

St Mark's

Forest Gate



July 2020

50p

www.stmarksforestgate.org.uk

Who's who in the Church

Vicar: Rev'd Ben King

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Church Wardens Mike Richardson 07824 859075
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Treasurer Peter Arnold

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

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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 **August and September 2020** needs to be given in by **Sunday 19th July**.



Summer is now upon us and for many, the season conjures up images of relaxing in the garden, enjoying fine weather (here's hoping...) and spending more time with friends and family.

Needless to say, this summer is going to be different from every other but not, I hope, in terms of prioritising rest.

Rest is something we often overlook, but desperately need. After all, we were created to rest. At the beginning of the Bible, God spends six days creating the world and rests on the seventh. As we are made in the image and likeness of God, we too need to ensure that, like our Maker, we routinely cease from work and prioritise rest.



But we also need to remember that Sabbath rest is not *just* about ceasing from work; it's also about being refreshed. True rest is taking time with God; it's about soaking in His presence so that He can renew us from the inside out.

And being refreshed is also doing things you enjoy – reading that book which has been gathering dust, revisiting an old hobby; generally making the most of the good things with which God has blessed us. They too bring refreshment and so help us to rest as well.

Whilst there are some very good spiritual reasons for rest, it also strikes me that there are some circumstantial ones too. Three months of lockdown have taken their toll on most of us. Learning to do things in different ways can be physically tiring and emotionally draining. Restrictions too, can cause added stresses and anxieties. I don't think any of us are clamouring for more screen time either!

So, in whatever way that works for you, in whatever way the current restrictions allow, please do ensure that you prioritise rest this summer – your physical, mental and spiritual wellbeing really depend on it.

Continued on next page:

To conclude, an invitation from Jesus Himself, in whom is perfect and eternal rest. I wholeheartedly encourage you to accept it and in turn, to experience a rest like none other:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-29)

Have a wonderfully blessed and truly restful summer,

Ben



Words of Comfort

Lord, help me trust You
even through the unexpected
twists and turns of life.

2 Corinthians 4 v 16 - 19

Early campaigners to abolish the slave trade

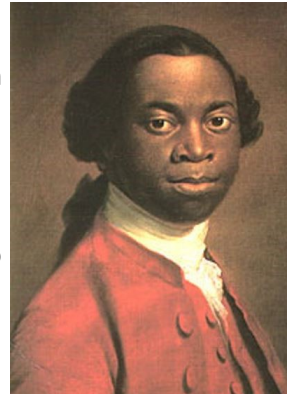
William Wilberforce, Olaudah Equiano and Thomas Clarkson

During the 18th century many people in England were involved in the campaign to abolish the slave trade. The Church of England remembers especially William Wilberforce, Olaudah Equiano and Thomas Clarkson - three very different men, but all tireless campaigners against the evil practice.



Thomas Clarkson (1760-1846) was an Anglican clergyman and one of the most prominent of the anti-slavery campaigners. In 1787 he helped form the first Abolitionist Committee, and his energy and hatred of injustice made him a 'moral steam-engine'. He travelled hundreds of miles, gathering evidence from people caught up in the slave trade, from ship captains to doctors.

Olaudah Equiano (1745 – 1797) had been kidnapped in Nigeria, sold into slavery and sent to the West Indies. When he finally escaped, he made his way to London and became one of the most prominent black campaigners. His brutal autobiography of 1789 ran to nine reprints, and was translated into many languages, bringing home to people the horrors of the slave trade.



William Wilberforce (1759 – 1833), of course, became the main figurehead in Parliament. He came from a wealthy family in Kingston-upon-Hull and represented the town in Parliament. He was recruited by Thomas Clarkson, who saw the need for a brilliant advocate within Parliament. Wilberforce was an inspired choice: not only wealthy and well-connected, but a gifted orator with a social conscience, especially after his conversion in 1785. He made his first speech in Parliament against slavery in 1789, but it was not until 1807, after a debate that raged for many years, that the Abolition Act was finally passed.

The Sermon

Sunday **21st June**
Speaker **Revd Ben King**
Theme **The Spirit guides us into all truth Acts 16 v 6 - 10**

We will seek the guidance of God about the decisions we make in our lives: what job shall I do, where shall I live, who shall I marry, but how do we discern the answers to these questions?

The bible does not directly answer these questions and that is where the Holy Spirit of God comes in as our guide. In John 16 Jesus tells the disciples that when the Spirit of truth comes he will guide you into all truth. So we should deepen our relationship with the Spirit to help us discern God's truth, not our own way but God's way.

The reading in Acts is an example of this. Paul is on his missionary journey but the Spirit had kept them from heading into Asia (part of current day Turkey) ; then in a dream the Spirit directs him to go the Macedonia, so they follow this guidance. The Spirit's guidance is often likened to traffic lights: it can be red - stop, as Paul was stopped by the Spirit from preaching in some places, and green - go when he was sent to Macedonia. Sometimes it is amber - get ready but not yet. It is good to understand that the obedience to the Spirit is to recognise that God has our best interest at heart and we can glorify Him when we follow his guidance.

How do we know we are discerning the Spirit's will? It can be in a number of ways.

- A compelling conviction and a sense of God's peace
- Through God's word
- Through other people
- Through a word or prophecy
- By supernatural means such as a vision or dream.

We can be misled: we may be hasty in thinking it is God's will because it is something we want to do, or we can be deceived by the evil one. So we need to test the Spirit's will, seeking wisdom with caution and humility. The bible and the Spirit do not contradict one another, so does it rest on biblical principles? Step back and take time, seek guidance from a spiritual mentor. Pray, come before God.

If we are obedient and follow the voice of the Spirit when we step out in faith God will bless our actions.

Please note: If you would like to hear the sermon it is on St Marks YouTube

As I write, volunteers are distributing food to people who have been deprived of their usual ways of earning an income during the lockdown. I became involved in raising money for this initiative, and saw videos from the first people to receive packages. There were expressions of happiness, hope, quiet sadness, resignation, desperation – most often a mixture of several of these feelings at the same time. I believe that our cries for answers at times like this, and our deep longing for things to be better, kinder, more just, less painful and chaotic, are a sign that we are made in the image of God. The Bible describes God creating men and women, instructing them to rule over the earth, and giving them the freedom to choose what they will do. The world God made was described as “very good”, but human wrongdoing caused a rift between people and God, and also between us and the rest of creation.

From a scientist’s perspective, it seems that the *potential* for accidents, disease and death may have been part of God’s very good creation, and there was a real threat of famine, albeit far rarer than in our current mismanaged version of creation? How would we have managed life in what Genesis describes as an unsubdued world if our relationship with God hadn’t broken down, and evil hadn’t been unleashed? Maybe painful experiences would have been experienced as challenges that brought us closer to each other and to God, rather than bringing us the experience of suffering (which I would define more particularly as involving distress, isolation and fear)? Of course, these are theoretical questions that no one can answer, but perhaps they are worth exploring.

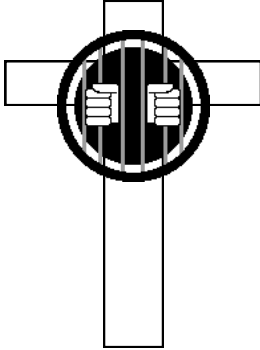
God has already responded to suffering at a root level by taking it on Himself. Through His death and resurrection, Jesus broke the power of sin and death. We do not yet see the final results of those decisive actions – the end of suffering for all those who trust Him – but we can already feel their impact. For example, many people have experienced the wonderful effect, by receiving kindness from others,.

Some of the people who received food yesterday were, “really desperate”, but yet they still trust God to meet their needs. My hope is that the worldwide Church will, with God’s help, be part of the answer to their prayers – demonstrating our true status as people made in the image of God.

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



Nigeria



**Speak up for people
who cannot speak for
themselves. Protect
the rights of all who
are helpless**

Proverbs 31 v 8

For Christians living in the middle belt and north of Nigeria persecution is rife and life precarious. Christian communities are targeted in deadly ‘religious cleansing’ assaults by Jihadi Boko Haram and ‘your land or your blood’ attacks by armed Fulani herdsmen.

Since 2018 the violence has escalated and in 2019 over 1,000 Christians were killed. Many others have been maimed, burned and kidnapped, or forced to flee to refugee camps. Almost two million Christians have been displaced since 2015.

The relentless attacks against the communities have continued during the Covid lockdown, and the attacks have increased in the middle belt and are moving south.

Here in the UK representatives of humanitarian organisations have met with government ministers to warn of the increasing seriousness of the situation. Baroness Cox is quoted as saying “what is happening can be called a genocide”.

Sources: Barnabas Fund, Release International, CSW

Let us pray

Almighty Father, we pray today for an end to all religiously motivated violence in Nigeria. We pray for those carrying out the attacks, that they may undergo a profound change of heart. And we pray that Nigerians of all faiths might live together in harmony and have the freedom to practice their faith without fearing the repercussions. Amen

Comfort Mark

Give thanks for Comfort, a nurse in a small private hospital in North Nigeria. A few years ago repeated local attacks on the hospital and threats by the Islamist group forced staff members to flee the area – including all the male doctors. Only Comfort was left! 'I was the only person going in to the hospital for two whole months. I tried to care for needy people as best I could.'



That experience prompted Comfort to set up a small minority interest rights group to be, as she puts it, 'a voice for the voiceless'. She now has some lawyers assisting her. 'We are doing what we can to prevent girls from being abducted. We are also discipling young Christians to stand strong in their faith.'

Release International staff met Comfort at a conference being run by one of our partners. Around 200 pastors and other church leaders were at the two-day event, aimed at encouraging and fortifying those living and serving the Church in the north-east of Nigeria. Comfort very much enjoyed her time at the conference and was encouraged to continue in the work she now feels called to, supporting Christian women and girls and being involved in Christian gospel outreach. 'We give God the glory,' she said. The hospital where Comfort has worked now has 12 full-time staff working again. 'I simply want to continue working for God,' she said. 'God has given me a spirit of boldness. If He wants to take me, it is to His glory. For to me to live is Christ; to die is gain.'

Source: Embrace—newsletter of Release Women

Remember Leah

Please continue to pray for Leah Sharibu who has been held by Islamic State fundamentalists since February 2018 for refusing to renounce her faith. Pray that she will be released and back home with her parents soon.





courtesy of www.peterpaulrubens.org

‘My Lord and my God’

The calendar allows us to celebrate St Thomas the apostle in this month of July as well as traditionally in December. Thomas is mentioned with the other disciples in all the Gospels, but it is in the fourth Gospel that he moves into the centre of the stage in his own right.

In chapter 14 he queries the words of Jesus that evokes the confession ‘I am the way and the truth and the life’ from our Lord. Then after the resurrection, when unconvinced by the accounts of the others, Thomas has that memorable and moving encounter with the risen Lord. In chapter 20 Jesus meets him in his doubts and his faith is restored.

‘The Incredulity of St Thomas’ is the subject of this month’s painting by Peter Paul Rubens. Rubens (1577-1640) lived mainly in Antwerp, but his work displays a delight in sumptuous colour and the human form, which he would have learnt from his studies in Italy. Rubens was a good-humoured and genial person, and as a Roman Catholic, he cherished his religion and faith. This painting is from 1614 and is part of a triptych. The two outer panels portray the patrons who commissioned the work for their chapel in the Franciscan church in Antwerp – Nicolaas Rockox and his wife.



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

In this central panel, Thomas gazes in wonder at the marked hand of Jesus. He is there with a youthful St John and another disciple, who is looking at the face of the Lord. The light in the canvas comes from the risen body of Jesus, and the disciples move from the shadows into that light as their faith in the risen Lord grows and matures. In a moment, Thomas will raise his head and look up to Jesus. It is a momentous occasion in John's Gospel, for this meeting of master and servant, of Lord and disciple, is not just an exercise in overcoming doubt. It is an affirmation that only God can raise or be raised from death. Only God has the key to life. Thomas recognises Jesus fully and completely as he utters the words 'My Lord and my God.'

John ends his Gospel by saying, Yes, there was this moment of personal encounter, but believing without seeing is testimony to a more profound faith. Then it is not we who are invited to touch our Lord, but Jesus who can touch us. In the painting, one hand is turned towards the disciples, the other reaches out to us. We may come to Jesus, like Thomas, with doubts and concerns, with worry and anxiety. Jesus will meet us in the honesty and openness of our faith to reassure us that He is, as He was for Thomas, the way, the truth and the life – our Lord and our God.

Revd Michael Burgess

New Archbishop of York to be confirmed

Bishop Stephen Geoffrey Cottrell will be confirmed as the 98th Archbishop of York this month.

The service, at 11:00am on Thursday 9th July, will be broadcast entirely via video conference due to the Coronavirus restrictions.

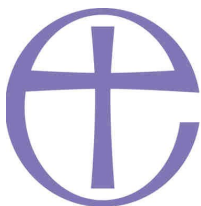


The service, which had been due to take place in York Minster, will be in two parts. A legal ceremony with readings, prayers and music, will be followed by a film marking the start of Bishop Stephen's ministry as Archbishop of York.

Bishop Stephen Cottrell says: "I am looking forward to beginning my ministry as the 98th Archbishop of York. This isn't quite how I imagined it would begin. It is certainly the first time an Archbishop's election will have been confirmed via video conference. But we're all having to re-imagine how we live our lives and how we inhabit the world.

"These are difficult times. My hope is that through this service the love of God that is given us in Jesus Christ will shine out, perhaps even to those who while never attending a service in York Minster, might have a look online. Following in the footsteps of my many predecessors, I look forward to serving our nation and bringing the love and peace of Christ to our world, especially here in the north."

The service will be available on the Church of England website. Arrangements for Bishop Stephen's enthronement service will be announced later in the year.



THE CHURCH OF ENGLAND

Rebuild your integrity

‘If I have cheated . . . I will pay back’

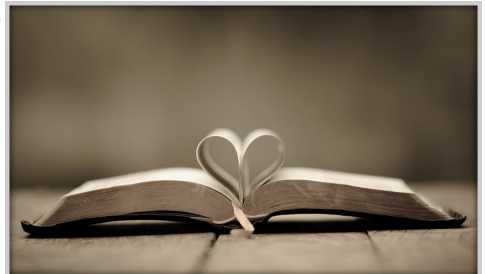
Luke 19 v 8

Zacchaeus got rich by taking more taxes from people than his Roman masters demanded, and pocketing the difference. But after he met Jesus, he said, ‘If I have cheated people...I will give them back four times as much!’. Consequently, Jesus said, ‘Salvation has come to this home today’ (v. 9).

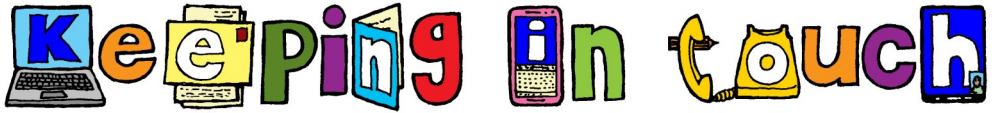
Integrity isn’t about regret, or seeking to minimise painful consequences, or attempting to do damage control. It’s about honest repentance, making amends, and living in a way that guarantees you’ll do things differently in the future. Writing about integrity, one pastor says: ‘People look around them at promiscuity, abortion, sexually transmitted diseases, and mourn its passing. They see officials taking bribes, business leaders demanding kickbacks, investors parlaying inside information into untold wealth, and they lament the demise of integrity. They read about battered wives, jobless husbands, and abused children, and wonder what happened to caring.’ The Bible says, ‘The integrity of the upright shall guide them’ (Proverbs 11:3).

Rebuilding your integrity means humbly acknowledging that sometimes your thoughts aren’t fit to print, or that you’ve hurt someone and need to make things right. It’s estimated that 50 per cent of American Christians cheat on their tax returns; that’s roughly the same percentage as those who don’t claim to follow Christ! Integrity is who you are when nobody’s looking. Job said, ‘Does He not see my ways...If I have walked with falsehood, or if my foot has hastened to deceit, let me be weighed on honest scales, that God may know my integrity’ (Job 31:4-6). Starting today, rebuild your integrity.

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Can we help you?



Pastoral Help and Support

We are keenly aware that some people are struggling to cope with the current situation and find the disruption to their normal routine deeply distressing. The Wardens and Rev'd 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

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

Thank you.



Intercession: Family Harmony

Father we have heard that during the lockdown that there has been an increase in the amount of violence in the home as families are forced to spend prolonged time together.

We pray Father that you will protect the innocent, that they will be pointed to safe places and given the courage to escape violence.

Also Father we pray for those who commit this violence. Many have learned this as victims of abuse themselves, so we ask that you will heal this hurt and seek to move them to a new way of thinking.

Father we pray for harmony in the home.

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 July	Pray for all who live in Woodford Road
12th July	Pray for all who live in Woodgrange Road
19th July	Pray for all who live in Capel Point
26th July	Pray for all who live in Emily Duncan Place

Sunday Services

Our services continue to be suspended. Please see the church website www.stmarksforestgate.org.uk for more up to date information.

The church building continues to be closed for most activity. Please see the church website www.stmarksforestgate.org.uk for more up to date information.'

The church has limited opening for private prayer at the following times. These are drop in sessions and to maintain social distancing the numbers will be limited.

Tuesday : 2.00 – 3.00 pm
Thursday 7.30 – 8.30 pm
Saturday: 10.00 – 11.00 am

May you be encouraged to pray for God's blessing and protection for our parish and community.

There will be a weekly service available on the St Mark's page on Facebook, which you can access at any time. Please give the wardens or Ben a ring if you need any help accessing the services; their contact information is on the previous page.

If you are unable to access the internet, also give them a call for any support and prayers you might need, or just to have a chat. We are a church family and although we cannot meet in person we are all still together in the Lord.



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.

On television there is a Sunday Worship service programme on BBC 1, usually at 11:45am, Songs of Praise at 1:15pm, and there are a number of radio programmes on Radio 4 including Morning Worship at 9:45am.

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 including a daily evening prayer on Zoom. You can access Zoom for free on your computer or phone; please see the website for instructions or speak to one of the church wardens.

On Wednesday evenings Ben will be hosting a prayer meeting from 7:30 pm to which you are all very welcome. 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.



Coffee Morning for The Magpie Project

As the July coffee morning is cancelled, would you like to consider making a donation to the planned recipient: The Magpie Project? This is a local charity that works to improve the lives of mums with young children who live in temporary accommodation, many of whom have no recourse to public funds.



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.

Now too frightened to go out

Agoraphobia, the fear of open or crowded places, is on the rise. That is the warning from two charities who work to help those with anxiety problems.

Calls to mental health organisations such as Sane and Anxiety UK have rocketed in recent weeks. Both have extended their helpline hours in order to offer support.

Sane has reported a 200 per cent rise in calls for help, and warns that residents of tower blocks and substandard housing are going to experience 'more and more' fear of going outside.

Anxiety UK has reported more than double its normal calls and has recruited a large number of new volunteers to cope with the increased demand.

If you would like to contact either, go to: <http://www.sane.org.uk> or <https://www.anxietyuk.org.uk>



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.

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

This is what is wanted, as much as possible, please also take note of the **quantities** (if the items are too big, they are often more difficult to distribute). Please check with the weekly bulletin what is particularly needed at that time. Thank you again for your generosity.

- Jars of bolognaise or sweet & sour sauces
- 500g rice
- Instant or tinned potatoes
- Tinned vegetables
- Tinned tomatoes
- Lentils
- 500g flour
- 500ml oil
- 1 litre milk
- 1 litre fruit juice
- Packets of 40 teabags
- 500g sugar
- Jam
- Biscuits
- Bars of soap
- Small bottles of washing-up liquid
- Clothes washing tablets
- Nappies

Thank you

The NHS - bearing one another's burdens

“Save the NHS” was the slogan chosen by the British government when the coronavirus began to spread. Meant to evoke public compassion, and compliance with emergency regulations, it sounded as though the NHS was an endangered species. In fact it was the public themselves whose lives were in jeopardy; the National Health Service existed solely for their benefit. The slogan did manage to stir gratitude for a service which had been taken for granted, as well as appreciation of its 1.5+ million staff, many of whom were now putting their own lives at greater risk.



The idea for a countrywide medical service came from the Beveridge Report “Medical treatment covering all requirements will be provided for all citizens by a national health service”, is how it was defined, though it had to wait until 1948 for its implementation to begin. It was part of a programme for reconstruction, aiming to eliminate Want, Disease, Ignorance, Squalor and Idleness. Sir William Beveridge, who gave his name to the report, was close friends with two other social reformers: R H Tawney, and William Temple, who was to become Archbishop of Canterbury. Today’s Archbishop, Justin Welby, wrote this about the trio: “Drawing on Christian understandings of justice, generosity and human dignity, they described the kind of country that they felt reflected God’s values better.”

St Paul couldn’t have thought he was providing a slogan for a welfare state when he wrote, “Bear one another’s burdens and so fulfil the law of Christ”, but that is a neat summary of the way the National Health Service works. We all pay in when we can and we all benefit when we need.

The colossal task of rebuilding a shattered economy in the years to come may compel the British people to choose between what is essential and what is optional. The Christian principle now sounds particularly demanding: “Bear one another’s burdens and so fulfil the law of Christ”.

The Ven John Barton



TRAIDCRAFT
Fighting poverty through trade

Like many businesses, Traidcraft may struggle to stay afloat in the next few months, due to the impact of the coronavirus closing many of their usual sales

However I have most of my usual Traidcraft food stock at home, so if anyone would like any Traidcraft food items please contact me on 020 8519 5765 or by email: traidcraft@stmarksforestgate.org.uk.

I can still order any Traidcraft items from their current catalogue, so please contact me if you would like a catalogue, or if you would like me to order anything from them.

Peter Arnold



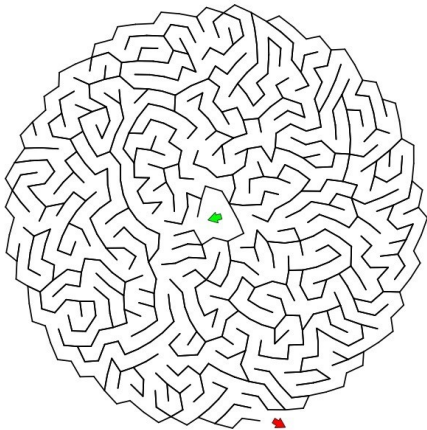
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7				9		3		5	
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They were trying to remember when they had last left the house.



Ditloids (a type of word puzzle, in which a phrase, quotation, date, or fact must be deduced from the numbers and abbreviated letters in the clue).

7 B F 7 B
101 D
3 B M
T 10 C
366 D I A L Y
T 39 S
6 W O H T E
A B A T 40 T
T 7 W O T W
50 W T L Y L
N 10 D S
12 S O T Z
16 O I A P
T 3 W M
13 I A B D
26 L I T A
10 G B H O T W

4 L O A H
A T W I 80 D
2 W O A B
52 C I A D
2 P I A Q
20,000 L U T S
30 P O S -
12 I I A F
147 I T M B I S
24 H A D
64 S O A C B
H B S 16
50 S I T U S A
T N H A 1000 E
S W A T 7 D
3 T A L
4 A 20 B B I A P

Answers to June Quiz

- How many books are there in the New Testament? **27**
- What type of insect did John the Baptist eat in the desert? **locusts**
- Who were the first apostles called to follow Jesus? **Peter and Andrew**
- Who recognized Jesus as the Messiah when he was presented at the Temple as a baby? **Simeon**
- Who asked Pilate for Jesus' body after the crucifixion? **Joseph of Arimathea**
- Paul was shipwrecked on what island? **Malta**
- What is the shortest book in the New Testament? **2 John**
- Who was the author of the Book of Revelation? **John**
- What tribe was Paul from? **Benjamin**
- What did Simon Peter do for a living before he became an apostle? **Fisherman**
- Who was Stephen in the Acts of the Apostles? **1st martyr**
- Who was the high priest of Jerusalem who put Jesus on trial? **Caiaphas**
- Which Gospel was written by a doctor? **Luke**
- Who murdered John the Baptist? **Herod Antipas**
- What was Matthew before he came a disciple? **Tax Collector**



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

All youth events are cancelled until further notice.



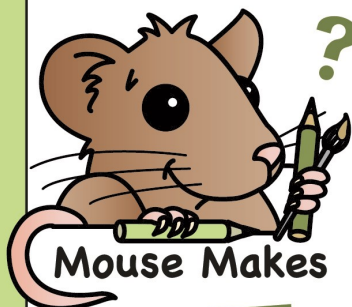
Stay in touch

Coronavirus and our young people

A recent survey by the Prince's Trust has found increased levels of anxiety among young people because of the crisis. Half of them say that finding a job now felt 'impossible'.

Seven out of ten young people reported feeling that their life is "on hold", and a third feel that everything they have worked for was now "going to waste".

Jonathan Townsend, UK chief executive of the Prince's Trust, says: "An alarming proportion of young people are feeling increased levels of anxiety, and fears are building about their future. We cannot allow this crisis to cripple the aspirations and prospects of our nation's young people."



FIND THE MISSING HUSBANDS

Match the wife to their husband

MARY	BOAZ
SARAH	JACOB
RUTH	ZECHARIAH
REBEKAH	JOSEPH
RACHEL	ABRAHAM
ELIZABETH	ISAAC



WHO AM I?

The last letter of one name is the first letter of the next name.

P			L
---	--	--	---

- Wrote 13 New Testament letters
- He wrote the third Gospel

--	--	--	--

- Mother of John (Luke 1:3)
- Sarah's servant (Genesis 16:21)

		R	
--	--	---	--

- Joseph's mother (Genesis 29:35)
- His wife turned to salt (Genesis 11:31)

			I
--	--	--	---

- Paul's friend (2 Corinthians 8:27)
- A brother of Jesus (Matthew 13:55)

N			
---	--	--	--

- Ruth's mother-in-law. (Ruth 3:1)

IT'S A PUZZLE!

God sent 9 plagues on Egypt...

What were they?

Change each letter to the one after it in the alphabet to find out.

AKNNC

EONFR

FMZSR

EKHDR

CHRDZRD

OKZFTD

GZHK

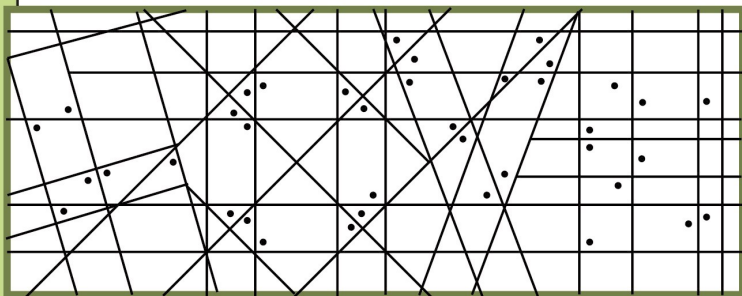
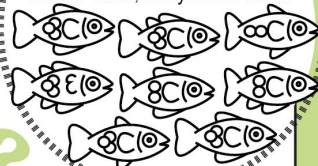
KNBTRSR

CZQJMDRR



FIND THE FISH

The Disciples have been fishing and have caught TWO fish the same, can you find them?



Colour in all the shapes with a DOT to find out what Jesus wants us to do



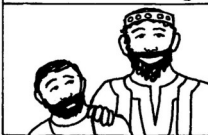
Bible Bite

A short story from the Bible

It can be read in the Bible in
1 Samuel 24

God chose Saul to be the King of Israel, but Saul chose to disobey Him. God said that the next king would not be Saul's son.

Saul didn't know that God had chosen David to be the next king.



David was very successful as a fighter and very popular.



David had to go on the run and hide.



One day, Saul and his army were in En-Gedi. Saul needed to pee, so he went into a sheep fold built next to a cave...

David and his men were hiding at the back of the cave!



David crept over and cut a piece off Saul's robe.



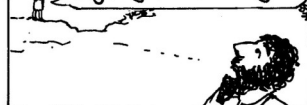
Then David felt bad.



David waited until Saul was far enough away then he shouted to him.



Your majesty, I could have killed you today, but I knew it was wrong. I want to prove to you I'm not trying to harm you.



David, you are better than me. I would have killed you but you were kind.



Now I know you will be the next king, but please look after my family.

David promised, and Saul and his army went home.



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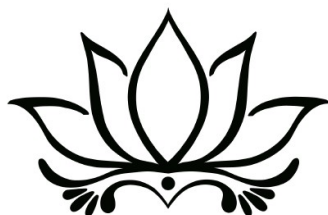
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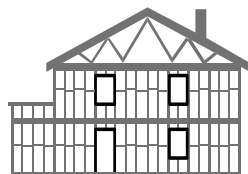
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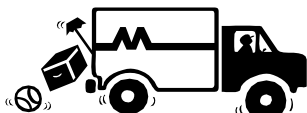


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Tel: 020 8534 1486 Fax: 020 8519 1348
Email Jan@mpark.co.uk



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
	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

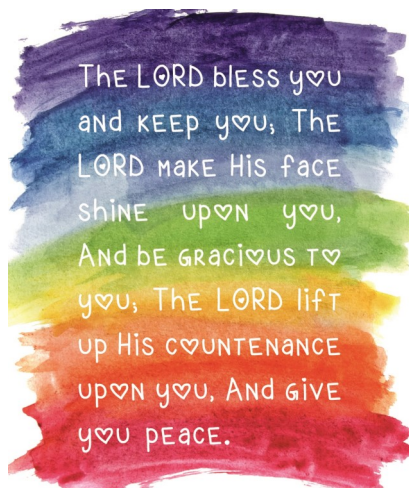
Registered Charity Number

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.



www.stmarksforestgate.org.uk