

# St Mark's

## Forest Gate



**July 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

Authorised Lay Preacher	Sharon Yates
Church Wardens	Mike Richardson 07824 859075 Sharon Yates 07909 279100 churchwardens@stmarksforestgate.org.uk
Treasurer	Peter Arnold

## P.C.C. Members

<b>Chairman</b>	Rev'd Ben King	
<b>Vice Chairman</b>	Ann Arnold	
<b>Treasurer</b>	Peter Arnold	
<b>Secretary</b>	Jane Ridout	
Sharon Yates (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
Admin	info@stmarksforestgate.org.uk
Youth Work	youth@stmarksforestgate.org.uk
Magazine	magazine@stmarksforestgate.org.uk
Notices	notices@stmarksforestgate.org.uk



Facebook: St. Mark's Forest Gate



Twitter: @stmarks\_e7

## Magazine

Material for the magazine to be emailed to ap.arnold@btinternet.com  
or put through the door of 32 Cranmer Road. Material for **August and September 2021** needs to be given in by **Sunday 11th July**.



## Message for the Month

Those of you who received my letter at the end of May will be aware that there is a summer programme in the offing. Given our increased engagement with the community in recent months, community outreach will also provide the focus for this programme.

You might recall some of the events and activities that happened over Christmas and Easter with our community in mind and how well-received they were. Feedback from the church family has been equally positive and I believe this is one of the ways God is calling us to develop this good work.

The June PCC meeting was largely given over to discussing and sharing ideas about how we might reach out to our community. To those of you who were praying for us, thank you. It was a really encouraging and fruitful time and we were definitely aware of Jesus inspiring and guiding us.

Although ideas are still being distilled, things are taking shape.

For one, we will likely make use of the Flats to cater for our young families and children. It's such a wonderful space and, particularly in summer, lends itself well to some kind of community activity.

The positive response we received from the daffodil pick-up has also prompted something similar, not least because the idea is a gentle but effective way of communicating the Christian message through an act of loving kindness.

Another excellent way of sharing the Good News of Jesus is by leafletting every home in the parish. Not only does it raise the profile of the church but it also re-affirms the important message that we're here for everyone, regardless of what people believe.

Finally, look out for the front of church. Tucked away on a side street, sometimes it's difficult for us to stand out. But the space at the front of church has been used to engage people in creative ways and it's our intention to do so again.

P.T.O.

# Opportunities, Resources and Information

Two things as I conclude. First, please do be praying that Jesus will continue to guide us and inspire us as we seek to reach out with the Good News of the Christian gospel. You'd be most welcome to join us as we prayer walk the parish on a Wednesday evening. We meet outside the church at 7.30pm for sixty minutes.

Thank you to those of you who are already committed to this vital work. Please do come and swell the ranks!

Second, please pitch in. As details of the summer programme are shared more widely, we'd love to have your involvement. As much as possible, we want everyone to be involved so we can unite in advancing the Kingdom of God together. I look forward to hearing from you. Thank you.

*Ben*

## 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.

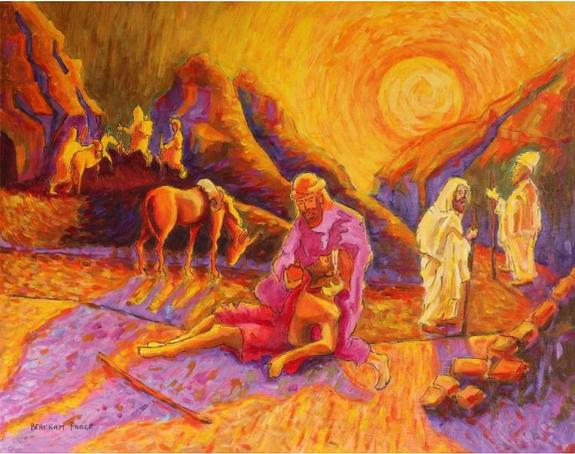
### Words of Comfort

Jesus said: In this world you will have troubles but be of good cheer, I have overcome them.

John 16 v 33

## The Good Samaritan

This month we are looking at the Parable of the Good Samaritan (Luke 10 vv 25-37). This familiar story tells of a man who is mugged on the road between Jerusalem and Jericho and rescued by a Samaritan. Jesus tells it in response to a lawyer's question, "What must I do to inherit eternal life?" When Jesus calls for a life of total love towards God and neighbour, the lawyer comes back with the question: 'who is my neighbour?' (29).



The plight of the man and the indifference of the priest and Levite would have horrified Jesus' hearers. They assumed that the hero of the story would be a Jew! However, Jesus presents the Samaritan, a sworn enemy of the Jews, as a model of integrity and an example to follow: "Which of these three do you think was a neighbour to the man who fell into the hands of robbers?...Go and do likewise." (36,7). The chal-

lenge of the story is that often our neighbours can be our worst enemies, yet these are the very people we are called to love as ourselves.

Of course, we can all think of people to whom we are called to be a Samaritan in our lives: those we try to avoid and don't want to get alongside. If we are honest, we know that we don't have it in us to love as Jesus says here. We all need somebody who will be our Good Samaritan, to rescue us and enable us to love others as ourselves. Jesus is that Good Samaritan for us.

"By depicting a Samaritan helping a Jew, Jesus could not have found a more forceful way to say that anyone at all in need - regardless of race, politics, class, and religion - is your neighbour." (Tim Keller).

*Canon Paul Hardingham*

# The Sermon

**Sunday**      **20th June**  
**Speaker**    **Ben King**  
**Theme**       **Power of Prayer**

There is power in prayer, and in the reading from Acts 9 we are told about the power of prayer when Peter raised Tabitha from the dead.

But what is the source of this power? It is not from human power, we are flesh and blood, so it was not Peter who raised Tabitha but the power of God. Peter knew he could not do anything significant on his own which is why he fell to his knees and prayed. There is nothing intrinsically powerful in the act of praying but the power is from the one to whom we pray. Christians believe in a sovereign, mighty God who is powerful, the creator of the universe and who is omnipotent, source of all power.

Do you have that in mind when you pray? When things are difficult, do you think of the all powerful God who holds the world in his hand and nothing is impossible for Him? What is your instinct, do you focus on the problem or lift your gaze to God?

When we lift our gaze upward, literally as it says in Psalm 19 the heavens declare the glory of God, they reveal something of the majesty and glory of God. They remind us of his character and his nature, so when we pray to an all powerful omnipotent God. Is that the image you have when you come to pray?

It is not always the way we think when we pray, sometimes we don't actually believe that God will move in response to our prayers, we see circumstances not changing and we doubt. That is why it is important to stand on the truth of scripture, letting God's word fill us and take root in us and coming doggedly back to God who is the same, yesterday, today and forever. Which can change how we pray, with more faith and confidence.

Where do you need a miracle? So be encouraged there is God who can breathe new life into any thing or any one, so think on the situation or circumstance and pray for when God can intervene and give you a display of His sovereign power.

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

### Exploring the Big Questions: scientists and theologians share their views

It's important to have debates about science and Christian faith, but we can't exist solely on a diet of controversy. I find it helpful, at times, to simply enjoy the wonders revealed by science and the big questions they raise about meaning and purpose. What's the universe for? What do you do with your feelings of awe and wonder? Where do we get our sense of the value of the living world from? I had the privilege of meeting a group of Christian scientists and theologians who shared thoughts about these big questions, and will share some of their thoughts here.

The Oxford-based theologian Alister McGrath shared that "Science is wonderful at asking questions. Some of those questions can be answered, but very often when you do answer them, they simply open up yet more questions. But of course, there are some more fundamental questions I think science simply cannot answer... questions like, 'Why am I here?'"

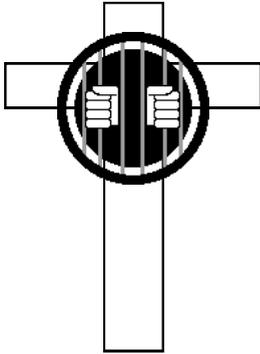
Rhoda Hawkins, a physicist at Sheffield University, has had a similar experience. "I never cease to be amazed at quite how impressive the world is, and how impressive the mechanisms are for how things work...It really is beautiful in many ways, and it leads me to think about God. I'm not saying that I have any proof, but I'm saying that by looking at the world around me it tells me more about God and it leads me to worship Him."

Another scientist who appreciates beauty is Jeff Hardin, who explained that "Studying the wonders of the living world is an exercise in art appreciation. For me, God is the creator of everything... so the joy of discovery is also the joy of appreciating the world that God has made...and leads me to thank God for the amazing world that we have to enjoy and to explore."

I will close with some words from Jeff Schloss, who – like the others quoted above – finds that Christian faith makes science more satisfying for him. "Once I became a Christian...I had the sense that I was studying the marvels of the natural world, which are marvellous in their own right but become more profoundly engaging and enticing when one thinks that you're studying the works of God." Perhaps if we can spend more time listening to people like this, our discussions about science and faith will also be richer and deeper.

*Dr Ruth M Bancewicz, Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge*

# The Persecuted Church



**I am convinced that  
nothing can separate us  
from the love of God  
which is ours through  
Christ Jesus our Lord.**

**Romans 8 v 39**

## Secret Believers

In many countries in the Middle East, worshipping in public or sharing your faith openly is dangerous, so many Christians choose to keep their faith secret and worship in isolation. That is particularly true of Christians from a Muslim background. If their faith is discovered, they are likely to receive long prison sentences for ‘crimes against national security’.

Taher and Donya were strict Muslims until their 10 year old daughter Farah fell ill; they took Farah to many Muslim leaders for prayer and healing, but nothing happened. In desperation, Donya asked for prayer from some Christian friends, who courageously had not kept their faith completely secret. Shortly after this special gathering, God miraculously healed Farah!

Donya decided to follow Jesus, but Taher took a while to be convinced. When he did eventually put his faith in Jesus, he felt an instantaneous change: “It was like that burden came off my shoulders,” Taher says. “The burden I thought I would have – to give an account for my sins when I died – came off. It felt like I was flying. It was the most beautiful moment of my life.”

When the man came to Taher and Donya’s door, only Donya was in. The man said he was a postal worker. Donya knew he wasn’t. He was from the secret police. And others were behind him. They ransacked their home looking for any evidence of the family’s Christian faith. “In our house church, we used to sing ‘I Surrender all,’” Donya says, “and we always asked each other, ‘Are you ready and willing to surrender everything to Jesus?’” As the secret police tore through her house, Donya told the Lord: “I’m ready to surrender everything.” Taher got a call from the secret service: “Taher, you need to come home, now.” When Taher got home, they put him in handcuffs, blindfolded him and made him get in their car. It was terrifying – but Taher wasn’t alone: “Right then and there, I felt Jesus beside me.”

The secret police questioned Taher ruthlessly for many hours, day and night. Most of all, they wanted Taher to write down the names of the other Christians he knew. They put a pen down before him and waited: he refused to write down a single name. Taher secretly took the pen back to his cell, and on the wall, in a corner of his prison cell, he wrote a version of Matthew 7:7: “Ask, seek, knock and it will be given to you.” hoping it would encourage others. Despite everything, his faith stayed strong and he didn’t betray his friends. The secret service eventually released Taher, but he was given one condition for his release: that he stop telling other people about Jesus. The judge told Taher that he wouldn’t get such leniency a second time – that, if he were arrested again, he would be executed.

After his release from prison, the secret service followed Taher and his family everywhere. He couldn’t find a job and the regular harassment became overwhelming. Eventually, they decided to leave their country. Now the family are refugees in Turkey – though they hope to return home one day, to keep telling the good news of Jesus to their community. Life is difficult in Turkey. They are grateful to be a little safer, but refugees have almost no rights, work is hard to find, and their future is uncertain. But Taher, Donya and their children are still sure of the joy of Christ. When asked if everything they’ve experienced is worth it – losing their home, their work, friends, family and material possessions – Donya doesn’t hesitate: “Jesus is worth everything. In my opinion, we have not paid any price yet.”

### Please pray

- ✝ That all secret believers should know they are not alone and that God would enable them to find fellowship and discipleship.
- ✝ For Christian refugees to find safety community and hope.
- ✝ That the Open Doors fieldworkers would be equipped to serve secret and isolated believers.

You can write and encourage Taher and Donya at [opendoorsuk.org/write](http://opendoorsuk.org/write)

Source: Open Doors

### Diary Date

***Standing Strong Together*** on line Saturday 25th September  
[Opendoorsuk.org/standingstrong](http://Opendoorsuk.org/standingstrong)

# The Olympics

This month should see the start of the Tokyo Olympics, having been postponed from last year due to the Coronavirus pandemic. A number of New Testament letters refer to Olympic sport including Hebrews: 'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith' (Hebrews 12 vv 1-2).

The Christian life is compared to a long-distance race, but despite the struggles and obstacles, there is a great crowd of witnesses cheering us on. We have a heavenly Father who loves us and a Saviour who has run the race before us. If we keep our eyes fixed on Jesus, He will enable us to finish the race.

During the 1992 Barcelona Olympics, the British athlete Derek Redmond was running in the semi-finals of the 400 metres. About 250 metres from the finish his hamstring tore. He fell to the ground in pain and stretcher bearers came over to him. However, Redmond was determined to finish the race and so he started hopping toward the finishing line. Suddenly Jim Redmond, Derek's father, ran out of the stands towards him. "You don't have to do this," he told his son. "Yes, I do," said Derek, to which his father said, "We're going to finish this together."

They completed the lap with Derek leaning on his father's shoulder. As they crossed the finishing line, the spectators rose to give Derek a standing ovation. Although he didn't win an Olympic medal, Derek Redmond finished the race with his father at his side. Let's not forget the encouragement we have to finish the race!



## What will you miss about lockdown?

More than half of us admit that we will miss some aspects of the Covid-19 restrictions, especially spending more time at home with our family, and appreciating the quieter roads. A recent study by King's College London and Ipsos Mori found that around one third of us feel the past year has been similar or better than normal, while 54 per cent of us say that we will miss some of the changes.

Three in ten of us feel closer to our immediate family than we did before the pandemic, while just one in six of us say that we have grown further apart. One in five of us say that our finances are better because of the pandemic. Overall, it seems that while the public would rather the pandemic hadn't happened, that doesn't mean it's been all bad for everyone, or that people see it as deeply affecting their future lives.



### **'Remember Me' – St Paul's launches fundraising campaign for memorial**

St Paul's Cathedral has launched a campaign to raise £2.3m to build a physical memorial in St Paul's Cathedral for those who died as a result of the COVID-19 pandemic.

It will be the first build of its kind at St Paul's for nearly 150 years and is part of the 'Remember Me' project, an online book of remembrance launched last year. More than 7,300 names of those who have died as a result of the pandemic have been entered into the book.

The campaign will install the online memorial book at a permanent site within St Paul's as well as on the internet. People entering the Cathedral by the new Equal Access Ramp will be able to go through the memorial into a tranquil space and take time to remember the many individuals who have died as a result of the pandemic.

The memorial will be a portico in the North Transept on the site of an earlier porch destroyed by a bomb in 1941. Oliver Caroe, the Cathedral's Surveyor to the Fabric, who has designed the memorial, lost his mother during the pandemic.

# Church of England News

## General Synod to meet face-to-face in July

The timetable for what is expected to be the first full in-person meeting of the Church of England's General Synod for a year and a half has been published.

Synod will meet at Church House, Westminster, from Friday 9<sup>th</sup> July to Tuesday 13<sup>th</sup> July for what will also be the final meeting of the current Synod, ahead of elections later in the summer and autumn.

In addition to legislation and financial business, areas for discussion will include the programme to develop a Vision and Strategy for the Church of England in the 2020s.

Pastoral matters will include a presentation on bereavement and loss in the pandemic.

There will be a discussion on the role of the Church in the housing crisis, following the publication of the report of the [Archbishops' Commission on Housing, Church and Community](#).

There will be an update on the new Racial Justice Commission, coming after the recent [Archbishops' Anti-Racism Taskforce](#).

Synod will also spend time in small groups reflecting on how members' engagement with *Living in Love and Faith* over the past four years can be handed on to the new Synod.



THE CHURCH  
OF ENGLAND

### Answering Big Questions

All Scripture is given by inspiration of God

2 Timothy 3 v 16

*How can we trust the Bible when men wrote it?*

Answer: Do *you* write the letter or does the *pen*? The pen is merely the instrument you use. In the same way, God used men as instruments to write His 'letter' to humanity.

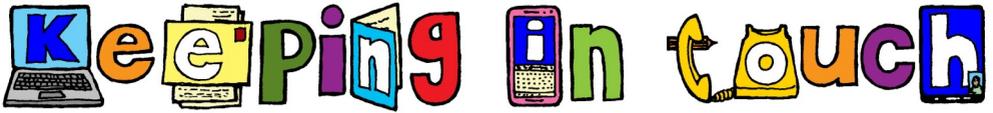
That's why Sir Isaac Newton said, 'I find more sure marks of authenticity in the Bible, than in any profane history whatsoever.' That's why Billy Graham said of Scripture: 'If I didn't believe that the Bible and the gospel of Jesus Christ held the answer to this world's baffling problems, I would go back to the farm and the rural life that I love and spend my days in peaceful solitude.' There's a reason why Abraham Lincoln said, 'I believe the Bible is the best gift God has ever given to man.' Josh McDowell, a Christian apologist says: 'Here's the picture: 1,500 years, 60 generations, 40 authors, different walks of life, different places, different times, different moods, different continents, three languages, writing on hundreds of controversial subjects. Yet when they are brought together there is absolute harmony from beginning to end...There is no other book in history to even compare to the uniqueness of this continuity.'

You can *trust* your Bible. Its prophecies have been fulfilled, its promises have been time tested, and its principles for living really work. Do you know why the Bible was written? John gives us the answer: 'These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life' (1 John 5 v 13)

*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

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](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 the Summer Break

We put ourselves into Your hands, and pray that You will bless us and our families during the months of summer. May we all help make our home a place of relaxation, joy, love, peace and safety. May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of summertime.



We pray for those who cannot afford to go on holiday or feel unsafe to travel this summer, that they will find good things to do and feel that they have had a change from their normal routines.

Help us to know that we do not take a break from our relationship with you, and keep us close and help us to stay in your presence.

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.



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

## Our Parish Streets:

### Week beginning

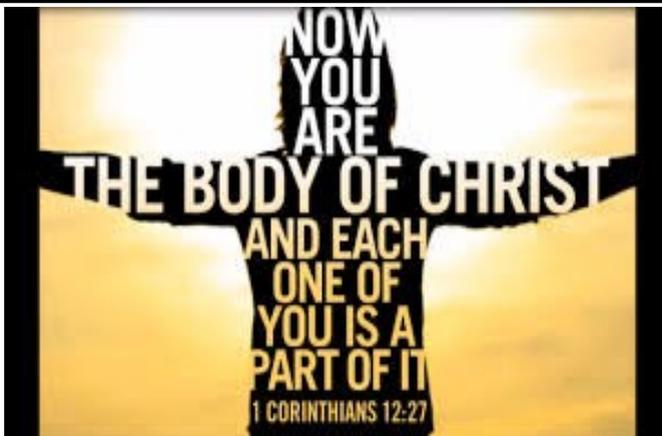
4th July	Pray for all who live in Tylney Road
11th July	Pray for all who live in Woodgrange Road
18th July	Pray for all who live in Avenue Road
25th July	Pray for all who live in Barwick Road

## Services in July

Date	Service	Theme	Reading
4th	Holy Communion	Pulling together in prayer	Acts 4 vv 23- 31
11th	Summer Programme		Matthew 9 vv 35-38
3:30pm	Messy Church	Beach Party	
18th	Holy Communion	Jesus: Teacher and Healer	Mark 6vv 30-34, 53-end
25th	Holy Communion	Jesus: Servant Leadership	Matthew 20 vv 20 - 28

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.



A free phone line of hymns, reflections and prayers

### 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: Battersea Dogs and Cats Home

The vision of Battersea is that every dog and cat should live in a home where they are treated with love, care and respect. They seek to rehome cats and dogs, restore lost animals to their owners and get the best outcome for the animals that come into their care.



As we are not able to hold the coffee morning if you would like to donate to Battersea you can find further information on their website [www.battersea.org.uk](http://www.battersea.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.



### 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.

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 sugar  
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

### Honesty is our best policy

*Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body. (Ephesians 4:25)*

The church service has just finished, and you are about to go home to read the latest edition of the parish magazine. You parked a bit carelessly because you were in a hurry and as you drive off you feel a slight bump. You stop and see a small scratch on the car parked next to you. It is the vicar's pride and joy! What do you do? Do you drive off and hope no-one saw. Then, when you get home you have a look round your car and see a bump on the other side where someone hit *you*.

As Christians we are told to be honest and admit our mistakes. When it happens to us, we feel outraged that someone could damage our property and not own up to it. When we do it to others, the right thing would be to leave a note and take care when parking next time. Honesty is the best policy. We should do to others as we expect others to do to us. If you hit another car, you can feel it and often hear an ominous noise. Sometimes it is difficult to know if you have caused any damage.



People do not, of course, always act honestly. Admitting mistakes is not common in our world. A small scratch or bump can be costly to repair and who wants to lose their no claim's bonus? Sometimes it is costly to admit a mistake, but as Christians we should be as open and honest as we expect others to be. We should stand out as different to other people and have a good conscience.



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.

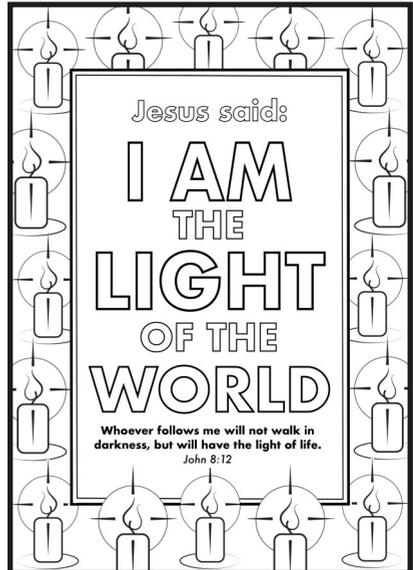
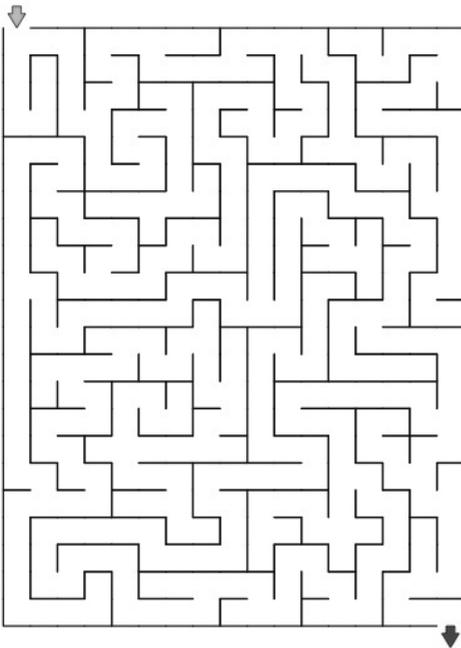
# PUZ?LES

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

© 2008 KrazyDad.com

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

© 2008 KrazyDad.com



## It happened in July

1. In July 1730 one of Britain's best known pottery designers was born in Burslem. Name him.
2. July 1st is a national holiday in this Commonwealth country as it commemorates the confederation of a number of provinces in 1867. What is the country?
3. Founded by General William Booth in July 1865 in London, what is the organisation called?
4. In July 1976, Israeli commandoes rescued 103 hostages from a plane at which airport in Africa?
5. Jackie Kennedy, who later became Jackie Onassis following the assassination of her husband, was born in July 1929. What was her maiden name?
6. On the 4th July the Continental Congress approved The Declaration of Independence. What was the year?
7. In 1885 the first successful anti-rabies inoculation was administered, by whom?
8. She was the first female aviator to fly solo across the Atlantic and disappeared in July 1937 whilst flying over the Pacific. What was her name?
9. July 14th is a national holiday in France as it commemorates which event from 1789?
10. In July 1606 the Dutch painter known for his work 'Militia Company of District II under the Command of Captain Frans Baninck Cocq', was born in Leiden. What was his name?



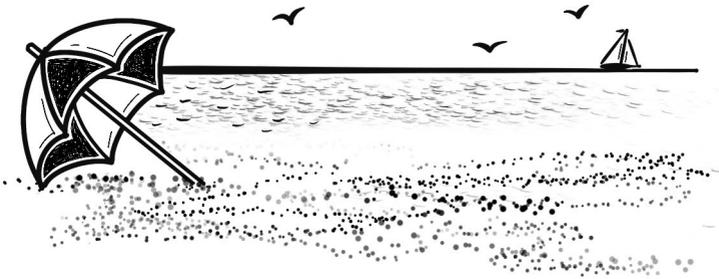
## June Quiz Answers

1. Horse Guards Parade
2. Gemini (until June 20) and Cancer (from June 21 onwards)
3. Father's Day
4. Daisy Duck
5. Pearl or alexandrite or moonstone (it seems to have three!)
6. The Devil Wears Prada
7. 1985
8. Les Miserables
9. 20th, or 21st, or 22nd
10. Tiananmen Square, Beijing, China (1989)
11. Terry Scott
12. Carousel
13. 1920s (1925)
14. Glastonbury Festival
15. Normandy beach landings
16. The queen

## 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.

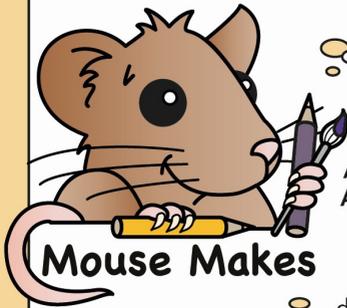


### St Mark's Messy Church Beach Party

Sunday 11th July 3.30pm

Phone or text Sharon 07909 279100 to book your Covid safe Bubble table. Come dressed in your beach clothes to enjoy some messy summer craft and fun!





## Mouse Makes



Read the full story in  
Luke 10:25-37

### The Parable of the Good Samaritan

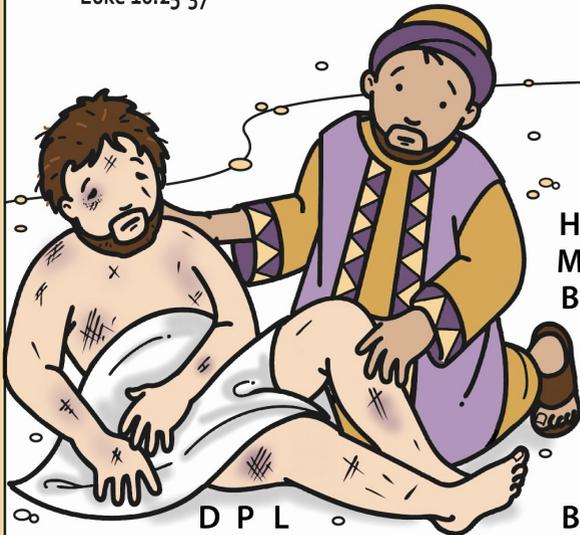
A man asked Jesus "Who is my neighbour?" and Jesus replied with this parable:

A man was attacked by robbers, they tore his clothes, beat him and left him almost dead. A priest saw him but walked by on the other side. A Levite saw him but walked by on the other side.

A Samaritan saw him and took pity on him, he poured oil and wine on his wounds and then bandaged them. He lifted the man onto his donkey, took him to an inn and cared for him.

The next day he gave the innkeeper two denarii to look after the man until he returned.

Which of the three travellers do you think was the neighbour to the man who was attacked?



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

JESUS • PARABLE • JERUSALEM • JERICO • JOURNEY • MAN • ROBBERS • SAW  
 CLOTHES • DOWN • ROAD • PRIEST • PASSED • PLACE • SIDE • LEVITE • CARE  
 GOOD • SAMARITAN • COMPASSION • BOUND • WOUNDS • POURED • OIL  
 WINE • MERCY • INN • TWO • DENARII • REPAY • BACK • NEIGHBOUR • GO DO

# Bible Bite

## A short story from the Bible

It can be read in the Bible in  
2 Samuel 11: 1-12: 25

Kings normally led their armies to battles but David had sent his army with his commander, Joab, to fight the Ammonites.

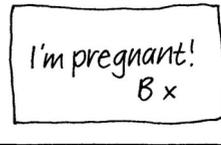
David was strolling on his palace roof when he saw a beautiful woman.



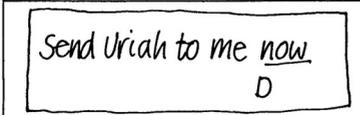
She is Bathsheba, the wife of Uriah.



Later, Bathsheba sent a message to King David.

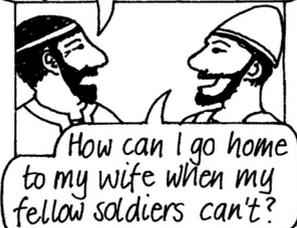


David tried to cover up what he had done. He sent a note to Joab.



When Uriah came, David sent him to his home, but he didn't go.

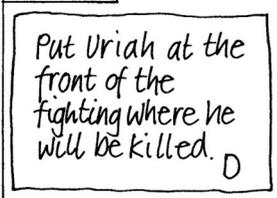
Why didn't you go home?



David had Uriah stay to dinner and got him drunk.



So David wrote a letter to Joab



He gave it to Uriah to give to Joab.



Bathsheba was now a widow and David married her.



But God was angry and He sent Nathan the prophet to David.



You took Uriah's wife and then you murdered him by having him killed.



# 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



**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





## **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**

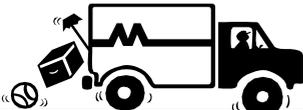
## **TREE FELLING, PRUNING & REMOVAL**



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

**GARY'S GARDENS**

GARDENING MAINTENANCE & ASSOCIATED SERVICES

LOCAL AND ESTABLISHED SMALL GARDEN BUSINESS SPECIALISING IN:

- REGULAR GARDEN MAINTENANCE AND CARE
- ONE OFF CLEARANCE AND TIDY
- OWN VEHICLE AND TOOLS.
- PRICES FROM £20 PER HOUR.
- CRB CHECKED AND FULLY INSURED. HMRC REGISTERED.

• LAWN LAYING AND CARE  
 • HEDGING • TREE WORK  
 • PLANTING AND POTS

 **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



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

# 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

*A complete funeral service at rea-  
sonable charges*



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

Contact: Janet Briggs, Cemetery Manager

## MANOR PARK Cemetery & Crematorium

Sebert Road, Forest Gate, E7 ONP  
Tel: 020 8534 1486 Fax: 020 8519 1348  
Email [Jan@mpark.co.uk](mailto: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
Wednesday	8:00 pm	Tuesday Fellowship
	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)**