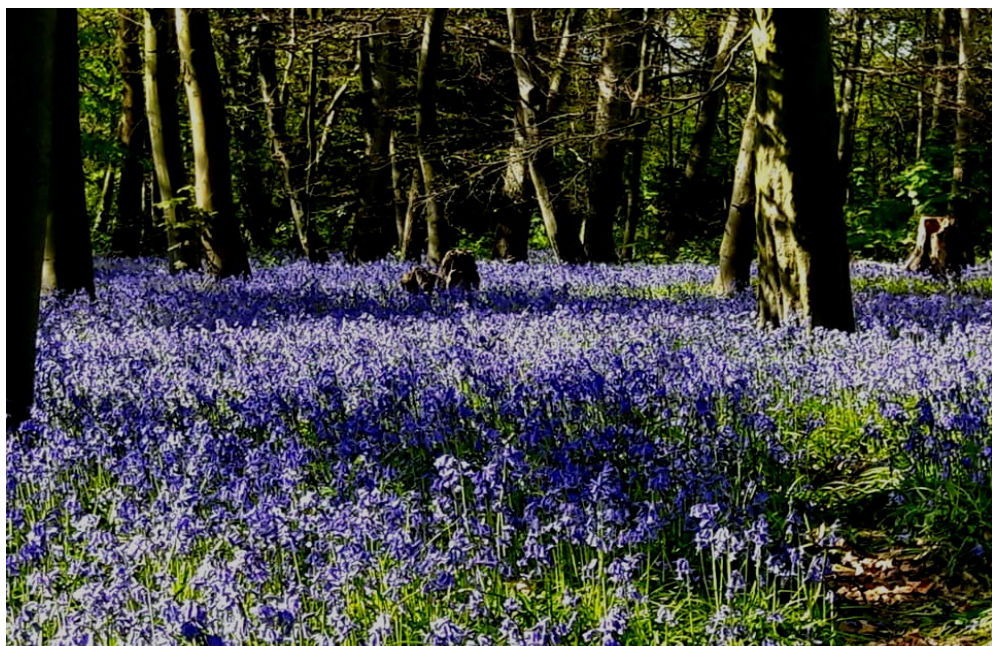


St Mark's

Forest Gate



Bluebells in Wanstead Park 2020

May 2020

50p

www.stmarksforestgate.org.uk

Who's who in the Church

Vicar: Rev'd Ben King

020 8091 5652 or 07437 522650

ben.king@stmarksforestgate.org.uk

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

P.C.C. Members

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

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

Contact information

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



Facebook: St. Mark's Forest Gate



Twitter: @stmarks_e7

Magazine

Material for the magazine to be emailed to ap.arnold@btinternet.com
or put through the door of 32 Cranmer Road. Material for **June 2020**
needs to be given in by **Sunday 17th May**.



Forty days after Easter on 21st May, the Church will celebrate Ascension Day, the day we remember Jesus returning home to His father in heaven.

But the ascension is much more than just Jesus going back home. Ascension Day also marks the *fulfilment* of Jesus' mission on earth.



Jesus ascended from earth because He'd succeeded in His God-given mission, having completed everything His Father had called Him to do. As such, Ascension Day is also a time of celebration.

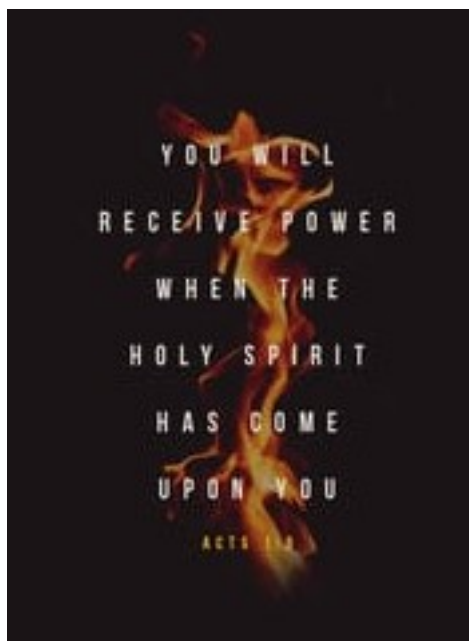
Given our current circumstances, you might be forgiven for thinking there is precious little to celebrate. Rather like the ascension itself, Jesus seems to have been lifted from us. We might be struggling to see Him or to sense His presence. But friends, in spite of our circumstances, I believe that we can still take heart.

It's notable that one of Luke's accounts of the ascension tells us that the disciples returned to Jerusalem, not bereft, but with 'great joy' and 'stayed continually at the temple, praising God' (Luke 24 v 53-4).

One of the reasons for the disciples' joy was although Jesus was leaving them, they knew that He wasn't *abandoning* them. They knew that Jesus was still on their side and had promised that they would receive power when the Holy Spirit came upon them (Acts 1 v 8). In other words, although Jesus would be no longer be with them, God would still be very much present by His Spirit to strengthen and sustain them.

We might be wrestling with our faith at present and struggling to see Jesus. Rest assured friends, He has not abandoned us. He is still on our side and He has given us the Spirit to fortify us in these uncertain times. God is still very much with and for His people.

In a similar vein, the words of the two men in white are also worthy of mention: 'Men of Galilee,' they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven." (Acts 1 v 11)



Friends - Jesus is coming back. We don't know when, but one day He *will* return. And that means that however dark or dangerous this world becomes, we know that it is not the end. We can still have hope because one day Jesus will restore all things and reign supreme.

On an overcast day we might not be able to see the sun, but we still know it's there. In the fog of COVID-19, our vision of Jesus might be less clear, but we can still be sure that He's there; still with us.

So, especially at this time, may I encourage you to keep on calling on the Holy Spirit to come and fill you so that you

might know the power of God to strengthen and sustain you. And may the vision of God's future kingdom inspire you with hope and confidence as you continue to fix your eyes on Jesus, our all-powerful, all-gracious, all-loving, Lord and Saviour.

Ben

Words of Comfort

"The LORD himself will lead you and be with you. He will not fail you or abandon you, so do not lose courage or be afraid."

Deuteronomy 31 v 8



Elizabeth Palmer

Elizabeth Palmer's funeral was held on the 6th April. Due to the current restrictions none of their relatives were able to attend to support Helen, so a very small party of her St Mark's family were allowed to accompany her to the City of London Cemetery.

It was a short dignified funeral led by Ben, with readings and one of the hymns requested by Elizabeth. A memorial service will be held as soon as it is possible, both to celebrate Elizabeth's life and to incorporate all of the hymns and readings that Elizabeth had planned for her funeral.

As a member of St Mark's church all her life who played many roles in the church, including that of the church organist, a leader in parent and toddler group, St Mark's Players, home group, flower arranger, organiser of jumble sales and the Christmas Fayre, and a friend and support to many members of the church, she will be sadly missed.

Our thoughts and prayers are with Helen as she adjusts to a new normality in this very difficult time, and also with Elizabeth's family and many friends.

Church Funding

Thank you once again to everyone who has contributed financially to St Mark's this year. As most of our regular income from members comes in by standing order or direct debit, the majority of our income has been unaffected by the church building being closed, and we are able to pay all our current bills. We will save some money by not using any gas and electricity while the church building is closed, and Newham have given us a three month holiday on the charges we pay for waste collection.

If anyone needs to amend their standing order or their direct debit, please speak to me on 020-8519-5765 or email me at treasurer@stmarksforestgate.org.uk, and I can advise you about this.

Peter Arnold

The Sermon

Sunday **12th April**
Speaker **Reverend Ben King**
Theme **Easter Sunday**

Easter Sunday is the celebration of good news.

Like an Easter egg which is empty inside, on Easter Sunday some of Jesus' faithful disciples (a group of women) went to the tomb and found it was empty. Jesus was nowhere to be seen, that is because a tomb is for dead people and he was not dead. He had come back from the dead; he was alive and is still alive, and we can get to know him and have a relationship with him.

When there is a celebration we may let off a party popper; then streamers fly everywhere and we cannot get the streamers back into the popper. Just like that, Jesus is out of the empty tomb and he is staying out, raised from death to life, and we can live forever when we put our faith in him. He is the gateway to everlasting life.

The women saw an angel in the tomb who told them to go and tell the disciples the good news; this is a reminder that good news is not meant to be kept to ourselves. It is our duty and joy is to share the great news with everyone, and the current situation makes it is more important to share the great news with people who are frightened and troubled, to give them the assurance we have of God's love.

Please pray this Easter that God will give us opportunities to share the good news both in word and in our deeds. We are not restricted to this world; we will live on for ever with Jesus.

He is out of the tomb, He is not going back in and we should be sharing great news.

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

31st May - Day of Pentecost: Whit Sunday

Pentecost took place on the well-established Jewish festival of First Fruits, which was observed at the beginning of the wheat harvest. It was seven weeks after Easter, or 50 days including Easter. A feast day to celebrate the country's wheat harvest does not sound exactly world-changing, but that year it became one of the most important days in world history. For Pentecost was the day that Jesus sent the Holy Spirit - the day the Church was born.

Jesus had told His disciples that something big was going to happen, and that they were to wait for it in Jerusalem, instead of returning to Galilee. Jesus had plans for His disciples, but He knew they could not do the work themselves. They would need His help.

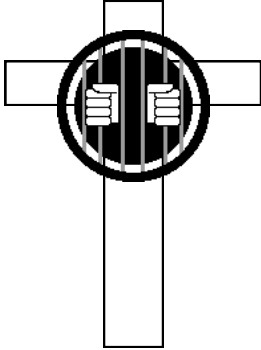
And so, they waited in Jerusalem, praying together with His other followers, for many days. And then on that fateful morning there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues, to the astonishment of those who heard them. The curse of Babel (Genesis 11 v 1- 9) was dramatically reversed that morning.

That morning the Holy Spirit came to indwell the disciples and followers of Jesus. The Church was born. The Christians were suddenly full of life and power, utterly different from their former fearful selves. The change in them was permanent.

Peter gave the first ever sermon of the Christian Church that morning, proclaiming Jesus was the Messiah. His boldness in the face of possible death was in marked contrast to the man who had denied Jesus 50 days before. And 3,000 people responded, were converted, and were baptised. How's that for fast church growth!

Of course, Pentecost was not the first time the Holy Spirit had acted in this world. All through the Old Testament there are accounts of how God's Spirit guided people and strengthened them. But now, because of Christ's death and resurrection, He could indwell them. From now on, every Christian could have the confidence that Jesus was with them constantly, through the indwelling of His Holy Spirit.

The Persecuted Church



**I know the Lord serves
justice for the poor
and upholds the cause
of the needy**

Psalms 140 v 12

Malaysia

Release International is inviting us to sign a petition calling on the Malaysian government to free a Christian pastor who was abducted in a military-style operation three years ago and has not been seen since.



Raymond Koh

His abduction in broad daylight was captured on CCTV cameras which show three black SUVs surrounding and boxing in Pastor Koh's car, forcing it to a halt. Two other cars and two motorcycles were also involved in the kidnapping. Several men then ran towards Pastor Koh's vehicle before the entire convoy was driven away.

Pastor Koh's wife Susanna pieced together what happened. She described the kidnapping to Release International's sister organisation Voice of

the Martyrs (USA): 'There was an eye-witness, right smack in the middle of that scene. He thought it was a movie production. My children went door-to-door and found CCTV footage of the entire incident. It was a very military-style organisation, well-organised, and done in about 40 seconds. Last year, one of the officers confessed that the operation, the abduction, was done by the police.'

In 2019, Malaysia's Human Rights Commission accused the Malaysian Special Branch of carrying out two abductions – that of Pastor Koh and Amri Che Mat, a Shia Muslim social activist. Both were suspected of trying to convert Sunni Muslims. Both were boxed in by vehicles in similar snatch operations, and both have disappeared. Another pastor, Joshua Hilmy and his wife Ruth, also went missing in 2016.

Pastor Koh, ran Hope Community, an organisation set up in the capital Kuala Lumpur to help the poorest members of society, including AIDS patients and drug addicts.

In 2011, Hope Community came under scrutiny by the authorities. They accused Pastor Koh of trying to convert Muslims during a party at a local church. The allegations against Pastor Koh were later dropped, soon afterwards he was sent bullets in the post as a clear warning to end his Christian ministry. Proselytising Muslims – attempting to convert them – is forbidden by law in Malaysia. The state also prohibits its Muslim citizens from converting to another faith. Under Malaysian law, those who change their religion could be charged with apostasy.

Release International is working with others to press the Malaysian government to investigate the disappearance and set Pastor Koh free. You can sign the petition online at releaseinternational.org/releaseraymond.

Oppressed churches respond to coronavirus impact

The gospel is continuing to bear fruit in countries opposed to the Christian message despite even more restrictions imposed as a result of the coronavirus outbreak.

In China, where the pandemic started, the authorities in Shandong province have banned online preaching and ‘fellowships that meet without approval’, but as restrictions on churches’ activity have increased because of the virus, many have resorted to livestreaming services on the internet.

However, in Burkina Faso, Christians are coming under intense pressure after a high-profile Christian couple became the first cases of coronavirus to be registered in the country. Pastor Mamadou Karambiri and his wife were reportedly infected at an international Christian conference in France, where he was keynote speaker. They tested negative for the virus in France – but fell ill within a week of returning home. As a result some have started blaming Christians for importing the virus into the country, according to Release associate ministries.

Meanwhile, Release partners ministering to North Korea have received a moving testimony from a man to whom they gave the Bible in digital form. He says the virus is spreading fast in places such as Pyongyang and Sinuiju. ‘I think we will all die from starvation or being infected. Both are deadly and cause despair, but after knowing Him, my fear has vanished. Thank you.’

Sources: China Aid, *The New York Times*, VOM Canada, VOM Korea)

On line services

Janet Bone, who led the prayers, has shared with us what it was like to contribute to the on line service on Palm Sunday.

The Church Together Apart

In these times of social distancing we have been finding new ways to be The Church, whether by finding services or resources in the media or creating our own services on-line. We know not everybody has access to broadband or confidence to tackle new technology. Indeed I have sometimes felt a slave to technology in my work or personal communications, but now I am developing a new born appreciation for it with the need to stay in touch. Myself and even the cat has become familiar with zoom meetings and on-line videos. St Mark's decided to attempt on-line services and I was asked to video myself on my mobile phone sharing prayers for Palm Sunday.

Once I had tried several takes wandering around so that on my screen it didn't look like a hall of mirrors, my phone didn't ring out in the middle, the cat was banished to outdoors and I didn't trip up in my reading, I had a video to send .

Beth Yates used her skills to join together all the videos and ta da, a Palm Sunday service was ready. I could even wave my Palm Cross from last year in it.

It may be different to experience a service in your front room, but our Lord is the same. It has been a joy to see so many people involved in creating services. The music group has been experimenting along with musicians across the country to improve the quality of their videos. You can find our streamed services on St Mark's Facebook page or on YouTube. Even the cat has popped in to view them.



Janet and the cat

God bless, Janet



Barbara White, a member of St Marks congregation, has shared with us her experience of the Bible in a Year challenge.

"I have been following the 5 day a week Bible Plan. So far I have managed to keep up to date and I find it is a good system because when I miss a day I can catch up. As we are only four months into 2020, only time will tell if I am able to stick with the challenge!

I must admit, I found Exodus through to Judges VERY challenging as there is so much repetition and very specific details which I know will never be retained. It is hard to imagine that such specifics could all be remembered by the Israelite Nation as I have, until now, thought that the ten commandments were the commandments to remember! The detail about the sacrifices, for instance, is hard to comprehend. Thankfully I have just started the Book of Ruth so I am glad to be reading something that has been covered in Home group. Obviously, the New Testament makes for easier reading.

I am also using The Lion Handbook to the Bible looking for clarity. Clearly the fact that we have all been confined to home and so have more time on our hands has made the Challenge easier. Until now I have never read such large sections of The Bible at a time, having been used to reading the references for the day in Our Daily Bread.

Having had some discussion with Christian friends/family, I'm being advised not to get "too bogged down with the detail". It would be good to know if other members of St. Mark's are struggling in the same way?"

Barbara

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

Church of England News

The NHS has not had to contend with a pandemic of this magnitude before and it is learning, but doing okay, writes Revd Mia Kyte Hilborn, Chaplaincy Team Leader for Guy's and St Thomas's NHS Foundation Trust.



It is an incredible place to work in such times; people really matter and no more so than in a hospital where there are COVID-19 patients. This is not so much an acute major incident, but rather that the whole country is working on a chronic critical timescale.

Chaplains are continuing to do the work they are called to do, albeit they are finding new ways to do it. Anointing via cotton buds, tele-chaplaining and no touching. It is hard to have a quiet supportive chat when you have to stand 2 metres apart, but it can be made to work. It is very weird though – roads are quiet, helicopters whirr overhead, soldiers are regularly seen and lots of people working from home. There are many sad times, and the resilience needed is high. Well-being zones are being set up all over the country, staff support is essential, so that they can care for the very sick patients. Here, chaplains say daily prayers for the sick and the dying, remembering the staff who are caring for those patients, and we stand in place of the relatives who cannot come in. We light a candle, stand for a minute's silence, we say a psalm, usually 23 or 121, we pray and we say the Lord's Prayer. And I think it is very right we are here.

Fr Mychal Judge OFM was a Catholic priest and New York Fire Department chaplain who died on 9.11. His prayer seems apt during the COVID-19 crisis:

*Lord, take me where You want me to go
Let me meet who You want me to meet
Tell me what You want me to say
And keep me out of Your way.
Amen.*



People Pleasing

‘I’m not trying to win the approval of people.’

Galatians 1 v 10

People pleasing does two things:

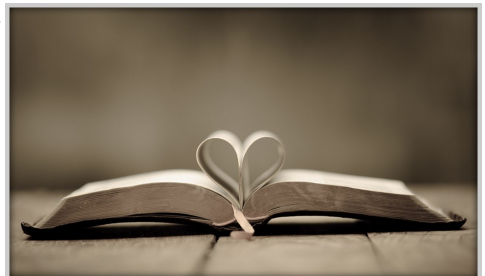
- 1) It makes you neglect your own needs in order to meet other people’s.
- 2) It causes you to make decisions based on their approval. Either way, you can end up feeling like a doormat.

Maybe you became a people pleaser early in life to get the attention you craved and couldn’t get any other way. Or maybe you never learned to trust your own judgment. The Bible says, ‘Fearing people is a dangerous trap’ (Proverbs 29 v 25), because it always backfires. Not only do others get upset with you, you end up disappointed with yourself when things don’t work out.

Peter struggled with people-pleasing. The night before the crucifixion when ‘a servant girl...said...“You were one of those with Jesus”...But Peter denied it in front of everyone. “I don’t know what you’re talking about”’ (Matthew 26 v 69-70). Afterwards he ended up weeping over his failure. When Samuel confronted Saul about his decision not to completely destroy the Amalekites: ‘Saul admitted...“I was afraid of the people and did what they demanded”’ (1 Samuel 15 v 24). Paul, on the other hand, wrote, ‘I’m not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ’s servant.’

It’s good to be considerate, loving, and patient, but you can’t let yourself be intimidated and manipulated: ‘God has not given us a spirit of timidity, but of power’ (2 Timothy 1 v 7). When you yield to the fear of others you allow them, not God, to control your life. God doesn’t want you to serve people out of fear, but out of love for them – and Him.

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



Can we help you?

Pastoral Help and Support

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: For the bereaved

Father we pray for those who have lost a loved one during this difficult time, not only those who have lost a dear one to coronavirus but any deaths, where all the normal processes that help with the grieving are not possible. For those attending a funeral with only a few of the many friends and family to support them, with no celebration of the life of the loved one. Give the right words to those who are leading the services. Inspire people to contact the bereaved, to give them a word of comfort, and to let them know that they are cared for. Let all know that this will pass and in your great love you will comfort them.

Lord in your mercy,
Hear our prayer



Can we pray for you?

Please let us know if we can pray for you, using the email addresses or phone numbers on the previous page.



Our Parish Streets:

Week beginning

3rd May	Pray for all who live in Curwen Avenue
10th May	Pray for all who live in Forest Side
17th May	Pray for all who live in Godwin Road
24th May	Pray for all who live in Horace Road
31st May	Pray for all who live in Latimer Road

Sunday Services

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

The church will be closed until further notice.

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.



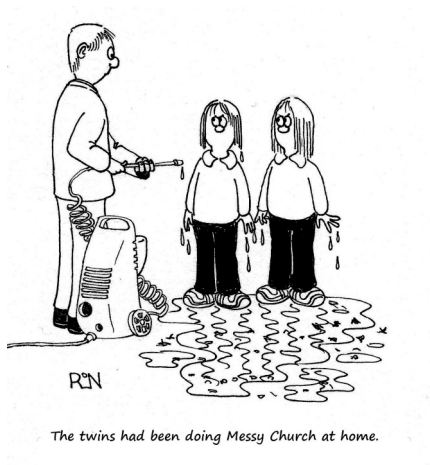
What's On

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.

The liturgy for daily prayer, morning and evening, is also available on the Church of England website, or you can look at St Marks 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 Parkinson's UK

As the May coffee morning is cancelled would you like to consider making a donation to the planned recipient: Parkinson's UK? Like many charities Parkinson UK is unable to run most of its usual fundraising activities and has greater need trying to support those with the disease in an individual way.

The website is www.parkinsons.org.uk, or their address is:

Parkinson's UK
215 Vauxhall Bridge Road
London
SW1V 1EJ



Tel: 020 7931 8080





Newham Churches Food Bank

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

Items can be dropped off 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). 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

Thank you

Spring Harvest at Home

Quite a large contingent of the St Mark's congregation were planning to go to Spring Harvest, a Christian conference, at Minehead in Somerset during the week after Easter. It was cancelled because of the government advice on large gatherings.



Essential Christian, the organisation which runs the event, managed at very short notice to put together 'Spring Harvest at Home', where some of the experiences could be seen at home by logging into YouTube. There were teaching sessions, bible studies, celebrations, craft sessions and a youth programme which we could share from our own living room.

Ann Arnold reported that "I have to admit that if I had gone to Spring Harvest I would not have participated in the Big Start programme for the youngsters, but with Spring Harvest at Home I was able to dip into the 'Horrible Histories' style stories about early Christians and the Holy Sprit Glow, and found myself dancing about the living room singing along to 'Power to Glow' (without the tea towels). If you can get onto YouTube, I would particularly recommend the GLOW montage and defy you not to dance along."

And Glenda Abbott said "The bible study this year was by Malcolm Duncan, pastor of a church in Northern Ireland. I learned that the theme for each year is prayed about two years in advance - amazing! The studies followed on from Ben's Sermons and the Lent home group theme of the Holy Spirit. The study followed the disciples in lockdown after Jesus was crucified, Jesus coming to them and instructing them to wait for the Spirit to empower them for the future. It was then that they were "unleashed" for the great work to be done. It all felt so relevant to the situation now, and that we need to wait, to listen, be directed and empowered only by the Spirit as He directs us in what Jesus has for us to do. What an opportunity."

Just to let you know that those who had booked to go will be receiving a full refund, and Yvonne will be in touch to let you how this will be processed.



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 outlets.

However I now 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.

The following items are on sale at 20% discount while current stocks last:

- Divine milk and white chocolate bars;
- Fruit & nut and chocolate cookies;
- Brazil nuts.

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



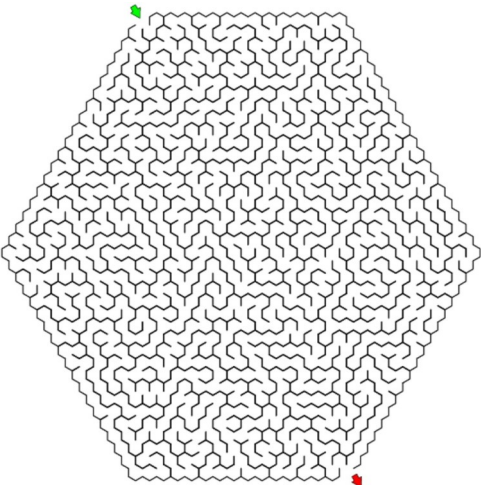
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Our church warden is not letting people into the church just now





A to Z quiz

Each answer starts with the letter, answers in the next edition

- A Location of the Flying Doctor Service in Australia
- B 19th Century explorer and 20th century actor
- C Author of 'Red Badge of Courage'
- D Young protégé of the Three Musketeers
- E Flap of cartilage behind the root of the tongue
- F Famous diarist who died at the age of 14
- G Led the Salt March to Dandi
- H Native American immortalised by Longfellow
- I Prosecution of a public official by the state
- J Site of the Nuffield Radio Astronomy Laboratory
- K Austrian painter of the Art Nouveau period
- L Hyperopia
- M Domain of the Grimaldi family since the 13th century
- N Actor, author of 'The Moon's a Balloon'
- O Mediterranean herb used in cooking
- P Us and the monkeys
- Q Society of Friends
- R ROM
- S Na^2CO^3
- T Literary Queen of the Fairies
- U Largest Loyalist Party in Northern Ireland
- V Induction of male sterility
- W Caspar, Melchior and Balthazar
- X Professor in X Men films
- Y National Park in Sierra Nevada established 1890
- Z Mexican revolutionary leader murdered in 1919

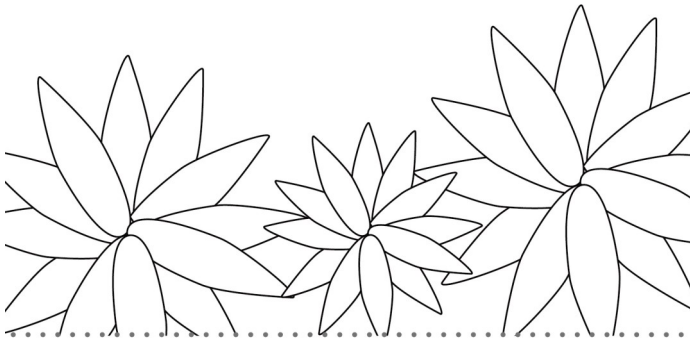




If you would like any further information please contact Sharon on 07909 279100.

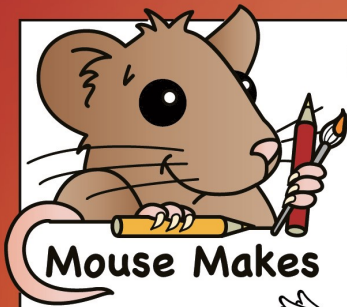
All youth events are cancelled until further notice.

GOD SAYS
I WILL
GIVE YOU
REST



Available as posters up to A0 size from cpo.org.uk
For more resources visit cpo.org.uk or call us on 01903 263354

Relax, do a little colouring in .



"The fruit of the Spirit is
love, joy, peace, patience,
kindness, goodness, faithfulness
gentleness and self control.



If we live by the Spirit, let us also
behave in accordance with the Spirit"

Mouse Makes

How many
other words can you find
using the letters from:

FRUIT OF THE SPIRIT?



Read
Galatians
5:13-26



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

A M E N
G C H H
R R H E O D
J E E E A P O
P S E R V E

Which
symbol goes
with which fruit?



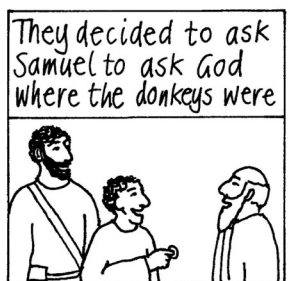
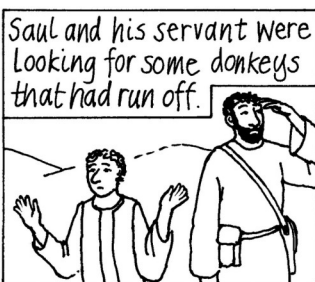
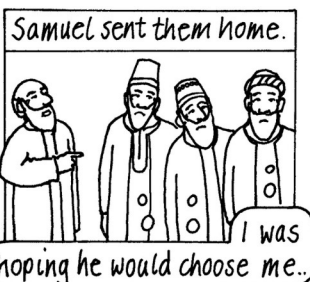
LOVE • CARE • CHERISH • JOY • DELIGHT • PEACE • ACCORD
AGREEMENT • UNITY • CALM • CONTENTMENT • REST
PATIENCE • TOLERANCE • KINDNESS • COMPASSION • HELP
GOODWILL • GENEROSITY • GOODNESS • HONESTY • INTEGRITY
FAITHFULNESS • LOYALTY • TRUST • GENTLENESS • CONSIDERATE
SELF CONTROL • RESTRAINT • FRUIT • SPIRIT • LIVE • SERVE

Bible Bite

A short story from the Bible

It can be read in the Bible in
Samuel 8:1-10:1, 17-24

Samuel had been a good leader of Israel but he was now old. The leaders of the twelve tribes came to talk to him...



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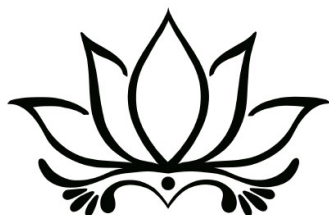
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Sebert Road, Forest Gate, E7 0NP
Tel: 020 8534 1486 Fax: 020 8519 1348
Email Jan@mpark.co.uk



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