

St Mark's Forest Gate



Yorkshire Dales in January

January 2021

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
Music Group	Janet Bone

P.C.C. Members

Chairman	Rev'd Ben King	
Vice Chairman	Ann Arnold	
Treasurer	Peter Arnold	
Secretary	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	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 **February 2021** needs to be given in by **Sunday 10th January** .



A very happy new year to you all! In spite of the restrictions, I trust that Christmas gave you the opportunity to rest and relax with friends and family and of course, to rejoice in the Good News of the Saviour's birth.

As we embark on a new year, there are two things to which I'd like to draw your attention.

The first is our **sermon series over the five Sundays in January**. Our church motto for 2021 is: 'Now you are the body of Christ, and each one of you is a part of it.' (1 Corinthians 12:27). This vision will frame much of what we do this year as God's people and will be our touchstone for January's sermon series. We will also be exploring some key points that emerged from our Day of Prayer to help us develop this vision further.

As it marks the beginning of a new year and is generally a quieter month, January seems like a good time to continue to discern what God is saying and to consolidate what we believe He has already revealed to us. You can find full details of this month's services on page 15.

The other thing is the new **Bible Course** we'll be doing on Zoom at **7.30pm every Thursday evening from 7th January to 25th February (8 sessions)**. The Zoom ID is: **864 991 9885** and everyone is most welcome.

A number of you committed to Bible in a Year (BIOY) throughout 2020 and I've included some testimonies from people who have done so. You can read them on page 9. Congratulations if you made it through from Genesis to Revelation! If you didn't, or didn't embark on BIOY last year, fret not. There's another opportunity to read the Bible from cover to cover this year. It's a wonderful opportunity to deepen your faith and enrich your relationship with God. If you have already done BIOY, you might want to think about doing it again, but taking a different approach to complement what you did last year. Details and resources can be found on page 10.

The Bible Course is a natural follow-on to BIOY as it helps people see the big picture of the Bible and how all the different sections piece together and relate to each other. Many people have found the material engaging and informative and a real boon to their faith.

PTO

At each session we'll watch a really good teaching video and there'll also be an opportunity to discuss some key issues. You can whet your appetite by going to the Bible Society's website....' :

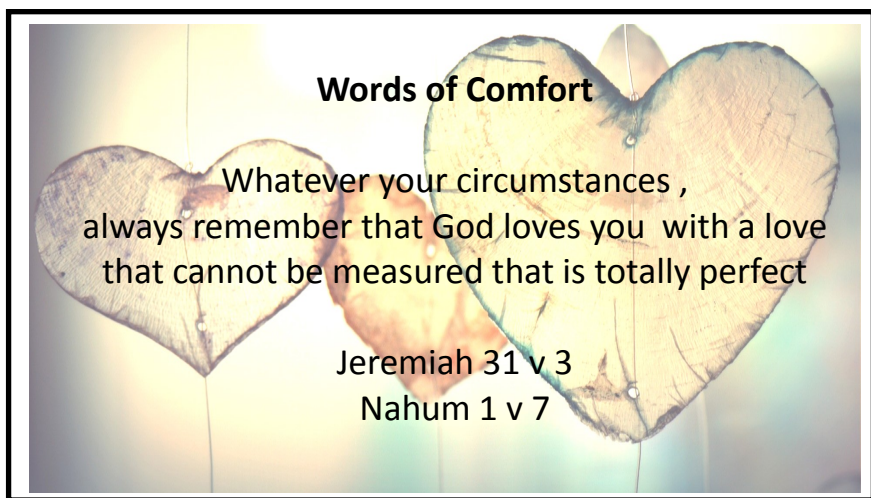
<https://www.biblesociety.org.uk/explore-the-bible/the-bible-course/>

If you know you'd like to join us, perhaps you could drop me a line in advance so I have a rough idea of how many people will be coming along. However, pitching up on the night is fine too – your presence is the most important thing.

At the beginning of a New Year, may we continue to know the Word made flesh – the Lord Jesus Christ - with us, sustaining us and guiding us into all truth.

This comes with my very good wishes and every blessing for 2021,

Ben



Vocation

One of the things we'll be exploring through the year is **vocation** – God's call on our life. You might remember that this was one strand to October's Day of Prayer. It also lies at the heart of our church motto for 2021: 'Now you are the body of Christ, and each one of you is a part of it.' (1 Corinthians 12:27). What is God calling us to as a church? What role is He calling us to as individuals? Well, as God would have it, it also happens that the Deanery is organising a vocations evening this month to help people explore these key questions: here's what they say:



On Thursday 21st January we invite you to come along and begin a journey of exploration with us as we discuss how each of us are here with a purpose, uniquely gifted and called by God to be part of his plan in this world at this point of history. On the night we will hear from a panel of normal people sharing how God has gifted them and what they are doing about it as a response. Some will be ordained and others not, some will be far along in their journey of stepping out in obedience to God, and others just a few steps ahead. No matter our gifts, or our call, God has a plan for each of us, why not come and explore what God might be saying for your life as we start a new year together? There's also an invitation video for you to watch: <https://youtu.be/iyGJ-rYcP8s>

If you think you might benefit from this, please do get in touch with Ben who will be able to give you more details. Places are limited, so please get in touch early!

Youth Alpha

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



The Sermon

Sunday **6th December**
Speaker **Rev'd Ben King**
Theme **2nd Sunday in Advent - Good News**

This sermon is based on Mark 1 vv 1—8; right at the very beginning of the gospel he tells us of the Good News of Jesus the Messiah. In this we are introduced to John the Baptist. John witnessed to the good news both in how he lived his life and in the message he preached.

Always John spoke of how he was a forerunner to Jesus, putting the spotlight on Him, and preparing the way. He was not living his life for himself. There is a message for us: we should not be living our lives to gratify ourselves and our desires, but in glorifying God. If that is at the heart of all we do and are, there is a freedom and fulfilment and it will give us the blessing of life as God intended it to be. We can experience a profound change in how we experience all of life as we live for Jesus as John the Baptist did.

Also what John the Baptist preached was good news. His message was repentance and baptism for the forgiveness of sins. There was a very strong response from people at the time. We also need to repent; like the prodigal son we need to return home to God, turning our back on our sinfulness. All our sins are washed away because of Jesus.

There is power in repentance; we may be struggling with patterns of behaviour and habits, but we can root out the sin in our lives with the power of repentance in our lives. If we confess our sins God is faithful and just and will forgive us. This opens up the way to God through Jesus and breaks the power of sin.

The season of Advent is about our preparedness to turn our lives to Jesus and hear his good news, so as to be set free.

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

Epiphany for today

This month we celebrate Epiphany, when we remember the Magi from the East who followed a star to find the baby Jesus: 'Where is the one who has been born king of the Jews?' (Matthew 2 v 1).

At the start of a New Year, amid the uncertainty of the pandemic, are we asking the same question? The gifts they offered show us how we can find Him in the uncertainty of the coming year: 'they bowed down and worshipped Him...and presented Him with gifts of gold, frankincense and myrrh.' (2 v 11).

The gift of gold reflects that the Magi saw in the baby a king, destined to rule over us all. In this coming year we need to remember that Jesus is on the throne, the seat of power and authority in the whole universe. Will we crown Him king of our lives and dedicate all that we are and do to Him?

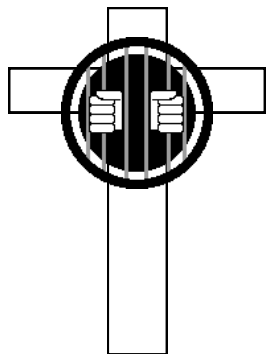
The gift of frankincense reflects that the visitors saw not just an earthly king, but God in human flesh. Incense symbolises the prayers of God's people and so this gift reminds us that God is worthy of our worship and prayer. Will we offer our praise and prayer, as we seek God to guide us through the uncertainties of this time?

The gift of myrrh reflects that these astrologers saw beyond the baby's birth and life, to His death which would secure life for all. Jesus was offered myrrh on the cross and was a spice used in His tomb. As we face the sufferings of this New Year, we can be confident that Jesus knows and understands our experience. Are we ready to trust Him?

'Glorious now behold Him arise, King and God and Sacrifice! Heav'n sings Hallelujah: Hallelujah the earth replies.' ('We Three Kings').



The Persecuted Church



**The Lord is a refuge for
the oppressed a place of
safety in times of trouble.**

Psalms 9 v 9

Columbia

You might not think of Columbia as a place where Christians face a great deal of persecution and it is true that about 95% of the population are Christians. However, Columbia is also home to violent and powerful criminal groups and drug cartels. These gangs often recruit young Columbians, dazzling them with the promise of a better life. If that does not work they take children by force, and they do not like it when Christians try to stop them.

Plinio was a pastor in La Caucana; it is a dangerous part of Columbia, but Plinio knew it was part of his ministry to speak out against organised crime and help prevent young people from being recruited.

His wife Alba, remembers the day that her husband paid the ultimate price for his ministry. "I was working in the kitchen with some other women, Plinio had gone to the church to pray, and when he came back he sat and watched the news. It was a peaceful day" she says. Suddenly there were gunshots and Plinio had been shot twice, murdered in his own home.

Alba was widowed that day and Daniela 12, and Sebastian 5, lost their father. Children are often the forgotten victims of persecution, as even if they are not directly targeted, the impact of having your parents threatened, attacked, or even killed, can last for many years.

In 2019 Open Doors Partners were able to take Alba, Daniela and Sebastian to the Children's Centre, run thanks to the Open Doors supporters. It is a safe place for the persecuted Columbian Christians to find shelter, either as permanent residents or for a shorter period. The children receive psychological and pastoral support as well as education, community and fun.

When Alba and the children arrived all the children from the centre were waiting outside with a big welcome home banner and they spent four weeks there. Daniela says “I was really happy to be surrounded by many loving people, I met many children and learned that, although there are difficult times in life, there are times when Jesus helps us to overcome through people and prayer.”

After seeing how dangerous the area was where the family were living, Open Doors arranged a new house for them in a much safer area. This was only possible through the gracious prayers and gifts of the supporters of Open Doors. Alba wants to open a sewing workshop in her home, and the children are in school and are happy. Through the trauma support they are moving on with their lives, despite the painful loss they have suffered.

Source: Open Doors



Daniela and
Sebastian

Heavenly Father,

Thank You that we can come alongside Daniela and her family. We are honoured and blessed to help by our prayers. Thank You that her faith in You is strong - may it continue to bless others in her community, just as it blesses us. Protect the whole family, give them a lovely Christmas together, and may 2021 be full of many new blessings.

Amen.

Bible in a Year 2020 - Testimonies

I've been using the "Bible in One Year" app by Alpha International and have been able to do all my readings for the year. I much prefer listening to the bible and it was very useful to have the commentary which both explained the text and highlighted areas I might have missed. I found it helpful to use the reading to inspire a prayer time afterwards as it made me concentrate on the reading and meant that I was making use of what I'd learned straightaway. I also made notes on my phone so I was able to look back on what I had learnt. One of the highlights of the year was when the commentary suggested writing a poem to God, I found that this was a really interesting way to communicate with God. **Martin Brown**

I have really enjoyed taking part in reading the Bible in a year. It's like becoming acquainted with an old friend again. I have discovered, or perhaps I should say rediscovered, parts of the Bible that I had forgotten about. I hadn't remembered that some parts of the Old Testament are very challenging on many fronts. I have loved reading all the promises given through Jesus' teachings and I do feel that throughout the year I have become closer to my Loving Heavenly Father. **Charlotte Mouzer**

I am currently reading week 50 of the Bible in a year using the 5-day a week reading plan. I found many of The Old Testament books very challenging and, I must admit, I have not always understood all that I am reading. The very consistent punishment of the nations disobeying God, turning away from His Commandments is difficult to read. It has been so much easier to read from The New Testament. This challenge has gone arm in arm with the Covid challenge we have all been facing this year and I am sure I would have found it difficult to complete if my normal activities had been taking place! Did God "tip off" Ben when he set us this challenge one has to ask??? I look forward to studying small passages from the Bible, to be able to dissect them with my Homegroup as we used to. I will be starting The Bible Course on You Tube which I understand is an overview of the meaning and purpose of the Bible from Genesis to Revelation. Wishing all the St. Marks' family a happy and blessed New Year. **Barbara White**

Proverbs 2:21-22 *For the upright will inhabit the land and men of integrity will remain in it. But the wicked will be cut off from the land, and the treacherous will be rooted out.* This reading is telling us to seek wisdom. This is given by God through reading the Bible and seeking God's word. Wisdom gives us the discernment to distinguish between the right and wrong path. It gives us the blessing to live in God's land forever. ... We should watch and pray and hold on to faith. After I have finished the Bible in a year, I would like to study the Bible deeper. **BIOY participant**

Bibles

If you'd like to use a Bible you already have, we recommend going to <https://oneyearbibleonline.com>. There is a wide range of different reading plans, so you can follow one that suits your needs and preferences. There are also a wide variety of Bible in One Year Bibles you can buy, which put the readings in order by day of the year. The Bibles come in various translations, so you can choose the one most familiar to you. We recommend *The NIV Alpha Bible In One Year*. If you find it easier to listen than to read, we recommend *The NIV Audio Bible in One Year* read by David Suchet. You can buy it on CD or download it.



Online and Apps

If you prefer electronic resources, we recommend *The Bible in One Year* app, from the creators of the Alpha course. You can get the app for iPhone or Android, or you can sign up online on their website to get a daily email (www.bibleinoneyear.org). With the phone app, you can even have it read to you! There's also a short commentary explaining each reading.

Books

Sometimes it helps to have a bit of explanation or commentary to accompany your Bible readings. We recommend John Stott's *Through the Bible Through the Year* - daily reflections that take you through the broad sweep of Scripture. To get a good overview of the story of the Bible we recommend *The Bible Project* videos, which provide great summaries of every book of the Bible. Visit www.thebibleproject.com or search on YouTube.

Young People

Our younger members can get involved too! There's a brilliant resource entitled E100 which takes you through 100 key bible readings in the year with a short commentary, application and prayer. If you'd prefer to focus on biblical characters, then Soul Survivor's lifelines is probably for you. They've also done their own bible in a year with YouTube commentaries: <https://www.soulsurvivor.com/bible>

Church of England News

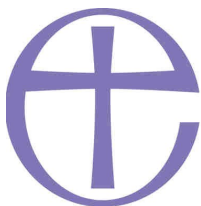
We must become a ‘simpler, humbler, bolder Church’

The momentous events of 2020 will have a “profound effect” on the future of the Church of England and our wider society, the Archbishops of Canterbury and York have said. In a recent joint address to the General Synod, Archbishops Justin Welby and Stephen Cottrell said the Church of England must adapt and put its trust in God to become a “simpler, humbler, bolder Church.”

The archbishops’ comments came as they addressed the first online sitting of the General Synod following a legal change to enable it to meet remotely amid the coronavirus restrictions. They outlined how the coronavirus pandemic and its economic fallout are providing the backdrop to huge social changes - here and around the world. They also singled out how the Black Lives Matter movement and the publication of the IICSA report on abuse had exposed the Church’s own failings and the need to change.

Archbishop Justin told Synod: “2020 will be a year that registers in memory and in history. It can be compared with 1929, with 1914, with 1989. “We are aware that this is a year in which huge changes are happening in our society and consequently in the Church. “For let us be clear, there is no possibility of changes in society failing to have a profound effect on the shape, calling and experience of mission in the Church.”

“These crises are not signs of the absence of God but calls to recognise the presence of the kingdom and to act in faith and courage, simplifying our life focusing on Jesus Christ, looking outwards to the needy and renewing in our cells our call to wash feet, to serve our society and to be the Church *for* England.”



THE CHURCH OF ENGLAND

Growth is more important than goals

‘the ways of right-living people glow with light’

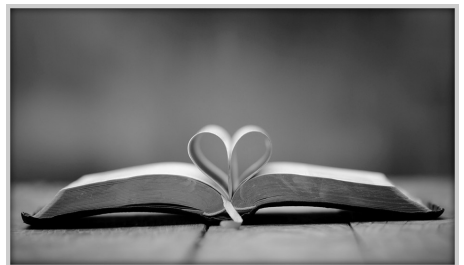
Proverbs 4 v 18

Phil Cooke writes: ‘Growth is what we do with knowledge. Growth is where we take our knowledge, how we apply it, and how we use it in our everyday lives.

Leadership expert John Maxwell taught me long ago to change my orientation from goals to growth. When he said those words, it was a revelation. I’d always learned that goals were important, and I tried and tried to use a system of reaching goals, but I’d always struggled with it. I could see that goals motivated lots of people...but reaching goals always left me empty and unsatisfied. But when John showed me how to focus my attention on growth, everything suddenly fell into place. The process taught me that goals are great, but when we reach a goal, we’re finished. But with growth, it’s a never-ending process – always learning, always moving forward, always achieving. I hope when I reach the end of my life, there will be a couple of good books on my nightstand. I want to learn and grow until my last breath.

Look at the people in your circle of friends. Why do some succeed and others seem to stagnate? Why do some move to higher levels of achievement while others stay at the same place for years at a time? Many people blame the system, the company, or their boss. They blame society, their upbringing, or their past. But a lifetime plan for growth can break through barriers and overcome nearly any obstacle.’ The Bible puts it like this: ‘The ways of right-living people glow with light; the longer they live, the brighter they shine.’ And the more they grow!

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.



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

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

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

Thank you.

how you can help



Intercession: New Year

We pray Heavenly Father for your presence in our lives in the coming year. We ask for your intervention in the continuing difficulties we are experiencing due to the pandemic and the consequences for people's livelihoods and their lives. We pray for those who are lonely, that they will find contact and comfort.



We pray that we will be inspired to be of service to you in all we do, and that we learn to live our lives as your children.

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:

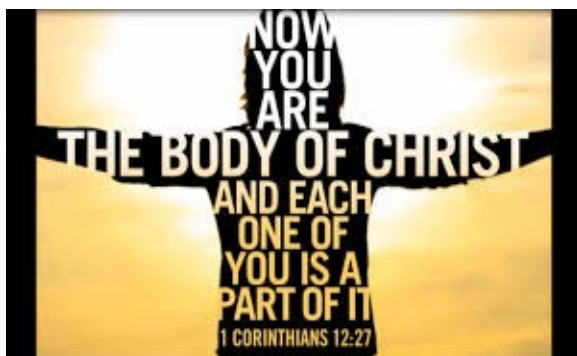
Week beginning

3rd January	Pray for all who live in Emily Duncan Place
10th January	Pray for all who live in Forest Side
17th January	Pray for all who live in Godwin Road
24th January	Pray for all who live in Horace Road
31st January	Pray for all who live in Latimer Road

Sunday Services

Date	Service	Theme	Reading
3 rd	Re-dedication	Casting the vision	1 Corinthians 12:12-31
10 th	Morning worship and Holy Communion	Prayer	Matthew 7:7-12
17 th	Morning worship and Holy Communion	Holy Spirit	Luke 1:26-38
24 th	All-Age and Holy Communion	Vocation	Mark 1:16-20
31 st	Morning worship and Holy Communion	Community out-reach	Matthew 5:13-16

This will depend on the guidance on gathered worship throughout January. The plan is to continue to hold Sunday morning worship in the church building at 10:30am, and also to provide a streamed service on line.



2021 Motto

Resources

Each Wednesday at 7.30 pm: Prayer Meeting via Zoom

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

Zoom ID: 864 991 9885

Each Weekday Evening at 4.30 pm: Evening Prayer via Zoom

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

Zoom ID: 864 991 9885

Each Saturday from 10.00 to 11.00 am: Private Prayer in the Church

The church is open on a drop-in basis for silent individual prayer for adults.

Each Sunday from 3.00 to 4.00 pm: Sanctuary Space in the Church

Come to be quiet before the Lord.....Come to receive prayer.....Come just as you are.....The door will be open.

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



Zoom Coffee Meet-Up: 11.00 am Every Tuesday

Do join us on Zoom for coffee and chat every Tuesday at 11.00 am for half an hour. We talk about anything and everything and always have many laughs.

Everyone is invited, so if you're able to join us we'd love to see you. **Zoom ID:** 905 952 9633



Coffee Morning Children's Air Ambulance

We are not able to hold the coffee mornings at the moment, but we are letting you know who we would be fundraising for, and hope that you might like to make a donation to them.

This month would have been for the Children's Air Ambulance which transport specialised medical staff and equipment to where a sick child might be, making it possible for specialised support to be provided at a local hospital.



If you would like to share a coffee morning and can access the internet, the church is holding an online coffee morning on Zoom at 11:00 am every Tuesday morning: Zoom ID 905 952 9633





Newham Churches Food Bank

The 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. Please speak to Julie Thomson or Ben if you need any information

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

Thank you

Asha Trust Update

Sadly, it is not realistic to hold a Gift Recycling event for Asha in January.



However, the need is still there, and much of Asha's work this year has been fundraising to pay for essential food parcels, distributed to those in Athidya whose paid work has totally dried up through the Covid pandemic.

A food parcel contains all the essentials to support a family such as rice, lentils, flour, milk powder, sugar, tea, coconut and soap. Each parcel for a family of 4 costs SLR1,500/£6 and we provide 85 parcels each time reaching at least 340 people at each distribution.

We need to raise £2,000 in order to continue with our food parcel distribution for the first 3 months of 2021.

So - we would be grateful for any donation you feel able make through this link: <https://tinyurl.com/yxms87rs>

Thank you very much for your support.

Cost of Coronavirus

It is good to begin a new year with hope, but few of us have left 2020 unscathed by the pandemic. For example, nearly half of us, 48 per cent, put on weight during lockdown. (According to a recent survey by King's College London and Ipsos MORI). Millions of us turned to alcohol or drugs. Public Health England reports that one in five of us aged 45-74 are now drinking more than 21 units a week. The Royal College of Psychiatrists expresses alarm at the rapid rise in patients whose alcohol or drug use led to a decline in their mental health in 2020.

Children have suffered. Childline had nearly 43,000 calls from young people between March and October. Cyber bullying has soared, with one in three children being bullied during the pandemic, according to the Anti-Bullying Alliance.

For millions of pensioners, Covid-19 'hit the fast-forward button on ageing', according to Age UK. Lockdown left old people frightened and losing their confidence, mobility and even functions such as memory.

Suicidal thoughts soared during lockdown, with the number of people seeking help tripling, to stand at more than a quarter of a million. The Royal College of Psychiatrists warn that mental health services are now 'overflowing' with patients struggling to cope with anxiety, psychosis and depression. Many charities fear that there will be a 'second pandemic' of mental health problems.

So – what do we do as January 2021 dawns? Each one of us CAN do something to make things better, if only in a small way. How about these for your New Year Resolutions?

Firstly, just get regular exercise. As one professor said, "Exercise creates a virtuous circle of physical and mental well-being. You move more, you eat better, you feel positive." On the other hand, only a couple of weeks of lying around the house will leave your cardiovascular systems less effective, your musculoskeletal system weaker, your metabolic rate affected, and your immune system lowered.

Secondly, adopt the right mental attitude. Studies of Holocaust survivors found that those who recovered best had certain character traits of resilience: optimism, self-esteem, acceptance and above all, spirituality. A faith in God gave them purpose and meaning, even in the midst of fear and death.

Thirdly, make an effort this year to keep in touch with your friends and keep an eye out for vulnerable neighbours. Be willing to act as a safety net for others, if only to show compassion and a willingness to listen to them.



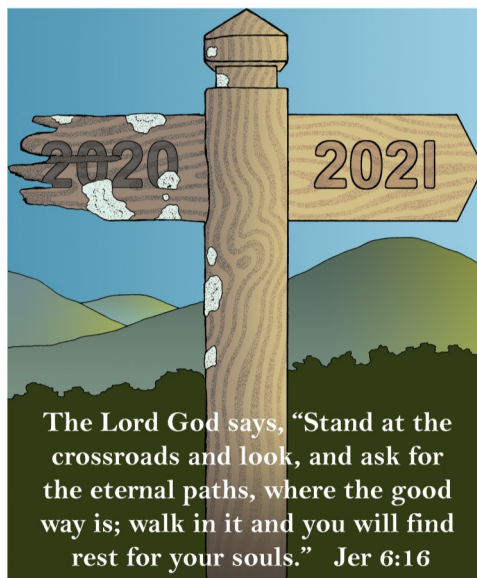
Traidcraft has continued trading through 2020, but it lost a lot of business due to the impact of the coronavirus lockdown on many of their usual sales outlets in shops and churches.

I have some of my usual Traidcraft food stock at home, and I can order any other Traidcraft items from their range shown in the Traidcraft catalogue, or listed on the Traidcraft website. If you order via me I can get items delivered for free.

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 or by phone on 020-8519-5765 if you would like to order any Traidcraft items.

Peter Arnold



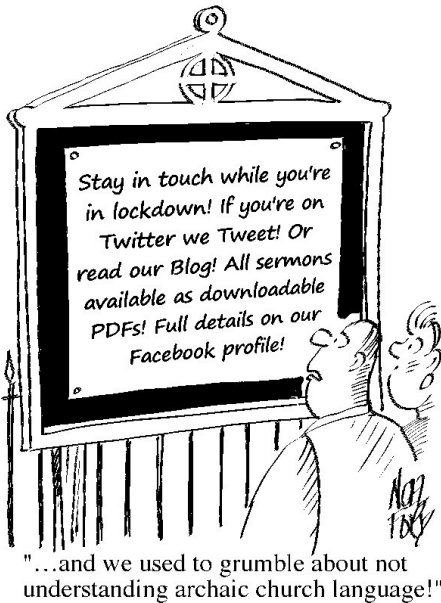
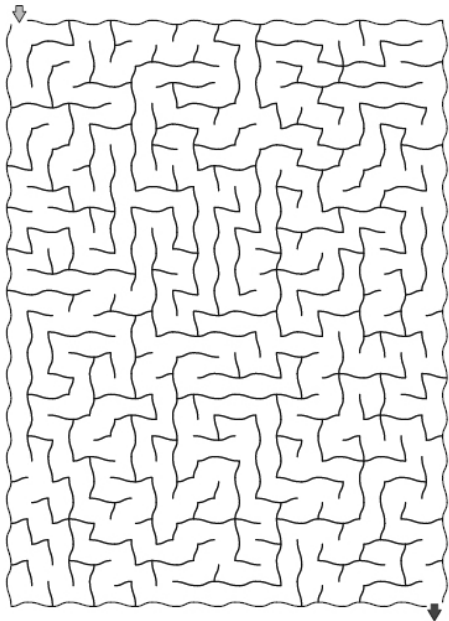
PUZ?LES

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

© 2008 KrazyDad.com

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

© 2008 KrazyDad.com



January Quiz

1. January Jones is an actress best known for portraying Betty Draper in which American TV series? 2. Which astrological sign is between January 21st and February 20th? 3. In Roman mythology, January is named after which god of beginnings and transitions? 4. On the 15th of January 1559 who was crowned monarch of England? 5. What is January's birthstone? (Hint: the name comes from the 14th century English word meaning 'dark red'). 6. What is the common name for *Galanthus nivalis*, which flowers between January and April? 7. Which date in January is the traditional date for the feast of Epiphany? 8. January replaced which month as the first month of the Roman year? 9. Which American federal holiday is observed on the third Monday of January each year? 1. Margaret Thatcher Day is the 10th of January in which part of the world?

Answers to the December anagrams of the names of countries

- | | |
|-------------------------------------|--------------------------------|
| 1. TEN IN A RAG Argentina | 26. CHAIN China |
| 2. HAIR BAN Bahrain | 27. MAIL Mali |
| 3. BAG HANDLES Bangladesh | 28. PURE Peru |
| 4. BIG MULE Belgium | 29. RAIN Iran |
| 5. MAR BUDE Bermuda | 30. DARK MEN Denmark |
| 6. WANT A SOB Botswana | 31. TANGO Tonga |
| 7. BURI GALA Bulgaria | 32. RABIES Serbia |
| 8. UBA SOFA RINK Burkina Faso | 33. SERIAL Israel |
| 9. MOON RACE Cameroon | 34. LACED IN Iceland |
| 10. I STAR COCA Costa Rica | 35. MANGO OIL Mongolia |
| 11. A ZOA LAVE CHICK Czechoslovakia | 36. REGALIA Algeria |
| 12. I MAD COIN Dominica | 37. NEON LAB Lebanon |
| 13. CUE ROAD Ecuador | 38. RENT AGAIN Argentina |
| 14. AGA AMULET Guatemala | 39. MISTAKEN TURN Turkmenistan |
| 15. ANA MAP Panama | 40. A MARINE Armenia |
| 16. MANTIVE Vietnam | 41. OUR HANDS Honduras |
| 17. LALAR DOVES El Salvador | 42. A COMEDIAN Macedonia |
| 18. BAD BORAS Barbados | 43. A GARDEN Grenada |
| 19. RAIL SATUA Australia | 44. SALAD LOVER El Salvador |
| 20. MEG RYAN Germany | 45. EARLIER ONES Sierra Leone |
| 21. MOAN Oman | 46. A CHOAS FRUIT South Africa |
| 22. PLANE Nepal | 47. PRISON AGE Singapore |
| 23. REIGN Niger | 48. VOICE EDITOR Cote D'Ivoire |
| 24. ANALOG Angola | 49. ELITE STORM Timor Leste |
| 25. PAINS Spain | 50. TOM GENOME Montenegro |



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

All youth events are cancelled until further notice.

Youth Alpha

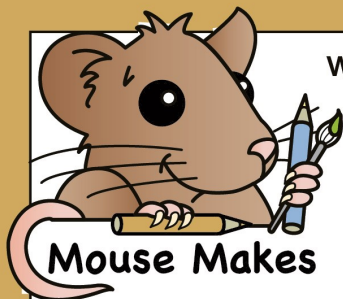
Newham YFC is running **Youth Alpha** for young people aged 14 and above, starting at the beginning of February. It's a wonderful opportunity to explore life's big issues and ask any question you have about faith or life in general. You can find more details and register for a place by going to their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



We pray for our young people

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. Be with them as they start a new term and pray for their safety as they mix with other young people.

Amen



What happened after Jesus had been born in Bethlehem?

READ Matthew 2:1-12

Who came from the East?

Why had they come?

What were they following?

Who was alarmed by their arrival?

Who had the prophet written about?

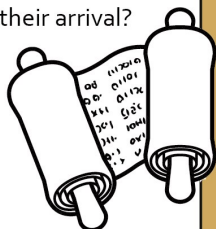
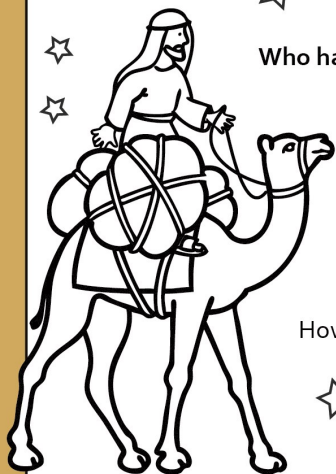
Where were they then sent?

What were they to look for?
..... and why?

Where did the star lead them?

Who did they see? What did they do?

How were they warned to go home another way?



READ Matthew 2:13-23

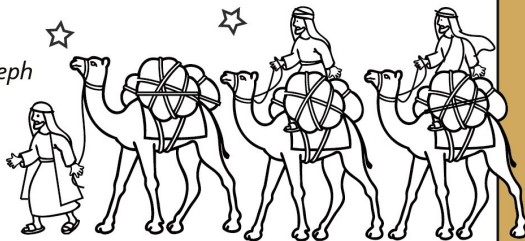
Who appeared to Joseph?

What was he told? Why? What did he do?

Who then became angry?..... and why? What horrible thing did he then do?

When Herod died where was Joseph told to take his family?

Where did Jesus finally grow up?



Bible Bite

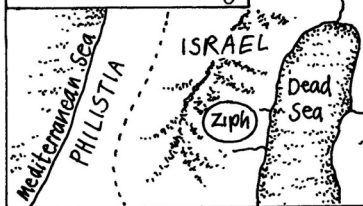
A short story from the Bible

It can be read in the Bible in
1 Samuel chapter 26 - 27:1

When King Saul wasn't fighting the Philistines to stop them invading Israel he was still trying to hunt down David.

People came to tell King Saul where David and his men were hiding. Saul took 3000 of his best soldiers and went to look for David...

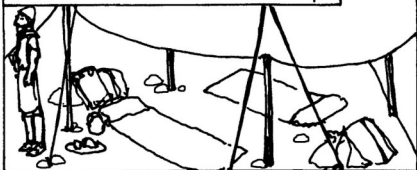
They camped near where David was hiding



When David heard that Saul was near, he crept up to the camp.



He saw that Saul and his army commander Abner were sleeping in the middle of the camp.



Who will come with me into the camp?

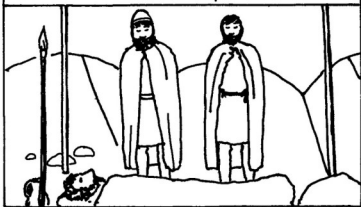


Abishai said he would.

That night God made all the camp sleep soundly.



David and Abishai reached the centre and found Saul



This chance is from God! I'll kill him!



No! God chose him as king!

They took Saul's spear and water jar and crept out of the camp.



When they had got far enough away, David shouted



Abner, why didn't you protect your king? I've taken his spear and water jar!

King Saul heard David and shouted back



David, I'm so sorry! I won't try to harm you again!

But David knew that Saul would try again to kill him, so he left Israel and went to Philistia.

the Liberty Clinic

OSTEOPATHIC & REHABILITATION CENTRE

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

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

From pain to full rehab we provide it all.

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

Registered Osteopaths and Masseuse

Established in 1985



Hello Heating

Richard Titcombe
Plumbing & Heating Engineer

22 Cranmer Road
London E7 0JW

t: 07450 524 770
e: helloheating1@gmail.com



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





THE OLD SLATE YARD FLORIST

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

Telephone / fax 020 8221 1667



The Railway Arches
460 Sebert Road, Forest Gate, London, E7 0NW
www.theoldslateyard.co.uk Email info@theoldslateyard.co.uk

Smallholders

PET, GARDEN & AQUATIC CENTRE

Proprietor
KEVIN SHAW

Tel: 020 8534 1972
Mob: 079 5639 5830

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

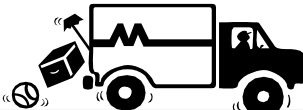
TREE FELLING, PRUNING & REMOVAL



ALSO

RUBBISH CLEARANCE AND FENCING

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



CONTACT GEOFF ON 07979 531007 OR EMAIL
CIRCUMNAVIG8@YAHOO.CO.UK

GARY'S GARDENS

GARDENING MAINTENANCE & ASSOCIATED SERVICES


LOCAL AND ESTABLISHED SMALL GARDEN BUSINESS SPECIALISING IN:

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

PRICES FROM £20 PER HOUR.

REFERENCES AND RECOMMENDATIONS AVAILABLE.

CRB CHECKED AND FULLY INSURED. HMRC REGISTERED.

 CONTACT: GARY ON 07918127735

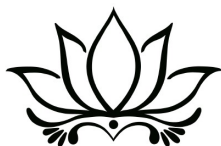
R. L. LOWRIE ROOFING CONTRACTOR

Built up felt roofing specialist
New roofs and repairs
All aspects of lead work
Guttering and Stacks
Free estimates



Sandy 07743 894596

Russell 020 8555 0866



We're here when
you need us

0208 989 0493
89a Aldersbrook Road
E12 5DG

www.compassionatefunerals.co.uk
info@compassionatefunerals.co.uk

Compassionate
Funerals



Independent Family
Funeral Directors

1901



2001

TASTEFULLY DECORATED PREMISES

HOME ARRANGMENTS IF PREFERRED

ALL DENOMINATIONS AND CULTURES
CARED FOR

*A complete funeral service at rea-
sonable charges*



JAMES HAWES FUNERAL DIRECTORS

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

020 8478 2424

IMMEDIATE 24 HOUR SERVICE IN ANY AREA

29 STATION ROAD, MANOR PARK

also at ROMFORD

Prepaid funeral plans through

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

Contact: Janet Briggs, Cemetery Manager

MANOR PARK Cemetery & Crematorium

Sebert Road, Forest Gate, E7 ONP
Tel: 020 8534 1486 Fax: 020 8519 1348
Email Jan@mpark.co.uk



St. Mark's Weekday Activities

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

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

Weekday Home Groups

Want more information? Contact Rev'd Ben King

St Mark's Forest Gate



St. Mark's Forest Gate

**Church Centre: Lorne Road,
London E7 0LJ**

www.stmarksforestgate.org.uk

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