

# St Mark's

## Forest Gate



**December 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  
                         [churchwardens@stmarksforestgate.org.uk](mailto:churchwardens@stmarksforestgate.org.uk)  
Treasurer            Peter Arnold  
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	
<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>
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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 **January 2021** needs to be given in by **Sunday 13th December**.



At the time of writing, we still don't know what the new rules will be after lockdown ends. After months of uncertainty, our current position simply brings more of the same.

With people putting up Christmas decorations early this year to seek comfort in the familiar, one of the things that has been impressed upon me is the effect uncertainty can have, not just on our routines, but also on the human spirit. If you think about it, uncertainty is a prevalent theme in the Christmas story too.

Joseph and a heavily pregnant Mary had to make the risky 70-mile journey from Nazareth to Bethlehem for the census. There was then the deep uncertainty of *where* the Son of God would be born. Exhausted and miles away from home, every door was closed to them except the stable.

Even after the wise men had come to pay homage, Joseph was warned in a dream about King Herod's murderous intentions. So, the family fled to neighbouring Egypt where they remained refugees until God made safe their return. At Christmas, we celebrate the coming of God to earth in the person of Jesus. But despite His royal lineage and divine nature, His life, like ours, was characterised by great uncertainty.

Mercifully for us, uncertainty is not the whole story.

The good news is that because God has come down to earth as one of us, because He is Emmanuel – God *with* us - we need not fear whatever comes our way or however out of control we feel.

In lockdown, in the pandemic, in all life's uncertainties, Jesus is with us. And more besides. Because Jesus is also our Rock. He has promised never to leave us or forsake us.

None of us knows what the future holds. But instead of inducing fear and anxiety, rather may our human uncertainty only bring us back to the One great and eternal certainty, Jesus Himself, as we draw close to Him and He to us.

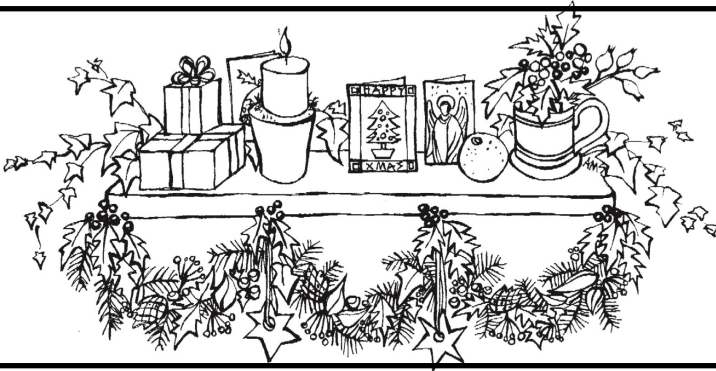
As we prepare to celebrate Jesus' birth and rejoice at God come to earth, may we know His sovereign strength in our weakness, His peace in our fear, and His light in our darkness.

A very happy Christmas to you all!



## Link to Hope Shoebox Appeal

Thank you to everyone who helped with the Shoebox appeal, we were able to send 44 shoeboxes and £316. Please pray that there will be no problems with the delivery and they will arrive safely.



## Words of Comfort

Just listen - one word from God can change everything for you. Take your time to listen for that word today.

Ezekiel 4 v 7  
2 Kings 20 v 16



## Nativity Trail 20th - 30th December

**Follow our Nativity Trail with many prizes to be won!**  
**Log on to the St Marks website and download the map, set off around Forest Gate to see what you can find, with many prizes to be won.**

**Sunday 13th December: 10.30 am - Christingle Service for Adults and Children** *Decorate an orange with ribbon, dried fruits, sweets and a candle to represent Jesus, the light of the world, and watch the lighting of the Christingle candles.*

**Sunday 13th December: 6.30 pm - Carol Service** *Adults and older children will enjoy our traditional service of carols and music. Tune in and find out what Christmas is really about!*

**Sunday 20th December: 10.30 am - Children's Nativity Service** *Children of all ages will enjoy this retelling of the Christmas story. Tune in and get into the Christmas spirit!*

**Monday 21st, Tuesday 22nd and Wednesday 23rd December: 7.30 pm - Christmas Meditations** *A short time for adults to stop and meditate, pray and reflect on the birth of Jesus, the Saviour of the world.*

**Thursday 24th December: 6.30 pm - Christmas Eve Communion** *A traditional service to welcome the newborn king.*

**The following events will be live in the Church (depending on the current COVID regulations):**

**Christmas Eve, Thursday 24th December: 2.00 - 4.00 pm** - Drop in and see our life size nativity! And maybe a few Christmas treats.

**Christmas Day, Friday 25th December: 10.30 am - Christmas Praise and festive brunch.** *A fun service suitable for everyone. Followed at by a short service of Holy Communion.*

# The Sermon

**Sunday**      **15th November**  
**Speaker**   **Rev'd Ben King**  
**Theme**      **Gifts and Talents Matthew 25 vv 14 - 30**

The gifts and talents we have are given to us by God to make us the sort of person He has created us to be. In the parable Jesus is showing us the purpose and pitfalls of how we use the gifts God has given us.

Part of the message is that the gifts and talents are for a purpose and we need to use them in God's service. The two men who used the money that the master had given them, and made it grow in his service, were warmly commended for their efforts. Whereas the individual who failed to do anything was told off for his laziness and irresponsibility; we do not want to make the same mistake.

When Jesus returns we will need to give an account of our life; He does not condemn for not being equal in our talents. However He will do so if we make no effort to use the talents we have, and we do need to make an equal effort to serve God in the way He has given us.

In the coming weeks we will be encouraged to reflect and to pray about how we can identify and employ the gifts and talents God has given us, and to heed the warning of exclusion if we do not put them to good use.

Our church motto for the coming year will be 1 Corinthians 12 v 7, where we are told each one of us is a part of the Body of Christ.

So as we look forward to the New Year we need to think about our place in the body of Christ, and what you are called to be according to the gifts you have been blessed with.



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



The Bible does not give a date for the birth of Jesus. In the third century it was suggested that Jesus was conceived at the Spring equinox, 25<sup>th</sup> March, popularising the belief that He was born nine months later on 25<sup>th</sup> December. John Chrysostom, the Archbishop of Constantinople, encouraged Christians worldwide to make Christmas a holy day in about AD 400.

In the early Middle Ages, Christians celebrated a series of midwinter holy days. Epiphany (which recalls the visit to the infant Jesus of the wise men bearing gifts) was the climax of 12 days of Christmas, beginning on 25<sup>th</sup> December.

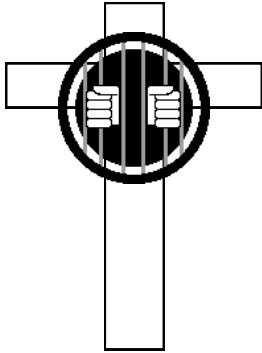
Cooking a boar was a common feature of mediaeval Christmas feasts, and singing carols accompanied it. Writers of the time lament the fact that the true significance of Christmas was being lost because of partying. They condemn the rise of 'misrule' – drunken dancing and promiscuity. The day was a public holiday, and traditions of bringing evergreen foliage into the house and the exchange of gifts (usually on Epiphany) date from this time.

In the 17th century the rise of new Protestant denominations led to a rejection of many celebrations that were associated with Catholic Christianity. Christmas was one of them. After the execution of Charles I, England's Puritan rulers made the celebration of Christmas illegal for 14 years. The restoration of Charles II ended the ban, but religious leaders continued to discourage excess, especially in Scotland. In Western Europe (but not worldwide) the day for exchanging gifts changed from Epiphany (6<sup>th</sup> January) to Christmas Day.

Father Christmas dates from 17th century England, where he was a secular figure of good cheer (more associated with drunkenness than gifts). The transformation of Santa Claus into today's Father Christmas started in New York in the 1880s, where his red robes and white beard became potent advertising symbols. In some countries (such as Latin America and Eastern Europe) the tradition attempts to combine the secular and religious elements by holding that Santa Claus makes children's presents and then gives them to the baby Jesus to distribute.

*From: <https://christianity.org.uk/the-history-of-christmas/#.W9LmchNKhsM>*

# The Persecuted Church



**I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world**

**John 16 v 33**

## Cuba

Christian Solidarity Worldwide recently interviewed two human rights defenders, journalists Yoel Suárez and Ricardo Fernández Izaguirre, to find out what life is like for them in Cuba during the Covid pandemic. Both men have faced personal reprisals from the Cuban government because of their work, but continue to speak up for justice despite the dangers.



Ricardo's story - "As a journalist and religious freedom defender, I have come up against the government many times, from threats, to imprisonment, to

being prohibited from leaving the country. Right now the religious freedom situation is very challenging. Now we are seeing pastors declared 'regulados', that is forbidden from

leaving the country. We have seen how the Cuban state security has tried to intimidate these pastors so they do not continue to defend their faith. We have also seen an increase in repression of the Ladies in White, a movement that tries to pray and ask God for freedom for political prisoners in Cuba and for better prison conditions.

During the coronavirus pandemic churches have been forced to close their doors. The government have used this opportunity to attack pastors and harass them with fines and threats. We have at least two confirmed cases of churches being demolished."

### Christmas Cards to Persecuted Christians

We will not be able to sign Christmas cards in church this year, but if you would like to send a card to persecuted Christians, please look at the information on [www.csw.org.uk/connectencourage](http://www.csw.org.uk/connectencourage) which will give you the information you need.



Yoel's story - "I am a young Cuban journalist, I am a Christian and I specialise in issues relating to religion in the country.

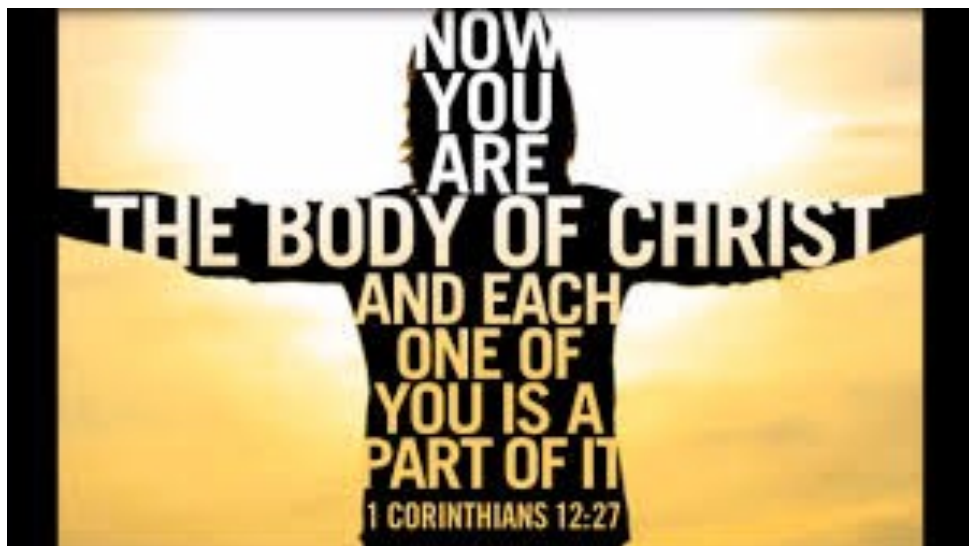
The situation for religious freedom in Cuba has a lot to do with other freedoms, and with the limitation placed on these individual freedoms by the Cuban Communist Regime. Freedom of association is highly restricted and this of course affects the ability of religious associations to obtain formal registration and to operate legally in the country. In these ways the Cuban government tries to silence the Christian community and all religious groups.

In my own case I have been 'regulado' since February this year, which means I am prohibited from leaving the country. This is all for political reasons, because I have covered violations of religious freedoms in Cuba. I have also been restricted from reporting on religion. I have been summoned and even detained. Such as on 11th May when two agents from State Security took me to a house outside my municipality, blindfolded in an unmarked car and there they interrogated me."

***Lord thank you for Ricardo and Yoel, please speak your peace into the hearts and minds of all your people in Cuba, in your name we pray.  
Amen***

Source: Christian Solidarity Worldwide.

## Help Make a Banner



Despite not being able to meet as a group (sewing by Zoom is a challenge) the banner team is making a new banner for the 2021 verse of the year.

As the theme of the verse is about 'each one of you is a part of it' we would like you all to contribute, so can you get your creative heads on and make a strip to be part of the banner.

The strip needs to be 114 cm long and 6 cm or less wide; it will be hung vertically. It can be any colour and decorated any way you like that reflects what the verse says to you. The strip needs to be made from fabric, but can be a length of ribbon. You can write on it with fabric pens, glue on sequins, sew on patches, or anything else that shows your uniqueness in God's sight and how you are a part of the Body of Christ.

If you need materials, or have a great idea but don't know how to make it, please contact the group and we will help. You can put your query on the St Marks WhatsApp group or telephone 07767-735117

We would like to complete the centre part (shown above) in time for the New Year, but we can add your pieces on at any time.

We look forward to seeing what you can do. Glenda, Lynne, Valerie and Ann



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

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

If you have other comments on your experiences with the Bible in One Year do email [bioy@stmarksforestgate.org.uk](mailto:bioy@stmarksforestgate.org.uk)

### Living in Love and Faith

The Church of England's Living in Love and Faith teaching resources have recently been published. They explore questions of human identity, sexuality, relationships and marriage.

The resources, commissioned by the House of Bishops, include a book, a series of films and podcasts and a course. They will initiate a process of whole Church learning that will contribute to the Bishops' discernment of a way forward in relation to questions of human identity, sexuality, relationships and marriage.



# LIVING IN LOVE & FAITH

## Christmas is good news.

After a tough year, Christmas brings comfort and joy to you and to a world that is weary and hurting.

Comfort  
and Joy



The message of the baby born in Bethlehem is that God is in the mix. God does not stand far off, watching from a distance. God comes to us, walks with us and stays with us.

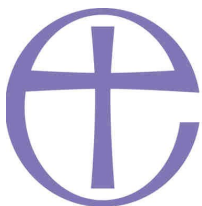
**Christmas this year will feel different.** The family gatherings may well be smaller. For at least some of us, we may be joining in the familiar carols online rather than in church. But it will still be – as always – a time to care for one another and to be together.

It will be a time to look back on a year when so much has changed. To remember those who have died, to support those who have lost jobs, to be thankful for all who have cared for the sick and the vulnerable.

What has not changed is the story and the meaning of Jesus' birth. God is with us. With us in the mess as in the good, in the disappointment and the difficulty, in sorrow and in celebration.

May you know God's comfort and, in whatever your circumstances, be surprised by God's joy.

Archbishops of Canterbury and York



THE CHURCH  
OF ENGLAND

### Christmas symbols

‘in Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.’

Ephesians 1 v 7

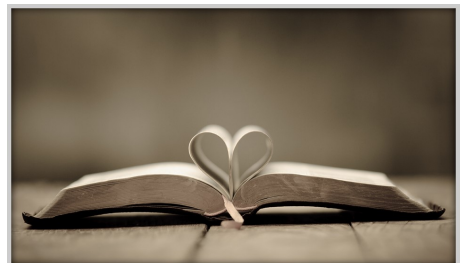
Today, some people are trying to remove any public mention of Christ at Christmas, while others seem bent on secularising it completely. So let's look at the meaning of some of the Christmas symbols.

The small holly berries are thought to have originally reminded Christians of the drops of Christ's blood caused by the crown of thorns He wore on Calvary. The evergreen trees speak of the promise of never-ending life resulting from His resurrection.

The Celtic cross has a circle surrounding the intersection of the vertical and horizontal axis of the cross. Some believe it originated with St Patrick, who, upon seeing a round symbol of the moon goddess, drew a Christian cross over it – changing a Druid symbol into a new symbol for Irish Christianity. In the same way that St Patrick adopted a pagan circle and gave it a new meaning, so other Christians adopted the evergreen wreath and gave it a new meaning.

When early Christians changed the Roman winter solstice of the rebirth of the sun (originally on December 21), to a celebration of the birth of the 'Son of Righteousness', the evergreen wreath was adopted. Instead of simply being a garland, the round Christmas wreath now speaks of the never-ending unity and fellowship we have with God through Christ. So when you hang a wreath on your door or over your fireplace this Christmas, remind yourself that nothing 'shall be able to separate us from the love of God which is in Christ Jesus our Lord' (Romans 8 v 39).

*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.

### how you can help



## Intercession: For Christmas

Dear Heavenly Father we thank you for the gift you have given us that we celebrate each year at Christmas, the gift of your son and our salvation.



We pray for those who do not know the real meaning of Christmas, that they will listen to the story and recognise the truth of your coming for them.

We pray for those for whom the time is one of stress trying to achieve a level of perfection for their family that is all about possessions and excess; help them understand what is important—not the fripperies and stuff, but the Christ child.

We pray for those for whom it is one of the most lonely times of the year when they feel they have no-one; let them know that they have 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

6th December	Pray for all who live in Capel Point
13th December	Pray for all who live in Chestnut Avenue
20th December	Pray for all who live in Cranmer Road
27th December	Pray for all who live in Curwen Avenue

## Sunday Services

The church building continues to be closed for most activities. Please see the church website [www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk) for more up to date information.

The church has limited opening for private prayer on Saturdays: 10:00 – 11:00 am. May you be encouraged to pray for God's blessing and protection for our parish and community.

Join us for our recorded Christmas services on YouTube. *To find us search 'Service Videos St Marks' on YouTube.*

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## What's On

**Regulations permitting, the following events will be Live at the Church:**

**Christmas Eve, Thursday 24th December: 2.00 - 4.00 pm** - Drop in and see our life size nativity and collect some Christmas treats.

**Christmas Day, Friday 25th December: 10.30 am - Christmas Praise with a festive brunch** *A fun service suitable for everyone. Followed by a short service of Holy Communion.*

### Online Prayer and Worship Resources

The Church of England has a number of different prayers and services, all linked to the current situation, on the Church of England website. On television there is a Sunday Worship service programme on BBC 1, usually at 11:45 am, Songs of Praise at 1:15 pm, and there are a number of radio programmes on Radio 4 including Morning Worship at 9:45 am.

The liturgy for daily prayer, morning and evening, is also available on the Church of England website, or you can look at St Mark's website to find out what is available. Monday to Friday there is evening prayer from 4:30 pm. The Zoom ID is 864 991 9885.

On Wednesday evenings Ben will be hosting a prayer meeting from 7:30 pm to which you are all very welcome (Zoom ID as above).

It is key that we are able to support one another and petition God in these uncertain times. Let us never forget the power of prayer; our world needs it more than ever.



## Care and Concern

### Coffee Morning Haven House Children's Hospice



The December coffee morning would have been for the Haven House Children's Hospice. Would you like to consider making a donation to the Hospice?

The hospice looks after children and young people, from birth, who have life-limiting or life-threatening conditions, with residential and community services extending across North and North East London and West Essex, including respite and end-of-life care.

You can make a donation on line at [www.havenhouse.org.uk/Appeal/donate](http://www.havenhouse.org.uk/Appeal/donate) or by cheque to payable to 'Haven House' and post to:

Haven House Children's Hospice  
The White House  
High Road  
Woodford Green  
Essex  
IG8 9LB

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. Please contact the church wardens for more information.





## Newham Churches Food Bank

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

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

Thank you

## Thank Dickens for Christmas as you know it!

Ever wonder where many of our Christmas traditions come from? A surprising amount of our modern Christmas celebrations can be traced back to the well-loved story of 'A Christmas Carol', by Charles Dickens.

When you read 'A Christmas Carol', you discover almost a template of the 'ideal Christmas' which we still hold dear today. Dickens seems to have selected the best of the Christmas celebrations of his day (he ignored some of the odd excesses) and gave us traditions that we could accommodate and treasure – more than a century later.

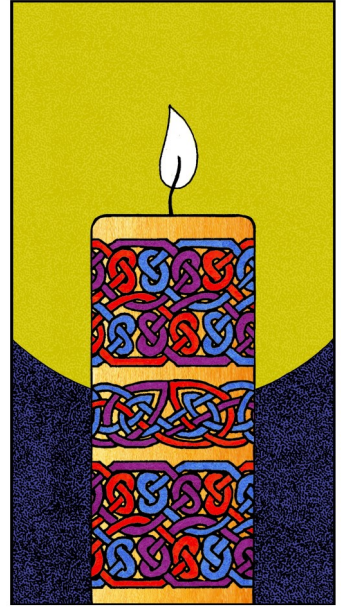


So, in *A Christmas Carol*, Christmas is a family day, with a family-centred feast. In a home decorated with holly and candles the characters enjoy a roast turkey, followed by Christmas pudding. They give their loved ones presents. Scrooge even gives donations to charity (!).

And all the while outside there is snow and frost, while church bells ring, and carol singers sing hoping for mulled wine. In 'A Christmas Carol' there is even a Father Christmas – in the shape of Christmas Present. Only the Christmas tree itself came later, when Prince Albert imported 'a pretty German toy' that won the heart of the English court and subsequently the rest of Victorian society.

## 10 ways to avoid stress this Christmas

1. Change your expectations this Christmas. Don't waste time lamenting what should have been. Instead, try and enjoy whatever is possible this year.
2. Make a list. Include sending cards, buying presents and organising food for the big day. Having a list helps keep you in control of your life.
3. Set a reduced budget this year. With a pandemic raging, this no time to take on Christmas debt. If you can't pay for it this month, it is probably best not to buy it.
4. Exercise each day. It releases happiness-inducing serotonin. That will help you to keep calm and positive over the festive period.
5. Don't overindulge. Too much alcohol and rich food won't improve your life.
6. Keep calm and keep kind. Urge your family members to try and avoid any flare up of family tensions. If you need to cry, cry, but then, keep on keeping on.
7. Remember those everyday essentials: batteries for new toys, toilet paper, milk, paper towel. Those things you never think about – until they are gone.
8. Entertain the kids: plan ahead various films, games and whatever it takes to give them a memorable Christmas.
9. Make the most of Zoom this year with far-flung relatives and friends.
10. Most of all, include God in your Christmas! This is His Son's birthday - include Bible readings and carols in your family routine over the festive period.





This year Traidcraft are once again offering a range of Christmas cards, gifts, food and other seasonal goodies, and I can order anything from their Christmas range for you, without any delivery charges. I have a supply of Traidcraft Christmas catalogues available, and please let me know as soon as possible if you would like a catalogue. Alternatively, you can browse their Christmas range and their usual stock of food and other items at <https://www.traidcraftshop.co.uk/christmas>.

Buying fair trade goods from organisations such as Traidcraft can help to make a real difference to people's lives, helping to lift them out of poverty by providing regular income and employment.

Please let me know, either by email to [traidcraft@stmarksforestgate.org.uk](mailto:traidcraft@stmarksforestgate.org.uk) or by phone on 020-8519-5765, if you would like a Traidcraft catalogue, or if you would like me to order any items from the Traidcraft range for you.

Peter Arnold

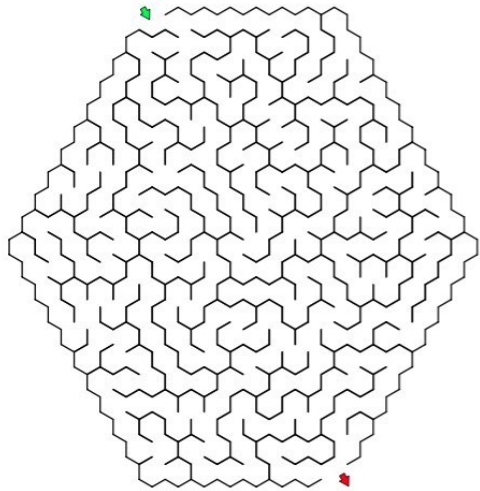


# PUZ?LES

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"Nice idea, Amelia, but I don't think that the Angel of the Lord Zooming with the shepherds would have the same dramatic effect."



We may not be able to plan holidays aboard but how many countries do you know. These are all anagrams of the names of countries

- |                      |                   |
|----------------------|-------------------|
| 1. TEN IN A RAG      | 26. CHAIN         |
| 2. HAIR BAN          | 27. MAIL          |
| 3. BAG HANDLES       | 28. PURE          |
| 4. BIG MULE          | 29. RAIN          |
| 5. MAR BUDE          | 30. DARK MEN      |
| 6. WANT A SOB        | 31. TANGO         |
| 7. BUR I GALA        | 32. RABIES        |
| 8. UBA SOFA RINK     | 33. SERIAL        |
| 9. MOON RACE         | 34. LACED IN      |
| 10. I STAR COCA      | 35. MANGO OIL     |
| 11. A ZOA LAVE CHICK | 36. REGALIA       |
| 12. I MAD COIN       | 37. NEON LAB      |
| 13. CUE ROAD         | 38. RENT AGAIN    |
| 14. AGA AMULET       | 39. MISTAKEN TURN |
| 15. ANA MAP          | 40. A MARINE      |
| 16. MANTIVE          | 41. OUR HANDS     |
| 17. LALAR DOVES      | 42. A COMEDIAN    |
| 18. BAD BORAS        | 43. A GARDEN      |
| 19. RAIL SATUA       | 44. SALAD LOVER   |
| 20. MEG RYAN         | 45. EARLIER ONES  |
| 21. MOAN             | 46. A CHOAS FRUIT |
| 22. PLANE            | 47. PRISON AGE    |
| 23. REIGN            | 48. VOICE EDITOR  |
| 24. ANALOG           | 49. ELITE STORM   |
| 25. PAINS            | 50. TOM GENOME    |

### November Trivia Answers:

1. All Saints' Day (also known as All Hallows' Day, Halloween, or the Feast of All Saints) 2. Mexico 3. Dallas 4. 30th of November 5. None (just November) 6. Ninth (November retains its name from the Latin novem, meaning "nine".) 7. November 8. Veterans Day 9. The Suez Canal 10. The Gettysburg Address

# St Mark's Forest Gate youth

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

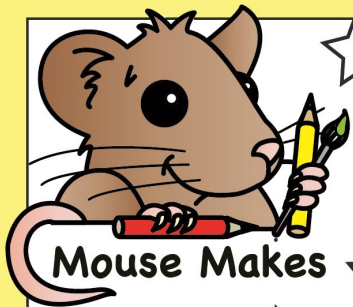
All youth events are cancelled until further notice.



### We pray for our young people

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. Pray they will have a joyous Christmas.

Amen



HAPPY  
CHRISTMAS!

Read the Christmas  
story in Luke  
1:1 - 2:21

"I bring you **good news** that will bring  
great **joy** to all people. The **Saviour** has  
been born today! ...

*Glory to God in the highest heaven,  
and peace on earth to those with whom  
God is pleased".*

from Luke 2 vs. 10,11,14



A picture to colour  
for Christmas. Colour in  
one star each day as you  
count down to Christmas!

Dec20 © deborah noble • parishpump.co.uk

# Bible Bite

A short story from the Bible

It can be read in the Bible in  
Luke 2 verses 22-38

God promised the Jews that when times were bad, He would send a Leader to save them. He told Simeon it would happen in his lifetime.

God told Simeon to go to the Temple.



He saw a couple with a baby.

Mary and Joseph had come to give their offerings for their first-born, Jesus, and for childbirth.



Simeon held Jesus and praised God.



I can now die in peace because You have kept Your promise.



I have seen the one You have sent to save Your people and all the world!

Mary and Joseph were amazed! Simeon blessed them, but said...



This child will show what people are really like inside and this will mean pain for you as well.



Anna the prophet was also in the Temple.



Her family was from the north of Israel and she was very old.



She spent every day praying in the Temple.

When she saw Jesus she praised God.



Anna spoke about Jesus to everyone who was waiting for God's Saviour.

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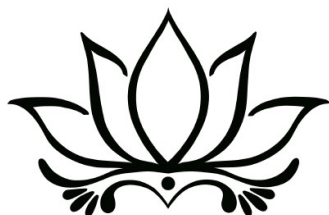
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## St. Mark's Weekday Activities

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



Monday	10:00 am	Banner Group
	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)**

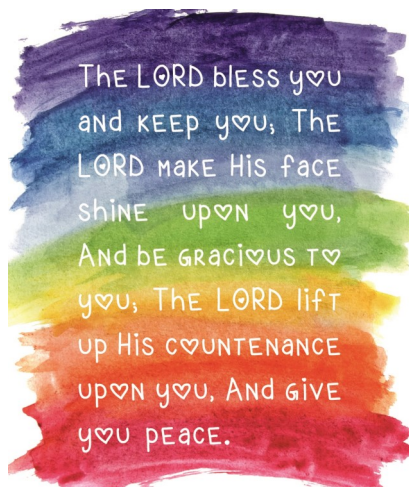
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**St. Mark's is a local Church of England Church. The Vicar will be pleased to help make arrangements for baptisms, weddings and other matters.**

**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)**