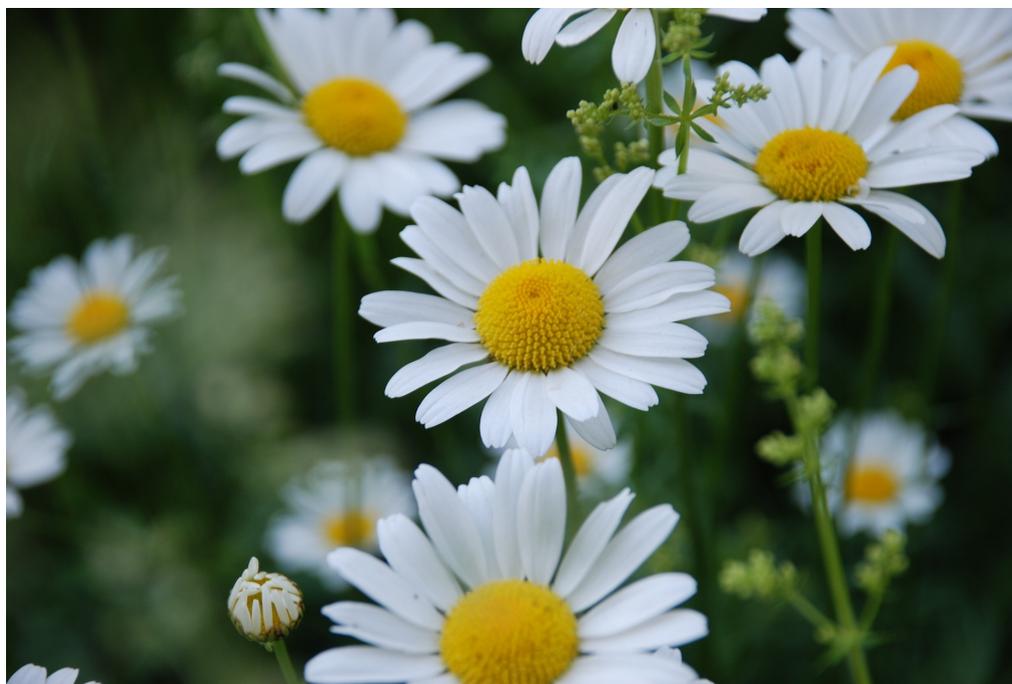


# St Mark's

## Forest Gate



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

Treasurer Peter Arnold

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 [www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk)  
Admin [info@stmarksforestgate.org.uk](mailto:info@stmarksforestgate.org.uk)  
Youth Work [youth@stmarksforestgate.org.uk](mailto:youth@stmarksforestgate.org.uk)  
Magazine [magazine@stmarksforestgate.org.uk](mailto:magazine@stmarksforestgate.org.uk)  
Notices [notices@stmarksforestgate.org.uk](mailto: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](mailto:ap.arnold@btinternet.com)  
or put through the door of 32 Cranmer Road. Material for **July 2020**  
needs to be given in by **Sunday 14 June**.



Some of you might recall from last month's magazine that the church celebrated Pentecost Sunday on the final day of May. Pentecost is the day we remember the coming of the Holy Spirit, the One who was sent to help Jesus' followers share God's loving message of salvation with all peoples. You can read all about it in Acts chapter 2.



However, significant and dramatic though the coming of the Holy Spirit is, it would be a mistake to think that the Holy Spirit is defined by Pentecost and that He is to be understood solely in the context of a single, isolated event, now confined to history. If you read the Acts of the Apostles in its entirety (and I really encourage you to do so), you'll see all the wonderful things that the Spirit did in and through the early church *after* He'd come. Indeed, we still live in the age of the Spirit and He continues to move powerfully in our midst today.

In order to encourage us, I want to draw a few parallels with how the Spirit came at Pentecost and how I think He might be working in our midst at present, especially in these strange and unprecedented times.

In Acts 2:2, we're told that the Spirit came like a violent wind. We've had some strong winds of late and the evidence of what these winds can do is clear enough. A storm can dislodge things and reconfigure the landscape, perhaps not always helpfully!

I believe that the wind of the Holy Spirit is dislodging a lot of things that have got in the way of our relationship with God and in turn, is reconfiguring our spiritual landscape. Where we've rebelled against God, where we've put ourselves at the centre, where we've colluded with things that are contrary to God's word, the wind of the Spirit is blowing afresh to dislodge what is ungodly and to make for a new world where He is welcome; indeed where God is at the centre.

In that same verse, we're told that when the Spirit came, tongues of fire also alighted on the head of each of the disciples.

Fire often speaks of purifying and refining in the bible because God wants a holy people, free from sin, as He Himself is holy (see 1 Peter 1:15-16). I believe that the Spirit is at work to convict the church of sin, to cleanse and to purify her, so that where the church has become lukewarm and worldly, she might humble herself, repent and return to God with renewed zeal (see Revelation 3:14-18).

Finally, we're told that on the day of Pentecost, the Spirit enabled the disciples to speak in languages they didn't know, so that the truth about Jesus could be understood by Jews from different regions and nations.

The Spirit continues to give us supernatural ability and power so that we might share Jesus in word and deed. As people are increasingly open to faith because of the pandemic, it's encouraging to see that the Spirit has opened a door for us to share the good news about Jesus in new and fresh ways.

Pentecost was just the beginning and the Holy Spirit is still very much at work today - revealing things to which we've become blind, shaking us out of our complacency and enabling us to make the most of every opportunity to share Jesus with those in need.

Like those first disciples, let's be open to the wind of the Holy Spirit that is blowing afresh through our world so that we can also be used powerfully and see the world transformed again for Jesus.

So with that in mind, friends, let us continue to pray regularly and fervently, 'Come, Holy Spirit.'

### **Words of Comfort**

God is our refuge and strength,  
an ever-present help in trouble.  
Therefore we will not fear,  
Psalm 46 v 1 - 2

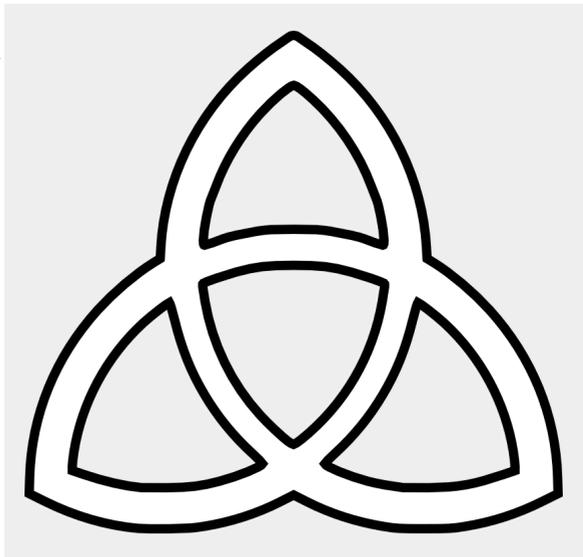
### Without the Trinity, there is no Christianity

The Trinity is easier to say than to explain. Christians believe in one God, made up of three equal Persons. It is fundamental to the Nicene Creed, which sets out the definitive doctrine of the Trinity for more than two billion Christians worldwide, including all Roman Catholics, Eastern Orthodox, Anglicans, Lutherans, Presbyterians and Reformed Christians.

The theologian Ian Paul, writing on the Book of Revelation, points out that chapter five has a wonderful depiction of the Trinity in action. He writes: “...another figure appears in the drama, the lion who looks like a lamb. ... Here is the one who fulfils the hopes of God’s people Israel, as the promised anointed Davidic king who was to come. Here is one who is fierce and powerful enough to conquer their enemies, and tear them apart.

“And yet when John sees Him, He is like a weak and vulnerable lamb who has been slaughtered, just as the Passover lamb eaten by the people, the suffering servant who was ‘wounded for our transgressions’ and the lamb offered as an atoning sacrifice. He is the one who *was* slain, but *now* stands, and shares the throne with God, and with Him sends the Spirit to enact His will on earth. Here we have the most explicit (and perhaps the most complex) Trinitarian statement in the whole New Testament.”

From the Rev Dr Ian Paul’s excellent blog at: <https://www.psephizo.com/revelation/what-does-rev-4-5-tell-us-about-the-trinity/> (dated May 17, 2017)



# The Sermon

**Sunday**      **24th May**  
**Speaker**    **Roger Daniells-Smith**  
**Theme**      **Time to Share Matthew 14 v 13 - 21**

The miracle of the feeding of 5000 starts with a smaller miracle, when a small boy shares the small meal he has with him, 5 loaves and 2 fish, with Jesus and starts the bigger miracle of feeding everyone else.

Sharing is not easy; it is counterintuitive as survival depends on having as much as you can manage, thus sharing something, in particular food, is against our natural instincts. We spend a lot of time getting our children to share as their instinct is to be selfish.

If we look at this child who comes to Jesus to share his lunch, it is amazing that he was willing to offer it to Jesus. Small boys tend to eat a lot of food and he would be most likely to eat it as soon as possible, yet he gave it to Jesus.

He handed over what he had; it is not so much the quantity, but that he placed what he had into the hands of Jesus, and Jesus can powerfully use what we have, no matter how small. He took insignificant things during his time on earth: the hem of his clothes to heal a woman, a glass of water to save a community, dust and spit to heal a blind man, and used them. It does not matter how insignificant what you have; if you offer it to Jesus he can use it.

Are we ready for the challenge , are we ready to share what we have, no matter how insignificant, and to hand it into the hands of Jesus.



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

**‘How long, O Lord?’ – the lament of Psalm 13**

As we struggle with the effects of the global coronavirus pandemic, we might echo the words of Psalm 13: ‘How long, Lord? Will you forget me forever?’ It is one of a number of lament psalms, where the psalmist cries out in pain, because he feels abandoned by God. In our current circumstances, these psalms enable us talk to God about our fears and frustrations, while renewing our confidence in Him. What does Psalm 13 say?

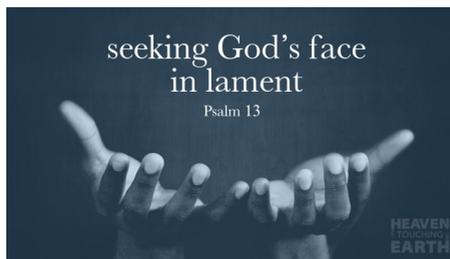
**Bring your complaint to God:** The psalmist brings his pain and questions to God: ‘How long must I wrestle with my thoughts and day after day have sorrow in my heart?’ (2). He is open with God about his complaints, despite the anger he feels.

**Ask boldly for His help:** He goes on to ask for God’s help: ‘Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, ‘I have overcome him...’ (3–4). While avoiding despair (‘there’s no hope’) or denial (‘everything’s fine’), the psalmist is confident in God’s power to deliver.

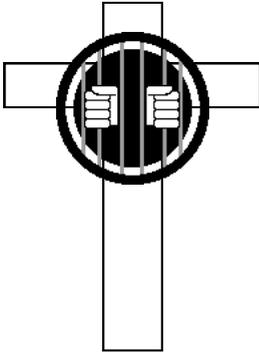
**Choose to trust Him:** ‘But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord’s praise, for He has been good to me.’ (5–6). The lament is a journey to the point of renewing our trust in God in the brokenness of our life.

The psalms of lament (eg. Psalms 10, 22 and 77) give us a prayer language for dark times. They enable us to be honest with God about what is happening to us and remind us that God has not abandoned us. He is a God who is both sovereign and good.

‘Laments turn toward God when sorrow tempts you to run from Him.’



# The Persecuted Church



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

**Psalm 9 v 9**

As we live through our Covid19 crisis let us pray for all those who have been hit with plagues of locusts and Covid19 across the nations of east Africa and south Asia.

While media attention and western resources focus on tackling their own coronavirus crisis, how will these regions' struggling healthcare systems deal with it? What resources will be left to help the victims of locusts, whose crops have been destroyed, leaving them with the prospect of starvation.

Many thousand of already marginalised and persecuted Christians are among those facing famine after vast swarms of the ravenous insects have devastated crops and their livelihoods in the early months of 2020.

The governments of East Africa are already battling to contain a second wave of locusts and to protect the critical summer crops , when suddenly

limited resources had to stretch to contending with the Covid19 crisis too.

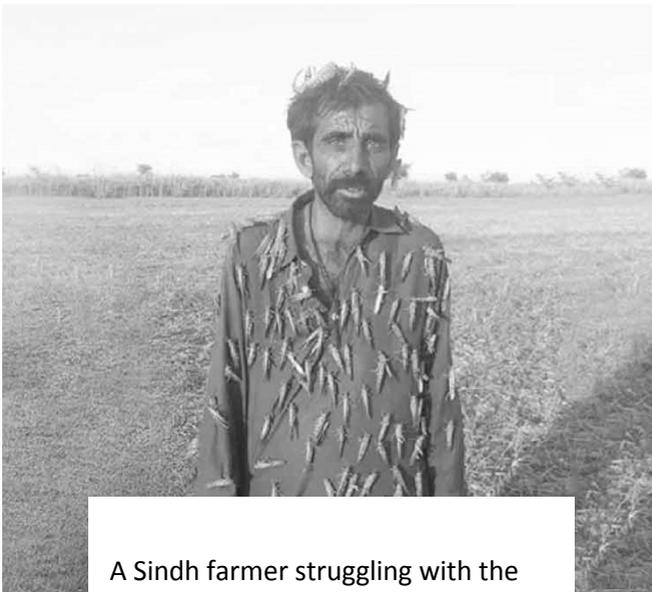
Agricultural regions are now at risk of renewed infestation as the virus hampers the fight against the locusts, with delays in delivering the pesticides and equipment heightening the threat to food security at the worst possible time.

“There is no helping hand for us except God” says farmer Tagji Haloo told Barnabas. Her family is eating just one simple meal a day. “The unexpected plague of locusts ate up our whole crop and vegetables and left us helpless and depressed, with no source of daily food for our families. We already got a loan for our food needs to be fulfilled, but it is not enough or sustainable solution for us. Instead it increases our depression and pressure.” Although Tagji and her husband have lost almost everything to the locusts they remain hopeful and are preparing to sow new summer crops. Tagji says “God sent us Barnabas funds for help when no one was here to care for us in this time of sorrow and unexpected disaster. God bless Barnabas Fund more and more”.

Ideal locust breeding conditions, followed by a spike in coronavirus, have deepened the emergency in southwest Pakistan, and thousands of Christian families are facing famine after they lost the crop just as it was about to be harvested. In Sindh province, one of the poorest areas, at least 30,000 acres were destroyed. And coronavirus infections are rocketing in the Sindh province as travellers are returning from coronavirus stricken Iran.

The UN has warned of a looming food crisis in the wake of the ‘extremely alarming’ locust breeding numbers. Many thousands of already marginalised and persecuted Christians are facing this ‘perfect storm’ of disasters as the food shortages bite. Large scale food relief is desperately needed to save the lives of many people. The World Bank approved \$500 million for the [Emergency Locust Response Program \(ELRP\)](#), helping countries in Africa and the Middle East, but with the addition of the global recession anticipated as a consequence of the pandemic it estimates 60 million people will face extreme poverty and food insecurity.

Source: Barnabas Fund



A Sindh farmer struggling with the locusts

# At Home

## Daily Hope

A free phone line is offering hymns, prayers, and reflections 24 hours a day while church buildings are closed because of the coronavirus. The Archbishop of Canterbury, Justin Welby, recently launched 'Daily Hope' as a simple new way to bring worship and prayer into people's homes, during the lockdown period.

The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services in mind.

The service is supported by the Church of England nationally as well as through the Connections group based at Holy Trinity Claygate in Surrey and the Christian charity Faith in Later Life.

Within 48 hours the line had received more than 6,000 calls from across the country, with many being referred by friends, family or members. Calls have so far spanned more than 50,000 minutes, with some of those accessing the service listening to the music, prayers and reflections for up to 50 minutes at a time.

The Revd Canon Dave Male, the Church of England's Director of Evangelism and Discipleship, said: "The volume of calls shows that Daily Hope is meeting a need.

"We have a duty in these strange and difficult times to find new ways of bringing prayer and worship to people wherever they are, and this is one more way of helping people to connect with God from their own homes. "This is such a simple idea – planned and launched all within a few short weeks by a small dedicated team – but I pray it will bring real comfort, hope and inspiration to people at this time."

Callers to the line hear a short greeting from the Archbishop before being able to choose from a range of options, including hymns, prayers, reflections and advice on COVID-19.

Options available include materials also made available digitally by the Church of England's Communications team such as [Prayer During the Day and Night Prayer](#), updated daily, from Common Worship, and a recording of the Church of England [weekly national online service](#).



How are you getting on with your **Bible in a Year** readings? A number of people have found some of it difficult to understand. It may be useful to make use of bible commentaries either books or on line.

Also our minister Ben is very happy for you to get in touch with him if you have any specific questions or points you'd like to raise about your readings in **Bible in a Year**. He can't promise to answer them all but will do his best! See his contact information at the front of the magazine.

If you have other comments on your experiences with the Bible in One Year do email [bioy@stmarksforestgate.org.uk](mailto:bioy@stmarksforestgate.org.uk)

### **Creative things you can do with your Bible**

The Bible Society is urging people to make good use of their enforced time at home by using their creativity to read the Bible with better appreciation. To help with this, the Bible Society is offering a range of creative Bible-based resources to help people learn new skills, such as journaling, colouring or doing crafts that are Bible-based.

These include:

Bless Our Nest (£5.95) - a colouring book filled with Bible verse designs, featuring colour charts and tools for Bible journaling.

Faithful Papercrafting (£12.99) - now you can create note cards, gift tags and scrap-book paper, mini cards, bookmarks and envelope templates full of inspiring Scripture.

Complete Guide to Bible Journaling (£14.99) - offering new creative techniques for Bible journaling.

Go to: <https://www.biblesociety.org.uk>

### Terry Waite - on coping with lockdown

Terry Waite spent four years in solitary confinement in Beirut. He says: “In isolation, it is easy to become introspective and depressed. All of us, when we are honest and examine ourselves critically, will discover things about ourselves of which we are not especially proud. I had to learn how to grow a greater acceptance of myself and work towards a deeper inner harmony.



“... Today in lockdown, it’s important to keep yourself well. Don’t slob around all day in pyjamas and a dressing gown. Dress properly and develop a routine. It’s important to have a structure – get up at a certain time, eat regular meals and so on.

“If you have faith, then that will give you resources to draw on”, especially if you know some hymns, psalms and prayers by heart. “When I was captured, they were there to call on.”

### Help Identify the Next Bishop of Chelmsford - Consultation Now Open

On 12 April 2020 Bishop Stephen Cottrell left his role of Bishop of Chelmsford after nearly a decade in post. Later this year he will become the Archbishop of York. We thank him for his huge contribution to our diocese and we will be praying for him and his wife Rebecca as they embark on a new chapter in their ministry.

The process is now underway to discern who God is calling to be the next Bishop of Chelmsford and as part of that process we want to hear what you think. The process includes a diocesan consultation that will run until 4 July. If you would like to contribute please see the website [www.chelmsford.anglican.org/our-next-bishop](http://www.chelmsford.anglican.org/our-next-bishop).



# THE CHURCH OF ENGLAND

## God and your money

'That you .... might become rich'

2 Corinthians 8 v 9

The Bible assures us that God isn't poor. "The silver is mine, and the gold is mine," saith the Lord' (Haggai 2:8). 'Every beast of the forest is mine, and the cattle upon a thousand hills' (Psalm 50:10). Now ask yourself: if you were a billionaire, would you be happy seeing your children running around ragged and hungry? No? Well, neither is God!

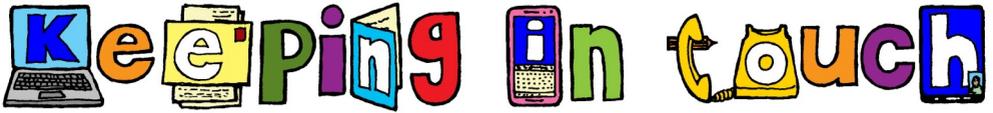
Paul writes, 'For you know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that you through his poverty might be rich' (2 Corinthians 8:9). Maybe you've read this Scripture and thought Paul was talking about being spiritually rich but not financially rich. Let's read the verse in that context and see if it makes sense: 'He who was spiritually rich, for our sakes became spiritually poor, that through his spiritual poverty, we might become spiritually rich.' That's not what it says! Question: when was Jesus ever spiritually poor? No, the verse says what it means and means what it says: 'That you...might become rich.' Now, the word 'rich' means different things to different people. In some countries you're considered rich if you have a roof over your head, three square meals a day, and a bicycle to ride to work.

In fact, right now would be a good time to discuss the much abused and widely misunderstood Bible word 'prosperity'. Prosperity simply means 'having enough to do the will of God'. Does God have a will for your life? Yes. Does He want you to have enough money to fulfil His will for your life? Yes. That's God's plan for your life!

*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?



## 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](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)

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

Thank you.



## Intercession: Time of uncertainty

In this current time of uncertainty Lord we ask that you will provide reassurance and meet the needs of those who are in trouble. Help those who are frightened of illness and those who do not know what to do next. Comfort those who are anxious about the future, where they have no work or are not able to provide for their families. Speak to those who are trying to ignore the reality of the current situation and are behaving in ways that are careless of their own health and of others. Most of all Father we ask that you are present in all our lives as our constant companion.

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

7th June	Pray for all who live in Lorne Road
14th June	Pray for all who live in Ridley Road
21st June	Pray for all who live in Sebert Road
28th June	Pray for all who live in Tylney Road

## Sunday Services

Our services continue to be suspended. Please see the church website [www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk) for more up to date information.

The church building continues to be closed until further notice. Please see the church website [www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk) for more up to date information.'

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

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

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



## What's On

### Online Prayer and Worship Resources

For those of you who will be spending long stretches at home, you may well appreciate some spiritual resources to sustain you. The Church of England has issued a raft of different prayers and services all linked to the current situation on the Church of England website.

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

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



## Care and Concern

### Coffee Morning for London Air Ambulance

As the June coffee morning is cancelled would you like to consider making a donation to the planned recipient: London Air Ambulance



If you would like to share a coffee morning and can access the internet the church is holding an online coffee morning on Zoom at 11:00 am every Tuesday morning. Please contact the church wardens for more information.





## Newham Churches Food Bank

The food bank is continuing to function as there are still people in need. Items can be dropped off in a bin outside the vicarage: 41a Tylney Road.

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

This is what is wanted, as much as possible, please also take note of the **quantities** (if the items are too big, they are often more difficult to distribute). Thank you again for your generosity.

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

Thank you

# Christians Against Poverty (CAP)

## Christians Against Poverty (CAP) concerned at rising level of household debt

“The coronavirus crisis will push thousands of households to the brink.” So warns a spokesman for CAP, the charity which helps people in debt.

So, while CAP approves the Government’s recent £20 per week boost for those on Universal Credit and those receiving Tax Credits, “what many won’t realise is that a staggering 2.83 million people will still fall through a gap in this vital provision.

“These people are those who are still receiving ‘old style’ benefits that Universal Credit is designed to replace – things like Job Seeker’s Allowance (JSA) or Employment Support Allowance (ESA).

“Around one in five of our clients will therefore miss out on the Government’s support package, which is worth more than £1,000 over the next twelve months.”

In all, CAP has listed three further changes it would like to see the Government make:

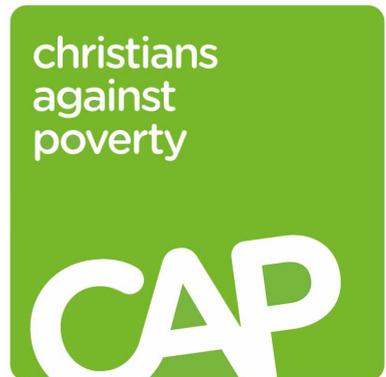
Increase Job Seeker’s Allowance and Employment Support Allowance by £20 per week.

Increase Local Housing Allowance (LHA) rates to the median market rents.

Suspend the benefit cap during the pandemic.

In the meantime, CAP has launched a coronavirus emergency appeal to provide everything from emergency food packages to fuel vouchers, to crucial mobile phone credit to help those who are isolated stay connected during this time. It points out that one in five adults in the UK has less than £100 in savings, and that 38% of their clients’ debt is priority debts like rent, Council Tax and utility bills.

If you can help, go to [www.capuk.org](http://www.capuk.org)





**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](mailto:traidcraft@stmarksforestgate.org.uk).

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

Peter Arnold



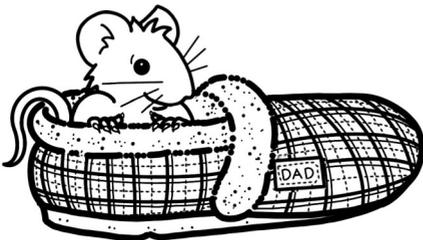
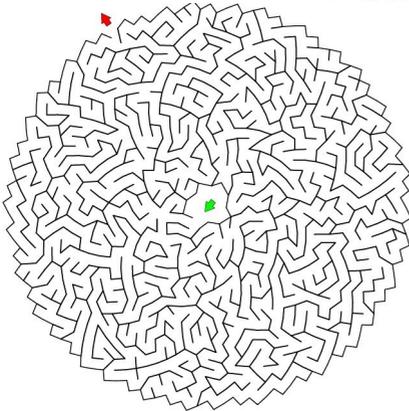
# PUZ?LES

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

© 2013 KrazyDad.com

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

© 2013 KrazyDad.com



Where was the social distancing?

1. How many books are there in the New Testament?
2. What type of insect did John the Baptist eat in the desert?
3. Who were the first apostles called to follow Jesus?
4. Who recognized Jesus as the Messiah when he was presented at the Temple as a baby?
5. Who asked Pilate for Jesus' body after the crucifixion?
6. Paul was shipwrecked on what island?
7. What is the shortest book in the New Testament?
8. Who was the author of the Book of Revelation?
9. What tribe was Paul from?
10. What did Simon Peter do for a living before he became an apostle?
11. Who was Stephen in the Acts of the Apostles?
12. Who was the high priest of Jerusalem who put Jesus on trial?
13. Which Gospel was written by a doctor?
14. Who murdered John the Baptist?
15. What was Matthew before he came a disciple?

## A to Z quiz - answers to May's Quiz

Alice Springs, Richard Burton, Stephen Crane, D'Artagnan, Epiglottis, Anne Frank, Ghandi, Hiawatha, Impeachment, Jodrell Bank, Klimt, Long-sightedness, Monaco, David Niven, Oregano, Primates, Quakers, Read only Memory, Sodium carbonate (washing soda), Tatiana, Democratic Unionist Party, Wise men, Xavier, Yosemite, Emiliano Zapata



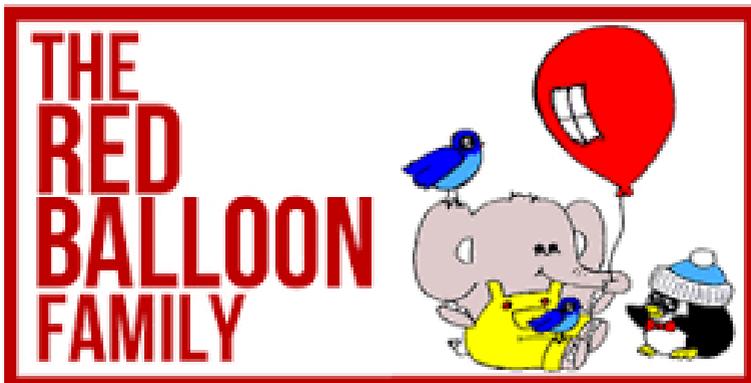
# St Mark's Forest Gate youth

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

All youth events are cancelled until further notice.

We are working with a local youthwork provider called Red Balloon. As such, we have ordered some Family Boxes which contain resources for our young people to use in order to deepen their relationship with Jesus. If you know of a young person who might benefit from this resource, or who might not already be on our list, please let the churchwardens or Ben know.

The boxes contain all sorts of exciting themed activities for families with children aged 4-10 years old to explore together, and for children to be able to enjoy independently. These can form a fun activity day all together, or can be spread throughout a week to provide a daily treat or part of a home-school curriculum.



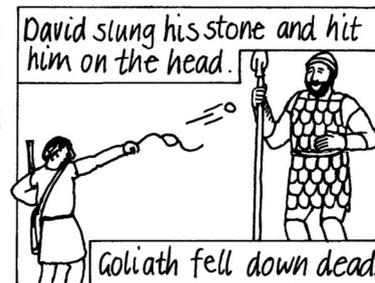
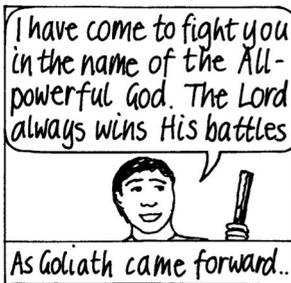
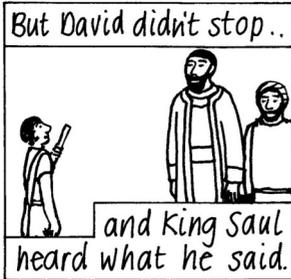
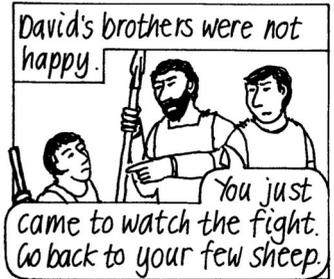


# Bible Bite

## A short story from the Bible

It can be read in the Bible in  
1 Samuel 17:1-50

The Philistine and Israelite armies  
faced each other. For 40 days, the gigantic  
Philistine champion, Goliath, taunted them.



# *the* Liberty Clinic

OSTEOPATHIC & REHABILITATION CENTRE

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

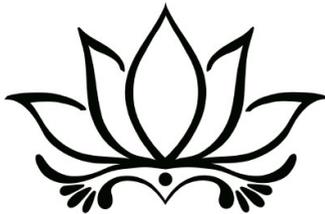
Treatment for lower back and neck pain, shoulder, ankle and knee injuries  
A masseuse for remedial and sports massage  
A fully equipped gym and fitness studio.

**From pain to full rehab we provide it all.**

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

Registered Osteopaths and Masseuse

Established in 1985



We're here when  
you need us

0208 989 0493  
89a Aldersbrook Road  
E12 5DG

[www.compassionatefunerals.co.uk](http://www.compassionatefunerals.co.uk)  
[info@compassionatefunerals.co.uk](mailto:info@compassionatefunerals.co.uk)

Compassionate  
Funerals



Independent Family  
Funeral Directors

1901



2001

TASTEFULLY DECORATED PREMISES  
HOME ARRANGMENTS IF PREFERRED  
ALL DENOMINATIONS AND CULTURES  
CARED FOR



*A complete funeral  
service at reasonable  
charges*

# JAMES HAWES FUNERAL DIRECTORS

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

**020 8478 2424**

IMMEDIATE 24 HOUR SERVICE IN ANY AREA

**29 STATION ROAD, MANOR PARK  
also at ROMFORD**

Prepaid funeral plans through



**Hello Heating**

**Richard Titcombe**

*Plumbing & Heating Engineer*

22 Cranmer Road  
London E7 0JW

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



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



**GARY'S GARDENS**  
 GARDENING MAINTENANCE & ASSOCIATED SERVICES  
 LOCAL AND ESTABLISHED SMALL GARDEN BUSINESS SPECIALISING IN:

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

OWN VEHICLE AND TOOLS.  
 PRICES FROM £20 PER HOUR.  
 REFERENCES AND RECOMMENDATIONS AVAILABLE.  
 CRB CHECKED AND FULLY INSURED. HMRC REGISTERED.

 CONTACT: GARY ON 07918127735

## **R. L. LOWRIE ROOFING CONTRACTOR**

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



Sandy 07743 894596

Russell 020 8555 0866

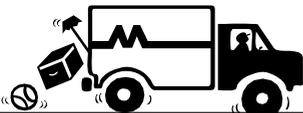
## **TREE FELLING, PRUNING & REMOVAL**



ALSO

**RUBBISH CLEARANCE AND FENCING**

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



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



## **THE OLD SLATE YARD FLORIST**

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

**Telephone / fax 020 8221 1667**



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

## **Smallholders**

### **PET, GARDEN & AQUATIC CENTRE**

Proprietor  
**KEVIN SHAW**

**Tel: 020 8534 1972**  
**Mob: 079 5639 5830**



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

## **MANOR PARK Cemetery & Crematorium**

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

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



ESTABLISHED 1874



ESTABLISHED 1874

# 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
Wednesday	8:00 pm	Music Group
	7:30 am	Prayer Meeting
	10:00 am	Parent and Toddler Club
	12:00 noon	Lunchtime Bible Study
Thursday	7:00 pm	Prayer Meeting
	8:00 pm	St Mark's Players Group
	8:00 pm	Home Group: Ridley Road
	8:00 pm	Home Group: Godwin Road
Friday	8:00pm	Home Group: Lorne Road
	10:00 am	Coffee Morning (monthly)
	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.**



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