

# St Mark's

## Forest Gate



**June 2021**

**50p**

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

## Who's who in the Church

**Vicar: Rev'd Ben King**

020 8091 5652 or 07437 522650

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

Authorised Lay Preacher

Sharon Yates

Church Wardens

Mike Richardson 07824 859075

Sharon Yates 07909 279100

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

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

Website

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

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Notices

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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 2021**  
needs to be given in by **Sunday 13th June**.



Last month, St Mark's joined with millions of others in the global prayer movement, *Thy Kingdom Come*. Launched by our Archbishops in 2016, *Thy Kingdom Come* encourages people to make a special effort to pray during the ten days from Ascension to Pentecost; in particular, to intercede for five people to come to a living faith in Jesus.

Not only is it encouraging to think of so many people around the world devoting themselves to prayer, but *Thy Kingdom Come* also helpfully brings us back to *what* prayer is and *why* prayer is so indispensable for followers of Jesus.

As we continue to ease out of the pandemic and into a new season at St Mark's, prayer is one of the things I think we need to prioritise.

Certainly, I want us to deepen our understanding of what prayer is and why Jesus has called us to pray. But I also want to encourage us to devote more of our lives to prayer. Generally speaking, the church is good at talking about prayer but less good at doing it.

I also want us to focus on prayer because I see the summer as a season of preparation for the future. And preparing for the future always means prayer. By praying, we are asking God to open up the way before us and are petitioning Him to equip and anoint us for what's to come. As we ask God to reveal His will for our future and prepare to follow Him, prayer must be at the heart of all we do.

That's why on Sunday mornings throughout June, we are going to be looking at different aspects of Christian prayer, whilst also reintroducing intercessions and prayer ministry as part of our regular worship.

Mindful of our increasing community engagement, may I also invite you to join us for our weekly prayer walk every Wednesday evening from 7.30pm. We'll meet outside St Mark's and dedicate 60 minutes to praying for our church and community.

Most of us are aware that God works powerfully through prayer to change circumstances and to transform lives. You may well have a story of your own which bears this out. May I then, encourage you to join in with the new thing God is doing by recommitting to prayer, both on your own and by coming together on a Sunday morning and Wednesday evening. And as we do, let's be mightily encouraged that: 'The prayer of a righteous person is powerful and effective.' (James 5:16b). Lord, hear our prayer and let your kingdom come in power!



# Opportunities, Resources and Information



## Prayer Walking

Every Wednesday evening from 7.30pm there will be a prayer walk around the parish.

A prayer walk is where we step out and pray together for the community we serve, in a specific way, going on each street, walking past each house covering the whole neighbourhood in prayer. Seeking God's love for those we live amongst

So step out in faith, meet outside St Mark's on a Wednesday evening, and dedicate 60 minutes to walking and praying for our church and community.

## BAME Forum 29th March

The April PCC received an update from the Race Steering Committee (a subgroup of the PCC) who have been looking at how the church can improve its response to the diversity of our congregation following the survey done in 2020.

A Forum meeting was held on 29th March for a wide range of members of the church, and the following items were discussed:

- Appropriate name for the forum as BAME is rather dated
- Belonging and Inclusion
- Representation and involvement in leadership
- Style of worship
- Cultural and social events
- Communication

## Words of Comfort

It will surprise you how often the thing you fear the most will never happen

Deuteronomy 1 v 21

Matthew 21 v 21

## Summary of St Mark's PCC held by Zoom on Monday 26th April 2021 at 7.30pm

These are the main points discussed by the PCC at the April meeting. The minutes will be published on the website after they have been passed at the next PCC meeting on 14th June.

- Feedback from the Lent, Holy Week and Easter events and activities. It was generally felt by the meeting that the daffodil pick-up had been very successful and that the Holy Week boxes for both children and adults had been well received.
- Rev Ben King's report discussed ideas that had been submitted for the church's roadmap out of lockdown, the vision for St Mark's, and the proposed future pastoral team.
- Peter Arnold presented an energy audit suggesting how the church could move to net zero carbon energy use by 2030, which would be an unprecedented level of pace and scale. This is something being discussed and aspired to by the Church of England.
- The meeting received an update on diversity from the Race Steering Committee. Please see page 3 for the summary.
- Sharon Yates gave an update on the Youth and Children's work.
- The Treasurer, Peter Arnold, presented the accruals accounts to the meeting along with the current financial status of St Mark's.
- The church wardens, Mike Richardson and Sharon Yates, presented the Premises Plan to the meeting with encouragement to pray about how we move forward with changes and work to our church building, and about changes in our activities as a church.  
There were no Safeguarding changes and nothing from Deanery Synod, which had not met since the previous PCC meeting.

The meeting closed in prayer at 9.45.

The next PCC meeting will be on 14th June; if there is any matter you want raised please speak to a PCC member.

Jane Ridout PCC Secretary

# The Sermon

**Sunday**      **9th May**  
**Speaker**    **Ben King**  
**Theme**       **Stewardship Sunday**

We are invited to reflect on the principles of good stewardship and to consider our response to all that God has blessed us with.

## **Responding to God's love**

*"... that though he was rich, yet for your sake he became poor, so that you through his poverty might become rich." 2 Cor. 8:9*

God's love expressed on the cross  
He invites us to respond in sacrificial love to Him

## **Responding to Jesus' faithful provision**

*Give us today our daily bread." Matthew 6:11*

God's love is expressed in meeting our needs  
His love exceeds all expectations

## **Responding to the needs of others**

*"...so that you can be generous on every occasion" 2 Cor. 9:11*

The pandemic has created new and different needs  
God's generosity to us enables us to be generous in turn

## **Response from you**

Reflect and pray  
Refer to the update and letter for practicalities  
Fill in a response form

Because of the pandemic, we do appreciate the sensitivities around the subject of money and quite understand that some people might have to revise their giving accordingly .

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

# The Church Year - Trinity Sunday

## 30th May Trinity Sunday, celebrating our God who is Three Persons

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

Deuteronomy 6:4: 'Hear O Israel, The Lord our God, the Lord is one.'

Isaiah 45:22: 'Turn to me and be saved... for I am God, and there is no other.'

Genesis 1:1-2: 'In the beginning God created.... and the Spirit of God was hovering...'

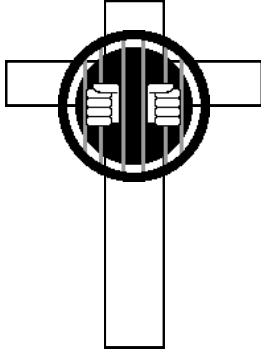
Judges 14:6: 'The Spirit of the Lord came upon him in power...'

John 1:1-3: 'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made.'

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells His disciples: 'I am going to send you what my Father has promised; but stay in the city until you have been clothed with power (the Holy Spirit) from on high.'



# The Persecuted Church



**Even though I walk  
through the valley of the  
shadow of death, I will  
fear no evil, for you are  
with me ; your rod and  
your staff they comfort  
me.  
Psalm 23 v 4**

The Bible Society requests prayer for our brothers and sisters in Mozambique, Cameroon, and Niger as they risk their lives to share the gospel in communities targeted by the Islamic militant group, Boko Haram.

Forty three year old Joseph was a respected church leader and worked for the Bible Society as a literacy teacher, one of the best it was said. Cradling his sick child, he with his wife and many other families from his village were hiding in a cave, high in the mountains of Cameroon. They crouched silently in the darkness because they had heard that Boko Haram were rampaging through the area. The militants raid villages, looting and burning buildings, and kill people in the most horrific ways. In the cave Joseph's poorly child began to cry. He did not want to put the community at risk by revealing their hiding place so he returned home with his wife and child. Boko Haram attackers found them; Joseph's wife managed to escape but

Joseph was murdered. The killing in September last year shook the Bible Society family to the core, but tragically for local Christians the event was all too common.

Back in 2013 a Bible translation was launched for the Podoko (also called Parkwa) community. Most of these mountain dwellers, who live in the far north of Cameroon, are Christians and are known for their vibrant active faith. Alongside translation work literacy classes were run to teach local people to read, but soon after the project started Boko Haram stepped up their campaign of violence.

In 2019, one of the Bible translators escaped an attack on his home but was lost in the mountains for a week before anyone found him. Last year, just two months before Joseph's death, Jonas (a literacy teacher) was shot in the head as he stood outside his church building.



Luc Gnowa, who leads the Bible Society work in Cameroon, recently journeyed to the north of the country to see the situation for himself. “We rode on motorbikes through village after village abandoned due to the abuses of Boko Haram; health centres, schools and churches are standing empty and abandoned” he said. He was greeted warmly by the Podoko community “They were surprised at our love for them ..... Nobody comes to visit them anymore”. “It was late afternoon and many families were retreating up the mountain to their night time hiding places. I was able to visit Joseph’s grave and pray with his friends and family members before we had to leave.”

Knowing the risks of Bible ministry in this region, why do they persist in the face of such danger? Luc says “Joseph and Jonas were responsible for bringing the Bible to their community and after their murders our task becomes even more urgent. It is the bible that will bring them hope and heal the wounds of the Parkwa speaking people. You know when God sends you on a mission he does not tell you the conditions you will face, He simply says Go. God sent us to these people and we must accomplish our mission and with God’s help we will despite the action of the enemy”.

Please pray for our brothers and sisters in Cameroon and the other nations in the Sahel region of Africa who live under the constant threat of Boko Haram and other terrorist groups. Ask God to give them courage so they will not be deterred from worshipping or from spreading the word of God.

Please pray for the families of Joseph and Jonas, for safety and protection for the bible society in the region and healing and hope to communities who have endured so much.

Source: Bible Society Word in Africa

### **Dates for your diary**

#### **Tuesday June 29th 2021 The Day of the Christian Martyr**

We are invited to join other churches in remembering modern day Christian martyrs: see [releaseinternational.org/martyrs](http://releaseinternational.org/martyrs)

#### **Saturday 25th September 2021 Standing Strong Together**

This is an online event of worship run by Open Doors to stand in solidarity with millions of our persecuted family who do not have the freedom to celebrate openly. See [opendoorsuk.org/standingstrong](http://opendoorsuk.org/standingstrong)

# Annual Parochial Church Meeting Monday 17th May

27 people attended the **Annual Vestry Meeting and APCM** by Zoom with 6 apologies. It was opened with a reading and prayer from Rev'd Ben King.

The vestry meeting acknowledged the adopted minutes of the October 2020 Annual Vestry Meeting and APCM which had been adopted by the November 2020 PCC meeting. Two Churchwardens were then elected. There being only two nominations, Mike Richardson and Sharon Yates were elected as the Churchwardens.

There was one vacancy for a **Deanery Synod representative** (2021-23). Yvonne Tiley was proposed and seconded, and is now a Deanery Synod member.

Three people were proposed and seconded for **PCC members** and were duly elected: David Dale, Barbara Lumsden, and Judith Nyabango (Yvonne's election to Deanery Synod creates an extra vacancy on PCC, as Deanery Synod members are automatically permitted to serve on PCC).

The APCM also voted to receive:

**The Electoral Roll** presented by Mike Richardson

**The Annual Fabric report** presented by Mike Richardson.

**The Churchwardens' report** was presented to the meeting by Sharon Yates.

Peter Arnold, the church **Treasurer**, presented the accounts of the PCC for the year ended 31.12.2020 and asked the meeting to adopt them subject to sign off by the independent examiner. This was passed by the meeting.

Peter Arnold proposed that the independent examiner to be appointed for the 2020 PCC accounts be Jagdeep Ghataore who examined the 2019 accounts, and this was passed by the meeting.

**The Vicar, Rev'd Ben King, presented his report** to the meeting which consisted of A Year in Pictures, a moving video compiled by Mike Richardson, showing all our activities during the past twelve months, followed by Ben's thoughts about the future vision for St Mark's, encouraging us all to renew our relationships with each other over the coming weeks and to consider how we continue to reach out into the community.

## List of the PCC Members for 2021-2022:

Rev'd Ben King (Chair), Sharon Yates (Churchwarden), Mike Richardson (Churchwarden), Barbara Lumsden, David Dale, Jane Ridout, Michael Semuguruka, Jackie Randall, Ann Arnold, Charlotte Mouzer, Peter Arnold, Judith Nyabango, Janet Bone (Deanery Synod Rep), Ellen Kemp (DS Rep), Yvonne Tiley (DS Rep).

There is one PCC member vacancy. The inaugural PCC meeting will be held at 7.30pm on Monday 14th June.

The meeting was closed in prayer.

## India - Engulfed by a Tsunami of Grief

Covid-19 has been overwhelming India in recent weeks, bringing its health services and institutions to their knees. Hospitals have run out of oxygen, medical staff cannot help the queues of desperate patients, and bodies are piling up as people die in vast numbers.

The Indian Christian community, like their compatriots, have also been suffering. Reports speak of many church leaders contracting the virus and some even dying. Their congregations, also sick and dying, are left without pastoral care.

Indian Christians report that more than 50-60 senior church leaders have died. One pastor said: “in the last seven days we have lost four pastors to Covid19.” Another organisation lost three missionaries within a week. These examples are just the tip of the iceberg.

The lockdown is causing severe suffering to the poorest, the day-labourers, who now have no work and no income. Barnabas Fund is working with Indian Christian leaders to provide assistance, both food and medical help, for our brothers and sisters. If you would like to help support them, please go to: <https://barnabasfund.org>



## Archbishop of York's Presidential Address to General Synod

It was “sobering and shameful” for the Church of England to be “confronted by the recent *Panorama* documentary”, which looked at “a number of shockingly specific instances where sisters and brothers in Christ have experienced racism in the Church of England.”

So said the Archbishop of York in his recent Presidential Address to the General Synod.

He went on to say that the Anti-Racism Task Force set up by the Church last autumn had now published its “inspiring, challenging, and – God willing – far reaching report” to deal with the “institutional racism” found in the church.

“It identifies five areas where urgent action is needed, namely: participation, including appointments and shortlists for appointments; education; training and mentoring; work with young people; and governance and structures.”

The Archbishop looked forward to the discussion of all this at a future Synod. “However, we couldn’t let this group of sessions pass without acknowledging the scale of the challenge and the call to action.”

The Archbishop went on: “I’m not standing here to defend our record. Nor am I saying everything will be ok. ...I’m saying that there is racism in the Church, and it must be confronted.”

The Archbishop agreed with a statement by the Revd Arun Arora which said: ‘Apologies and lament must now be accompanied by swift actions leading to real change.’



# THE CHURCH OF ENGLAND

### Accept responsibility for your life

The wise are glad to be instructed

Proverbs 10 v 8

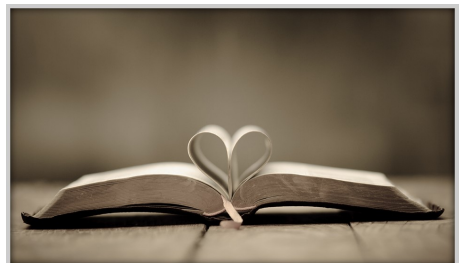
if you want to walk in God's blessing, stop making excuses and take responsibility for your life. The Bible says, 'The wise are glad to be instructed...fools fall flat on their faces.'

The ability to accept responsibility is a hallmark of character and maturity. More importantly, God can't restore you until you acknowledge and turn away from your sin. Nowhere in Scripture does God excuse our sin because of someone else's behaviour. The Bible says He will 'repay all people as their actions deserve' (Proverbs 24:12). When you keep placing blame on other people, you never reach the place of honest responsibility – where real change begins!

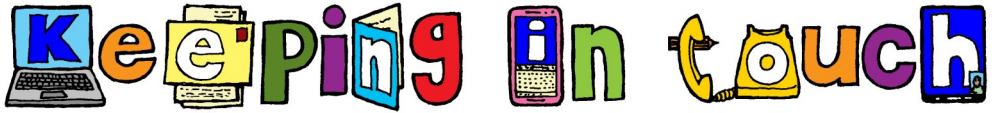
A respected counsellor writes: 'All blame is a waste of time. Regardless of how much fault you find, it will not change things. The only thing blame does is keep the focus off *you* when you're looking for reasons to explain your unhappiness or frustration. You may succeed in making someone else feel guilty, but you won't succeed in changing whatever's making you unhappy.'

Blaming others is often just a way of avoiding the truth about yourself. Jesus said that knowing the truth will set you free (see John 8:32). It may make you very uncomfortable at first, but it's the thing that will truly liberate you. And hiding from it doesn't make it go away. In fact, until you're willing to face your mistakes, you'll keep having problems. Is that really how you want to live? No? Then get honest with God, and let Him help you correct the things in your life that are out of order.

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## Can we help you?



### Pastoral Help and Support

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

The contact details are:

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

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

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

Thank you.



## Intercession: pray about our new normal

Father we pray to you about the new social, economic and family circumstances which we now find ourselves in.



Help us all to be sensitive to each other when we start to interact more. Help us to be kind to those who are still frightened of going out, to still help and support in the way we have been doing all through the last year until they get their confidence back. Help us to be tolerant of those who feel that they can ignore all cautions and are crowding us and not wearing masks because they think it is all over.

We thank you Father for the scientists and politicians who have sought to keep us safe, may they continue to be vigilant and do what is safe and right, not what is expedient.

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

6th June	Pray for all who live in Lorne Road
13th June	Pray for all who live in Mornington Hall
20th June	Pray for all who live in Ridley Road
27th June	Pray for all who live in Sebert Road

Services in June

Date	Service	Theme	Reading
6th	Holy Communion	The purpose of prayer	Mark 1 vv 29-39
13th	Holy Communion	The practice of prayer	Matthew 6 vv 5 - 15
20th	All Age	The power of prayer	Acts 9 vv 36 - 43
27th	Holy Communion	Persevering in prayer	Luke 18 vv1 - 8

The service will be available every week on YouTube.

We have returned to the church for Sunday morning worship at 10:30am; safe distancing measures are still in place and everyone will wear a face covering unless exempt. We are still unable to sing in the building, so will sing outside in the carpark instead. Please check on the church's webpage or look out for notice emails for other changes.



2021 Motto



## Resources

### Wednesday at 7.30 pm: Prayer Walk

Every Wednesday evening from 7.30pm, there will be a prayer walk around the parish. We will meet outside St Mark's and dedicate 60 minutes to praying for our church and community.

### Each Weekday Evening at 4.30 pm: Evening Prayer via Zoom

This 40-minute service following the Anglican Daily Office is a way of resourcing ourselves and of making sure that we stay close to Jesus and to one another. As part of our intercessions we'll be continuing to pray for each individual and family associated with St. Mark's.

**Zoom ID:** 864 991 9885

**Daily Hope** is a Church of England telephone service offering music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The line is available 24 hours a day on 0800 804 8044 and has been set up particularly with those unable to join online church services during the period of restrictions in mind.



### Zoom Coffee Meet-Up: 11.00 am Every Tuesday

Do join us on Zoom for coffee and chat every Tuesday at 11.00 am for half an hour. We talk about anything and everything and always have many laughs. Everyone is invited, so if you're able to join us we'd love to see you.



**Zoom ID:** 905 952 9633

## Care and Concern

### Coffee Morning: St Joseph Hospice



# St Joseph's Hospice

This month's coffee morning would have been for St Joseph's Hospice who provide compassionate, specialist palliative care to people in the diverse community of East London who are living with life-limiting illness. You can make a donation on line at [www.stjh.org.uk](http://www.stjh.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 905 952 9633



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

**Janet's Delightful Garden at 42 Latimer Road** will be open for visitors on 29th and 30th of May, between 11.00am and 4.00pm, and there will be plant sales to raise funds for Asha. Covid rules will apply which will limit numbers to 30 at any one time.



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 and Covid has had a devastating effect on them. The charity is providing food on an ongoing basis so needs to keep raising sufficient funds. If you would like to help speak to Radhika Bynon or use the website address above.



## Newham Churches Food Bank

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

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

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

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

Thank you



## For your daily living

Plant three rows of peas:

Peace of mind

Peace of heart

Peace of soul



Plant four rows of squash:

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

Plant four rows of lettuce:

Let us be faithful

Let us be kind

Let us be obedient

Let us really love one another



No garden should be without turnips:

Turn up for meetings

Turn up for service

Turn up to help one another

To conclude our garden, We must have thyme:

Thyme for God

Thyme for study

Thyme for prayer



Water freely with patience and cultivate with love.

There is abundance in your garden....

Because you reap what you sow





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

At present I do not know when it will be possible to resume having a Traidcraft stall at church, but 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](mailto:traidcraft@stmarksforestgate.org.uk) or phone me on 020-8519-5765. Peter Arnold



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

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

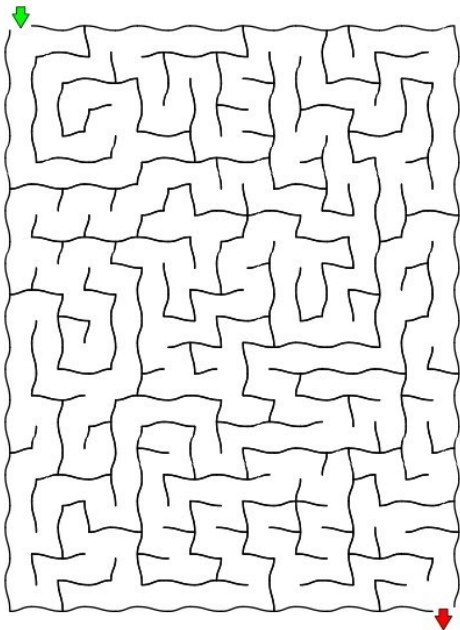
# PUZ?LES

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Perhaps he's heard that we're losing our churchwarden

1. Trooping the Colour is held in London annually on a Saturday in June, on which parade ground?
2. June has two zodiac signs, name both?
3. What in the UK is celebrated on the third Sunday of June?
4. Which animated cartoon character has three triplet nieces named April, May, and June?
5. What is June's birthstone?
6. 'Seven Days In Sunny June', by Jamiroquai, is the soundtrack when Andrea and Christian meet at James Holt's party in which 2006 American film?
7. In which year did June Brown first play the role of Dot Cotton, in *EastEnders*?
8. Which historical novel begins in 1815 and culminates with the 1832 June Rebellion in Paris?
9. The longest day of the year can occur on one of three dates in June, name any of the three?
10. In its own country it is commonly known as the June Fourth Incident; where did this incident happen?
11. In 1968, June Whitfield began her long television partnership with which actor and comedian?
12. Which 1956 film adaptation of a Rodgers and Hammerstein stage musical of the same name features the song 'June Is Bustin' Out All Over'? (Hint: the film revolves around Billy Bigelow)
13. The name June for baby girls in the UK dropped out of the top thousand in 1986, but in which 20th century decade did it peak at 39th?
14. What takes place near Pilton in the last week of June each year?
15. What historical event happened on Tuesday, 6 June 1944?
16. Who celebrates her official 95th birthday in June?



## May Answers

- |                   |                   |                   |
|-------------------|-------------------|-------------------|
| 1. Cher           | 2. Aubrey Hepburn | 3. George Clooney |
| 4. Clint Eastwood | 5. Janet Jackson  | 6. Bing Crosby    |
| 7. Stevie Wonder  | 8. Peirce Brosnan | 9. Rob Bryden     |





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

All youth events are cancelled until further notice.

As I write this article it is the end of May and what a funny month it has been! The weather truly has not known what it is doing; driving rain, bright warm sunshine and gusty winds and chilly nights have come at us on a daily basis. But all this comes at a time when the seasons are changing and there is so much around us that reminds us that Father God is in control. On Wanstead Flats the grass is as green as an artists paint palette, and the leaves on the trees have popped out and are full and bouncy in the spring breeze and the plants are starting to grow nicely in the parks and gardens. Then the other evening we were treated to a beautiful double rainbow.....the sign of God's promise to us that He loves us and cares for us.

As we go from spring to summer I want to remind you that all we see around us is created by God. In Psalm 66 verse 5 says 'Come and see what God has done, His wonderful acts among people'.

So, this month the challenge to you is to look out for the things God has done.....

On your way to school, as you go out in the garden or in the park maybe even as you walk along the high street. The things that God does are all around us. When you notice something say a little thank you God silently in your heart.

Let's make June the month of having an attitude of gratitude!

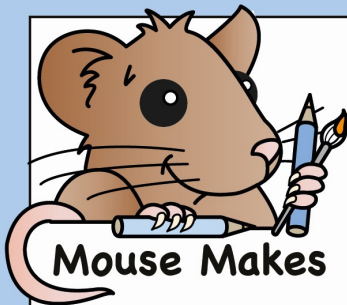
Sharon Yates



Date for your diary

Messy Church Sunday 11th July, watch this space for more information.





## Mouse Makes



### JESUS HEALS

Who was the first person  
Jesus healed?  
*John 4:46-54*

Who did Jesus heal  
from fever?  
*Mark 1:29-31*

How was the  
paralysed man  
brought to Jesus?  
*Mark 2:1-12*

Jesus **healed** and  
made the...

SICK	ABLE
DEAD	WALK
BLIND	FORGIVEN
DEAF	ALIVE
CRIPPLED	SPEAK
SINNER	MOVE
MUTE	SEE
PARALYSED	WELL
DISABLED	HEAR



Where did the  
demons ask Jesus  
to send them  
when he drove  
them out?  
*Mark 5:1-20*

How long had  
the man by  
the pool been  
disabled?  
*John 5:1-15*

What did Jesus say made  
the woman well?  
*Matthew 9: 20-22*

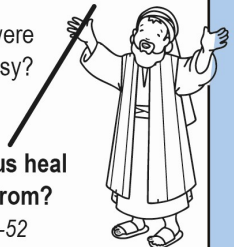


"There are **many** things that  
Jesus did. If every one of them  
were written down, I suppose the  
whole world would not have room  
for the books that would be written."

*John 21:25*

How many men were  
healed from leprosy?  
*Luke 17:11-19*

What did Jesus heal  
Bartemaus from?  
*Mark 10:46-52*



Jesus raised Lazarus from the dead,  
how many days had he been buried?  
*John 11:1-45*

# Bible Bite

A short story from the Bible

It can be read in the Bible in  
2 Sam 6: 1-10, 2 Chron 13, 15:1-28

Copies of God's Laws for the Jews were kept in a special holy chest - the Ark. It had been stored at Keriath Jearim for 20 years...

When King David made Jerusalem his capital, he decided to bring the Ark there.



David brought his soldiers and a huge crowd came too



They put the Ark on a new cart and set off down the hill.



The oxen stumbled, and Uzzah thought the Ark might fall off the cart.



He forgot the Ark was holy and held on to it.



David was very angry with God that Uzzah had died



Then he thought of God's power and was very afraid.



So he left the Ark stored at the house of Obed Edom.



David realised that they had not treated God's Ark with respect.



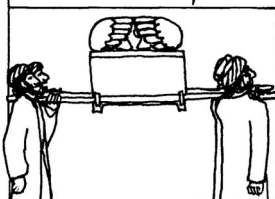
He talked to the Levites, the tribe that God had chosen to be His priests.



They organised musicians and trumpeters, and people to carry the Ark.



God's holy Ark was treated with respect.



Everyone cheered and sang as the Ark was carried into Jerusalem.



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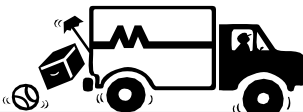
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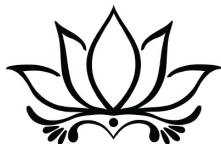
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## St. Mark's Weekday Activities

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



Monday	10:00 am	Banner Group
	7:30 pm	Guides
Tuesday	7:30 pm	Home Group: Cranmer Road
	10:00 am	Parent and Toddler Club
	7:00 pm	Youth Bible Study: school years 7 - 11
	8:00 pm	Tuesday Fellowship
Wednesday	8:00 pm	Music Group
	7:30 am	Prayer Meeting
	10:00 am	Parent and Toddler Club
	12:00 noon	Lunchtime Bible Study
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](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)**