Matthew chapter 9 we read: 'When he [Jesus] saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."' (Matthew 9: 36-38)

Friends – we know that there are many people who are harassed and helpless and who are in desperate need of the Good Shepherd in their lives. Please do join with me in praying for God to raise up labourers so that we may go out into our community to bring the harvest in. We're now praying again on Wednesday evenings in church, so do come and join us at 7.30pm as together, we petition God to raise up the labourers and to draw many people to Himself. Thank you.

*Ben*

## St Marks Harvest Donation to RAMP

Thank you everyone for your Harvest Support to RAMP (Refugee and Migrant Project) which is one part of Newham Renewal. I have included a section from the RP website which explains what RAMP does. I'm quite active, in actually collecting food gifts for RAMP from Asda, Tesco, and The Nationwide on Green St.

At this time of the year we also collect generous food offerings from several Newham schools after their Harvest festivals. This all goes to help the twice weekly food bank at the centre on High St North along with donations from Fair Share.

During the pandemic this service was absolutely vital to a large group of people in Newham and it was humbling to see people queuing up before the doors opened on Tuesdays and Fridays. Many people are still using the service. If you are interested in following all that happens there, please follow them on Instagram at [therenewalprogramme](#).

### Refugee and Migrant Project

The Refugee and Migrant Project (RAMP) exists, to put it simply, to support refugees, migrants and asylum seekers living in Newham, who are seeking refuge from disadvantaged conditions. Often individuals and families living in these conditions have migrated to the UK via difficult and often traumatic routes; their reasons for coming to the UK are usually formed around safety issues; many are scared and do not know how to navigate or engage with statutory requirements. Often they have unclear, undocumented, or not yet finalised immigration statuses.



Here at the Renewal Programme, our team of highly-skilled, knowledgeable and compassionate staff support those most in need and least likely to find help elsewhere. In doing so, they build strong community links and empower individuals using the service and reaching out.

The work protects those living in the borough, affected by displacement and exploitation, eventually leading to them being able to thrive and recover. The Refugee and Migrant Project has grown over the years, in line with community requirements and needs.

**RAMP statement**

“We believe that everyone deserves the right to safety, suitable accommodation, government support and access to essential items like food and toiletries. It is our goal to ensure those using our services feel treated equally and with respect; we strive to do so via committed partnerships, donors and funders, innovation and compassion.”

Thank you again, Jane Ridout



# Messy Harvest

@ St Mark's Forest Gate

Sunday 3rd October

11:00 AM

Come and join us for our Harvest Celebration.

Craft, games & fun!

Followed by BBQ refreshments.

For more info call Beth: 07389187211

## Harvest Collection

### @ St Mark's Forest Gate

We are collecting donations for RAMP  
(Refugee And Migrant Programme Newham)

CEREALS	SANITARY PRODUCTS
PASTA	NAPPIES
RICE	TOILETRIES
BISCUITS	WASHING POWDER
TEA	NEW SOCKS
COFFEE	NEW PANTS
SUGAR	
TINS	

Please drop donations off during our Harvest Celebration

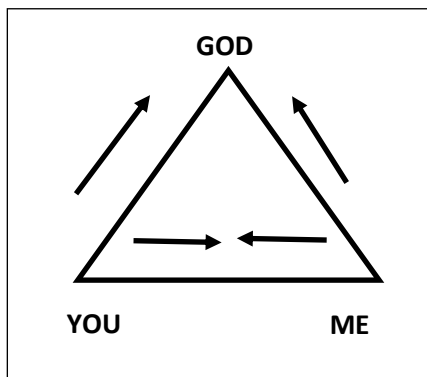
3rd October

11AM - 1PM

# The Sermon

**Sunday** 5th September  
**Speaker** Ben King  
**Theme** Drawing Closer, Going Deeper John 13 vv 1 –17

We are exploring how God makes all things new and inviting us to consider our roles in St Marks. For our new sermon series we want to focus on drawing closer to God and to each other.



Imagine a triangle with God at the apex; as we seek God and draw closer to Him, by definition we will draw closer to each other.

Our starting point is that you are loved. We are made in the image of God and part of us is God's love, it's part of our DNA. The amazing love that reaches to the heavens, and is revealed to us in the sacrificed Christ. You need to receive and experience that love, it is the foundation of all things.

The passage in John only briefly mentions love, but the passage speaks of Jesus' love for us. It is the Passover feast, a context that speaks of sacrifice, and is anticipating the greatest act of love, when Jesus became a sacrifice for us. Marvel afresh at the love that God had for us.

In verse 3 it makes the point that God had put all things in Jesus' hands, yet he acts as a servant and washed their feet. Jesus chose to spend his last night in loving service, demonstrating his servant heart and his love for us.

In Luke's gospel account of this event he records that the disciples had a dispute about who was most important, yet Jesus in his steadfast and unchanging love served them in this way. He still loved them regardless nothing we can do can make Him love us less and nothing we can do can make him love us more.

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

## Summary of the September PCC Meeting at 7.30 on 13.9.21

**The PCC met on 13th September** and were pleased to meet up together in church for the first time in over eighteen months.

The July minutes were read and passed by Ben King as an accurate record. They are now available to read on the church website.

**In the Matters Arising,** feedback was given about Beth Yates' Firepit Fridays, a possible stall in Forest Gate market, and designs for a new church logo.

**The Vicar's report:** Rev Ben King discussed the Summer Programme and how well it had been received, despite the fact that some events had had to be cancelled due to bad weather in August. Ideas for an Autumn Programme were proposed. Ideas for a pastoral team were put forward, as two members of the congregation have now completed the diocesan pastoral training course.

**The PCC is pleased to report that Beth Yates** has now been appointed to be our Parish Worker, in a role that will develop and evolve as she uses her considerable talents for the benefit of our church family and future activities.

**The Treasurer:** Peter Arnold gave the meeting a financial update.

**Youth and Children:** Sharon Yates reported that our young people are doing well. The primary and youth groups are now running during the Sunday morning service. We hope that we will soon have some pre-school age children to attend our Scrambler's group.

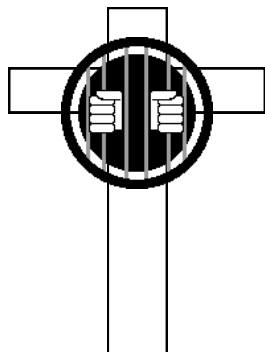
**Churchwardens' Report:** Sharon Yates told the meeting about recent clearing out and tidying that has been done in the church. There is a badly damaged tree outside the church which the council has been contacted about. Mike Richardson reiterated the need for mask wearing and safe practices in the building.

**Safeguarding:** The meeting was alerted to new guidelines recently published.

**Deanery Synod:** There had been no meeting at the time of the PCC meeting.

The meeting ended in prayer at 9.50pm.

# The Persecuted Church



**God is able to do exceedingly abundantly above all that we ask or think**

**Ephesians 3 v 20**

## Albania's first complete Bible

For those of us who are praying for the persecuted church, the story of Albania's first complete Bible is a huge encouragement. Back in the 1970s and 80s when we prayed for Albania it was really hard to keep going and to believe for change to happen there. Believers were cruelly persecuted and there were many martyrs.

Dictator Enver Hoxha actually boasted of his success in banning belief in God in his country. But Communism fell after holding sway for 46 years and now the first Albanian Bible has been published.

This was the culmination of many years of work, the end of a project which transformed the faith of the four bible translators, and a

moment of extreme significance for their country. The translation has been from the original languages by Albanian native speakers. Every couple of months for the last ten years, these four men from different faith traditions have met together. Each time they spend seven days of working from morning to evening. They discussed every word of this scripture translation, grappling with meaning, context and culture. Each verse was carefully nurtured into its new language. Their faithfulness is extraordinary and the Bible they have completed is already being celebrated for its poetry and beauty.

Altin Hysi, who leads the Bible Society's work in Albania, says "These translators are not just linguists but true believers in God. The Word of God is not just a piece of writing, and this translation, there is beauty in it, the language flows, it has richness and form, it has life."

The reason for this is that it was translated from the original languages; it would have been much easier to translate from English, but they wanted a high quality, faithful translation, and they wanted to do it properly. It took 10 years to produce the New Testament and a further 10 years to complete the Old Testament.



All the translators and Altin himself grew up in communist Albania - an atheist state. Religion was banned and schools taught that faith was wrong. It was only after the fall of communism in 1990 that missionaries were able to enter the country and the gospel message began to spread. The team that worked on the translation were all among the first generation of believers who came to faith in the 1990s.

Altin said “For these Christians to be trained as translators, to become the elite in this work, and then join our team, is a miracle. God’s hand has been on this project. In the book of John, Jesus is described as coming from Nazareth, and someone asks ‘can anything good come out of Nazareth’. It feels like Albania is Nazareth, we are small country with a large population. We came out of communism with no scholars, no tools and with a persecuted church. But by a miracle we have produced a Bible. In a relay every runner has not only run well, they have passed the baton, otherwise the race cannot finish. We have run together as a team, and passed the baton of God’s Word to the church and to the next generation.”

Oldi Morava was 11 when the communist regime fell, and at 18 he came to England to study theology and for 10 years was part of the Bible Society team translating the Old Testament into Albanian. He is now the Bible Society’s Director of International Mission. Nothing could prepare him for receiving his own copy of the Albanian Bible. “At that moment it dawned on me the scale of the work, the sense of accomplishment and legacy. This bible will be used by generations to come.”

Already he has started to use the new bible, “The language, particularly in Psalms, is closer to me in Albanian. Poetry is always closer to your heart in your own language, and it flows into your prayer language. Something spiritual happens in that context, which is difficult to capture in another language.”

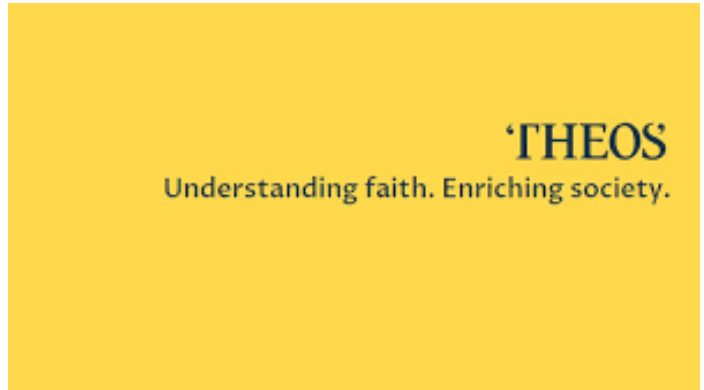
*Source: Used with permission from the Bible Society, author Claire Smith  
[www.biblesociety.org.uk](http://www.biblesociety.org.uk)*

### Prayer

Give thanks for the completion of the Albanian Bible after 20 years of hard work. Pray for the life changing words of the bible to have an impact on the hearts of people in Albania.

Pray God’s blessing on the small Bible Society team in Albania, who work incredibly hard to share God’s word in their country.

# Recovering the Sabbath



Faith-based think tank Theos has come up with key proposals aimed at helping modern-day workers survive and thrive despite both the current changes – and the major challenges coming down the track. One proposal suggests ‘recovering the sabbath.’ In a new report, ‘Just Work: humanising the labour market in a changing world’, Theos identifies three ‘great disruptions’ facing the world of work. Paul Bickley, one of the report’s authors, explains: “The issue is not work itself, but rather what happens when we make *work*, rather than *the people who do it*, our focus. We are disconnected from a healthy sense of work, and severing the needed boundaries between work and rest has set us adrift. The biblical idea of Sabbath is an ancient answer to modern anxieties. It’s time to rediscover it.”



# Humanising the labour market in a changing world

During the pandemic, increasing numbers of people have shifted to working from home, from in-person shopping to ordering online, having take-aways delivered, and watching streaming services instead of going to the cinema. But people working from home or in the 'gig economy' delivering food or online orders, have discovered they are being watched - and watched closely. Software fitted to home computers or installed in vehicles is monitoring when and how people are working.

The move to home working has meant an increased erosion of defined working hours, with 'the boss' able to make demands round-the-clock.

In response, Theos makes three key proposals:

1. *First, a focus on a full work, rather than full employment, economy.* Paid employment is the main – but not the only – form of work, and unpaid labour, such as caring responsibilities and volunteer work, need greater esteem and focus from a policy perspective.
2. *Recognition of the human person as central to any healthy understanding of work.* Investors, and first and foremost church investors, have achieved tangible changes through activism in areas such as climate change and governance. They should add clear requirements on the fair handling of wages, benefits, agency work, outsourcing and employee surveillance to the social criteria they look at within environmental, social and governance investing.
3. *Recovery of shared practices of rest to counter our culture of overwork.* Dissolving boundaries between our employment and our leisure – exacerbated during the pandemic – have negatively affected many workers. Overwork is literally killing people. For many, a combination of technology and the pandemic have broken the link between work and particular places and times – leading to an expectation, even if it is only an expectation of ourselves, that we will always be available.

### Wake up world! – Bishop calls for action after climate report

The Bishop of Norwich, Graham Usher, has called for immediate action on climate change, following the publication of the major UN scientific report.

He said: “The message of the Intergovernmental Panel on Climate Change’s Sixth Assessment Report is loud and clear: ‘Wake up world!’

“It is time to stop playing political games and take action now. We are already seeing the effects of the climate emergency around the world - and it is the world's economically poorest people who are already suffering the most.

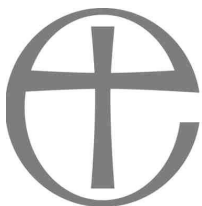
“So it is our moral duty, and a Christian calling, to do all we can to try to turn the tide.

At COP26 there will be an opportunity to act, our leaders must seize this moment and deliver real and impactful change for the future of God's creation.

“We don’t have a spare Earth.”



Graham Usher, Bishop of Norwich



# THE CHURCH OF ENGLAND

### What's in a name? Everything

That men might know .. Thou ... are the most High over all the earth

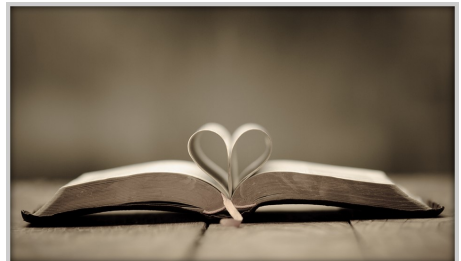
Psalms 83 v 18

The Israelites called God *Jehovah*, a name they thought of as incommunicable and inexplicable. The name means the 'self-existing one'; the 'I am'. He was before all things, the creator of all things; an awesome but seemingly impersonal, unknowable being. However, God wanted us to know Him in a personal way, so in Scripture He added five revealing titles to the name *Jehovah*, five word-portraits to help us understand and relate to Him. The Israelites usually discovered the truth of these word-portraits during times of crisis and distress. And they'll encourage you, too, during your time of need.

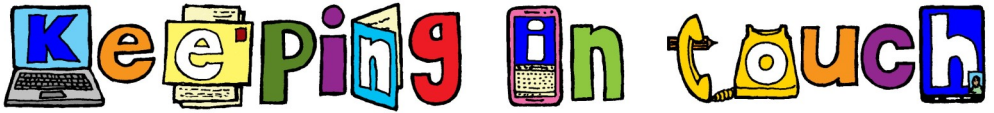
*Jehovah-Jireh: the Lord will see, the Lord will provide.* Abraham was about to sacrifice his son when God provided a lamb as an offering in Isaac's place. And in response Abraham called God Jehovah-Jireh, the Lord who sees and provides. But it doesn't just apply to Abraham. The New Testament references many counterparts to the Lord who sees our needs and provides answers. Jesus said, 'Your heavenly Father knoweth...ye have need of all these things' (Matthew 6:32 KJV). Like a caring responsive parent, God sees His children's needs before they do, and provides the solution. Before their shoes wear out, their father provides new ones. They don't have to beg, bargain and plead. Maybe you're wondering how come you don't always get what you ask for. Because God knows what you really need – you don't!

Think about it: it's possible for your wants to be gratified and your *real* needs go unmet. Remember Jehovah-Jireh *sees* your needs, and because He sees them He *will provide* for them! It's that simple!

*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.

Their 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.

### 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.



There is also prayer ministry held after the morning service every Sunday . You are welcome to come along even if you are not able to attend the service.

### Intercession: For those who are chronically sick

Loving God, we pray for those who suffer from a debilitating illness, mental illness, or long term pain, that may be exacerbated by the delays in treatment on the NHS.



In their days of sickness help them to trust you and to know they can draw close to You. Teach them what you want them to learn during this unpleasant time.

Help them not to take out their discomfort on those around who are trying to help

Most of all Lord, we pray that you will put your hand on them and heal them of their sickness, that you will facilitate human treatment or miraculously make them well again.

We ask this in the name of Jesus. Amen.

Lord in your mercy,  
Hear our prayer



### Our Parish Streets:

#### Week beginning

3rd October	Pray for all who live in Latimer Road
10th October	Pray for all who live in Lorne Road
17th October	Pray for all who live in Mornington Hall
24th October	Pray for all who live in Ridley Road
31st October	Pray for all who live in Sebert Road

Services in October

Date	Service	Theme	Reading
3rd	Harvest All Age	Harvest	Luke 12 vv 16-30
10:30 am			
4:30pm	Holy Communion		
10th	Holy Communion	Sitting at the Mas- ter's Feet	Luke 10 vv38-42
17th	Holy Communion	Finding rest for weary souls	Matthew 11 vv 25 -30
24th	Holy Communion	Climate Sunday	
10:30 am			
4:30 pm	Holy Communion		
31st	Holy Communion	Black History Month	Psalm 133

The service will be available every week on YouTube. We are meeting in the church for Sunday morning worship at 10:30am; safe distancing measures are still in place and everyone will be asked to wear a face covering unless exempt.

Please check on the church's webpage or look out for notice emails for other changes.



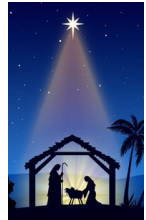
2021 Motto



## Resources

### Planning for Christmas

There will be a open meeting on Thursday 14th October for us to start formulising our plans for Christmas. If you have any ideas or thoughts do come along or let Ben know.



### Regular activities

#### Wednesday at 7.30 pm:

On Wednesday evenings we are meeting together in church as God's people to seek and petition Him. It's only 60 minutes and there's no expectation that you have to pray out loud if you feel uncomfortable doing so. If you can't come every week, then please come as often as you can.

#### 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.

**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



#### 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:** 821 2451 2055

**Password:** E70LJ

## Care and Concern

### Coffee Morning: Macmillan Cancer Support

Macmillan Cancer Support usually hold the world's largest coffee morning in late September, raising money for Macmillan Cancer Support who provide support for people with cancer.



As we are not able to hold the coffee morning this year, if you would like to donate to Macmillan Cancer Support you can find further information on their website you or can donate via the church if it is labelled for Macmillan.

### Zoom coffee morning

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

Zoom ID 821 2451 2055

Password E70LJ



### Asha Trust (Sri Lanka)

<http://ashatrust.co.uk>



Asha Trust works in a neighbourhood on the outskirts of Colombo in Sri Lanka. This is a poor area and many people work on day wages, Covid has had a devastating effect on them. The charity is providing food on an ongoing basis so needs to keep raising sufficient funds. The effect of the Delta Variant has increased the difficulty of sourcing and distributing the food.

If you would like to help speak to Radhika Bynon or use the website address above.



## 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:

Rice  
Pasta  
Lentils  
Long life milk  
Orange/blackcurrant squash  
1lb bags of flour  
Vegetable oil  
Vegetarian meals (tinned is fine but not just macaroni cheese)  
Tinned tomatoes

Granulated sugar  
Jam  
Biscuits  
Sweet and Sour sauces  
Washing powder blocks  
Washing up liquid  
Nappies (size 3,4, 5, and 6)  
Toilet rolls

Thank you



# Shoe Box Appeal 2021



St Marks is, once more, 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 there is only one leaflet (**leaflets available in church or from Julie**)

The Shoebox contents are similar and this year they have asked that each box should contain – **gloves/hat, sweets/chocolate (BB June 2022), soap and flannel, toothbrush/toothpaste, candles and holder, small games (travel size dominoes etc, playing cards)**

**Then please add at least five more items from the lists opposite -**

**Please do not add medicines, food, coffee/tea, 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.**

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 17th October to 31<sup>st</sup> October** (for onward transmission on 1st 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 myself or Ann Arnold, which will help with the contingency fund, transport costs etc. (If the people delivering the boxes come across a real need, eg firewood for a family, people in need of blankets they will provide these wherever possible.)

Thank you for your support.

Julie Thomson (020 8534 7516)  
38, Lorne Road E7

## FAMILY - Ideas for filling your shoe-box

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



Traidcraft is continuing to supply a variety of fairly traded goods. I 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.

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

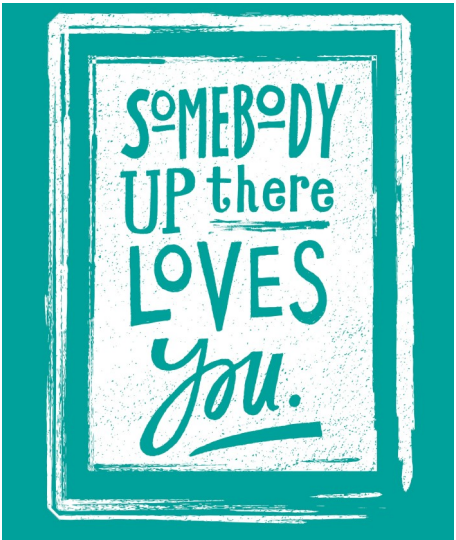
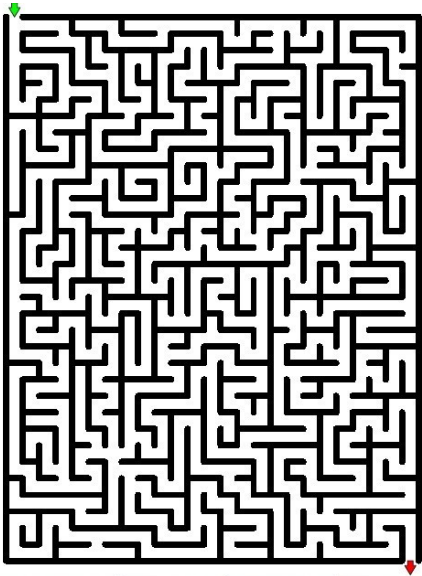
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	2				7		9	
		9					8	5
	4	6				9	3	
5	3					1		
	1		3				4	
		4		9		6		
		7			8			

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

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1. What is the last word in the Old Testament?
2. By which previous name was Paul of Tarsus known as?
3. Whose wife was turned into a pillar of salt when she looked back?
4. In the bible, who is said to have lived on a diet of locusts and wild honey?
5. How many years did Noah live for after the flood?
6. There are only three angels named in the bible, Michael and Lucifer are two, name the other?
7. The book of Esther is unique because it does not mention which word?
8. The Bible was written in three languages - Hebrew, Koine Greek and which other language?
9. Who made the first translation of the Bible into English in 1382?
10. Name the longest book of the Bible with 150 chapters?
11. In what city was Jesus born?
12. Who took the place of Judas in the twelve disciples?
13. Who was the older brother of Moses?
14. What kind of wood was Noah's ark built from?
15. Who, following Moses' death, became the leader of the children of Israel?



## Summer Quiz Virtual travel answers

1) Reykjavik 2) Eritrea 3) A very youthful Sir Cliff Richard 4) Majorca 5) St Peter 6) San Diego 7) The Yangtze 8) Addis Ababa 9) The Balearic Islands 10) Norway, Sweden and Denmark 11) Dartmoor 12) Port Stanley 13) Poland 14) Mali 15) Jet2 16) Brazil 17) Switzerland 18) Saigon 19) Havana 20) 31.5 miles



# St Mark's Forest Gate youth

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

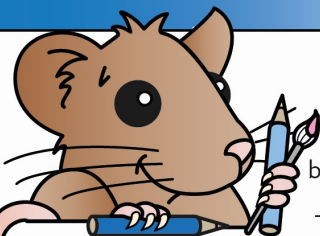
All youth events are cancelled until further notice.

**Light Party**  
**@ St Mark's Forest Gate**  
**Sunday 31st October**  
**3:30 - 5:00 PM**  
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Games, fun & food

Come dressed in  
bright and fun  
party clothes  
(no scary costumes please)

To book your  
FREE ticket  
contact Beth:  
073891872111





## Mouse Makes

"Come with me across the lake," Jesus said to his disciples, so they got into a boat and set out. While they were sailing Jesus slept.

A big storm *blew* across the lake and the boat began to fill with water. They were in **great** danger.

The disciples went to Jesus and woke him. They said, "*Master, mater, we are going to drown!*"

Jesus got up and gave a command to the wind and the waves, "*Be still, be calm.*" The wind stopped and the lake became calm.



Read the story  
in Mark 4: 35-41



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

EVENING • JESUS • DISCIPLES • CROWD • LEFT • OTHER SIDE • LAKE • BOAT • SAILED  
ASLEEP • WAVES • BROKE • OVER • SWAMPED • DANGER • WOKE • DROWN • QUIET  
STILL • WIND • STORM • WATER • SUBSIDED • CALM • FAITH • FEAR • OBEY • WHO

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# The gardener and the Vine



JESUS OFTEN TOLD  
STORIES WITH  
HIDDEN MEANINGS



ONCE HE TOLD HIS FRIENDS ALL  
ABOUT A GARDENER.

THE GARDENER'S JOB WAS  
TO CARE FOR THE VINES



HE WOULD LOOK AT EACH  
BRANCH CAREFULLY..

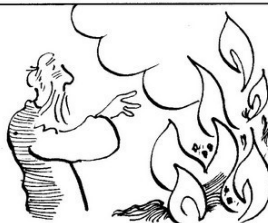
... AND IF IT WAS PRODUCING  
GOOD FRUIT, HE WOULD CARE  
FOR IT AND NOURISH IT.



IF IT WAS PRODUCING BAD  
FRUIT...

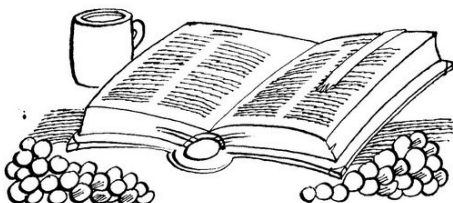


...OR NO FRUIT AT  
ALL...



...THEN THE GARDENER WOULD  
CHOP IT OFF, AND BURN IT IN  
THE FIRE!!

JESUS WANTED HIS FRIENDS TO SHARE  
THE GOOD NEWS - THAT'S LIKE THE  
VINE BEARING GOOD FRUIT.



YOU CAN READ THIS SPECIAL PARABLE IN JOHN'S  
GOSPEL, CHAPTER 15.

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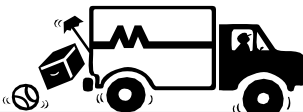
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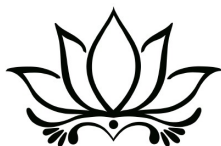
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Email [Jan@mpark.co.uk](mailto:Jan@mpark.co.uk)



## St. Mark's Weekday Activities

St. Mark's is not just a Sunday church - why not try some of the other activities?  
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
	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)
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)**

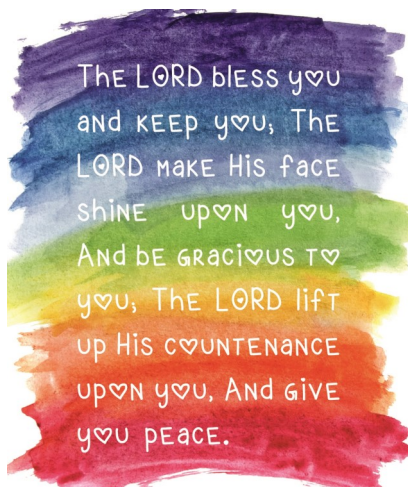
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**1132240**



**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.**



**[www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk)**