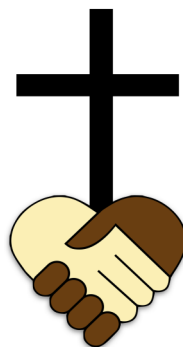


St. Mark's Forest Gate



**When I am afraid , O Lord Almighty, I put my trust in you.
Psalm 56 v 3**

March 2022

70p

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
Parish Worker	Beth Yates

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)	Dave Dale
Michael Semuguruka	Judith Nyabango	Beth Yates
Charlotte Mouzer	Jackie Randall	

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

Magazine

Material for the magazine to be emailed to ap.arnold@btinternet.com or put through the door of 32 Cranmer Road. Material for **April 2022** needs to be given in by **Sunday 13th March**.



Let me start by asking you a question. How would you characterise your prayer life? Non-existent? Sluggish? Fair to middling? Accelerating? Heavenly? Perhaps you can think of a more suitable word!

Generally speaking, most of us could improve on our prayer life, me included. It is, of course, one of the primary ways we communicate with God and deepen our relationship with Him. And yet, so often it seems to get squeezed - much to our detriment. I'm reminded of the hymn *What a friend we have in Jesus* and, in particular, of the opening lines:

What a friend we have in Jesus
All our sins and griefs to bear
What a privilege to carry
Everything to God in prayer

Oh, what peace we often forfeit
Oh, what needless pain we bear
All because we do not carry
Everything to God in prayer

During Lent, we're going to remind ourselves why prayer is so very vital and explore how we can re-invigorate our own prayer life, by looking at different kinds of prayer and at different ways of praying.

For a little over an hour every Tuesday afternoon and Thursday evening, a small group will be meeting in church to work through a stimulating and interactive prayer guide. The Lord's Prayer will provide the basic structure and each week we'll explore a different section to help open up a different way of praying.

There'll be a short video, some questions from God's word, time for discussion and crucially, time to pray. More details can be found on page 3. However you describe your prayer life at present, you are very welcome to join us.



Lent

To complement our small groups, we're also going to be exploring prayer in our Sunday morning services. The book of psalms is often said to contain the range of human experience and mark the changing seasons that characterise our relationship with God. Each week, we'll be looking at a different psalm to see what it can tell us about a different aspect of prayer and in turn, how that can help nourish our relationship with God.

It's often said that Lent is about taking things on as well as about giving things up. I hope as we commit to this new season of prayer and of praying, that we will grow in our relationship with God and so see His presence and power manifest in our life, in our church and in our community.

With every blessing for this new season,

Ben



Lent 

@ St. Mark's Forest Gate

'SMALL GROUPS'

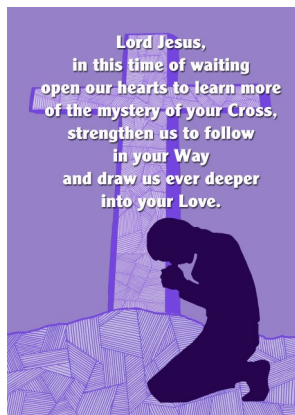
Meeting weekly during Lent to reflect and share thoughts whilst exploring the Lord's Prayer.

Starting on Tues 1/3 & Thurs 3/3

TUESDAY AFTERNOONS	THURSDAY EVENINGS
2:00pm - 3:15pm	7:30pm - 8:45pm
@ St. Mark's, Lorne Road	@ St. Mark's, Lorne Road

We look forward to seeing you there, all welcome!

Observing Lent



This month sees the start of Lent, the 40-day season of penitence, self-examination and fasting running up to Easter. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught His disciples to fast: *'when you fast.'* (Matthew 6:17).

The spiritual discipline of fasting involves missing one or two meals during the day, refraining from TV, alcohol or social media, and identifying the things that get in the way of our focus on God. What are the benefits of fasting?

The act of giving something up expresses my desire to put God first in my life. It shows me the things that I depend on rather than God, so that I can surrender *'my idols'* to Him. It encourages me to have a deeper hunger and dependency for God. It gives me space to focus on God for His strength, provision, and wisdom resulting in a more intimate relationship with Christ: *'Blessed are those who hunger and thirst for righteousness, for they will be filled.'* (Matthew 5:6).

Fasting enables the Holy Spirit to reveal my true spiritual condition, leading to brokenness and repentance, and a transformed life along with a heart that is more attentive to and dependent on God.

Lent can also be a time to embrace new spiritual disciplines, eg: joining a study group, *'random acts of kindness'*, giving more time to prayer and Bible study or solitude, and reading a Lent book. Whatever you do, make Lent count this year!



'Jesus takes it for granted that His disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian's life. Such customs have only one purpose - to make the disciples more ready and cheerful to accomplish those things which God would have done.'

Lent lily

(Dietrich Bonhoeffer).

The Sermon

Sunday **13th February**
Speaker **Ben King**
Theme **Into the Deep Luke 9 vv 1 - 6**

Launching out into the deep might speak to you of things that might be very scary and risky, but we want to look at what is going on as an adventure with God; He wants us to join on an adventure with Him in the coming year.

The passage from Luke where Jesus sends out the disciples, He gives them a clear commission and authority, He promises them power, and just before they set off He tells them He does not want them to take anything with them but to rely on His provision. In verse 6 it says that as they step out in faith and obedience, when they launch out into the deep, He does wonderful things, the Good News is boldly proclaimed, and the sick are healed.

Three things to note:

1. Jesus gave the disciples a clear commission: to proclaim the kingdom of God and to heal the sick. We need to listen to and discern what God has called us to do. It is important that we read God's word and pray and listen to what He wants. And when we are as clear as we can be as to what God wants us to do, step out in faith.
2. God is faithful: He is on this adventure with us. It is the nature of the God we worship and serve that when He tells us to do something He will be with us, and we can trust Him. It can give us great confidence to take steps of faith He is calling us on.
3. God will equip us for the adventure ahead: we not only have God with us but He will give us the tools to do what He has called us to do. He anoints who He appoints. In the passage in Luke, Jesus gives the disciples power and authority before He sends them out; He was equipping them with a divine power so they could do what He was asking them to do.

He tells them not to take anything, so they rely on His provision, protection, and power, and not to put their trust in any human or worldly thing. Possessions and relationships can slow us down and distract us from the purpose God has given us.

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

2nd March - Ash Wednesday, a good time to admit you are sorry

Have you done something which haunts you? Which makes you feel restless and defensive, every time you think of it? Why not deal with it this month, and put it behind you? Whatever your mistake has been, consider what the Bible has to say to you:

‘I have not come to call the virtuous but sinners to repentance’ (said Jesus).
(Luke 5 v 32)

‘Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon. (Isaiah 55 v 7)

‘Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.’ (Joel 2 v 12-13)

God is inviting you to come to Him this Ash Wednesday. What a wonderful offer! Make the most of it and remember how the prodigal son was welcomed back by his compassionate father.

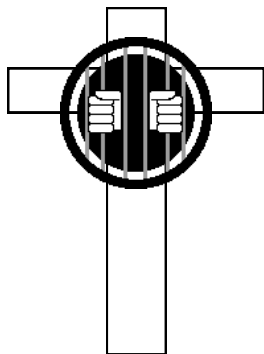


ASH WEDNESDAY

Ash Wednesday 2nd March at 7:30 pm

There will be a special prayer meeting at the church, *Lord, Teach us How to Pray* - come for the first half hour to visit our prayer stations on The Lord's Prayer then gather together for the second half hour for a time of prayer and reflection at the start of Lent.

The Persecuted Church



**When I am afraid , O Lord
Almighty, I put my trust in
you.**

Psalm 56 v 3

North Korea

When the authorities in North Korea discovered that Bae (not her real name) and her husband owned a bible they were sentenced to a lifetime of backbreaking labour in a remote village.

Bae spends the day working in the fields. She has to meet her work quota of crops. If she has any time for a short break, she heads for the woods. The mushrooms and plants she forages help stem the gaping hunger in her belly – otherwise she only gets to eat meagre rations. Like everyone else in her village, Bae is close to starving. The authorities give them just enough to stay alive. It's partly a punishment, and partly a reflection of the terrible

food shortage in North Korea.

If you saw all this, you'd be appalled. But you'd have no idea this isn't Bae's *real* work. That starts at night. When she and her housemates cover the windows with blankets, light a small candle and sit in a tight circle, Bae gets out a book. "Man does not live on bread alone, but on every word that comes from the mouth of God," she reads. This is Bae's real work. This is the North Korean underground church.

Open Doors estimates there are around 400,000 Christians in North Korea, but they have to completely hide their faith. There is absolutely no freedom of religion or belief in any faith. The authorities decide everything about the lives of the North Koreans, where they live, what they do and even what they think.

The region Bae has been sent to is more like a prison than a farm. She does not have any freedom to make decisions about her life, and the roads out are closely monitored and guarded. Unbelievably, Bae did once manage to escape. When she arrived in China she was able to find shelter in a safe house.



For her protection this is not a picture of Bae

Brother John is an Open Doors field worker whose ministry at a safe house involves supporting North Koreans like Bae with food, medicine and fellowship. Food aid is particularly vital, as even North Koreans who are not exiled like Bae face extreme shortages - North Korea is on the edge of another famine like the one that gripped the country in 1990's. The prayer and gifts of Open Doors supporters are sustaining 60,000 North Korean believers with food and medical help.

It was a joyful experience for Bae to find fellowship in the safe house, she is so used to leading her underground church in whispers, aware that being caught might mean death. In the safe house all that changed, she sang worship songs and prayed loud prayers, she read the bible openly with fellow believers and experienced fellowship in a way that is impossible in North Korea. There are still many risks in China, but they do not compare to the ones faced back home.

Bae was offered the chance to stay in the safe house but she refused and returned home with food, medicine and a precious bible which she shared with her underground group of believers.

Please pray this prayer shared by Brother John:

Thank you to God who loves North Korea; you are always with North Korean believers when they suffer, you feel their pain. You comfort them and give them wisdom to survive. You provide their daily bread.

God, the North Korean church have been surviving for a long time, they rely on you in their difficulties. Use them to transform North Korea. Let them be a voice to the world and share the gospel to the world.

Let us be obedient to God's calling, as supporters and missionaries let us be part of God's ministry. We praise and worship the God who never gives up on the North Koreans. Amen

Source: Open Doors at opendoorsuk.org



WORLD DAY OF PRAYER 2022



FRIDAY 4 MARCH

A SERVICE FOR EVERYONE

at

St John's Church
Broadway, Stratford E15

at

2.00pm

Please come along and join us
Men, Women and Children, young and old alike
- a warm welcome awaits you

Refreshments will be provided after the service

Please note if you are attending, we recommend you use public transport. Buses 25,86,257 and 69 all stop nearby. If travelling by train, nearest stations are Stratford and Maryland, both within a short walk of the Church

I know the plans I have for you

365 days a year • Informed Prayer • Prayerful Action • 24-7 • Prayer
Movement • Ecumenical • Global • Women-led • 365 days a year • Inform
er • 24-7 • Prayerful Action • Prayer Movement • Ecumenical • Globa
men-led • Women-led • 365 days a year • Women-led • Prayerful Acti
www.wwdp.org.uk

Registered Charity Number 233242

Christian Basics: Why the Cross?

*The cross is a picture of violence, yet the key to peace;
a picture of suffering, yet the key to healing;
a picture of death, yet the key to life;
a picture of utter weakness, yet the key to power;
a picture of capital punishment, yet the key to mercy and forgiveness;
a picture of vicious hatred, yet the key to love;
a picture of supreme shame, yet the Christian's supreme boast.*

The cross really is the key to everything! Although a horrifying instrument of torture and death, it is also a symbol of love and peace. On the cross Jesus died to deal with the problem of our sin and defeat the powers of death and evil. He identified with our sufferings and set us an example of self-sacrificial love.

As Peter writes, '*He Himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness; by His wounds you have been healed ... Christ died for sins once for all, the righteous for the unrighteous, to bring you to God*' (1 Peter 2 v 24, 3 v18). Jesus died in our place on the cross and took away our guilt, to pay the full penalty for our sin. Access to God's presence is now open to all, symbolised by the Temple curtain being torn in two from top to bottom. The barrier between us and God was torn down in order '*to bring us to God*'.



Jesus is the bridge providing access between us and God. '*If Jesus Christ is to be our Saviour then He must be able to place a hand upon a pardoning God and another hand on a penitent sinner and draw them together in an act of reconciliation*' (Bishop Handley Moule).

Paul Hardingham



Bishop of Barking

On 25th of January Revd Lynne Cullens was consecrated as Bishop of Barking at St Paul's Cathedral during a service led by the Archbishop of Canterbury .

Assistant Bishop in the Chelmsford Diocese

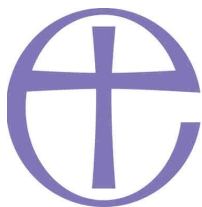
On 2 February at the Eucharist beginning the Bishop's Leadership Team meeting, Bishop Guli licensed the Rt Revd Adrian Newman, who did his curacy at St Mark's, as an Honorary Assistant Bishop in the Diocese of Chelmsford.

Along with the Bishops of Maidstone and Richborough, Bishop Adrian is now able to perform episcopal functions in the Diocese when requested to do so by Bishop Guli.



Formerly Bishop of Stepney in the Diocese of London, Bishop Adrian now lives in the Colchester Episcopal Area where he has been serving with PTO. He is pictured with our other bishops and his wife, Gill, who is a permanent deacon and a chaplain at the Princess Alexandra Hospital in Harlow.

Please join us in praying for Bishop Adrian as we welcome him to his new role in our Diocese.



THE CHURCH OF ENGLAND

Where there is strife, sow seeds of peace

For where envying and strife is, there is confusion and every evil work.

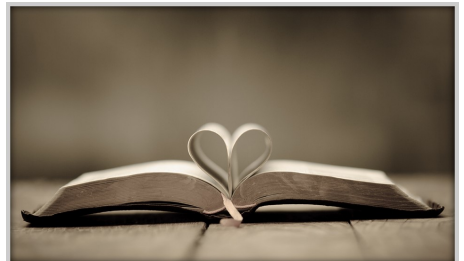
James 3 v 16

When a well-known pastor was asked by a sceptic, 'Do you believe there is such a thing as a real devil?' he smiled and replied, 'Have you ever been to an annual church business meeting?'

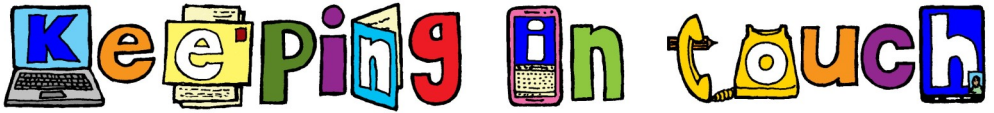
Seriously, if you have been a church member for any length of time, you know that strife rears its ugly head in the family of God just like it does everywhere else. Paul and Barnabas, a brilliant ministry team, allowed their differences over John Mark to separate them to where they could no longer work together. Later Paul changed his mind, but the die was already cast. He appealed 'to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News' (Philippians 4:2-3).

Strife hinders our prayers, takes our focus off lost souls, and makes us ineffective in our ministry. We must learn to respect each other's talents, perspectives, and positions instead of envying them. In other words, learn to disagree without being disagreeable. The Bible says: 'Where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace' (James 3:16-18). God blesses peacemakers (see Matthew 5:9), so when strife arises in your church, make it your mission to sow seeds of peace!

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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.

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 . You are welcome to come along even if you are not able to attend the service.

Intercession: Help us Serve Each Other

Let us put *others* first and *serve* our brothers and sisters in Christ; we pray for those in our church, for our neighbours, and for those in our community.

We ask Father to help us to know what is the right thing to say and do, so we are a blessing to others. Speak to us when there is something we can do to support and serve others.

Most of all Lord let us be a witness to your saving grace in all our dealings with others.

Lord in your mercy,
Hear our prayer

Amen



Our Parish Streets:

Week beginning

6th March	Pray for all who live in Ridley Road
13th March	Pray for all who live in Sebert Road
20th March	Pray for all who live in Tylney Road
27th March	Pray for all who live in Woodgrange Road



Sunday Services in March

Lord Teach us to Pray

Date	Service	Theme	Reading
6th	Holy Communion	<i>Adoration</i>	Psalm 145
	4:30 pm	Prayer for the Future	
13th	All Age	<i>Petition</i>	Psalm 17 vv 1- 9
	4:30 pm	Holy Communion	
20th	Holy Communion	<i>Intercession</i>	Psalm 122
	4:30 pm	Prayer for the Future	
27th	Mothering Sunday	<i>Mothering Sunday</i>	Psalm 139 vv 13 - 18 John 19 vv 25 - 27
	4:30 pm	Holy Communion	
3rd April	Holy Communion	<i>Contemplation</i>	Psalm 19
	4:30 pm	Prayer for the Future	

Prayer for the Future

On the Sundays when there is not Holy Communion in the afternoon Ben would like to invite people to join him to pray for 45 minutes to seek God's will about the way ahead. It will be from 4:30 pm to 5:15 pm.

On the St Mark's YouTube page there will be a Sunday Service video. We are meeting in the church for Sunday morning worship at 10:30 am; safe distancing measures are still in place and everyone will be asked to wear a face covering unless exempt. Please check on the church's webpage or look out for notice emails for other changes.

Prayer Meeting Wednesday at 7.30 pm

On Wednesday evenings we are meeting together in church as God's people to seek and petition Him. It's only 60 minutes and there's no expectation that you have to pray out loud if you feel uncomfortable doing so. If you can't come every week, then please come as often as you can.

Ash Wednesday 2nd March at 7:30 pm

There will be a special prayer meeting, *Lord, Teach us How to Pray* - come for the first half hour to visit our prayer stations on The Lord's Prayer then gather together for the second half hour for a time of prayer and reflection at the start of Lent.

Each Weekday Evening at 4.30 pm: Evening Prayer via Zoom

This 45-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.

Zoom ID: 864 991 9885

International Women's Day

As well as the International Day of Prayer on Friday 1st March, see page 9, it is also International Women's Day on Tuesday 8th March and we'll be marking that with a special service of Evening Prayer on Zoom at 4.30pm.

Zoom ID: 864 991 9885

Lent Course

Live Lent: Embracing Justice

The Church of England has launched its **Live Lent campaign**. This year's theme is **Embracing Justice** and there'll be booklets available in church on Sunday, 27th

February. Each booklet comprises a bible passage, a short reflection and an 'action for the week'. There's a youth version as well, so our young people can get involved.



Change lives. **For good.**

act:onaid

Coffee Morning: Action Aid

We are not able to hold our monthly coffee morning, but if you would like to support the charity, please view

their website. ActionAid is an international charity that works with women and girls living in poverty. Their dedicated local staff are changing the world with women and girls, and ending violence and fighting poverty so that all women and girls, everywhere, can create the future they want.

Zoom coffee morning details on page 30 11am 1st March

Zoom ID 821 2451 2055 Password E70LJ

PINK BIN PROJECT



X

CARE 4 CALAIS

DONATIONS

DONATIONS FROM THE LIST BELOW WILL BE GIVEN TO 'CARE4CALAIS', WHO ARE WORKING WITH REFUGEES IN OUR AREA.

- SHOWER GEL
- SHAMPOO
- WET WIPES
- TOOTHPASTE
- SPRAY DEODORANT
- SANITARY PRODUCTS
- HAIR PRODUCTS
- MEN'S TRAINERS
- (EURO SIZE 41-45)
- MEN'S T-SHIRTS
- MEN'S SWEATSHIRTS, FLEECES & HOODIES
- NEW MEN & WOMEN'S UNDERWEAR (S, M & L)
- NEW MEN'S SOCKS

FIND OUR PINK BINS

PLEASE PUT ANY DONATIONS IN OUR PINK BINS AT:

GODWIN JUNIOR SCHOOL,
CRANMER ROAD
(MON - FRI, 8:30AM-4:30PM)

ST. MARK'S CHURCH,
LORNE ROAD
(SAT - SUN, 9:00AM - 6:00PM)

... BY SUN 3RD APRIL

GET IN TOUCH

IF YOU WOULD LIKE TO FIND OUT MORE ABOUT THE PINK BIN PROJECT PLEASE CONTACT:

BETH.YATES@STMARKSFORGATE.ORG.UK
07741668495

BROUGHT TO YOU BY





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 any of the following are welcome:

Rice	Lentils	1lb flour	Jam	Vegetable Oil
Pasta	Longlife milk	Toilet Rolls	Biscuits	Fruit squash
Sweet and sour sauces	Vegetarian meals	Tinned tomatoes	Granulated sugar	Nappies sizes 3 to 6
Washing powder blocks	Washing up liquid			

Asha Trust (Sri Lanka)

<http://ashatrust.co.uk>



The families Asha Trust supports in Sri Lanka continue to struggle with the effects of the pandemic. Work is irregular and high rates of inflation mean rising prices for food and basics. . If you are able to help, please contact Radhika or via <https://tinyurl.com/ashatrustsl> or www.ashatrust.co.uk

Subject to the Covid situation, the Traidcraft stall will be at church on Sunday 13th March. You can check with me at the email address below. I can also order any Traidcraft items for you 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

Did you know these contain plastic?

If you are concerned at the amount of plastic in the environment, some things that contain plastics are not so obvious....

Chewing Gum

Most chewing gums are based on a single use plastic and contain polyethylene (yes the same one used to make plastic bottles); there are some that use a tree sap and are both plastic free and biodegradable.



Teabags

Many tea bags are heat sealed using polypropylene which does not break down in your compost heap. You can get tea bags that are stitched, which are inevitably a bit more expensive, or you could switch to loose leaf tea.

Aluminium Drinks Cans

Most aluminium drink and food cans are lined with a plastic resin to stop the contents corroding the can. Usually it is bisphenol which is actually classed as toxic to humans.

Glitter

Glitter is made from a combination of aluminium and plastic, so anything with it on cannot be recycled. It is also found in cosmetics and craft materials. It is possible to find biodegradable glitter, or otherwise to do without.

Till Receipts

The shiny thermal paper used for till receipts also contains bisphenol, so cannot be recycled because of the risk of transferring the chemical to other items.

Sunscreen

72% of sunscreens on the market contain micro plastics to help bind it together, coat the skin and make it waterproof, but it then washes off into the sea. There are some brands that are plastic free, so it is worth searching for them.





Easter Experience 2022

SHARE RESURRECTION JOY

Thursday 17 & Friday 25 March

8:30 am-12 pm/12-3:30 pm

A Radical Church (ARC), 66A Sebert Rd, London E7 0NJ

Join with other Christians in Forest Gate to 'go and tell'...

Would you run or support a workshop? Welcome school visitors? Make lunch? Ask your church leader for info or contact

Alice 07507039502

alice@faithinschools.co.uk



The Banner Group are providing craft workshops at both these days, so if you would like to join us, help with one of the other sessions, or act as a helper, please let Ben or me know, or contact Alice directly. It is a great experience and allows us to tell children from local schools a little about the Christian faith.

If you cannot do these dates the Easter Experience is being done elsewhere in Newham, so if you would like to do so please contact Alice direct for dates and locations.

Ann Arnold



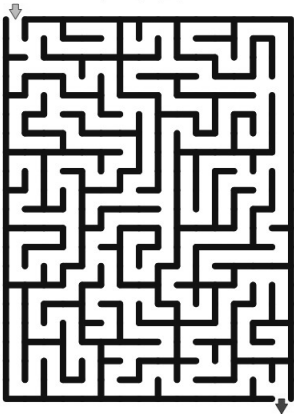
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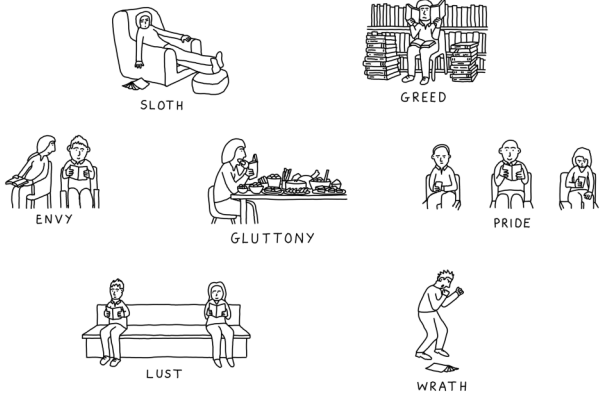
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LENT BOOKS

SEVEN DEADLY SINS



CartoonChurch.com

1. According to the UK Met Office, on what day does spring commence?
2. Who was the Roman goddess of spring?
3. For Australians, in what month does spring begin?
4. What name is given to the first day of spring when night and day are the same length?
5. Who composed 'The Four Seasons'?
6. Who wrote the music for the ballet, 'The Rite of Spring'?
7. The song, 'Younger Than Springtime' features in which Rogers and Hammerstein musical?
8. What is the nickname of Bruce Springsteen?
9. Primavera' or Spring is a famous painting by which artist?
10. What kind of animal is a springbok?
11. What do we in the UK call the vegetable known as scallions in the USA?
12. Which poet wrote these first two lines? *'Oh to be in England, now that April's there'*.
13. Easter Sunday always falls on the first Sunday after the full moon following the spring equinox. True or False?
14. What name is given to the Sunday before Easter?
15. What was the name of the hill where Jesus was crucified?
16. What item of clothing is particularly associated with Easter parades?
17. Which fruit cake with two layers of marzipan is traditionally eaten at Easter?
18. On what day are hot cross buns traditionally eaten?
19. Which Russian jewellery firm is famed for designing elaborate jewel encrusted eggs?
20. Easter Island belongs to which country?

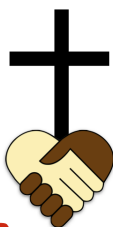


February Quiz Answers

1 The B-52's 2 Homer Simpson 3 Tomato 4 Judi Dench 5 Carol Ann Duffy 6 Love is All Around (for Wet Wet Wet) 7 Joseph Fiennes 8 Bridget Jones's 9 Fitzwilliam 10 Thorntons 11 Oscar Wilde 12 The Taj Mahal 13 The Black Eyed Peas 14 Eros 15 Freddie Mercury

St. Mark's Forest Gate

Youth



If you would like any further information please contact Beth on her email

beth.yates@stmarksforestgate.org.uk

The Countdown to Easter

Why does it start with Pancakes?

Pancake Day is also called Shrove Tuesday and it's a chance to have a celebration before Lent begins the next day with Ash Wednesday.



Long ago, Christians traditionally used up all the eggs and fat they had by making pancakes because when Lent came, they would eat less food, or even fast to help them focus on God.



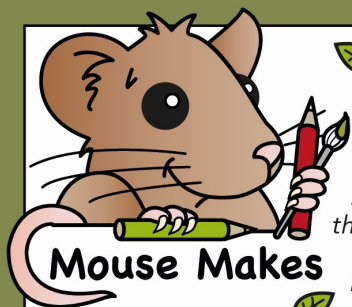
This tradition has been passed down to us today!



Shrove Tuesday always falls 47 days before Easter - so let the countdown begin!

With eggs, flour, milk and butter, anyone can join in with Pancake Day.

Will you be
making any
Pancakes
this Shrove
Tuesday?



Mouse Makes

GOOD FRUIT OR BAD FRUIT?

Jesus said:

*"No good tree does not produce bad fruit,
nor does a bad tree produce good fruit. Each
tree is known by its own fruit..."*

*...Good people bring good things out of the good
they stored in their hearts. But evil people bring evil
things out of the evil they stored in their hearts.
People speak the things that are in their hearts."*

- Luke 6: 43-45

During LENT ask God to help you through His Holy Spirit to turn your hate to **love**, your impatience to **patience** and your unkindness to **kindness**, so we can be like a good tree that grows good fruit.



READ
Luke
6: 27-45

How did Jesus
say we should
treat others?

Look up
Luke 6:31

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

_____ to everyone
who asks you
Luke 6:30

_____ for those who
are cruel to you
Luke 6:28

_____ those who
curse you
Luke 6:28

_____ Do
to those that
hate you
Luke 6:27

_____ and you will be
forgiven
Luke 6:37

Find these words from **Luke 6** in the word search above.

GOOD • BAD • FRUIT • TREE • HEART • EVIL • EACH • OWN • STORED
PRODUCE • BRING • SPEAK • REPENT • FORGIVE • LOVE • BLESS • PRAY • GIVE

Bible Bite

A short story from the Bible

It can be read in the Bible in
Luke 15:11-32

Jesus told stories about a lost sheep and a lost coin, then one about a man with two sons. The younger son said to his father...

I want my share of what I'll inherit from you now!



So the father divided his property between his sons.

The younger son took his money and went to another country.



Then his money ran out and there was a famine.



The only job he could get was feeding pigs.

He was so hungry he would have eaten their food.



Then he came to his senses -

I'll go to my father, say sorry, and ask him for a job as a workman!



He set off for home.

His father saw him coming, ran to him and hugged him.



Father, I am so sorry. I am not good enough to be your son..



But his father sent servants to get clothes for his son and prepare a feast to celebrate his return.

The older son came back from work and heard the noise.



Your brother has returned and your father is having a feast!

The older son was so angry he wouldn't go into the house..



so his father came out to see him.

For years I've slaved for you and you've given me nothing. He returns after wasting your money and you give him a feast!



My son, all I have is yours, but we should celebrate because he was lost and now he has been found.

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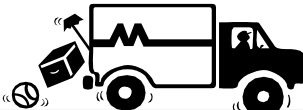
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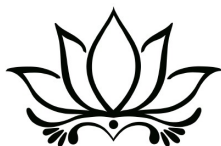
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Services - See page 15 for further information

Weekdays	4:30 pm	Evening Prayer (Zoom)
Wednesday	7:30 pm	Prayer Meeting in the church
Sunday	10:30 am	Morning services

Monthly Zoom Coffee Meet-Up:

11.00 am First Tuesday in the Month

Do join us on Zoom for coffee and chat the first Tuesday every month 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

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.



St. Mark's Forest Gate



Our Motto for 2022

Launch out into the deep
and let down your nets for a
catch.

Luke 5 v 4



Now go out where it is
deeper, and let down your
nets to catch some fish
Luke 5:4