

St Mark's

Forest Gate



August/September 2021

50p

www.stmarksforestgate.org.uk

Who's who in the Church

Vicar: Rev'd Ben King

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Authorised Lay Preacher

Sharon Yates

Church Wardens

Mike Richardson 07824 859075

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Treasurer

Peter Arnold

P.C.C. Members

Chairman

Rev'd Ben King

Vice Chairman

Ann Arnold

Treasurer

Peter Arnold

Secretary

Jane Ridout

Sharon Yates (Church Warden) Mike Richardson (Church Warden)

Janet Bone (Deanery Synod Representative DSR)

Yvonne Tiley(DSR)

Ellen Kemp (DSR)

Michael Semuguruka

Barbara Lumsden

Judith Nyabango

Charlotte Mouzer

Jackie Randall

Dave Dale

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

Contact information

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Facebook: St. Mark's Forest Gate

Magazine

Material for the magazine to be emailed to ap.arnold@btinternet.com
or put through the door of 32 Cranmer Road. Material for **October2021** needs to be given in by **Sunday 12th September**.



Message for the Month

Last month I wrote to you about our summer programme – a series of events and activities that the PCC has put together with the purpose of reaching out to our community with the love of God.

We had a wonderful launch event on Sunday, 11th July with lively and engaging presentations from the front. A good number of you have also signed up to help out and I'm hugely grateful to you. Thank you as well to those of you who have delivered our parish leaflet - I've already seen some positive comments on social media with sincere thanks expressed to St Marks. And this is just the start...

Details of all the events are on page 3. Posters for the treasure hunt on Saturday 7th August are also available in church, so please do take one and display it to encourage people to come along. The more the merrier!

And let's also remember to keep calling out to God in prayer. We have a wonderful opportunity to build relationships with our community and to introduce people to Jesus, so let's pray for opportunities to witness and for His anointing and equipping upon us as we do. I'm genuinely excited about what God is going to do and about what the future holds, so please do join me in praying daily for the summer programme and for what comes next. Thank you.

To be honest, that's probably quite enough activity for the summer. As well as an opportunity for our programme, the summer holidays also present the opportunity to rest, so may I encourage you to slow down, take time out and to soak in God's presence.

We've all had to adjust over the past fifteen months and for a lot of us, life has proved even more frenetic and demanding than before. God has made us for rest as well as for activity so, given what we've all been through, let's ensure that we make rest an even greater priority this summer.

As we take time to rest, may the Lord also minister to us deeply and prepare us for all the good things He has in store for us this autumn.

With every blessing and my continued thanks to our gracious God and to you all,

Ben



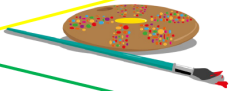
**St Mark's Church
Summer Programme**



**Reaching out
to our community this summer**

Leaflet the parish
Pick up from church
deliver to a street in the
parish
Week beginning 11th July

Get artistic!!
make a display for the front
of the church
Anyone can join in
Sunday 1st August 3:00pm at
the church



Treasure Hunt on Wanstead Flats
Saturday 7th August
starting 2:00 pm
by the changing room
Prizes to be won

**Ice Lolly Pick up,
A free ice lolly for everyone
At various points about the parish**

Saturday 24th July	11:30 to 12:30 pm
Sunday 25th July	2:30 to 3:30 pm
Saturday 28th August	11:30 to 12:30 pm
Sunday 29th August	2:30 to 3:30 pm



Words of Comfort

God offers us a way out, it is not running away but releasing. He says 'Come unto me and I will give you rest'

Matthew 11 v 28

Summary of the PCC meeting held on Monday 19th July at 7.30 pm (on Zoom)

There were 14 Members (of 15) present at the meeting.

The minutes from the June meeting were read and passed and will be available on the church website shortly.

Matters arising: The imminent Summer programme was discussed. The events are shown on the page opposite.

The Woodgrange Market proposal was presented and accepted by the PCC. The possibility of holding a one off bric a brac stall was discussed.

Vicar's Report: The meeting discussed future worship and ministry at St Marks, the Autumn programme and the development of our ministry to young people.

Eco Proposal: The meeting discussed and accepted an Eco proposal put forward by Jane Ridout on behalf of Julie, Radhika and herself with a focus of protecting and nurturing God's creation in line with the Anglican Church's plans for the Autumn.

Finance Report: Peter Arnold presented his report to the meeting, giving details of our income and expenditure. He then gave the PCC details of the Gas contract renewal and it was decided to do a three year contract renewal through the Parish buying Scheme.

Youth and Children's Provision: Sharon Yates (Church Warden) gave a verbal report on our youth and children, reporting that they have been very enthusiastic about the return to activities within the Sunday service.

Sharon said that Messy Church on Sunday 11th had had a very positive atmosphere and that the feedback had been very good. The ice cream van had been a popular surprise at the end of the afternoon!

Churchwardens' Report: Mike Richardson (Churchwarden) gave a verbal update of the report to the meeting. Numbers attending church have been steadily increasing. People have reported feeling safe, so this is a good reason to open up cautiously. Mike thanked church members for being responsible during this time of transition.

Safeguarding: Ellen Kemp reported to the meeting on the number of people now holding a DBS certificate and the number still yet to be registered.

Deanery Synod: Janet Bone reported back on the DS meeting on local changes in ministry and the new Bishop of Chelmsford's address to Deanery Synod which will be linked to the full PCC minutes.

Correspondence: There was a short discussion followed by a time of open prayer.

The meeting ended at 9.42pm

The Sermon

Sunday **18th July**
Speaker **Sharon Yates**
Theme **Mark 6**

Have you noticed how we are obsessed by identifying people by what they do or would like to do? However we should be cautious of putting labels and titles on people, as we are far more than what we do for our work.

If you look at Mark 6 you can answer what Jesus does—He is a teacher and a healer in this chapter. This is not the full story, we know that Jesus fulfilled more than just these two aspects of ministry but it is a starting point from which we can think about both his work and his work ethic. Like all people who work, Jesus had a job description: in Luke 4 where he reads from scripture in the synagogue, he was to proclaim the good news, freedom to the poor, bring sight to the blind and set the oppressed free. However in the case of Jesus there was that additional role - to surrender his life.

How does Jesus do his task? He is part of a team, and his disciples learn on the job spending time with him, learning from him so that when he was no longer with them they could carry on. In Philippians 2 it says he humbled himself; Jesus was a humble and obedient worker and is an example to us all.

In today's passage, Jesus and the disciples were industrious, but Jesus drew a line at the end of the day's work and told the disciples they should rest. In our society busy equals good, and that can be true, but it can also be stressful and harmful. It is important that we rest, that we acknowledge the sacrificial labour of those who put others first, but that we also pray that they find time for proper rest and refreshment.

We also need spiritual rest, to have Mary time in a Martha driven society, to keep everything in balance. After all, God rested in the creation story, and in the commandments we are told to rest. Jesus was not afraid of the task, but also not afraid to rest.

During the summer we traditionally take time for a rest, and so as the shared body of Christ we should collectively take time for spiritual refreshment with Christ so we can continue with our ministry and mission together.

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

Like much of the nation, I was on the edge of my seat for the final of the European Championships, daring to dream that England had what it took to beat formidable rivals, Italy. Alas, it wasn't to be.

However, what was far more saddening than the result, was the abhorrent racist abuse directed against the three black players who failed to score during the penalty shoot-out. I began to wonder whether football would ever come home if this was the persistent attitude from some quarters.

Needless to say, as Christians, we must unreservedly denounce the sorts of comments that were made and of course, reiterate our condemnation of racism as a whole.

It was heartening to see social media flooded with messages of support and solidarity for these three young men who had represented their country in such a noble way. I felt compelled to change my Facebook profile to stand with them and with the millions who long to see racism consigned to the past.

We've done a lot of good work on race at St Mark's over the past year and I want us to continue to promote tolerance and understanding among all races and to ensure that racism is rooted out. It has no place in the church, on the football pitch or anywhere in society.

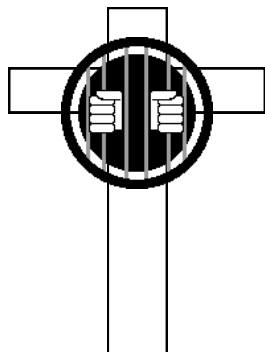
So, please join with me in praying that God will redeem these circumstances. And do please pray for the three young men in question, all of whom profess a faith in Christ and all of whom deserve our full support and encouragement. Thank you.

I've included a link to a newspaper article I was sent about the role and rise of faith in football, drawing particular attention to the personal faith of these three young men. It makes for stimulating reading as well as a good basis for our prayers: <https://www.theguardian.com/football/2021/jul/17/all>

The article is entitled *God-given talent: Saka, Rashford and Sterling blaze a trail for black British Christians*.

Rev'd Ben King

The Persecuted Church



**Truly, I tell you, whatever
you do for one of the least
of these brothers and sis-
ters of mine, you did it for
me.**

Matthew 25 v 40

Lebanon

Elias is a Christian and a barber living in Lebanon's capital Beirut. Despite the many political and economic crises that his country has endured over the years he managed to support himself and his loved ones with the income from his shop.

That changed on 4th August 2020 when 2,750 tons of ammonium nitrate exploded in a warehouse at the port, killing more than 200 people and injuring 7,000.

The shockwave shattered windows as far as 26km away, and more than 300,000 people, including many Christians, lost their homes or were temporarily displaced because of the damage wrought. Four of the five neighbourhoods worst affected were predominately

Christian.

Elias' barber shop was one of the thousands of business premises shattered by the blast. Suddenly he had no work, no income and no means of supporting his family. The Barnabas project manager in Beirut said that many NGOs went to visit Elias and made reports, but it is only Barnabas that has helped fix his shop so that he and his family can live in dignity.

Barnabas has helped repair at least 170 houses, apartments and businesses of Christians. The arrival of winter made the work more urgent as many homes that seemed to be relatively unharmed began to leak, and many premises needed new doors and windows because of water damage.

Barnabas provides food for 3,400 Christian families, hygiene items for 1,000 families, medical assistance for 112 families and individuals, and financial support for 274 Christians in need. Some of those helped were converts from Islam who could not receive other aid because coming forward would put their lives at risk, or Christian refugees from Iraq and Syria.

Lebanon's economy was in meltdown and hyperinflation even before the explosion devastated its main port. In a country already struggling to survive too many crises the explosion came as a final blow. In the year since the disaster the Lebanese pound fell to an all time low, having lost 85% of its value at the time of writing, causing poverty to soar in a country that relies heavily on imports.

The price of basic foods, nappies and construction materials are spiralling, medicine is in short supply and jobs previously thought secure were wiped out by the financial turmoil. Covid has compounded the city's misery and hospitals are overflowing.

Georgette is a single Christian woman who lives with her elderly brother. She lost her job as a school cleaner after the explosion because the school was no longer able to pay her. Barnabas helped her set up a small business selling her homemade pickles and tomato sauces. She is not a beggar any more and earns enough to enable her to live in dignity.

Source: Barnabas fund project reference PR1533

Email info@barnabasfund.org

Pakistan

In June Shagufta Kauser and Shafqat Emmanuel were released from death row after the Lahore High Court acquitted them from a blasphemy charge. They were sentenced to death in 2014 for sending a blasphemous text message to a local cleric. The couple are illiterate and unable to text in English and they have always maintained their innocence.

Let us give thanks to God for their protection and pray for them to receive the help they need in rebuilding their lives. Let us bring to God our sense of outrage at the injustice they have suffered losing 7 years of their lives, and remember before God the countless others who are unjustly imprisoned around the world at this time.

Source: Christian Solidarity Worldwide

Website csw.org.uk



On Holiday

On Holiday with Jesus

August is the month when schools are off and many of us go on holiday. This year will be very different, with many opting for a 'staycation'! The good news is that Jesus offers us a true rest:

'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.' (Matthew 11: 28-29). Are you feeling tired or burdened and in need of a holiday? Jesus invites you to spend it with Him!

The Invitation: Our holiday destination is Jesus Himself: 'Come to me, all you who are weary and burdened.' We can come just as we are, with all the burdens and sadness we carry from the last 18 months. Jesus doesn't offer a 'quick fix' to deal with our issues; He simply offers Himself!

The Promise: Jesus promises us the gift of refreshing, sustaining and everlasting rest. When we go on holiday, we usually look forward to doing very little and yet this is not the kind of rest Jesus offers. His rest involves taking up His yoke and learning from Him! A yoke was the wooden collar that ran across the shoulders of a pair of oxen to enable them to work the fields. Jesus says: 'My yokes fit well. They do not rub your neck and shoulders. Come to Me and get yoked to Me. Make an act of loyal obedience and trust in Me. And you will find a deep peace and satisfaction that you could never find anywhere else. I have come for you!'

What's so amazing about this holiday is that you can get rest by simply staying at home!



Five things we've learnt about Truth in the pandemic

A vital issue for us from recent months has been 'How has truth fared during the pandemic? Here are five key points.

Truth can save your life.

Knowing the truth about the Covid-19 virus and vaccines gave vital protection during the pandemic. The advice of scientists, health professionals and researchers has been widely sought out and debated. But we've also seen a rise in conspiracy theories, anti-vaccination campaigns and growing confusion as people challenge the extent of the pandemic, and whether Covid-19 is really a threat.

Truth comes from trust.

Knowing who to trust is one of the fastest growing challenges facing anyone wanting to know more about the pandemic and its causes. While faith in doctors and scientists is generally good, trust in politicians has remained low, and scepticism and confusion are growing.

Truth can be found on your doorstep – but not always.

Local information has become more important, especially during lockdowns. Neighbourhood social media networks have been taking their place, spreading information – not all of it verifiable and sometimes incorrect.

Truth has to be valued and protected.

Reliable, trusted journalism has been at a premium. ITV News journalist Julie Etchingham defended the role of the media during Covid-19. The news presenter, a practising Roman Catholic, explained: "Many in our front-line services and the wider public are demanding answers. We are there on their behalf."

Truth can be complicated – and that's ok.

Throughout the pandemic, politicians have spoken about 'following the science.' This, they have said, has guided their decision making. Yet scientists can have a range of views, based on similar research findings. It's in the discussion and debate that scientific truth arises. People accept that the 'scientific evidence' is not always straightforward. We know that truth can be complicated, from our own daily lives. So politicians who level with their electors about the complexity of the decisions are often received with more credibility.

Key role for faith communities

Faith communities in the UK have played a critical role in supporting many disadvantaged and vulnerable groups of people during the pandemic. And the Government is going to need their active support if

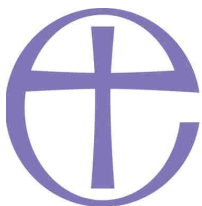
it is to speed up the process of recovery. So says a recent report, *Stepping Up and Stepping Out*, from the Good Faith Partnership.



The report calls for a social covenant for the post-Covid recovery phase that would strengthen partnerships between faith communities and the Government, local authorities and government agencies.

A key recommendation is the appointment of a Faiths Commissioner, on the model of the Children's Commissioner, together with an expert panel of faith leaders, with the aim of seeking ways of working which are more integrated. The partnership's survey identifies mental health and well-being, unemployment, and poverty as three special areas of concern.

The Bishop of London, the Rt Revd Sarah Mulally, writes in the foreword to the report about the importance of creating positive connections and collaboration between faith groups, government and local authorities.



THE CHURCH OF ENGLAND

Be Tenacious

Stand firm. Let nothing move you...your labour in the Lord is not in vain

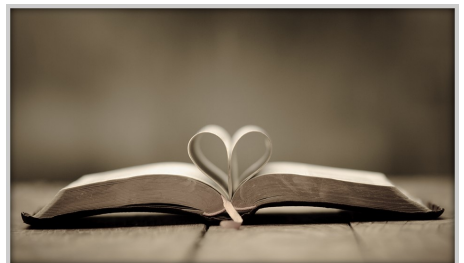
1 Corinthians 15 v 58

One of the most prevalent themes in the Bible is *perseverance*. The apostle Paul writes: 'Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labour in the Lord is not in vain.' Again he writes: 'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up' (Galatians 6 v 9). And James adds: 'Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him' (James 1 v 12). The dividing line between winning and losing isn't talent; it's tenacity.

Being tenacious means this:

- 1) *Giving it everything you have, not more than you have.* Some people inaccurately believe that being tenacious demands more than they have to offer. As a result, they get discouraged and stop pushing themselves. But being tenacious means giving 100 per cent – not more, and certainly not less.
- 2) *Working with determination instead of waiting on destiny.* Persistent people don't rely on luck, fate, or destiny for their success. They recognise that trying times aren't the times to stop trying.
- 3) *Stopping when the job is finished, not when you're tired.* To succeed, you often have to push beyond what you think you can do. Remember, victory isn't determined until the last step in the race has been run. So draw on God's grace, refuse to give up, and keep going until you cross the finish line and win the prize.

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

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.

Their 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

Thank you.

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.

There is also prayer ministry held after the morning service every Sunday in the vicarage garden. You are welcome to come along even if you are not able to attend the service.



Intercession: Children

Loving God, we pray for all children as they prepare for a new season in their lives. As they start nursery or school for the first time – give them joy in new experiences. As they move to new classes – give them confidence in growing friendships. As they move to new schools – give them strength in their growing independence. As they move on to college or university – give them wisdom in their maturity.



And for all the teachers, assistants, helpers, carers and volunteers who teach and nurture our children and young people, we ask for your blessing, your joy, your wisdom and your patience as they re-charge their batteries over the summer break, ready for the new term! We ask this in the name of Jesus. Amen.

Lord in your mercy,
Hear our prayer

Our Parish Streets:

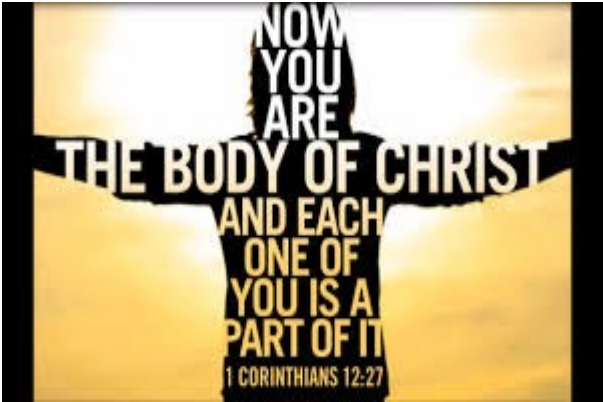
Week beginning

1st August	Pray for all who live in Capel Road
8th August	Pray for all who live in Capel Point
15th August	Pray for all who live in Chestnut Road
22nd August	Pray for all who live in Cranmer Road
29th August	Pray for all who live in Curwen Avenue
5th September	Pray for all who live in Emily Duncan Place
12th September	Pray for all who live in Forest Side
19th September	Pray for all who live in Godwin Road
26th September	Pray for all who live in Horace Road

Services in August and September

Date	Service	Theme	Reading
1st	Holy Communion	I am the bread of life	John 6 vv 30-40
8th	Morning Worship	I am the vine	John 15 vv 1-17
15th	All Age	I am the way, the truth and the life	John 14 vv 1-17
22nd	Holy Communion	I am the good shepherd	John 10 vv 11-21
29th	Holy Communion	I am the resurrection and the life	John 11 vv 21-37

The service will be available every week on YouTube. We are meeting in the church for Sunday morning worship at 10:30am; safe distancing measures are still in place and everyone will be asked to wear a face covering unless exempt. We will continue to sing outside in the car park. In August there are no children's groups, but activity packs will be available. Please check on the church's webpage or look out for notice emails for other changes. Please check the website in September for services in September.



2021 Motto

Resources

Wednesday at 7.30 pm:

We'll take a break during August, but please do continue to keep the church and community in your prayers, especially the summer programme. Please also pray for God's blessing and protection over us all. Thank you.

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. **There will no meeting from the Monday 2nd August until Monday 6th September.**

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



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: 821 2451 2055
Password: E70LJ

Care and Concern

Coffee Morning: MS Society



The society works to fund research into multiple sclerosis causes and possible treatment and to provide support and information to sufferers.

As we are not able to hold the coffee morning if you would like to donate to MS Society you can find further information on their website: www.mssociety.org.uk.

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 821 2451 2055
Password E70LJ



Asha Trust (Sri Lanka) <http://ashatrust.co.uk>



Asha Trust works in a neighbourhood on the outskirts of Colombo in Sri Lanka. This is a poor area and many people work on day wages, Covid has had a devastating effect on them. The charity is providing food on an ongoing basis so needs to keep raising sufficient funds. The effect of the Delta Variant has increased the difficulty of sourcing and distributing the food.

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.

Please note from the 6th to 20th August the bin will be outside 32 Cranmer Road.

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

- | | |
|--|------------------------------|
| Rice | Granulated sugar |
| Pasta | Jam |
| Lentils | Biscuits |
| Long life milk | Sweet and Sour sauces |
| Orange/blackcurrant squash | Soap powder blocks |
| 1lb bags of flour | Washing up liquid |
| Vegetable oil | Nappies (size 3,4, 5, and 6) |
| Vegetarian meals (tinned is fine but not just macaroni cheese) | |

Thank you



For your daily living

Don't be afraid to fail

In my local church, we use a parish prayer which includes the line: 'Help us to be brave enough to fail - but try again.'

Encouraging words indeed, and if we look back throughout the centuries, many men and women who have made the world a better place have taken those words to heart.

For example, where would we be today without electricity? Yet at school, Thomas Edison was told he was "too stupid to learn anything." He was sacked from his first two jobs; and made 1,000 unsuccessful attempts at inventing the light bulb. But in the end, he succeeded, and changed the course of world history.

Car manufacturer Henry Ford revolutionised transport in the USA, but he had five businesses fail before he founded the successful Ford Motor Company.

Winston Churchill was a Nobel Prize-winning, twice-elected Prime Minister, but he struggled at school, was defeated in early elections for public office, and did not become Prime Minister until he was 62.



As the late Nelson Mandela wisely observed: "Do not judge me by my successes, judge me by how many times I fell down and got back up again."

So, let us commit ourselves to loving God with all our hearts, to putting our abilities at His disposal, and to never giving up.

Colin Hammacot



Traidcraft is continuing to supply a variety of fairly traded goods. 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.

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 or phone me on 020-8519-5765. Peter Arnold



Have you done a strip for our motto banner?

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.



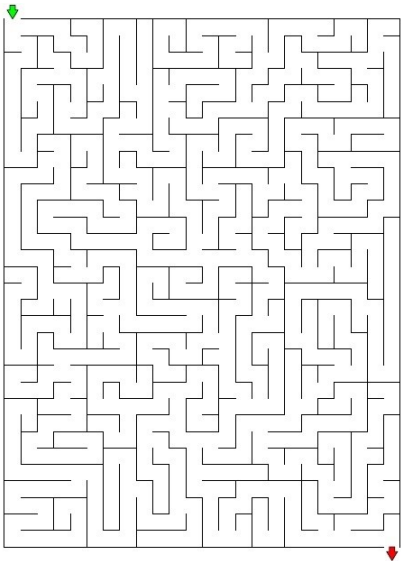
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How about a bit of virtual travelling this summer, even if we are very limited as to anything else?

1. What's the northernmost capital city in the world?
2. Asmara is capital of which country?
3. Which pop star starred in the 1960s film Summer Holiday?
4. Where is the resort of Magaluf situated??
5. Which famous Peter is St Petersburg named after?
6. Los Angeles is California's most populous city. Which is its second?
7. The Nile and the Amazon are the world's two longest rivers. Which is the third longest?
8. Africa has the world's fourth highest capital. What is it called?
9. Which island group includes Ibiza, Menorca and Majorca?
10. Which countries are in Scandinavia?
11. What is Britain's most southerly national park?
12. What is the capital of the Falkland Islands?
13. LOT is the national airline of which country?
14. In which country is the legendary city of Timbuktu?
15. Which tour operator and airline was formerly owned by the Dart Group?
16. What is the largest country in South America?
17. What is Europe's most mountainous country?
18. What was Ho Chi Minh City previously called?
19. What is the capital city of Cuba?
20. In miles, how long is the Eurotunnel?



It happened in July Answers

1. Josiah Wedgwood
2. Canada
3. The Salvation Army
4. Entebbe, Uganda
5. Jackie Lee Bouvier
6. 1776
7. Louise Pasteur
8. Amelia Earhart
9. Storming of the Bastille
10. Rembrandt van Rijn

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.



St Mark's Church
Summer Programme





Treasure Trail on Wanstead Flats

Saturday 7th August
2:00 to 3:30pm

**Welcome Desk opposite Lorne Road
by the changing room**

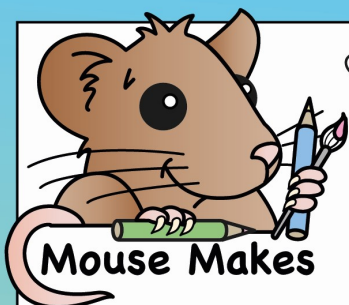
**Find some of the joys of the natural
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**Collect stickers
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but all ages welcome**





Mouse Makes

What grew on the dry land?

___ N ___ and

___ E ___



READ
Genesis
1:-31

IN THE BEGINNING ...



What did God
create in the beginning?

___ V ___
and ___ H ___



What was the first
thing God said
on the first day?

"Let there be

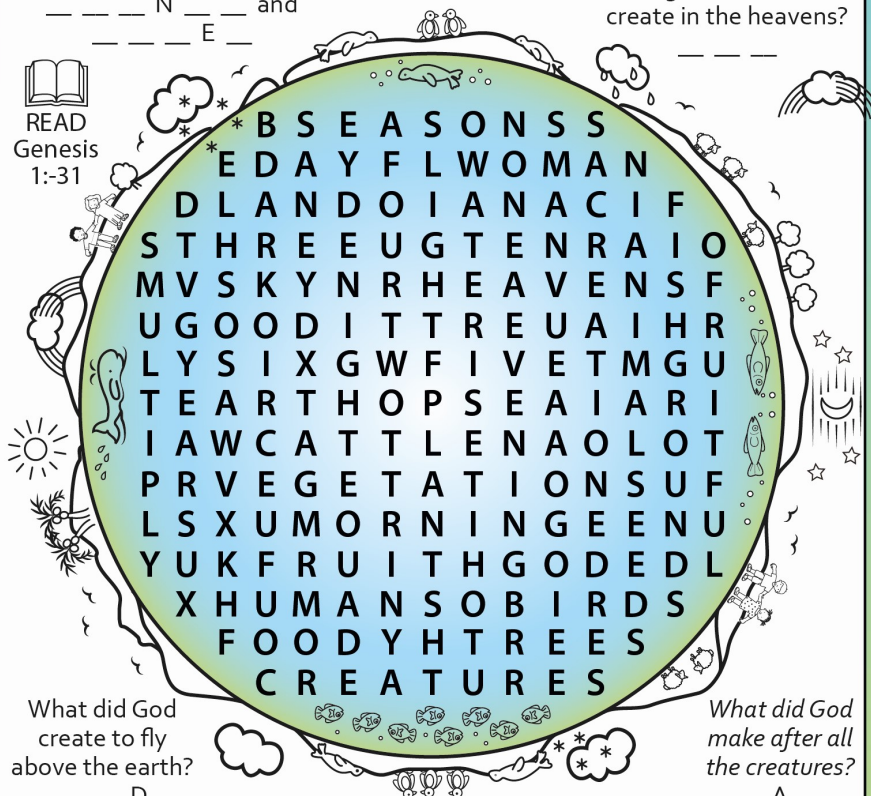
___ G ___



What did God separate
on the second day to
create heaven?

___ T ___

How many great
lights did God
create in the heavens?



What did God
create to fly
above the earth?

___ D ___

What did God
make after all
the creatures?

___ A ___

Find the answers to the questions in the word search then find all these words too:



CREATION • ONE • DARK • DAY • NIGHT • EVENING • MORNING • SEA
VEGETATION • LAND • SEEDS • FRUIT • THREE • SEASONS • YEARS • FOUR
SKY • FISH • FIVE • CREATURES • CATTLE • ANIMALS • GROUND • HUMANS
WOMAN • FRUITFUL • MULTIPLY • FOOD • SIX • GOD • SAW • GOOD



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Bible Bite

A short story from the Bible

It can be read in the Bible in

2Sam 15, 16:15-19, 17:4-22, 18:1-12, 33, 19:1-8

King David had many wives and children. He loved his sons so much that he never punished them or told them off if they did wrong.

Also David had not said who would be king after him.



His son Absalom was very handsome, and he made friends with everyone.



People began to prefer him to David.



Absalom gathered an army of supporters and they headed for Jerusalem.



David and his supporters had to flee.



A few stayed behind to be spies and to give bad advice.



David was able to get away.

The two armies fought in a rocky wooded place.



Absalom was riding through it when his hair got caught in a tree.



Joab and his men killed him.

When David heard Absalom was dead, he was so upset...



..his soldiers were ashamed they had won.



Joab came back from the battle and found David crying



You should be ashamed! You care more for your disloyal son than for those who risked their lives for you!



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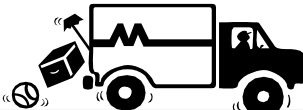
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Tel: 020 8534 1486 Fax: 020 8519 1348
Email Jan@mpark.co.uk



St. Mark's Weekday Activities

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

Monday	10:00 am	Banner Group
	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
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)
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

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.



THE LORD bless you
and KEEP you, The
LORD make His face
shine upon you,
And be GRACIOUS to
you, The LORD lift
up His COUNTENANCE
upon you, And GIVE
you PEACE.



www.stmarksforestgate.org.uk