

# St Mark's

## Forest Gate



**April 2021**

**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
Music Group	Rev'd Ben King

## P.C.C. Members

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

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

## Contact information

Website	<a href="http://www.stmarksforestgate.org.uk">www.stmarksforestgate.org.uk</a>
Admin	<a href="mailto:info@stmarksforestgate.org.uk">info@stmarksforestgate.org.uk</a>
Youth Work	<a href="mailto:youth@stmarksforestgate.org.uk">youth@stmarksforestgate.org.uk</a>
Magazine	<a href="mailto:magazine@stmarksforestgate.org.uk">magazine@stmarksforestgate.org.uk</a>
Notices	<a href="mailto:notices@stmarksforestgate.org.uk">notices@stmarksforestgate.org.uk</a>



Facebook: St. Mark's Forest Gate



Twitter: @stmarks\_e7

## Magazine

Material for the magazine to be emailed to [ap.arnold@btinternet.com](mailto:ap.arnold@btinternet.com) or put through the door of 32 Cranmer Road. Material for **May 2021** needs to be given in by **Sunday 10th April**.



When we read the Easter story, one of the things we often gloss over is just how *frightened* the disciples were on finding Jesus' tomb empty. The women arrived to find the large stone over the mouth of the tomb already rolled away. That was strange and shocking in itself. But far more shocking was the fact that the very person they had come to see was no longer there. No wonder they were frightened.

When I wrote last year, we were at the beginning of the pandemic and although it was deeply unsettling, we were blessed with spring sunshine and hopeful that things would return to normal relatively quickly. Sadly, that wasn't to be and a year on, I appreciate things look and feel very different. I know that for many people, fear will be one of the dominant emotions they associate with COVID-19.

Mercifully for us though, as for Jesus' disciples, fear is not the end of the story. The dawning of a new day, a day like none other, transformed the disciples forever. God had performed a mighty miracle and displayed His sovereign power by raising His Son, Jesus, to new life. No wonder the disciples' fear turned to ecstatic joy when they found that the empty tomb wasn't bad news, but good.

And the empty tomb is good news for us as well. Such good news. Because, whatever we've faced this past year, Jesus' resurrection tells us that there is hope and life in Him.

We don't have to be defined by our circumstances or our experience of the past twelve months. Jesus invites us to draw close to Him again and to open our hearts wide so that we might know that death-defying, life-giving hope only He can bring. The risen Jesus really does make *all* the difference.

So, please come and celebrate with us as we proclaim with millions worldwide the good news of Easter – that God has broken through darkness and death to bring life and hope in His Son, Jesus Christ. You'd be most welcome. Our service details can be found on page 6.

This comes with my very good wishes and God's richest blessings for Easter,

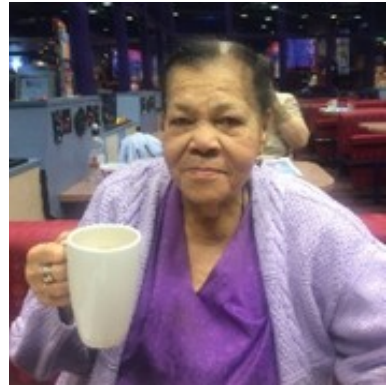
A handwritten signature in black ink that reads "Ben". The script is cursive and fluid, with a large, looping 'B' and a simple 'en'.

# In Memory of Nellie Antoine

**Sunrise: 07.07.1924 - Sunset: 17.02.2021**

In March we said goodbye to Nellie Antoine who died at the end of February. Her family would like to thank everyone for their love, prayers and support at this sad time.

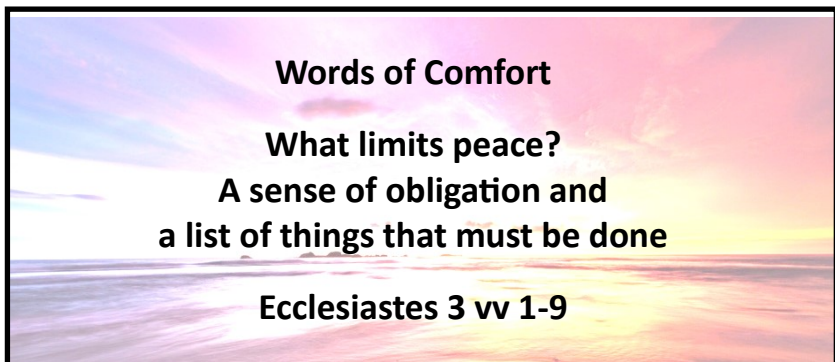
She lived 96 years, and through it all, she maintained her love of family and God, her sense of humour, and her strong character.



Nellie emigrated from Jamaica when she was 30 years old, arriving in the UK in 1954. She bore the strong characteristics of the Windrush generation – ambitious, hardworking, and industrious. As the matriarch of her family, she led with care, strength, candidness, a sharp wit and with deep love.

Nellie was a pillar of her old church family at St Edmunds, where she regularly worshipped for many years until it became too difficult to attend. She then became a member of St Mark's Church and looked forward to attending every Sunday without fail. Even after she was diagnosed with Alzheimer's in 2012, and her memory slowly began to deteriorate, she never forgot to worship God. She would often get her days mixed up and would wake up early and start to get dressed for church on a weekday or a Saturday morning. Nellie's belief and commitment to her faith was undeniably strong. So, it is comforting to know that she is now at home with the Lord.

Highlights from Lilieth's Eulogy



# Opportunities, Resources and Information

## Diocesan Lent Appeal

### Bishop's Annual Appeal 2021 - Empower Marsabit

The Lent appeal is part of the Bishop's annual appeal for the Chelmsford sister diocese of Marsabit in Kenya in support of 'Empower Marsabit'.

In Marsabit, 80% of the population lives in absolute poverty and only 26% of women are literate. Life is a challenge. Through the work of Five Talents across Kenya 97% of members who completed locally run courses reported being able to afford three meals a day. Transformational, locally run, empowering courses for local communities.

You can donate on line at <http://www.chelmsford.anglican.org/bishops-appeal/> or drop money/cheques to the Treasurer at 32 Cranmer Road or the Vicarage; please mark your envelope Lent Appeal.

## Children's Society Donations

You may remember that it was around this time of year we used to collect the Children's Society boxes. Although I'm now not doing the boxes, I'm aware that there may be some bits and bobs of money that people still have. You could bring this, fully labelled, to church for it to be sent to The Children's Society direct, or you might prefer to post a cheque yourself to:

The Children's Society  
Whitecross Studios  
50 Banner Street  
London EC1Y 8ST

You may also feel that you'd like to donate anyway, especially if you were a one time box holder.

Thank you very much for your support,

Jane Ridout



# The Sermon

**Sunday**      **7th March**  
**Speaker**    **Scot Bower, CEO, Christian Solidarity Worldwide**  
**Theme**      **Luke 9 v 23 Take up your cross**

When Jesus calls his disciples we often picture a pretty image of the men coming to Jesus and leaving with him. But when you think about it, they left everything behind, their job, their home, their families, their security and their reputation. Elsewhere in the bible Jesus makes it explicitly clear that there is a cost, and you must count the cost. If you hear the call and choose to follow you need to acknowledge the cost of that discipleship daily. Jesus is issuing an invitation to walk with him; there is an expectation of action.

There is no promise that it will be easy, but Jesus does promise to be with us. He tells us that we should not worry about where our food or clothing might come from, and in Matthew the bible tells us 'The Son of Man has nowhere to lay his head' so following Jesus could lead to homelessness.

We in the Western Society often equate blessing from God as being wealthy and healthy and having a 'nice' life. Because we have a lot we think we are blessed and those who do not have much are not blessed. But real blessing is the promise of Jesus and his presence in our lives, and many we think have no blessings because they are poor and persecuted know the presence of Christ and are close to Him and so are blessed. We have a cheap grace that we bestow on ourselves, and they have the costly grace, the treasure in the field, because they know Christ and walk with Him daily. That gospel needs to be sought again and again.

Our place as a church is to speak up for those who are poor and persecuted; we are one body and they are our family. We can pray, we can give, we can campaign, we can reach out to them with letters of encouragement.

We must remember individually that it is our cross, no one else's, so we should not compare the cross we are given to bear with other people's cross. Jesus told us **you** must follow me.

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

## The Church Year - Holy Week

You'll understand that as our plans depend on government and Church of England guidance, there may be changes nearer the time.

### **Palm Sunday, Sunday 28th March:**

10.30 am: Morning Service with Communion – [YouTube](#)

11.30 am: Coffee on Zoom

2.00 pm: Messy Church - [YouTube](#)

### **Evening Meditations during Holy Week:**

Spend some time reflecting on the events of Holy Week and their meaning for us as Christians.

These will be on [YouTube](#) at 7.30 pm on the following days:

Tuesday 30th March

Wednesday 31st March

Thursday 1st April

### **Good Friday, Friday 2nd April:**

10.30 am: Short Morning Service - [YouTube](#)

12.00 – 3.00 pm: Private Prayer Drop-In – **in the church**, subject to government and Church of England guidance.

Come and go as you please, and stay for as long or as short a time as you like.

The time will be divided up as follows:

12.00 – 1.00 pm: Good Friday images and music

1.00 – 2.00 pm: Recorded narration of the Passion Story with different readers, followed by images in silence

2.00 pm – 3.00 pm: Silent prayer

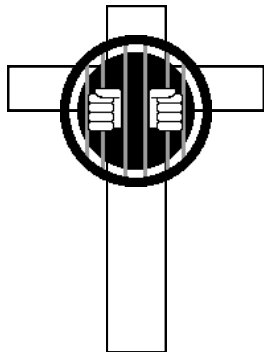
### **Easter Day, Sunday 4th April:**

10.30 am: Easter Praise - [YouTube](#)

10.30 am: Easter Praise All-Age Service and Communion - **in the church**, subject to government and Church of England guidance.

*You're most welcome to join us in the church on Good Friday and Easter Day if you feel able to do so. The wearing of face coverings unless exempt will be required, and safe distancing will be in operation. Prior booking will not be required.*

# The Persecuted Church



**Speak up for those who  
cannot speak for them-  
selves, Protect the rights  
for all who are helpless.  
Proverbs 31 v 8**

## Egypt

For many Christians, persecution is experienced as the day-to-day reality of living with oppression and the resulting hardship. Release International's Jack Norman shares his experience of meeting persecuted sisters in Upper Egypt, and what we can learn from them and their families.

‘For Christian widows in Upper Egypt, life as a member of a religious minority can be especially difficult. Already suffering from the day-to-day oppression faced by Christians living in these rural communities, the loss of their husband can take away the means of looking after and providing for their families.

When I met Martha (not her real name), a Christian in Upper Egypt in 2019, she shared her recent history with me. Her husband had died a few years earlier and her world had been shattered - but not just by her loss. Soon after his death she was threatened and attacked both physically and sexually by men in her community, and she had to flee with her children, leaving everything behind, to find refuge in the village, where I met her. Thankfully, with the help of Release Partners, they are rebuilding their lives, but continue to be affected by the trauma of what happened to them.

Yet even in such oppressive circumstances, some of these sisters and their families have much to teach us. I often speak in churches from 2 Corinthians 8, where the Apostle Paul describes the Macedonian church as “begging” to give for the relief of other Christians, even though they themselves lived in poverty. One widow visited recently by our partners in Upper Egypt really brought this to life for me.

She lives in one of the poorer villages visited by our partners to distribute food boxes. When she saw the box being brought in by the team member, she refused to take the food, saying she knew another family who needed it more than hers.



She said, “I still have some food left, but this family has nothing, so please give them this box instead of me.” She was willing to see her family get by with less to bless another family who, in her eyes, needed the food more than she did.

Thankfully, our partners were able to insist she kept her food, and they visited the other family with another food box. This other family lives in very hard circumstances, with only a small stove and a rug (which they slept on) in their house. The mother said to our team, “God sent you in the perfect timing! Yesterday, I borrowed food from my neighbours because I had none to feed my children.”

Our partners were able to help this family and also provide them with a bed and a refrigerator. The team member who delivered these asked if anyone would like to pray. The youngest boy of the family, aged eight, said he did. His prayer was short but very powerful. “Thank you, Lord, for you are kind and that you remember us, as you sent us a bed to sleep on instead of the floor.” He may have been just eight years old, but he recognised God’s goodness and mercy, and praised Him. May we do the same, in all circumstances!

Source: Release International Release Women

Please pray for the Christian women in Upper Egypt:

- That they continue to get food packages and other aid.
- For Martha and her family as they rebuild their lives.
- Praise God for our partners who can still help the needy, even with all the obstacles they face.
- For God’s blessing on the family and the young boy who thanked the Lord for his provision.

### Diary Date



Open your door and walk outside to pray on Sunday, May 30 – but leave your shoes behind and go out barefoot! As you walk around outside in step with those Christians who are in need because they are followers of Jesus, take a moment to feel the hard path or the soft grass on your feet and give thanks for all the material benefits we have while lifting up in prayer those of our family in greatest need. See [www.releaseinternational.org/all-out-for-god](http://www.releaseinternational.org/all-out-for-god).

# Maundy Thursday 1st April

## Maundy Thursday, time to wash feet

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is '*mandatum novum do vobis*'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together - for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.



## Easter Hope

“So many people right across the country are anxious about employment, anxious about food, isolated from loved ones and feel that the future looks dark.” These are words from the Archbishop of Canterbury’s sermon on Easter Day 2020. Who would have thought that we are experiencing the same uncertainties this Easter!

Yet the Easter story remains one of hope overcoming darkness and despair. The women arrived at the tomb on Easter morning with mixed emotions, as they came to anoint Jesus’ body. ‘But when they looked up, they saw that the stone, which was very large, had been rolled away.’ (Mark 16:4). They were confused, as they tried to make sense of Jesus’ death. Their hopes were dashed with an uncertain future. In the current pandemic, we too are left asking: Where is God in all this?

The young man at the tomb reminds them that God is still in control: “Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him.” (Mark 16:6).

The women had forgotten Jesus’ promise to the disciples that He would die and rise from the dead. Jesus’ resurrection is also the sure foundation of hope for us in the present crisis. He turns our confusion and fear into joy and wonder! We can trust Jesus’ plan for the future of our world and lives, despite the fact that things can’t return to the way they were: “There needs to be a resurrection of our common life, a new normal, something that links to the old, but is different and more beautiful. We must dream it, build it, make it, grasp it, because it is the gift of God and the call of God.” (Justin Welby).

*Paul Hardingham*



Image by congerdesigns from pixabay



**Bishop Graham Usher**

### **New bishop for the environment appointed by Archbishop of Canterbury**

The Bishop of Norwich, Graham Usher, is to lead the Church of England's Environment Programme with a charge to lead bold, deliberate, collaborative action across the Church to tackle the grave existential crises of climate change and biodiversity loss.

Bishop Graham will work with the Mission and Public Affairs department of the Church of England, continuing the commitment to net-zero carbon impacts across the Church of England

by 2030 set by General Synod in February 2020.

The Archbishop of Canterbury, Justin Welby, said: "This will be a key year for the UK's approach to climate change internationally." In June, the UK will host the G7. In November, Glasgow will host COP26. The Environment Bill will be coming to Parliament. "Now is the time for bold, deliberate, collaborative action."

Bishop Graham said: "Responding to the climate and biodiversity crises is not a luxury in the ministry of the Church, but an urgent imperative for our mission."

Churches are being encouraged to raise their voice to speak up about the need to tackle climate change across the whole of society through the Climate Sunday initiative, starting by holding their own climate focused service.



# THE CHURCH OF ENGLAND

### Why Pray?

Whatever things you ask in prayer, believing, you will receive

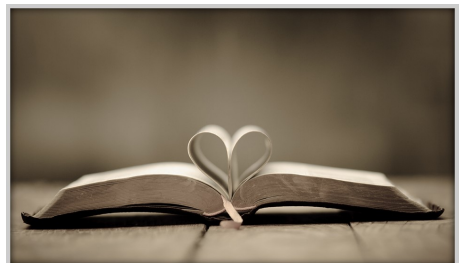
Matthew 21 v 22

You say, 'If God loves me and knows what I need, why should I have to ask Him for it?' Because prayer means talking to God and listening to God, which leads to building a *relationship* with Him. Jesus said, 'Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you' (Matthew 6 v 33).

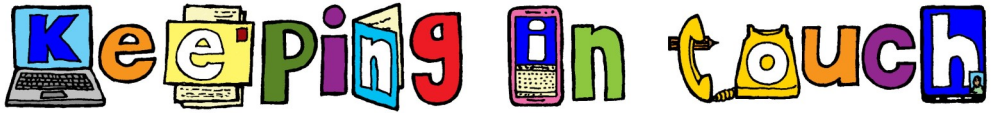
When your prayers are based on your relationship with God, your needs get met. When you love God and spend time with Him, His Word says: 'No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him. But it was to us that God revealed these things by his Spirit' (1 Corinthians 2 vv 9-10). Did you get that? God has a level of blessing in mind for you that your natural eye can't see nor your natural mind can comprehend. And when you pray, He reveals things to you by His Spirit. When that happens, your faith grows and you're able to receive what God wants you to have.

So develop a lifestyle of prayer – praying all the time, everywhere you go, in the midst of your daily routine. 'Casting all your care upon Him, for He cares for you' (1 Peter 5 v 7). God cares about every detail of your life. So when you become anxious about something, talk to Him about it. And don't forget to read His Word. That way when a problem comes up you can say, 'Father, you said in Your Word You would do this for me,' then quote the promise and stand on it.

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## Can we help you?



### Pastoral Help and Support

The Wardens and Ben are available to help out where they can, so please do let them know if you or someone else needs support – spiritual, practical or otherwise - and they will try and make the necessary arrangements.

The contact details are:

Rev'd Ben King, Vicar 07437 522650  
[ben.king@stmarksforestgate.org.uk](mailto:ben.king@stmarksforestgate.org.uk)

Sharon Yates, Churchwarden 07909 279100  
[sharon.yates@stmarksforestgate.org.uk](mailto:sharon.yates@stmarksforestgate.org.uk)

Mike Richardson, Churchwarden 07824 859075  
[mike.richardson@stmarksforestgate.org.uk](mailto:mike.richardson@stmarksforestgate.org.uk)

Thank you.



## Intercession: for the healing of memories

Loving God, you are merciful and forgiving.

Grant that those who are suffering the hurts of the past may experience your generous love.

Heal their memories, comfort them, and send them all into the world renewed and hopeful; in Jesus Christ our Lord.

Amen.

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

4th April	Pray for all who live in Capel Point
11th April	Pray for all who live in Chestnut Avenue
18th April	Pray for all who live in Cranmer Road
25th April	Pray for all who live in Curwen Avenue



Services in April

Date	Service	Theme	Reading
4th	All Age	Easter Praise	Mark 16 vv 1 - 8
11th	Morning Worship	Resurrection Revelation	John 20 vv 19 - 31
18th	Morning Worship	Power in Jesus' Name	Acts 3 vv 12 - 19
25th	Holy Communion	Abundant Life in Jesus	John 10 vv 1 - 10

The service will be available every week on YouTube.

In accordance with national and diocesan guidance, at present the church is not open. Whether we can hold a service in church in the future will depend on the guidance for gathered worship throughout April. Please check on the church's webpage or look out for notice emails for any changes.



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! We 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**

**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**

## Care and Concern

### Coffee Morning: SPANA

The church coffee morning for April would have been for SPANA.



SPANA is a charity that delivers free veterinary care to working animals in some of the poorest communities in the world. SPANA projects across the world give working animals the best chance of a life free from unnecessary pain and suffering. They also work to educate the owners as to the benefits of caring for their animals and the ways to sustain them for their future together.

If you would like to make a contribution to the charity you can find the ways online on their website: [spana.org/get-involved/ways-to-donate/](https://spana.org/get-involved/ways-to-donate/)

### Zoom coffee morning

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



### Asha Trust (Sri Lanka)

<http://ashatrust.co.uk>

Asha Trust works in a neighbourhood on the outskirts of Columbo in Sri Lanka. This is a poor area and many people work on day wages and Covid has had a devastating effect on them. The charity is providing food on an ongoing basis so needs to keep raising sufficient funds. If you would like to help speak to Radhika Bynon or use the website address above.



## Newham Churches Food Bank

The Churches Food Bank is continuing to have heavy use. If you would like to contribute, please place any items in the bin outside the vicarage at 41a Tylney Road.

You will find updates of what is needed on the church WhatsApp group, but at the moment they are asking for the following:

Vegetarian meals (tinned is fine but not just macaroni cheese)  
Rice  
Lentils  
Long life milk  
Orange/blackcurrant squash  
1lb bags of flour  
Vegetable oil  
Granulated sugars  
Jam

Biscuits  
Sweet and Sour sauces  
Soap powder blocks  
Washing up liquid  
Nappies (size 3,4, 5, and 6)

Thank you

### A Message from our Friends John and Doreen Gilbert

We're both celebrating 'milestone' birthdays in April 2021 - John will be 70 on 7th, and Doreen will be 75 on 16th. As we can't see all our friends at the moment to celebrate with you, we'd love it if everyone could make a donation to Haven House Children's Hospice in Woodford Green instead of buying birthday gifts.

We're raising money for Haven House because they believe in the best possible life for every baby, child and young person with a life-limiting or life-threatening condition and their families, who live in our local communities. It's a great cause, and your donation will help Haven House achieve even more. Thank you very much and God bless.

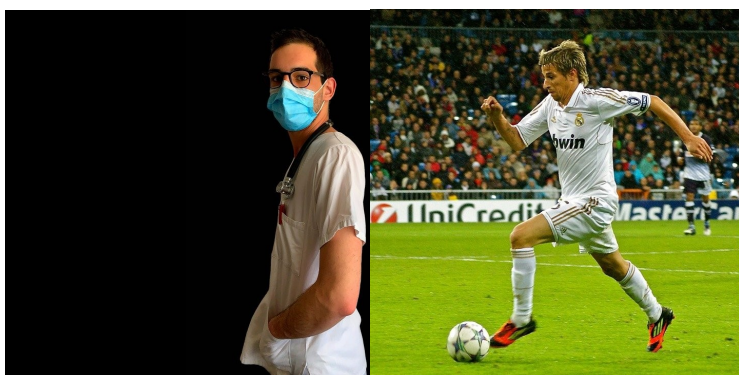
Love, John and Doreen



## Lessons of Lockdown

*This past year may have altered your perspective on life. Some of the following statements may be worth thinking about....*

- ◇ Life is precarious
- ◇ A nurse is worth more than a professional footballer
- ◇ Spare time isn't a waste of time
- ◇ A smile is precious
- ◇ Being alone isn't the same as loneliness
- ◇ Hard work doesn't guarantee employment
- ◇ Am I spending more on food & drink and less on church and charity
- ◇ Silence opens us to creative ideas
- ◇ Social media are a mixed blessing
- ◇ Shopping needn't be addictive
- ◇ Driving less and walking more is good for humanity
- ◇ Isolation teaches us we need each other to generate energy
- ◇ Getting back to 'normal' isn't God's plan for the human race
- ◇ When everything else is shut, God is open



A nurse is worth more than a football player



Through the current lockdown Traidcraft is continuing to supply a variety of fairly traded goods, even though many of their usual sales outlets in shops and churches are closed at present.

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

Buying fairly trade goods from organisations such as Traidcraft is more important than ever at present, and can help to make a real difference to people's lives, helping to lift them out of poverty by providing regular income and employment. If you would like to check what I have in stock, or to order any Traidcraft items, please either email me at [traidcraft@stmarksforestgate.org.uk](mailto:traidcraft@stmarksforestgate.org.uk) or phone me on 020-8519-5765. Peter Arnold



## Have you done a strip for our motto banner?

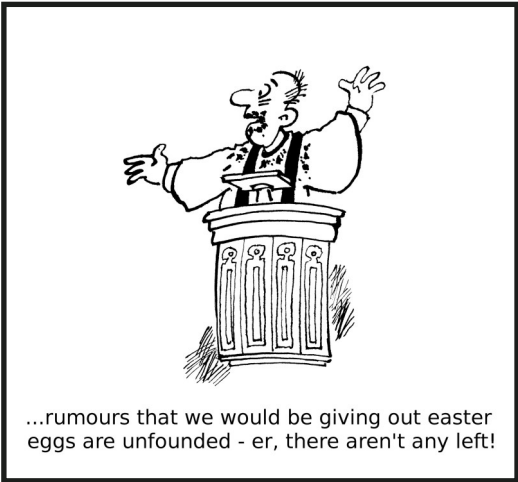
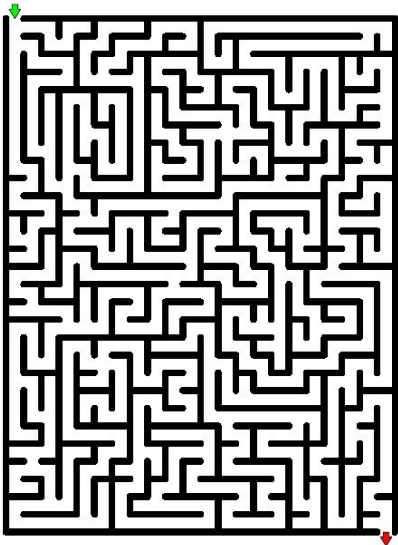
Our motto banner is growing but we would like everyone in the church to feel that they could contribute to it. If you reflect on what the phrase 'Now we are the body of Christ and each one of us is a part of it' means to you and translate it into a design for a strip. You can make your own, or let the banner group know your design or idea so they can make it for you. It can just be figurative, decorative or you could write on it. Strips need to be 114 cm long and approximately 7cm wide and need to be made out of fabric. Let Ann Arnold have your strip if you have done one, if you want any help you can send a message via the church's WhatsApp group or contact Ann on 07767-735117.

# PUZ?LES

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9		1			4			5
	3	4	5	6		7	9	

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

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...rumours that we would be giving out easter eggs are unfounded - er, there aren't any left!

How is your knowledge of the world?

1. Which country was once known as East Pakistan?
2. Which two cities are connected in the word Nylon?
3. Where does Paddington bear come from?
4. Which three countries make up Indo-China?
5. What Central American country gives its name to a hat?
6. What two countries make up the southern most point of South America?
7. Where was Bob Marley born?
8. In which city was the Sound of Music filmed?
9. Which country invented gunpowder?
10. At which pole do you find Polar Bears?
11. In which country was the first successful heart transplant done?
12. Which continent did Captain Cook discover?
13. Which is the second largest country in the world?
14. Where did Napoleon die?
15. Where do cocoa beans come from originally?
16. What was Zimbabwe called in colonial days?
17. Which is the longest river in the world?
18. Where was Dr Zhivago set?
19. Which two countries make up the Iberian Peninsula?
20. Which country did the port of Calais belong to before France?

Places in the Britain and Ireland: Where is:

- |   |                   |
|---|-------------------|
| 1. Highest mountain of all                  | Ben Nevis         |
| 2. Longest British river                    | River Severn      |
| 3. Largest lake                             | Loch Lomond       |
| 4. Holiest Island                           | Lindisfarne       |
| 5. Only touches one other county            | Cornwall          |
| 6. Strait between Anglesey and the mainland | Menai Strait      |
| 7. Two cities linked by Grand Union Canal   | London/Birmingham |
| 8. Largest island of the Inner Hebrides     | Skye              |
| 9. Where is Middle Wallop?                  | Hampshire         |
| 10. Mountains in County Down                | Mourne            |
| 11. Southern tip of Dorset                  | Portland Bill     |
| 12. River that enters sea at Berwick        | Tweed             |
| 13. Where is Osborne House?                 | Isle of Wight     |
| 14. England's largest lake                  | Windermere        |
| 15. Ireland's longest river                 | Shannon           |
| 16. Wales' highest mountain                 | Snowdon           |
| 17. Do they do the Furry Dance?             | Helston           |

## St Mark's Forest Gate youth

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

All youth events are cancelled until further notice.



### Easter Egg Hunt

Monday 5th April to Friday 9th April

All welcome to take part in this fun event.....  
A map and instructions are available on our web-site.

Have a fun walk around the local area and see how many Easter Eggs you can find.....there may even be some chocolate ones to find.

Prizes for all who take part.

### Easter Garden

All are invited to create an Easter Garden of the tomb and Hill with the three crosses.

Bring it for others to enjoy to display outside the church in Lorne Road.

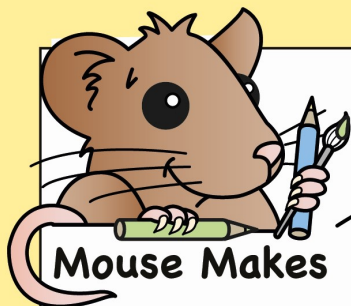


### We pray for our young people

We 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. In particular we pray for them as they deal with school and hope that they enjoy their Easter Holidays.

Amen





## Mouse Makes

Can you find these names of **Jesus** in the word search?

### SON OF GOD

Matthew 3:16-17



### KING OF KINGS

Revelation 17:14

### PROPHET

Luke 24:19



### PRIEST

1 Timothy 2:5

### ROCK

1 Corinthians 10: 4

### LORD

1 Corinthians 1:9

### AMEN

Revelation 3:14

### LIFE

John 11:25-27

### MESSIAH

John 1:41

### SHEPHERD

John 10:11

### LIGHT

John 8:12



### WORD

John 1:1-50



### BREAD

John 6:35

### CREATOR

1 John 1:3



### CHRIST

Matthew 16:16

### SAVIOUR

John 3:16-17

### HOLY ONE

Mark 1:24

### VINE

John 15:5



### DOOR

John 10:9



### WAY

John 14:6

### LAMB

John 1:29



V L I F E W D  
D I A L A R O C K  
C M H M O M S R E H C  
H E O B R E A D O O R  
R S L W D N V I N E E  
I S Y A P R I E S T A  
S I O Y P R O P H E T  
T A N J E S U S T D O  
S H E P H E R D E D B R  
K I N G O F K I N G S  
D S O S O N O F G O D  
L I G H T

# Bible Bite

A short story from the Bible

It can be read in the Bible in  
Matthew 26: 20-25, 31-35, Mark 14: 17-21, 27-31  
Luke 22: 22, 31-34, John 13: 21-30, 36-38

The Jewish leaders wanted to kill Jesus.  
One of Jesus' disciples, Judas, had  
accepted money from them to betray him.

As Jesus and his disciples ate the  
Passover meal, Jesus said



John was sitting  
next to Jesus, so  
Peter said



So John asked Jesus



It is the person I give  
this piece of bread to.



Jesus dipped a piece  
of bread in sauce, and  
gave it to Judas.



What you are about to do  
you must do quickly.



Why has Judas gone out?



They continued  
the Passover meal



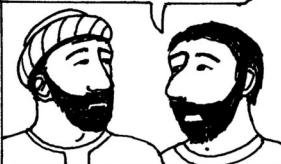
Jesus then told the rest of the  
disciples



Peter said



Before tomorrow morning  
you will have denied you  
even know me 3 times.



Even if I have to die, I  
will never disown you!



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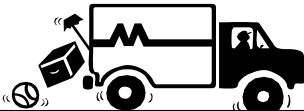
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## St. Mark's Weekday Activities

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



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

### Weekday Home Groups

**Want more information? Contact Rev'd Ben King**



# St Mark's Forest Gate



**St. Mark's Forest Gate**

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

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

**Vicar:**

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

**020 8091 5652 | 07437 522650**

**Email:**

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

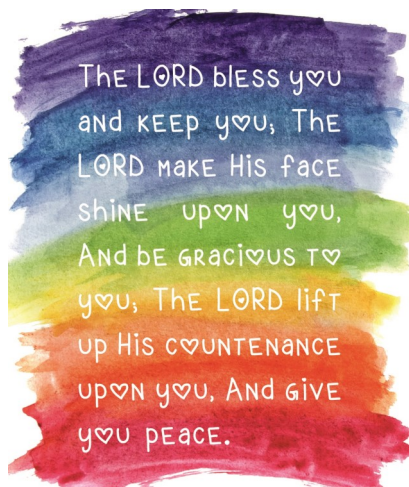
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**1132240**



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