

St Mark's Forest Gate



April 2020

50p

www.stmarksforestgate.org.uk

Who's who in the Church

Vicar: Rev'd Ben King

020 8091 5652 or 07437 522650

ben.king@stmarksforestgate.org.uk

Church Wardens	Mike Richardson 07824 859075	
	Sharon Yates 07909 279100	
	churchwardens@stmarksforestgate.org.uk	
Treasurer	Peter Arnold	
Organist	Elizabeth Palmer	
Music Group	Janet Bone	Phil Ridaut

P.C.C. Members

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

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

Contact information

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



Facebook: St. Mark's Forest Gate



Twitter: @stmarks_e7

Magazine

Material for the magazine to be emailed to ap.arnold@btinternet.com
or put through the door of 32 Cranmer Road. Material for **May 2020**
needs to be given in by **Sunday 15th April**.



Easter Hope

With Palm Sunday and the beginning of Holy Week less than a fortnight away, it's going to be an Easter like no other. Despite being the highpoint of the Christian year, many fear that Easter 2020 will be a big anti-climax.

While I quite understand why people are concerned about being unable to mark these seminal events in the traditional way, it doesn't, however, mean that we can't take heart and be encouraged. Indeed, a number of parallels between the Easter story and our current situation come to mind which, I trust, will give us fresh perspectives and, more importantly, inspire us with much needed hope and confidence in Jesus.

First, the large stone which sealed the tomb was a cause of deep concern for the women. How would they get to see their precious Jesus and anoint his body with such an imposing barrier in the way?

In a similar vein, we may well be asking ourselves how the world can come through the impact of Coronavirus because it is blocking and impeding so very much.

Scripture relays that it was God's intervention that rolled the stone away, thereby enabling the women to enter the tomb (Matt. 28:2). If there's anything Easter tells us, it's that God has mastery over all things. There is no barrier that God cannot remove.



Friends – this is a wonderful opportunity for us to petition our sovereign God to 'roll away the stone' of this pandemic. He is the One to whom we need to call if we're to see this huge impediment removed. So, let's join our voices with millions of others and cry out to Almighty God in prayer, trusting that this virus and its widespread effects *will* go. Remember, nothing is impossible with God (Luke 1:37).

Second, while the women were 'concerned' on their approach to the tomb, they were 'distressed and terrified' when they left (Mark 16:8). The angel's message that Jesus had been raised didn't make any sense to them and of course, they were still traumatised and raw with grief because of the crucifixion.

I suppose many of us can identify with being concerned at this present time, possibly even distressed and terrified. But we must take the angel's message to heart if our fears are to be allayed and if we are to know God's peace: "'Don't be alarmed,'" he said. "I know you are looking for Jesus of Nazareth, who was crucified. He is not here—he has been raised!" (Mark 16:6).

Jesus, though dead, is alive! Fully alive! It's the Easter message in a nutshell. So, as we journey through this time together, we can know the living Jesus with us, comforting and guiding us, giving us His peace and protection. Jesus is with us and has promised never to desert or forsake us which means that we can have great confidence and experience perfect peace. So, may I urge you to continue to draw close to our risen Lord and allow His sovereign power and heavenly peace to fill you anew.

Third and finally, the women came to the tomb before sunrise on the first day of a new week. It was dawn and it was also the dawning of a new age. Jesus' resurrection meant that things could never be the same again.

There are many who say that this pandemic will change the world irrevocably, perhaps in ways we can only guess at present.

Friends – please join with me in praying that this situation will also act as a new dawn in our world as people come to accept their limitations as human beings and their very real need for God. If this pandemic has revealed anything, it is just how little in control we are. Let's pray that God who *is* in control will reveal Himself to many so that they might know the life and hope Jesus alone brings. May the great and glorious reality of our risen Saviour, dawn upon the world again.

Please do continue to check our website and Facebook pages for the latest updates. And if I don't see you in person before Easter, may I take this opportunity to wish you a very blessed one. Let's continue to choose faith over fear, friends, because He is risen - Alleluia!

With everything else that is happening (or not happening) at present, our February stewardship campaign may seem a long time ago. but I would like to give you an update on the outcome of this campaign.

First of all, I would like to say thank you to everyone who responded, and to everyone who has either given a one-off gift, or who has committed to increase their regular giving to St Mark's. I have received a total of 43 responses; five of these were from couples, so a total of 48 people have responded, out of 108 who were sent letters about the stewardship campaign.

Of those 43 responses, 16 said that they would start a new regular monthly gift to St Mark's, 9 said that they would increase their existing monthly gift, and 18 said that they would continue their existing monthly gift; 5 people have given one-off gifts. All this additional giving will increase our income for 2020 by more than £10,000, which will help to ensure that our finances are on a sound footing and support God's work in our community.

If you have not returned your response to me, then there is still time to do so. Also, please let me know if you would like a Parish Giving Scheme form or standing order form, either by email to treasurer@stmarksforestgate.org.uk, or by phoning 020-8519-5765.

Peter Arnold



Words of Comfort

“The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus”.

Philippians 4 v 6 - 7

The Sermon

Sunday **15th March**
Speaker **Reverend Ben King**
Theme **Holy Spirit**

In exploring the person of the Holy Spirit this sermon is about how we can be filled with Holy Spirit and what that means. We know as Christians that the Spirit dwells in us, so why do we need to be filled with the Holy Spirit?

There are two relevant bible passages :

Luke 3 v 16 - John the Baptist says “He will baptize you with the Holy Spirit”; baptised means to be totally immersed in water, totally sunk in it, and filled and overflowing.

Ephesians 5 v 18 - Paul tells us “Be filled with the Holy Sprit”; it is an imperative, a command to us, and it is a present continuous command. It should be ongoing and happen regularly in our lives to be filled and refilled.

So what happens when we are filled with the Spirit?

- It is a surge in power where we feel God’s presence and power.
- It is a good thing, being filled with God himself.
- There is no room to be filled with anything else - sin, distractions, selfishness..
- It is the deepest experience of the love God has for us; it is so important for us to know we are loved, and completely filled with the love of God.
- It is released in praise - in Acts 10 when Peter preached to the Gentiles who are released in the Spirit and start praising God.
- Speaking in strange tongues, a heavenly language where the expression of it will build us up. The Spirit is moving through us so we can all rely on each other.



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

Forgiveness is a matter of must

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

Matthew 6 v 14–15

Many people are driven by resentment, anger and unforgiveness, instead of releasing their hurt by forgiveness. Some people don't want to talk about it and others blow up and explode onto other people. All these responses are unhealthy and unhelpful.

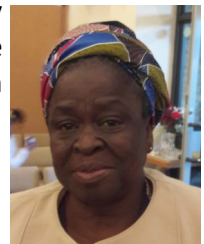
Resentment will always hurt you more than it does other people; while the offender has forgotten the offence and gone on with their lives, you continue to think about your pain. Those who hurt you in the past cannot hurt you in the future, but you are hurting yourself with bitterness. For your own sake learn from it and let it go.

We can learn from Joseph who was badly hurt, hated and maltreated by his brothers, but he chose to forgive them. Joseph was disliked by his brothers for his dreams and the favour shown to him by his father Jacob. One day he met them in the fields and they conspired to kill him, but Reuben suggested they put him in a pit and sell him to a caravan going down to Egypt. They deceived his father into thinking he had been killed by wild beasts. Joseph had misfortune and trouble, but eventually came into a position of power second only to the Pharaoh. When famine came his brothers came seeking his help (not aware that he was Joseph), and this was his chance for revenge; but instead he chose to forgive them. He told his brothers not to be distressed because it was a divine arrangement to save lives with the position and privilege of the role he had in Egypt.

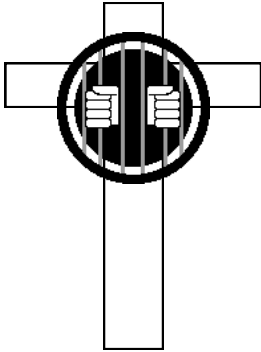
Do we reconcile when we have differences with other people? How ready are we to embrace and accommodate after reconciliation? We need to ask God to help us take the necessary steps to reconcile our differences. We should know a quarrel that is not settled can spread like a fire and spoil many good things that we have together. So let us take immediate steps to forgive and let it go, and may God help us to do it in Jesus' name.

God Bless You

Elizabeth



The Persecuted Church



Nigeria

Christians in Nigeria are calling on the worldwide church to pray for their country after a prominent Nigerian pastor was kidnapped and executed by Boko Haram. Rev'd Lawan Andimi was kidnapped during an attack on a village near the Cameroon border on 3rd January. As well as being a local church pastor, he was chair of the Adamawa State region of the Christian Association of Nigeria (CAN).

Even though I walk in the darkest valley, I will fear no evil, for you are with me: your rod and staff comfort me.

Psalms 23 v 4



Shortly after his kidnapping, in a video released by his captors, the pastor said that he trusted God's will to be done: "Don't cry, don't worry, but thank God for everything" he said. Some two weeks later, on 20th January, he was martyred; he leaves behind a wife and nine children.

This is the latest in a series of brutal attacks on Christians in Nigeria over Christmas and the New Year. In response CAN have asked for three days of fasting and prayer for Nigeria.

"We are mourning the calamity that has befallen us" said Rev'd Joseph Hayes from CAN. "We are mourning the lack of progress that we are experiencing in our country. We are mourning the bad things that are going on in our country. We are mourning the bad things that are going on around us. We are asking God to hear our cries."

A special focus of their prayer was the situation surrounding Leah Sharibu, who was kidnapped by Boko Haram two years ago. Whilst most of the other students were released, Leah was kept be-

cause she refused to renounce her faith. An aid worker who had been held hostage but freed in January, said that Leah was alive and well.

Please pray for Rev'd Lawan's wife and children at this very difficult time for them.

Pray also for renewed urgency for the Nigerian government in the negotiations for the release of Leah, the Chibok girls still in captivity, and many thousands of other women whose names we do not know but are known to God.

Source: Open Doors

Heavenly Father, Thank you Lord that you are my hiding place.

Lord please be close to my Christian brothers and sisters who are on the run or are in hiding, and those who have been driven from their homes.

Remind them that You are their Father and they have an eternal home in heaven (2 Corinthians 5 v 1).

Please lead them to a place of safety and restore to them all that they have lost.

In Jesus' name,

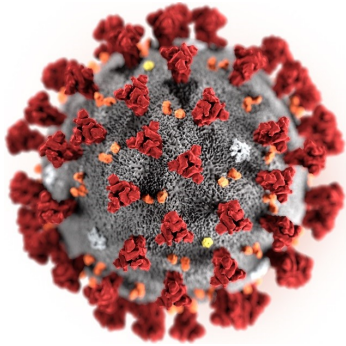
Amen

How the Coronavirus is affecting our Christian brothers and sisters in Iran

At the time of writing, the Iranian authorities have reported almost 18,000 cases of COVID-19; sadly so far 1,135 people have died from the virus. However, experts believe that the real numbers could be higher. One house church leader reports: "We are dying here and no one seems to care. A lot of people around us fall ill and end up in hospitals or are dying."

Iranian prisons are a hotbed for the virus. Out of precaution, the Iranian authorities have (temporarily) released 83,000 prisoners. At least seven of them were imprisoned for their faith. Among them is the young Christian activist Mary (Fatemeh) Mohammadi. She has taken to Twitter to speak out against the continued sentencing and imprisonment of people during this difficult time, saying it is 'inhuman'. Because of potential for the coronavirus to rip through Iranian prisons, Javaid Rehman, the UN Special Rapporteur on Human Rights in Iran, has called for the release of all prisoners of conscience currently held in Iran. Despite this, there are at least 10 Christians imprisoned for their faith who have not been released.

Source: Open Doors



Coronavirus & the Church

The spread of Coronavirus has had a huge impact on the lives of billions of people around the world. In just a few short weeks, it has had far-reaching repercussions on every sphere of public life and on every aspect of day-to-day living. Understandably, many

people are fearful and confused and desperately seeking reassurance and help.

Although in no way do I want to trivialise how difficult and disconcerting the present situation is, equally, I also see it as something of an opportunity. It is first and foremost an opportunity for the people of God to renew their hope and trust in Him. We worship a sovereign God for whom nothing is impossible, a God who loves us deeply, and a God who works all things to the good. For these reasons and for many more besides, I believe that we can face this situation with great confidence and with deep peace.

Like many others, I am concerned about our present state and about what the future holds, but I am not fearful. Friends – please join with me and place your hope and trust in the living God who holds sway over all things. It is only God who can resolve this current crisis and who will bring us through safely. And He is faithful to do just that.

Second, it is an opportunity to reach out to those in need – those who are self-isolating, those who feel cut off and alone, the elderly and vulnerable who may need practical support as well as those genuinely seeking answers to the current situation. I want people to know that we are here for them, that we are concerned about their well being, and that we are very happy to help in whatever way we can. I think it's a fantastic opportunity to show those in our community what the Christian faith looks like in action. If you would be happy to deliver to your street and/or run some basic errands, perhaps you can let me know. Thank you.

Finally, I'd like to conclude with some words from Isaiah 43 that I believe the Lord has given me. May the Lord speak and minister to you through them and as He does, may you also experience rising hope and a peace which surpasses all understanding: "Do not be afraid—I will save you. I have called you by name—you are mine. When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you. For I am the Lord your God, the holy God of Israel, who saves you. I will give up Egypt to set you free; I will give up Ethiopia and Seba. I will give up whole nations to save your life, because you are precious to me and because I love you and give you honour. Do not be afraid—I am with you!" (Isaiah 43:1-5)

With richest blessings in Jesus and with continued prayers.

Ben

For up-to-date news please see the church website

www.stmarksforestgate.org.uk



Are you taking this as an opportunity to keep up with your bible in the year. There is time to slow down, take a deep breath, try not to worry and steep yourself in Gods Word over the coming months

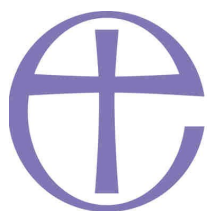
Ann Arnold

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

A prayer for all those affected by coronavirus

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen.



THE CHURCH OF ENGLAND

Can we help you?

Pastoral Help and Support

We are keenly aware that some people will be struggling to cope with the current situation and will find the disruption to their normal routine deeply distressing. The Wardens and I are here to help out where we can, so please do let us know if someone needs support – spiritual, practical or otherwise - and we can try and make the necessary arrangements.

Our contact details are:

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

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

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

Do let me know if you would be happy to deliver to your street and/or run some basic errands.

Thank you.



The power is in God's word

'All Scripture is God-breathed...so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3 v 16 - 17

As you read this devotional, always remember that the power doesn't lie in the writer's thoughts or comments, but in the written Word of God. Paul tells us, 'All Scripture is God-breathed.' It's impregnated with divine seeds of life, and those seeds will spring to life within you, producing the fruit of the Spirit, and 'delivering on' the promises of God. View this devotional as a *gateway* rather than a *goal*. See it as the little book that whets your appetite for the Big Book! When you read each day's devotion, have your Bible beside you and turn to the Scriptures that are referenced.

As you deposit the Word of God within you every day, wonderful things will begin to happen in your life. The psalmist writes: 'Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do' (Psalm 1 v 1-3). Note the words 'they prosper in all they do'.

As you renew your mind with Scripture, your faith will grow, your outlook will be altered, and every area of your life will start to change for the better. 'All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.'

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



Intercession: Heal the nations

Father we can only ask you to heal the nations.

To help those who are looking after the sick keeping them well and encouraging them not to feel totally overwhelmed. To all who are seeking to help their neighbours and ensure they are kept safe and protected and supported as much as possible. We pray for those who are seeking to find solutions to the disease, for tests to find the sufferers, for safe drug treatments and hopefully a vaccine in a timely fashion.

We also pray for wisdom for our leaders as to how they manage this, with balance and sense, with fairness and the good of all in their decision making.

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

5th April	Pray for all who live in Barwick Road
12th April	Pray for all who live in Capel Road
19th April	Pray for all who live in Chestnut Ave
26th April	Pray for all who live in Cranmer Road

Sunday Services

For the foreseeable future all services are suspended. Please see the church website www.stmarksforestgate.org.uk for more up to date information.

First and foremost, the Archbishops have issued a statement that all public worship must be suspended with immediate effect. You can find more information about this and about other related issues on the Church of England website: www.churchofengland.org

This announcement means that we will not be meeting on Sundays at 10:30 am or at 6:30 pm as normal, or at any other times.

The church will be closed until further notice.

May I encourage you to pray for God's blessing and protection for our parish and community.

Our Home groups and Bible Studies are suspended until further notice, and our Lent Groups will not continue. All other regular and occasional activities, events and meetings that take place at the church are also suspended until further notice.



What's On

Online Prayer and Worship Resources

For those of you who will be spending long stretches at home, you may well appreciate some spiritual resources to sustain you. The Church of England has issued a raft of different prayers and services all linked to the current situation on the church of England website.

The liturgy for daily prayer, morning and evening is also available on the website.

As it is Lent, the Church of England has rolled out a special series about the place of the environment within the Christian faith, called Live Lent .

The BBC has promised that it will broadcast worship services for people to tune into. The Archbishop of Canterbury will lead a virtual service on Sundays. It will be broadcast on all BBC local radio stations in England at 8:00 am and will be on premier online at 9:00 am on Sunday.

You can 'like' the Church of England's Facebook page to be notified about the upcoming broadcast. Finally, please look out for a short weekly video message from Ben containing a few reflections on a particular passage of Scripture.



Care and Concern

Coffee Morning for Newham City Farm Friday 3rd April 10:00 am



As the April coffee morning is cancelled would you like to consider making a donation to Newham City Farm.

The March coffee morning raised £115 for the RNLI Tower Lifeboat.



Newham Churches Food Bank



The food bank is continuing to function as there are still people in need. As many items are those which people are stockpiling they may be difficult to get, but are still needed.

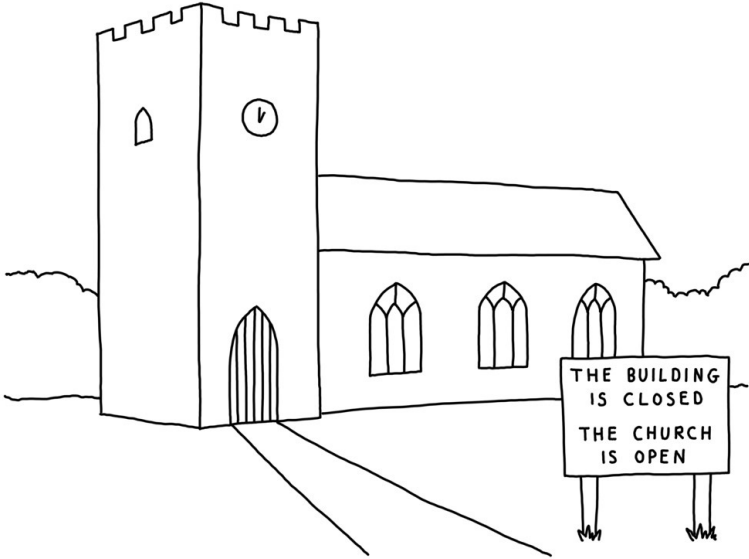
Items can be dropped off at 38 Lorne Road between 10 and 12 on Mondays or there will be a box outside the vicarage 41a Tylney Road.

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

1 litre long-life milk cartons
Plain flour (500gm)
Tinned tomatoes
Tins of tuna fish
Small bottles of washing-up liquid
Rice (500gm)
Tinned vegetables (mixed, or peas or sweetcorn)
Toilet rolls !!!!!!!

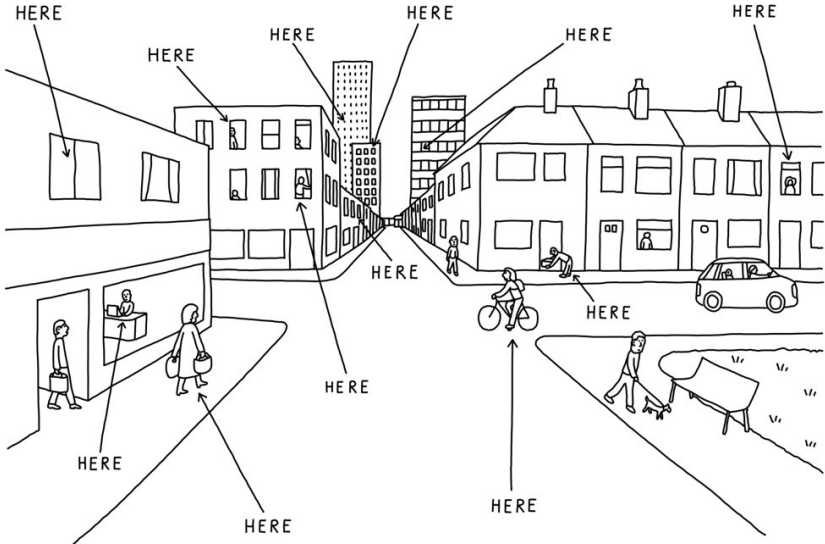
Thank you

The building is closed the church is open



CartoonChurch.com

WHERE THE CHURCH IS



CartoonChurch.com

Easter

We will not be sharing at the Easter events together this year. The joyous celebration of Palm Sunday, the quiet contemplation of Christ's decision to die for us, the last supper on Maundy Thursday, the terrible death on the cross and finally his triumphant raising from the dead. Over the coming weeks we need to think of these things during the most important festival of our faith.

5 – 12 April - Passion Week

The events of Easter took place over a week, traditionally called Passion Week. It began on Palm Sunday. On the Sunday before he was to die, Jesus and his followers arrived at Jerusalem. The city was crowded. Jewish people were arriving from many places to celebrate the Passover.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted money-changers and merchants who were ripping off the people. The religious authorities were alarmed and feared how he was stirring up the crowds. On the Tuesday they challenged Jesus, questioning his authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to his disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how his followers would face persecution.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates his death. Jesus broke bread and shared it and a cup of wine with his disciples. Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience; he was then betrayed and arrested.

Then on the Friday, he was tried and executed, dying on a cross as a sacrifice for us all.



12 April – EASTER: the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be ‘growing’ in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites’ exodus from Egypt and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for Good Friday: Friday 7 April 30 AD or Friday 3 April, 33 AD, with Easter Day falling two days later. Modern scholars continue to think these the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an ‘ecclesiastical full moon’, which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22 March, which last fell in 1818. The latest is 25 April, which last happened in 1943.

Why the name, ‘Easter’? In almost every European language, the festival’s name comes from ‘Pesach’, the Hebrew word for Passover. The Germanic word ‘Easter’, however, seems to come from Eostre, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in ‘Eostur month’, but may have confused her with the classical dawn goddesses like Eos and Aurora, whose names mean ‘shining in the east’. So, Easter might have meant simply ‘beginning month’ – a good time for starting up again after a long winter.

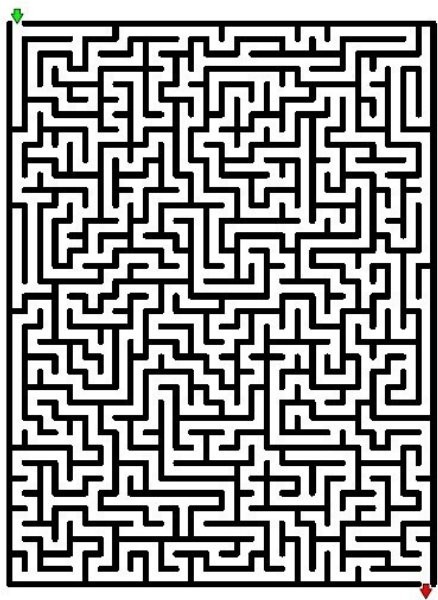
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Helen went to church three weeks running,
so she was co-opted to the P.C.C.

London for free - On line performances

The Royal Opera House has announced that it will be launching a programme of online shows and masterclasses, following the coronavirus outbreak.

The news comes as London's famous opera house is just one of the music institutions to be affected by COVID-19, with many of its upcoming productions now forced to be cancelled or postponed.

Live-streamed via Facebook and YouTube, virtual performances will include appearances from some of the industry's most talented ballet dancers and opera singers – and they're all completely free.



You can see plays and theatre on line. Many such as Marquee TV will give you a week's free trial, and have a very wide range including Shakespeare as well as plays and musicals. It is certainly worth a trawl through a few sites for a bit of escapism with a difference.



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.

Words and Actions

JESUS HAD MANY FRIENDS - AND HE OFTEN WENT WALKING WITH THEM.



ONCE, ON A JOURNEY, JESUS CALLED AT THE HOME OF MARTHA AND MARY



MARTHA WAS VERY PLEASED TO MEET WITH JESUS, AND SHE MADE HIM WELCOME



MARY WAS VERY EXCITED TOO AND WANTED TO LISTEN TO EVERYTHING JESUS HAD TO SAY



BUT MARTHA, WAS NOT VERY IMPRESSED WITH MARY! SHE THOUGHT HER SISTER SHOULD BE HARD AT WORK, NOT SITTING AROUND - JUST LISTENING



LORD, DON'T YOU CARE THAT MARY HAS LEFT ME TO DO ALL THE WORK BY MYSELF?!



MARTHA, YOU ARE WORRIED AND TROUBLED OVER SO MANY THINGS



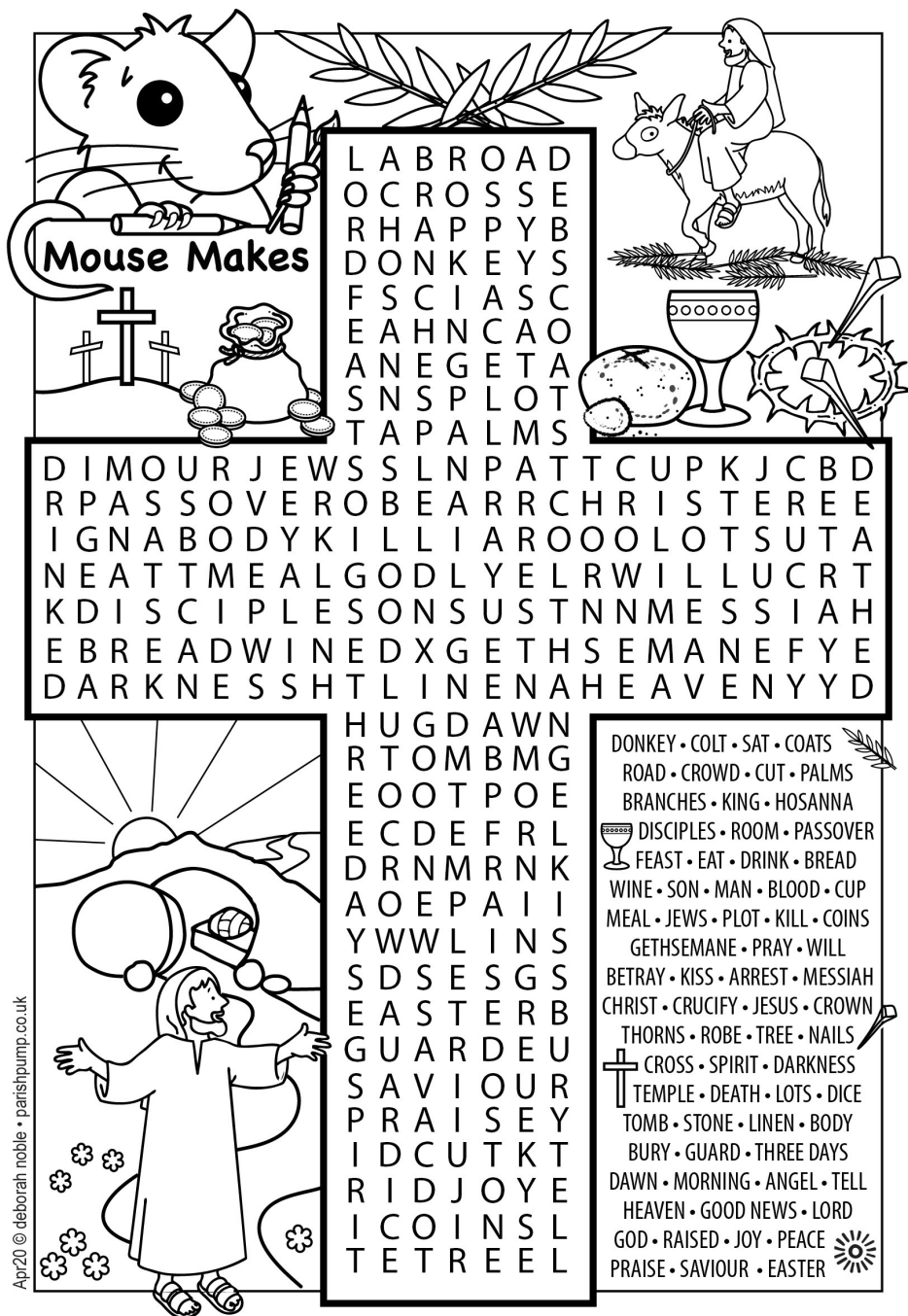
JESUS TOLD MARTHA THAT THERE ARE FAR MORE IMPORTANT THINGS IN LIFE THAN JUST FUSSING OVER A CLEAN HOUSE!



PERHAPS THE MOST IMPORTANT THING WE CAN LEARN, LIKE MARTHA, IS TO MAKE TIME TO LISTEN TO JESUS.



See Luke 10.38-42



Bible Bite

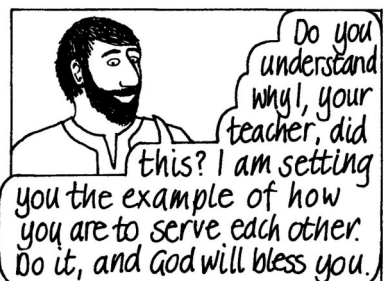
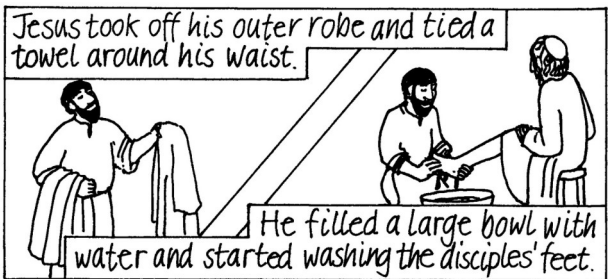
A short story from the Bible

It can be read in the Bible in
Luke 22:24, John 13:3-17

Jesus and his disciples were celebrating
the Passover with the special meal.
The disciples were bickering again.



There was a
reason why
no-one wanted
to be the least
important - the
roads were mud
and everyone's feet
got very dirty.



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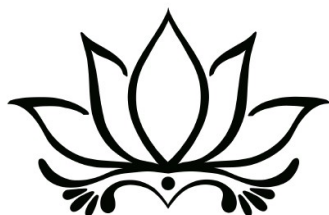
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St. Mark's Weekday Activities

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

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

Weekday Home Groups

Want more information? Contact the Church Wardens

St Mark's Forest Gate



St. Mark's Forest Gate

Church Centre: Lorne Road,
London E7 0LJ

www.stmarksforestgate.org.uk

Vicar:

ben.king@stmarksforestgate.org.uk

020 8091 5652 | 07437 522650

Email:

info@stmarksforestgate.org.uk

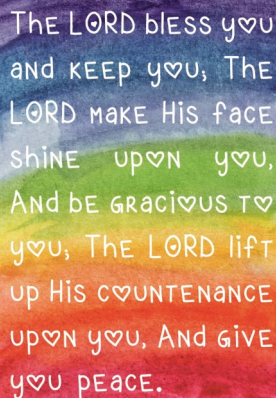
Registered Charity Number

1132240



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

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



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

www.stmarksforestgate.org.uk