

# St Mark's

## Forest Gate



**January 2020**

**50p**

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

## Who's who in the Church

**Vicar: Rev'd Ben King**

020 8091 5652 or 07437 522650

[ben.king@stmarksforestgate.org.uk](mailto:ben.king@stmarksforestgate.org.uk)

Church Wardens	Mike Richardson 07824 859075	
	Sharon Yates 07909 279100	
	<a href="mailto:churchwardens@stmarksforestgate.org.uk">churchwardens@stmarksforestgate.org.uk</a>	
Treasurer	Peter Arnold	
Organist	Elizabeth Palmer	
Music Group	Janet Bone	Phil Ridaut

## P.C.C. Members

<b>Chairman</b>	Rev'd Ben King	
<b>Vice Chairman</b>	Ann Arnold	
<b>Treasurer</b>	Peter Arnold (Deanery Synod Representative DSR)	
<b>Secretary</b>	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	<a href="http://www.stmarksforestgate.org.uk">www.stmarksforestgate.org.uk</a>
Admin	<a href="mailto:info@stmarksforestgate.org.uk">info@stmarksforestgate.org.uk</a>
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Magazine	<a href="mailto:magazine@stmarksforestgate.org.uk">magazine@stmarksforestgate.org.uk</a>
Notices	<a href="mailto:notices@stmarksforestgate.org.uk">notices@stmarksforestgate.org.uk</a>



Facebook: St. Mark's Forest Gate



Twitter: @stmarks\_e7

## Magazine

All material for the magazine to be left in the church office or emailed to the email address above. Material for **February 2020** needs to be given in by the end of the morning service on **Sunday 12th January**.



I hope you had a good Christmas and that your time over the holiday season was enjoyably spent. More importantly, I hope all those wonderful Christmas themes worked their way into your heart again as you marvelled at the glorious truth of Emmanuel – God with us.

As we ease into a new year, indeed a new decade, we might well consider what the future holds and what lies before us. Certainly, these themes have been exercising my mind over the past few months. In particular, what might God have in store for St Mark's and this community?

When the banner group approached me about a motto for 2020, I hoped that whatever God gave me would bring some definition to this next season. What eventually emerged was that verse from Revelation 21:5: 'He who was seated on the throne said, "I am making everything new!"'

The context of the verse is Christ's second coming and the beginning of His eternal reign and rule on earth, the new earth which will supersede our own at the end of time.

It's a phrase which inspires **hope** because with Christ's second coming, we know that evil will be totally destroyed and that God's people will live in loving harmony with their Saviour forever. And I sincerely trust that as 2020 begins it will also inspire us with hope as we look forward to all that God is going to do.

But of course, as well as hope, the essence of this verse reminds us that God is in the business of making things **new**. He revives our faith when it flags, renews His church by His Holy Spirit and brings new life out of death.

I'm quite sure that God has new things in store for us at St Mark's. I don't know what they are or in which new direction God will take us this year, but there is definitely a sense of rising expectation in my spirit and, I hope, in yours.

Clearly, a lot of good things have gone on at St Mark's in the past and I feel privileged to be part of that spiritual heritage. However, this is a new season and a new opportunity to seek God and to ask for His kingdom to come as He makes all things new.

Please join with me in praying that prayer throughout 2020 and let's see what new things God does in our midst and in our hearts and lives.



Every blessing, Ben

## Helen Rigby



We are sorry to have to tell you of the death from cancer of Helen Rigby on Friday 12th December. Helen has been a part of our church family for a number of years and was a member of the P.C.C..

Our prayers and condolences are extended to her family and friends. We are awaiting information as to the date of her funeral which will be at St Marks.

## Your Church and the Environment

**Saturday 18th January 10:00 am at St Mary's Wanstead**



A morning of theology and practical advice to help churches respond to the climate crisis with speakers from Eco Church and Christian Aid.

The event is free but you can register at [churchandenvironment@eventbrite.co.uk](mailto:churchandenvironment@eventbrite.co.uk)

## Everlasting Peace

**Jesus is the same yesterday, today and forever,  
the peace he offers is timeless.**

**Hebrews 3 v 8**

## The Lords Prayer and You in 2020

I cannot pray 'our' if I am not in communion with fellow Christians.

I cannot pray 'Father' if I do not treat Him as such, on a daily basis.

I cannot pray 'Who art in Heaven' if all my interests are on earthly things.



I cannot pray 'hallowed by thy name' if I am not striving, with God's help, to be holy myself.

I cannot pray 'Thy Kingdom come' if I don't live as if I am within His kingdom now.

I cannot pray 'Thy Will be Done' if I am disobedient to His commands.

I cannot pray 'on earth as it is in Heaven' unless I am truly ready to give my life to God's service here and now.

I cannot pray 'give us this day our daily bread' if I am not also willing to work for it, and to share with my neighbour in need.

I cannot pray 'forgive us our trespasses as we forgive those who trespass against us' if I harbour a grudge against anyone.

I cannot pray 'lead us not into temptation' if I deliberately remain somewhere where I am likely to be tempted.

I cannot pray 'Thine is the Kingdom' if I live as if the world is my kingdom.

I cannot pray 'Thine is the power and the glory' if I am seeking power for myself and my own glory.

I cannot pray 'forever and ever' if all my attention is on daily affairs.

I cannot pray 'Amen', unless I honestly say, 'Cost what it may, this is my prayer.'

# The Sermon

**Sunday**      **15th December Carol Service**  
**Speaker**    **Reverend Ben King**  
**Theme**      **God with us**

God *in* this. God *with* us. A starting point for the Christmas story.

We were reminded from Luke's Gospel that Mary had a surprise visit from the Archangel Gabriel and, as a young virgin, suddenly had to get her head round becoming the mother of Jesus, God's Son. Joseph was equally shocked when he heard about her unforeseen pregnancy and, quite understandably, wanted to break off his relationship with Mary. It was only another angelic visitation that persuaded him otherwise. Then there was the 70-mile journey from Nazareth to Bethlehem that Mary and Joseph had to make because of the census. And when they arrived in Bethlehem, they had the arduous task of finding somewhere to stay for Mary to give birth. A stable block was the best they could do.

On paper, it doesn't really make sense, does it? If you were charged with paving the way for the Son of God's arrival, is this the way *you* would orchestrate things? But this is exactly how it was meant to be. Through the messiness and uncertainty of that first Christmas, through its drama and high emotion, God's extravagant and eternal love for us was revealed. For this tiny, helpless baby, Jesus, is also the Son of God and Saviour of the world. Friends - God's in this. He's with us.

Well there's good news, friends. Because the central point of the Christmas story is not for us to gurggle over a baby in a manger, but to remember *why* God came in the person of Jesus at all. At the centre of the Christmas story lies the cross. Jesus' mission was to give up his life on a cross for all of us, all humanity. Jesus was born in order to die. It's on the cross that Jesus broke the power of sin and overcame evil. It's on the cross that He washed away all our dross and shame which alienates us from God. Jesus' death has *reconciled* us to God. It's given us the opportunity to receive forgiveness and with it, new life, the life He intended us to live, the life that deep down we've always *wanted* to live. Although Jesus' death looked like defeat, it was the ultimate victory. God was on the cross. God was with us.

*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.*



## Food Bank 2020

Rev Bruce Stokes from Churches Food Bank based at Woodgrange Baptist Church has written to say the Foodbank take up has 'moved up a level' in the last two months and their church cannot afford to continue to provide what they have been doing.



As a result they have adjusted their list of goods to be handed out to each family and reduced the variety. (These goods are intended to last 3 days and to offer essential items). With this in mind, we at St Marks will now be collecting some food items as well as some household goods, two items a month.

What we collect each month will be advertised in both the magazine and the news sheet. Please leave your donated items in the box by the church office.

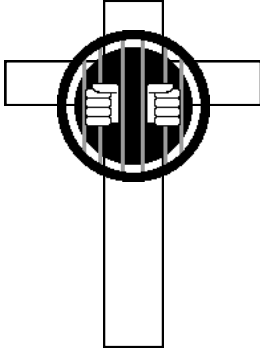
If you wish to donate financially, directly to the Food Bank, do please contact Rev Bruce Stokes on 020 8555 9880.

Thank you for all contributions, they are much needed.

Julie Thomson



# The Persecuted Church



**The lord judges in favour of the oppressed and gives them their rights.**

**Psalms 103v 6**

Pastor 'Jabir', (not his real name) and his family narrowly escaped when his wife was followed home by an extremist.

They have had to move many times as a result of Jabir's conversion to Christianity, due to the threat to their safety. When Jabir converted, his former wife and children were taken away and she was prohibited from seeing his older child. He has remarried and now has two young children, but they are constantly on the move and it is taking a toll on his wife especially: she wakes up at night at the slightest sound.

Jabir now leads a small home church in his living room and travels to minister to other Christians.

Please pray that:

- God will comfort his wife and fill her with hope.
- For the family's protection.
- That their income from a transportation

business will sustain them.

- That the family and church will remain steadfast in their pursuit of God's love and his presence.

Source: Release International

A court in India has ruled that five Christians be detained for more than 10 years over the murder of Sami Laxmanananda Sarawati in August 2018 in the Odisha (formerly Orissa) state. They were held despite the fact that Maoists admitted responsibility for the death.

Christian leaders have long maintained that they were framed. The murder sparked anti-Christian riots that claimed 120 lives and displaced 55,000 believers. Please pray that they will be cleared when the case comes to the high court.

Source: Morning Start News



## Christmas Cards

Thank you for all who had a share in writing the cards to people who suffer for their beliefs.

Those who receive them will be greatly encouraged to know someone cares about them. Some of those we have written to have been in contact with CSW to express their appreciation for being remembered in this way.



Nguyen Van Dai, who was in prison in Vietnam wrote “ My wife told me she had received many letters from England, Scotland and Northern Ireland. She said these people are all praying for me. It made me feel like part of a big family.”



Dagoberto Valdez, a Catholic lay reader in Cuba wrote “Thank you very much for the connect and encourage cards that I have been receiving, for me they are like lalluvia en Mayo (rain in May), they are much needed and such a relief when times are hard. Thank you.”

**Your best New  
Year Resolution  
ever!**

**Read on ...**

**In 2020, we're encouraging everyone to set a goal to read the Bible in one year**

**It's easier than you might think, and there's no better way to grow in your faith and relationship with God than spending regular time reading his Word.**

There are many resources available, such as books you can buy from a local book shop or online. We can order them for you if you would like - just let

us know as soon as possible. There are also apps and online material available. On the next page we've suggested some resources you might like to consider.

Whichever you choose will help guide you through reading the Bible in just one year.

All the reading plans provide a reading from the Old Testament and New Testament, plus a psalm or a chapter of Proverbs for each day. Some also include brief commentaries to explain further what you've read.

**You won't be on your own!** We're hoping everyone at St. Mark's will take part. And we'll be encouraging people to join together as Home Groups and in twos or threes (or more) to support each other and share what we learn and how God speaks to us.

There'll also be opportunities during the year to discuss as a church how things are going, and Ben and others will be on hand to listen and chat.

We'll be joining in too and praying that as we commit together to read the Bible every day through the year, God will bless and encourage us all.

**We'll be starting this exciting project from 1st January 2020.** And it will form part of our Re-Dedication service on 5th January. But don't worry if you can't be there - you can still take part.



**If you have any questions, please just ask Rev'd King or the Church Wardens.**

### **Bibles**

If you'd like to use a Bible you already have, we recommend picking up a printed copy of the Bible Reading Guide, available at church.

There are also 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](http://www.bibleinoneyear.org)). With the phone app, you can even have it read to you! There's also a short commentary explaining each reading.

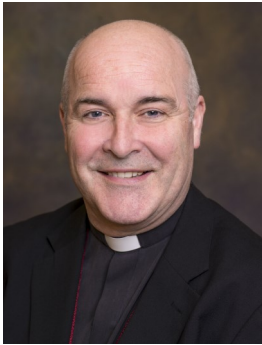
### **Books**

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](http://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 a 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>.



## New Year message from The Right Reverend Stephen Cottrell, Bishop of Chelmsford

### Live gently and enhance God's creation in 2020

When I'm having a bad day I say to myself that one day I will be my successors' predecessor. I find this helps me put myself in perspective. It also helps me to pray that the decisions I take are not simply for the good of the diocese while I'm bishop, but will be for the benefit of future generations in East London and Essex.

As I pray for our diocese on the eve of 2020, I also wonder what our world will look like when the Bishop of Chelmsford writes their New Year message in 2070 or 2120. This past year has seen concern for the environment grow. Where once we talked about sustainability, we now question whether the fundamentals of our present existence on this planet are sustainable at all. We now tend to talk about climate emergency not just climate change. As this emergency deepens, it is the poorest and most vulnerable who are suffering most.

In October, I took my staff team to the Franciscan Friary at Hilfield in Dorset to learn how a community of Christians can intentionally adapt their lives to not only reduce their environmental impact, but also positively enhance their corner of creation. Their heat comes from biomass. Much of their power from solar. Their food is LOAF (local, organic, animal-friendly and fairly-traded). Their animals naturally tend their wildflower meadows. How would our attitude to God's creation differ if we, like the Franciscans, had to draw our water from the ground directly beneath our feet? Please join me this year in seeking to live gently in the world and enhance God's creation.

In 2020 bless the inheritance that you bequeath them. I wish you a peaceful, gentle and sustainable 2020.



The Church of England  
in Essex and East London  
Diocese of Chelmsford



# THE CHURCH OF ENGLAND

### How to set your goals

My relatives stand afar off

Psalm 30 v 11

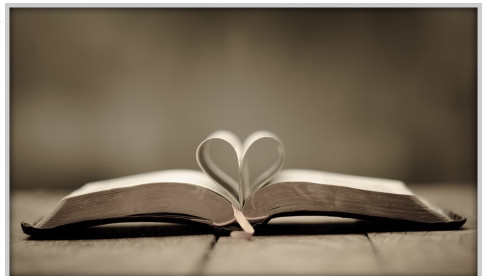
Discern who belongs in your life and who doesn't.

One of the toughest parts about reaching your goal is discovering that some of the people closest to you don't share it or want to be part of it. You can spend years trying to convince them. You may even be able to buy their short-term loyalty, but eventually they'll leave you, often breaking your heart in the process.

Paul wrote, 'All those in Asia have turned away from me' (2 Timothy 1v15) 'Demas has forsaken me, having loved this present world' (2 Timothy 4 v 10). Can't you hear the heartache and disappointment in his words? And when God gives you a great goal, you may experience the same thing. Somebody said, 'In prosperity our friends know us; in adversity we know our friends.' How true! When disaster blindsided Job, he said, 'All my close friends abhor me, and those whom I love have turned against me' (Job 19v19).

David's experience caused him to say, 'My relatives stand afar off.' Solomon in his wisdom sums it all up: 'Confidence in an unfaithful man in time of trouble is like a bad tooth' (Proverbs 25v9). The truth is that people who don't respect your goal will detract from it. You can minister to them and try to encourage them with words that strengthen and bless, but if you insist on holding on to them, like an infected tooth, they will end up hurting you. Jesus told His disciples, 'If anyone will not welcome you or listen to your words, leave that home or town and shake the dust off your feet' (Matthew 10v14). In order to reach your God-given goal, sometimes you have to do that.

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



## Can we help you?

### People to pray with you

If you would like someone to pray with you, people will be available to pray with you after the Sunday morning service in the church prayer corner, which is just inside the door to the church. Prayer will be private and confidential. You do not need to attend the service.

### Individual Prayer Requests

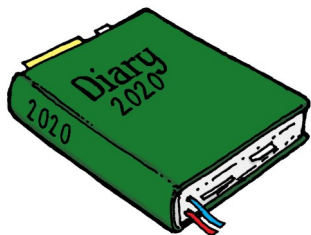
If you would like prayer for yourself or others, please put a prayer request on the notice board in the prayer corner in the church, and we will pray for you. As all these needs are known to God you do not need to provide names, but only the situation you want us to pray for.

### Pastoral Care

We would like to provide pastoral care to the church and wider community through our ministers and the church leadership team. If you need help and support please contact the church wardens or our minister Rev Ben King

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





## Intercession: A New Year

As the dawn breaks on a new year, let us give thanks for all we hold dear: our health, our family and our friends. Let us release our grudges, our anger and our pains. Let us live each day in the most loving ways, the God-conscious way. Let us serve all who are in need, regardless of race, colour or creed.

May your year be filled with peace, prosperity and love. May God's blessings shower upon you and bestow upon each of you a bright, healthy and peaceful new year.

Lord in your mercy,  
Hear our prayer



## Wednesday Prayer

Every Wednesday there is an early morning prayer session held in the church at 7:30 am, where we meet to pray for the life of the church. And on Wednesday evenings there is a session at 7:00 pm with a focus the life of the church.



## Our Parish Streets:

### Week beginning

5th January	Pray for all who live in Godwin Road
12th January	Pray for all who live in Horace Road
19th January	Pray for all who live in Latimer Road
26th January	Pray for all who live in Lorne Road



Sunday Services

Sunday 5th	8:00 am	Prayer and Breakfast
	10:30 am	Rededication Service Rev'd Ben King
	6:30 pm	Holy Communion tbc
Sunday 12th	8:00 am	Prayer and Breakfast
	10:30 am	Holy Communion Rev'd Ben King
	6:30 pm	Prayer for Persecuted Church
Sunday 19th	8:00 am	Prayer and Breakfast
	10:30 am	All Age Worship Rev'd Ben King
	6:30 pm	Holy Communion tbc
Sunday 26th	8:00 am	Prayer and Breakfast
	10:30 am	Holy Communion Tom Ward
	4:30pm	Praise T Sharon Yates



**For Young People during Sunday Morning Services**

Crèche area for Babies 0 - 3 years   Scramblers for 3 - 5 years   Meeting Room

Sunday Club for 5 - 11 years   Hall   Youth Group for 11 - 16 years   Lounge

## What's On

Wed	1st	1:30 pm	New Year's Day Walk to Wanstead
Sun	5th	11:30 am	Asha gift swap
Wed	8th	7:30 am	Prayer Meeting (every Wednesday)
Wed	8th	12 noon	Bible Study (every Wednesday)
Wed	8th	7:00 pm	Prayer Meeting (every Wednesday)
Fri	10th	10:00 am	Coffee Morning for Pussy Cat Lodge
Fri	10th	1:30 pm	Nifty-Fifties - Quiz
Fri	17th	1:30 pm	Nifty-Fifties - Proverbs
Fri	24th	1:30 pm	Nifty-Fifties - Words
Mon	27th	7:30 pm	P.C.C.
Fri	31st	1:30 pm	Nifty-Fifties - The Capital

### Every Wednesday in the church

7:30 am Prayer Meeting;  
12 noon Bible Study;  
7:00 pm Prayer Meeting



## Care and Concern

Coffee Morning for  
Pussy Cat Lodge  
Friday 10th January  
10:00 am



Pussycat Lodge Trust

Pussy Cat Lodge rescue, care and rehome cats in the local area. Several purpose built pens cater for the many needy cats and kittens passing through their doors. Outside is a specially built feral house for the semi-wild cats who can't quite face coming indoors.

The December coffee morning for Richard House Hospice raised £105. The February coffee morning will be on the 7th February and will be raising funds for Kidney Research. All coffee mornings are held in the church hall at 10:00 am.



### Newham Churches Food Bank



St Mark's is contributing, on a regular basis, to the Churches Food Bank in Newham. Each month we will be asked to buy particular items when shopping and bring them in to St Mark's.

For the month of **January** we are collecting **Tea bags (40s) and washing up liquid**. Please place items in the Food Bank box, outside the office at church.

Thank you



*Turn Unwanted Gifts into  
essential services*



# **Asha Trust Gift Recycling**

**Sunday 5th January at 11.30 am  
St Marks Church  
Lorne Road E7**

Bring your unwanted, **new** Christmas gifts — buy other lovely presents.

All proceeds to Asha Trust

Asha Trust (Sri Lanka) Registered Charity No 108536

# Memorial day in January

## Holocaust Memorial Day

Holocaust Memorial Day on 27th January marks the 75th anniversary of the liberation of the Auschwitz-Birkenau Concentration Camp. One of the disturbing questions that arises from the horrors of the Holocaust is *'Where was God when the six million died?'*

In his moving memoir, *'Night,'* Eli Wiesel tells the story of an execution that the prisoners were forced to witness. Two men and a boy were made to stand on chairs with nooses around their necks. At the guards' signal, the chairs were kicked from beneath their feet. The men died instantly as the fall broke their necks, but the boy, flailed about, gasping for breath. Wiesel heard someone cry out, *'For God's sake, where is God?'* In that moment, he heard a voice inside: *'Where is He? This is where: hanging here from this gallows'.*

As we think of this boy dying on the gallows, we are reminded of another Jew, who suffered and died on a cross. As the crowd gathered around the cross, it was Jesus who posed the same question: *'My God, my God, why have you forsaken me?'* (Matt 27:46).

Jesus became a human being, because God wanted to identify with His lost and suffering world. He willingly took upon Himself God's judgment for the sin of the world, as God turned away from the Son he loved: *'God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God'* (2 Cor. 5:21).

So where was God when the six million died? The truth is that God is present in our suffering, to identify and suffer with us and to provide help, hope and meaning to those who suffer. Whatever we go through this New Year, let's not forget this truth!



**HOLOCAUST  
MEMORIAL  
DAY 27/1**

## ANSWERS TO THE CHRISTMAS QUIZ CHALLENGE

- |   |                   |
|---|-------------------|
| 1. Eric Bartholomew took his name from here                 | MORECOMBE         |
| 2. The town of Ms Keller, Ms Mirren and Ms Suzman           | HELENSBOROUGH     |
| 3. Kits, cats, sacks and wives were met on the road to here | St IVES           |
| 4. Traditionally so bracing                                 | SKEGNESS          |
| 5. Sounds like a place to spend a penny                     | LOOE              |
| 6. The town for Manilow, Gibb and Chuckie                   | BARRY             |
| 7. The place to find George cleaning windows                | FORMBY            |
| 8. Crimson motor  | REDCAR            |
| 9. Hit the thumb right on the nail, therein is the answer   | BRIGHTON          |
| 10. The entrance for a male sheep                           | RAMSGATE          |
| 11. She had a ticket for this place and didn't care we hear | RYDE              |
| 12. Part of caber so chuckled                               | ABERSOCH          |
| 13. From which we can make humane barons                    | BURNHAM ON SEA    |
| 14. Male ruler and a brass instrument                       | KINGHORN          |
| 15. Name men warp strangely                                 | PENMAENMAWR       |
| 16. Sounds like an instruction to ban a facial orifice      | BARMOUTH          |
| 17. Spoil the entrance eating little Margaret               | MARGATE           |
| 18. Contribute to historic Rome relics                      | CROMER            |
| 19. Two facial features, one of two and one alone           | EYEMOUTH          |
| 20. Not speaking clearly near Swansea                       | MUMBLES           |
| 21. Not an old harbour                                      | NEWPORT           |
| 22. Distribute cards  | DEAL              |
| 23. Speedy timber   | FLEETWOOD         |
| 24. Renews mousetrap, reconstructed for this resort         | WESTON SUPER MARE |
| 25. The number of years a cygnets parents live              | SWANAGE           |
| 26. Compressed we hear this inflates a tyre                 | AYR               |
| 27. Found in a piano band                                   | OBAN              |
| 28. What Mr James, Mr Caesar and Mr Vicious speak through   | SIDMOUTH          |
| 29. "Oi mate—take care, Mind out" we understand             | WATCHET           |
| 30. 'E extended the small area of still water               | POOLE             |



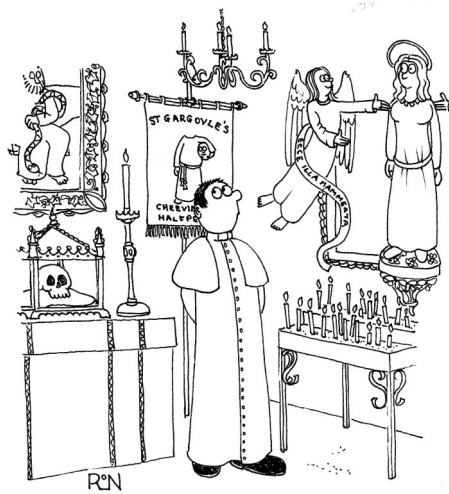
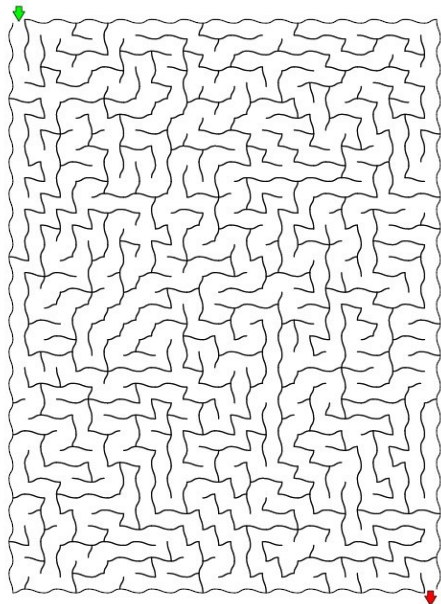
Puzzle Page

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When the Christmas decorations came down, the church seemed oddly bare...







## Chinese New Year

The Year of the Rat is here in 2020 and, as always, Chinese New Year in London will be one of the most exciting events in January, full of colour, traditional lion dances, live music and a whole lot of dragons. The start of the Chinese New Year begins on Saturday January 25th 2020.

Join in the Chinese New Year celebrations in Chinatown, Trafalgar Square and the West End. 2020 welcomes the Year

of the Rat with a spectacular parade, lively stage performances, dedicated celebration zones and foodie treats. Events are planned from 11:00 am to 7:00 pm.

Every year, hundreds of thousands of people descend on the West End to enjoy a colourful parade, free stage performances and traditional Chinese food, and to wish each other "Xin Nian Kuai Le" (Happy New Year in Mandarin) or "San Nin Faai Lok" (in Cantonese).

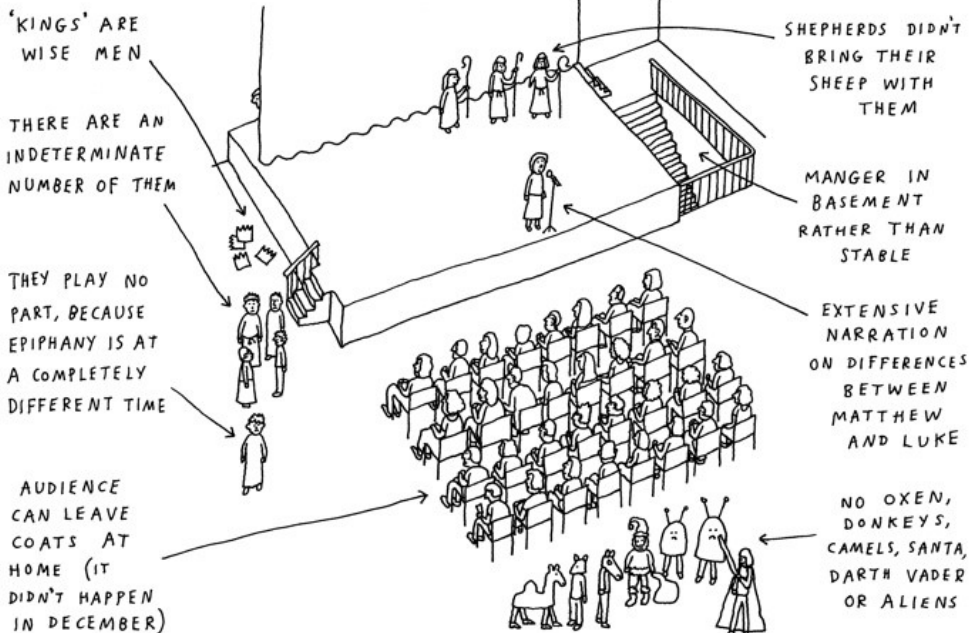


# St Mark's Forest Gate youth

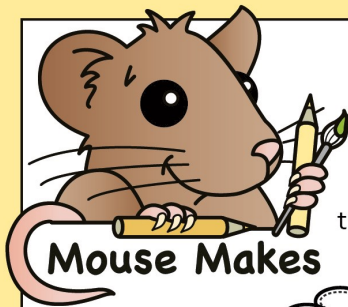
If you would like any further information please contact Sharon on 07909 279100.

## THE NATIVITY PLAY

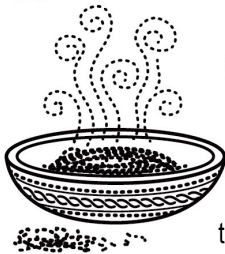
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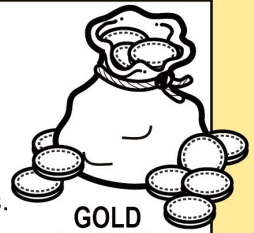
## Mouse Makes



### FRANKINCENSE

A sweet smelling incense used in the Temple to worship God. Reminds us that **Jesus is God**.

**EPIPHANY** is the time in the Church year that we remember when the 'wise men' or 'Magi' followed a star that led them to the Christ child Jesus. They bowed down and worshiped him and left *three* special gifts:

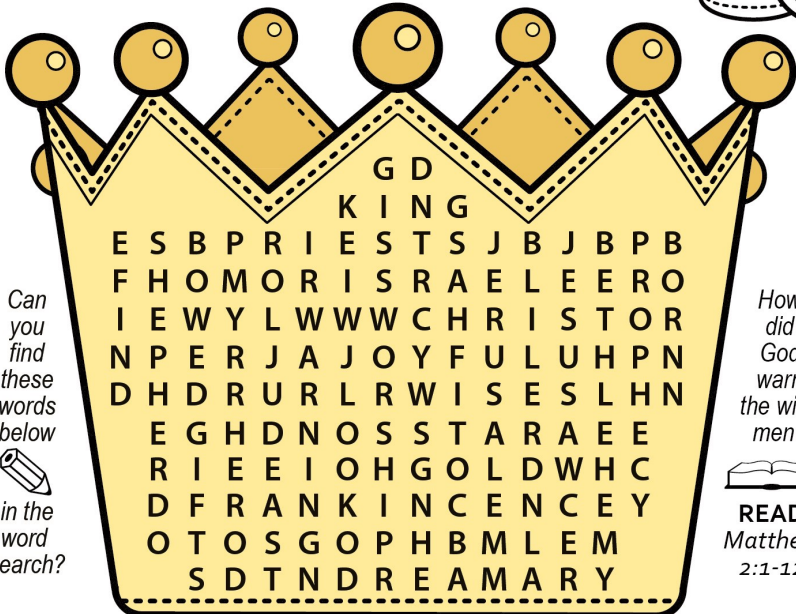
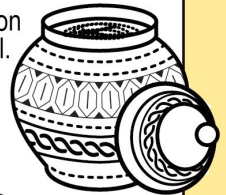


### GOLD

A valuable metal. Reminds us that Jesus is **King of Kings**.

### MYRRH

A fragrant spice put on a body before burial. Reminds us that Jesus was to die so that he could be our **Saviour**.



Can you find these words below in the word search?



How did God warn the wise men?



**READ**  
Matthew  
2:1-12

JESUS • BORN • BETHLEHEM • JUDEA • WISE • EAST • JERUSALEM • KING  
STAR • WORSHIP • HEROD • PRIESTS • CHRIST • PROPHECY • SHEPHERD  
ISRAEL • GO • FIND • LOOK • SAW • JOYFUL • MARY • BOWED • GIFTS  
GOLD • FRANKINCENSE • MYRRH • WARNING • DREAM

# Bible Bite

## A short story from the Bible

It can be read in the Bible in  
1 Samuel chapter 1

In the time before there were kings in Israel, there lived a rich man, Elkanah, and his two wives, Hannah and Peninnah.

Peninnah had children, but Hannah had none.



Each year they travelled to Shiloh to worship God.



After the worship, they feasted.



Elkanah always gave Hannah a special portion of food to show he loved her.



But Hannah was too sad to eat. She left the meal and went to pray.



She prayed silently.



Eli the priest saw Hannah's silent weeping and praying and thought she was drunk.



I'm not drunk! I was just pouring out how I feel to God.



Back home, Hannah had a son, and she named him Samuel.



She stayed at home with him when the rest of the family went to Shiloh.

When Samuel was old enough, Hannah and Elkanah took him to Shiloh to live there and serve God.





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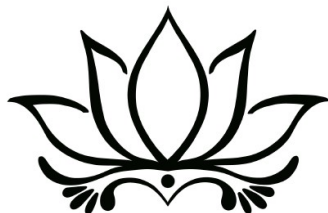
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## St. Mark's Weekday Activities

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
	1:30 pm	Parent and Toddler Club
	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)
	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](http://www.stmarksforestgate.org.uk)

Vicar:

[ben.king@stmarksforestgate.org.uk](mailto:ben.king@stmarksforestgate.org.uk)

020 8091 5652 | 07437 522650

Email:

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

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.



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