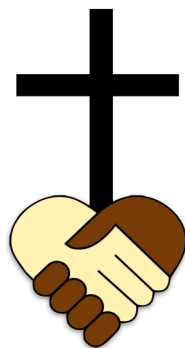


# St. Mark's Forest Gate



**March 2024**

**70p**

[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 <a href="mailto:churchwardens@stmarksforestgate.org.uk">churchwardens@stmarksforestgate.org.uk</a>
Treasurer	Peter Arnold
Parish Worker	Beth Yates

## P.C.C. Members

<b>Chairman</b>	Rev'd Ben King	
<b>Vice Chairman</b>	Ann Arnold (Deanery Synod Representative)	
<b>Treasurer</b>	Peter Arnold	
<b>Secretary</b>	Charlotte Mouzer	
<b>Church wardens (Ex-officio)</b>	Sharon Yates	Mike Richardson
Janet Bone (Deanery Synod Representative)		Michael Semuguruka
Leonie Upson	Bola Ogunfowokan	Beth Yates (Co opted)

The P.C.C. represents the members of the church; if there are any issues you want raised, do talk to them. There are vacancies on the PCC; if you feel called to stand do speak to Ben

## Contact information

Website	<a href="http://www.stmarksforestgate.org.uk">www.stmarksforestgate.org.uk</a>
Admin	<a href="mailto:info@stmarksforestgate.org.uk">info@stmarksforestgate.org.uk</a>
Youth Work	<a href="mailto:youth@stmarksforestgate.org.uk">youth@stmarksforestgate.org.uk</a>
Magazine	<a href="mailto:magazine@stmarksforestgate.org.uk">magazine@stmarksforestgate.org.uk</a>
Notices	<a href="mailto:notices@stmarksforestgate.org.uk">notices@stmarksforestgate.org.uk</a>

 Facebook: St. Mark's Forest Gate

## Magazine

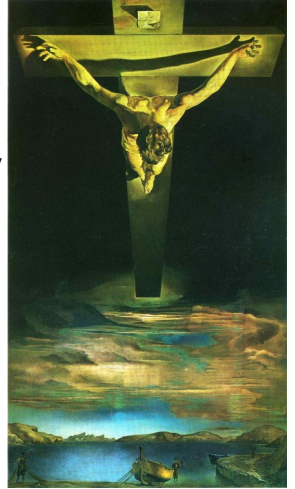
Material for the magazine to be emailed to [ap.arnold@btinternet.com](mailto:ap.arnold@btinternet.com) or put through the door of 32 Cranmer Road. Material for **April** needs to be given in by **Sunday 10th March**.



This picture of the crucified Christ sits in my study. It's by the Spanish artist Salvador Dali and depicts Christ on the cross over Port Lligat in northern Spain.

It's a striking picture in itself. But in the approach to Holy Week and Easter, it takes on a special resonance. At this time of year, the crucifixion is a particularly powerful reminder of the extravagant love of God - a love so deep that in Jesus, God willingly took our place on the cross and died in our stead.

The fact that Christ hangs over a small fishing community also reminds me that Jesus has died for all peoples everywhere. No one is excluded. As is often said, if you had been the only person on earth, Jesus would have died for you.



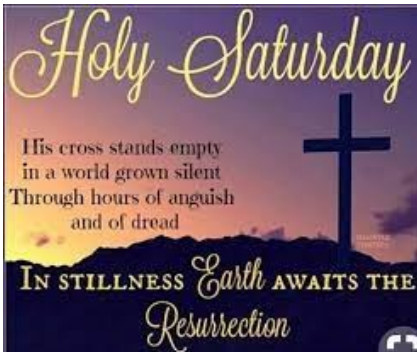
As we prepare to celebrate the highpoint of the Christian year, be assured that God extends a personal invitation to you to draw close to Him. He invites you to take your place at the Last Supper, to walk the way of the cross and to marvel at the empty tomb. These are the events that define Christianity, without which there would be no Christian faith. These are the events that millions of people will celebrate worldwide - events that give us our reason for being, unite us a church and proclaim the hope that we have in Jesus of new and everlasting life. So may I encourage you to respond to God's invitation and to step into this wonderful story afresh. However familiar or unfamiliar you are with it, God wants you to be part of it – He wants you to meet with Jesus and to receive His love so that you might also come to live life in all its glorious fulness. There really is no other way. Please do step into the story with us by joining in with our Holy Week and Easter services. Full details are on page 15. You'd be very welcome, of course.

Finally, please join with me in giving thanks for the good work God is doing at St Mark's. More and more it feels like Easter light is shining upon us and that new life is abounding as a result. I also sense that this is just the beginning and that there is a greater light and life to come. May it be so in Jesus' Almighty name.

A very happy Easter to you all,

*Ben*

# Easter Eve



Easter Eve is the last day of Lent. It is the day between Good Friday and Easter Day, and represents the one full day that Jesus was dead. It is a day of quiet reflection and anticipation for Christians worldwide.

In the Catholic, Lutheran, Anglican, and Methodist traditions, Easter Eve lasts until nightfall, after which the Easter Vigil is celebrated, marking the official start of the Easter season.

What did Jesus do on that one full day in the grave? Christian understanding varies on this.

The Roman Catholic, Eastern Orthodox and most mainline Protestant churches teach that Jesus descended to the realm of the dead on Holy Saturday, to save the righteous souls who died before His crucifixion.

The catechism of the Catholic church calls the descent "the last phase of Jesus' messianic mission," during which He "opened heaven's gates for the just who had gone before Him." Often called "the Harrowing of Hell," the dramatic image of Jesus breaking down the doors of Hades has proved almost irresistible to artists, from the painter Hieronymus Bosch to the poet Dante.

But some Protestants say there is little scriptural evidence for the detour to hell, and that even Jesus' own words contradict it. For on Good Friday, Jesus told the Good Thief crucified alongside Him that "today you will be with Me in Paradise," according to Luke's Gospel."

"That's the only clue we have as to what Jesus was doing between death and resurrection," John Piper, a prominent evangelical author and pastor from Minnesota, has said. "I don't think the thief went to hell and that hell is called paradise."

The Bible says little about the interlude between Jesus' death and resurrection. Churches that teach He descended to the realm of the dead usually quote 1 Peter 3:18-20. "Christ was put to death as a human, but made alive by the Spirit," Peter writes. "And it was by the Spirit that He went to preach to the spirits in prison."

## Thanking two kinds of Mother on 10<sup>th</sup> March

Mothering Sunday, the fourth Sunday in Lent, is the day for honouring our Mother Church, and has been celebrated since the Middle Ages.



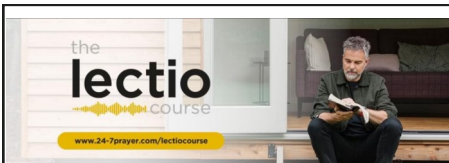
Mother's Day is an annual day to honour our mothers, and it began in America in May 1907.

In the US, Canada, Australia and Mexico, Mother's Day is still held in May. In Britain, Mother's Day is held on Mothering Sunday, so the two days are often merged in people's minds.

If you ask Google for ideas of how to be nice to your church on that day, you won't find much. But if you want to be kind to your mother that day, you will be spoilt for choice. High on all the lists are suggestions for taking her to lunch, giving flowers, a card, or paying for her to have a day doing something she loves.

Whatever you choose to do, probably the best thing to give your mother must surely be yourself: some time and some love. Remind her of the funny and touching stories of your childhood and thank her for all the things that she did for you. Give her some good company and show her some gratitude. Let her know that you love her and appreciate her.

Remember that the Commandment 'Honour thy father and mother' was the first commandment that came with a promise of blessing on you, if you obey.



**Lectio Divina Lent Course:** We continue to learn to listen to God better through His word. Lectio Divina is an ancient spiritual practice – a way of reading the Bible that invites God to speak to us in powerful ways.

Daytime, led by Sharon - every Tuesday at 12 noon in the church (after Coffee and Chat) with a soup lunch: 6th March to 19th March.

Evening, led by Ben - 7.30pm in the church: Thursday 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> March.

# PCC Summary

## A summary of the PCC Meeting held on the 29th January 2024

The main discussion points and decisions were:

- The 2023 accounts were presented and approved by the PCC with some minor amendments.
- The 2024 budget projects a deficit that may need to be covered by reserves. Spending on development was identified as a factor contributing to this.
- In response to this, the 2024 stewardship campaign was discussed, finalised and approved.
- Requests for finance for youth work proposals were approved, including a subscription to youth resources, purchasing a second TV, tickets for a youth conference, and funding for an upcoming Messy Church event.
- An update on the growing number of new members of the church who attended the recent welcome event was provided, along with the positive feedback from it that had been received.
- The APCM meeting date was set for Sunday May 5th at 10.30 am.
- Arrangements for the building's use as a polling station on 2 May were accepted.
- Safeguarding proposals for small groups meeting in church were presented for further prayer and reflection.
- An update from Deanery Synod about lay training and support was provided.

### How to Give Regularly to St. Mark's

Many thanks to those who give to St Mark's, and in particular for the responses to the stewardship campaign.

The most convenient way to give regularly (monthly, quarterly, or annually) to St Mark's is to use the Parish Giving Scheme ([parishgiving.org.uk](http://parishgiving.org.uk)). This uses direct debit from your bank account, with an option for an annual inflationary increase in the amount you give. You can change the amount you give, or cancel your donations, at any time. If you are a UK income tax payer, you can opt in to the Gift Aid scheme, whereby the value of your donations to St Mark's are increased by 25p for every £1 you give.

You can contact Parish Giving Scheme on 0333-002-1260 or [info@parishgiving.org.uk](mailto:info@parishgiving.org.uk). You will need to quote the St Mark's parish code which is **080608106**.

For more information, or if you have any questions, please speak to Peter Arnold in confidence.

**Sunday**      **4th and 11th March**  
**Speaker**    **Rev. Ben King**  
**Theme**       **Stewardship**

For two Sundays Ben preached about to stewardship. On the first Sunday the theme was the principles of Christian Stewardship and on the second Sunday it was our personal response to giving.

## **Principles of Christian Stewardship :**

*Having a heavenly perspective on earthly treasure*

- What is your treasurer? What fills your heart? Sit light to earthly treasure; Hope of heaven; Better stewards.

*Jesus is Lord of All*

- Submit ourselves to the Lordship of Christ; Using what God has blessed us with for his service and glory; We are stewards not owners; Hold what we have lightly not tightly.

*Be proactive*

- Actively putting to use what God has blessed us with; Laziness always invites disaster; Parable of talents.

*Do not worry God is faithful*

- Matthew 6: 25-27, We are precious to him; Rest in his faithful provision.

*Applying the principles*

Confident that we are glorifying God and our primary motivation is Him; Rest in his faithful provision; Have a healthy relationship with money; Stewardship is an expression of generosity towards God and others.

## **Personal response**

*Virtuous circle*

- You will be enriched in every way so that you can be generous.

*Sacrificial giving*

- Barometer of our spiritual health; Reveals a lot about the sincerity and depth of faith; Not what we give, but what we have left.

*Giving from the heart*

- Our attitude and motives are important to God.

*Annual motto*

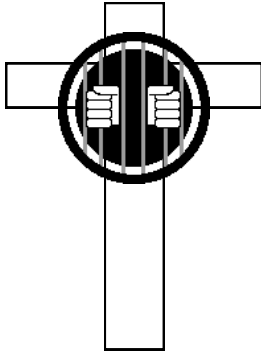
- Expression of our love for God; Trust him in faith and obedience.

*Planned giving*

- Priority, planned, proportionate.

# The Persecuted Church

## Yemen



**In all things we are more  
than conquerors through  
him that loved us.**

**Romans 8 v 37**

Courageous faith has been the theme of Saleh's life, since he bravely told his father that, whilst studying, he had been exploring Christianity, only to discover that his father was already a follower of Christ! He had hidden his faith from his son, which is a common practice in the region, where people can face extreme persecution if their child accidentally reveals their faith.

Saleh and his friend would stand in front of their local mosque and tell people about Jesus. They became known as the 'crazy guys', such was their boldness. In Yemen it is illegal to convert from Islam to Christianity, and accusation of apostasy can lead to the death penalty.

Wherever Saleh went he told Yemenis about Jesus, including in a refugee camp in a nearby country. "I became known as the person 'who knows Jesus,'" he says. "There were some deep conversations and many people there came to know Christ". One day, as Saleh was travelling to a training seminar, he was arrested at the airport. The authorities tried to bargain with him, offering to recruit him as a spy. Although he refused he was released.



With the majority of believers unable to gather in Yemen, Saleh decided to set up a house church network, but started getting death threats. "If we sit at home and do nothing we would be safe" Saleh says "But what kind of Christians would we be if we were not risking our life for others to know Life?"



Saleh's brother Issam and his close friend Mussa were travelling to a group of new believers who wanted to be baptised. Because Saleh was known to the Yemeni authorities, they decided it was safer if he did not travel with them: "I was in constant contact with them throughout the entire journey," he says. "One day, they messaged me, telling me they had boarded the bus and were en route. After that text, I lost all communication with them." The police had boarded the bus and arrested Issam and Mussa for their Christian activities. Saleh was worried that he and others were particularly vulnerable, now that the authorities had their names and contact information on Issam's and Mussa's phones. He went into hiding, fearing for his life as threats were made, and they were trying to get Issam and Mussa released.

For two months, Saleh hid in a safe house in Yemen. "Those were indeed difficult days for me," Saleh remembers. "There were days when I was hopeful and strong and other times when I felt weak, guilty and depressed. It was during those dark times when I felt God's presence with me." God answered the prayers of the church! After about eight weeks, Issam and Mussa were released from prison. "God did a miracle," Saleh says. "He changed the heart of a person of influence who initially wanted them dead. This man eventually helped them to get out of jail.

With the help of Open Doors partners, Saleh currently serves about 70 families in Yemen. He is able to provide meeting spaces for Christians, provide medical help and transportation, give out food packages, conduct baptisms, train leaders and help set up essential trainings, including trauma counselling, persecution preparedness, and discipleship.

### Praying with Saleh

Lord God, please guide my brothers and sisters in Yemen and the Arabian peninsula by your Holy Spirit so that they have the opportunity and courage to share the Gospel.

Strengthen and encourage Saleh and all your children, and spread the church's message of light and hope across the country.

As Yemen faces an ongoing humanitarian crisis use your church to provide vital practical support as well as spiritual care. Amen

*Source: Open Doors, all names have been changed to protect people. A video can be seen at [opendoorsuk.org](http://opendoorsuk.org).*



All donations received for the Newham Churches Food Bank will be given to Woodgrange Baptist Church. Thank you in advance for any donations.

PLEASE PUT DONATIONS INTO OUR ORANGE BINS AT...

St. Mark's Vicarage, 41a Tydney Rd, E7 0LS

St. Mark's Church, Lorne Rd, E7 0LJ

#### ITEMS TO DONATE

- Rice
- Lentils
- Flour
- Jam
- Vegetable oil
- Pasta
- Longlife milk
- Toilet rolls
- Biscuits
- Fruit squash
- Tinned tomatoes
- Granulated sugar
- Nappies sizes 3-6
- Washing up liquid
- Washing pods
- Tinned meat
- Vegetarian meals

## PINK BIN



## PROJECT

All donations received via the Pink Bin Project will be distributed to a variety of local charities such as The Maggie Project, Lola's Homeless & Stratford Salvation Army. Thank you in advance for any donations.

PLEASE PUT DONATIONS INTO OUR PINK BINS AT...

Godwin Junior School, Cranmer Rd, E7 0JW

St. Mark's Church, Lorne Rd, E7 0LJ

#### ITEMS TO DONATE

- Nappies (all sizes)
- Wet wipes
- Shampoo & conditioner
- Toothbrushes & toothpaste
- Moisturiser
- Shower gel
- Deodorant
- Soap
- Sanitary products
- Bath sponges & flannels
- Nail clippers
- Combs & hairbrushes

Take what you need.  
Give what you can.



## Community Cupboard

Our community cupboard will be located in the lobby of the church building and will stock a variety of items such as dry goods & toiletries.

The cupboard will be able to be accessed whenever the church building is open, free of charge and open to anyone.



St. Mark's Church, Lorne Road, E7 0LJ

## Fair Trade Stall

Watch this space for future dates. If there are items you would like please contact Peter Arnold.



The coffee mornings will not run over the Easter Holidays and restart in early April

COME ALONG FOR A

# Coffee & Chat



**Tuesdays 10:30am - 12pm**

**TUES 20TH FEBRUARY - TUES 19TH MARCH**

Pop in for a friendly chat and a coffee... or a tea.  
Stay for as long or as short as you wish.  
We really hope to see you there!



St. Mark's Church, Lorne Road, E7 0LJ  
To find out more please get in touch with Beth:  
beth.yates@stmarksforestgate.org.uk  
07741 668495



# ST. MARK'S Play Café

**THURSDAY MORNINGS**  
**THURS 22ND FEB - THURS 21ST MARCH**  
**10:30AM - 12:00PM**

Play Café is an opportunity to build community and connections for parents and their children.

Come along with your little one for a hot drink, a snack and a space to chat.

Spaces are limited please sign-up via the church calendar on our website or get in touch to be added to the waiting list.

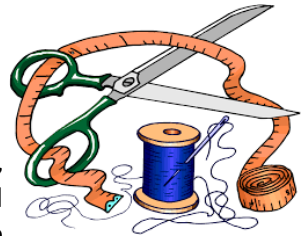


St. Mark's Church, Lorne Road, E7 0LJ  
To find out more please email: beth.yates@stmarksforestgate.org.uk

## Care and Repair Sewing Group

**Mondays 11:00 am to 12:00 noon in Church Hall**

The banner group would like to help you repair, make do and mend your clothing. Come along and we will show you how to do it, whether it is to shorten your trousers, make your dress fit, darn a sock, repair a zip or sew on a button. It would also be good to meet with you and have a chat as well. Come along between 11:00 am and 12:00 noon on Monday mornings.



After an individual attacked a mother and her children in Clapham some politicians and media commentators criticised the role of churches in individual asylum claims. The individual responsible, who police believe to have committed suicide, had claimed conversion to Christianity in support of his application.

The Bishop of Chelmsford, Bishop Guli wrote an excellent article for the Telegraph. In the article, Bishop Guli said:

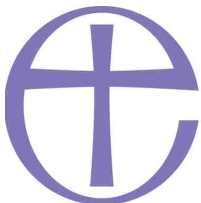
"I arrived in this country myself as a refugee from Iran, following the events of the Revolution of 1979 during which the small Anglican Community experienced much persecution and my brother was murdered. I know that behind every statistic is a human story and I have a sense of the real trauma that many asylum seekers have experienced.

Christians are called to follow the example of Jesus who throughout the Bible focuses his love and care on the most vulnerable and marginalised people in society.

Commentators this week have largely ignored the fact that churches do this by helping disadvantaged people of all backgrounds – including asylum seekers – to eat, to sleep, to worship, to find shelter and to be connected to the services which can support them. As a Christian leader I make no apology for our involvement in supporting people who are often deeply vulnerable and traumatised.

But churches have no power to circumvent the Government's duty to vet and approve applications – the responsibility for this rests with the Home Office"

If you would like to read the whole article it can be found on the Church of England website at <https://www.churchofengland.org/media/press-releases/bishop-churches-support-asylum-seekers-shouldnt-be-seen-magic-ticket>.



# THE CHURCH OF ENGLAND

## Prepare yourself

Make the valley full of ditches

2 Kings 3 v 16

All things don't come to those who *wait* but to those who *prepare*. There is a great illustration of this in 2 Kings 3. As part of God's strategy for defeating the Moabites, God told the Israelites to dig a ditch and He would fill it with water until it became a mighty river. They did, and as a result they experienced a spectacular victory. But don't miss the point here. God said, '*When* you have dug the ditch, *then* I will fill it!' (see v. 17). God can use anybody, but He doesn't; He uses prepared people.

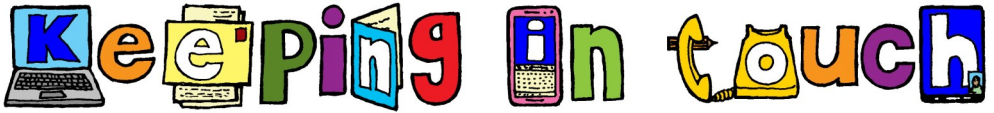
Moses lived to be 120. His first forty years were spent in a palace, his second forty years were spent in a wilderness, and his last forty years were spent fulfilling his God-given assignment. That's two-thirds of his life in preparation! What happens when you're not prepared? Things you hope *won't* happen, do. Often the dividing line between winning and losing is preparation! Singing, 'When you wish upon a star,' won't make your dream come true – you have to prepare yourself! Paul's ministry begins with the words, 'Lord, what wilt thou have me to do?' (Acts 9:6). Whereupon God takes him into the desert for the next three years to teach him and prepare him for his ministry.

Whether your vocation is sacred or secular, you have to know what it will cost in terms of time, effort, and resources, and prepare for it. 'Any enterprise is built by wise planning, becomes strong through common sense, and profits wonderfully by keeping abreast of the facts' (Proverbs 24:3). So, the word for today is – prepare yourself.

*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

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 above. There is also prayer ministry held after the morning service when there is not a communion service. You are welcome to come along even if you are not able to attend the service.

### Comfort all who are sick

Lord comfort and heal all who suffer in body, mind and spirit.



Bring healing to those who suffer from physical pain, either miraculously or using human medicine.

And we pray for those who are grieving following the death of a loved one.

## Intercession: Cost of living

Help us to trust that all of our security is in you. Keep us mindful that you always have, and always will, provide for our needs. Apart from you we can do nothing.

We ask that you give our leaders the wisdom to guide our nation and the world out of the current economic crisis. Help us to protect the poor and all those who are struggling during this difficult time. Provide for their needs and give them hope. Open new opportunities for them and furnish the resources they need to live with dignity. Encourage those who have enough to share essential resources with those who lack the necessities of life.

O Lord hear our prayer. In Jesus' Name, Amen.



## The Lord's Prayer

Our Father in heaven, hallowed be your name.  
Your Kingdom come, your will be done, on earth as it is in heaven.  
Give us today our daily bread.  
Forgive us our sins, as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from evil.  
For the kingdom, the power and the glory are yours.  
Now and for ever.  
Amen.

## Our Parish Streets:

### Week beginning

3rd March	For all who live in Capel Point
10th March	For all who live in Chestnut Avenue
17th March	For all who live in Cranmer Road
24th March	For all who live in Curwen Avenue
31st March	For all who live in Emily Duncan Place

## Church Services in March

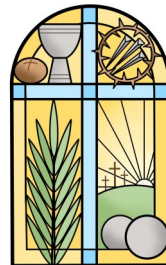
Date	Service	Theme	Reading
3rd	10:30 am Holy Communion	Spiritual Gifts	1 Peter 2:4-6,9-10 John15:1-17
10th	10:30 am All Age	Mothering Sunday	Exodus 2:1-10 John 19:25-27
17th	10:30 am Holy Communion	Passion Sunday	Hebrews 5:5-10 John12:20-33
20th	7:30 pm United Prayer Meeting		
24th	10:30 am Morning Worship	Palm Sunday and Shared Lunch	Psalm 118:1-2,19-29 Mark 11:1-11
28th	7:30 pm Holy Communion	Maundy Thursday: Foot washing and stripping the table	Exodus 12:1-4,11-14 John13:1-17,31-35
29th	11:00 Good Friday	Hour at the Cross, Walk of Witness	
31st	10:30 am Family Holy Communion	Easter Sunday	1 Corinthians 15:1-11 Mark 16:1-8

### Easter Ecumenical Meditations

25th March 7:30 pm St Anthony's  
 26th March 7:30 pm Emmanuel  
 7th March 7:30 pm St Saviours

### Other Easter Activities

Sunday 24th March - shared lunch  
 Friday 29th March 12 noon - Walk of Witness  
 Saturday 30th March 11am Easter Egg pickup





**MESSY Church**

**Monday 8th April**  
**10:30am - 12:00pm**

Join us for a morning of craft & fun!

Places are limited, please book via ChurchSuite.

Targeted at primary school aged children but all are welcome.

Parents / Legal guardians must stay with children throughout the sessions.

For more info, please get in touch with Beth

St. Mark's Forest Gate



International Women's Day of Prayer is on Friday 8<sup>th</sup> March and we will be marking it at Morning Prayer the day before - 9am on Thursday 7<sup>th</sup> March. Details for Morning Prayer can be found below.

**Weekday Prayer Meeting: Wednesday at 7:30pm**

We meet 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. This Lent we are specifically praying for our Parish so please come and join us. You'd be most welcome.

**Morning Prayer via Zoom 9:00am on Tuesday, Wednesday and Thursday mornings**

This is a 40 minute service following the Anglican Daily Office, and is a way of resourcing ourselves and of making sure that we stay close to Jesus and to one another. Please do join us on Zoom when you can.

**Zoom ID: 864 991 9885**

## Where is the most generous place in the UK?

The fundraising website GoFundMe has praised the British public, as recent figures show that it receives a donation every second of every day.

The generosity of the British can even be broken down into regions.

Last year Manchester was the most generous place in the UK, with 43,135 donations, while Liverpool (36,739), Brighton (19,641), Lisburn (11,122), and Saint Albans (10,474) came in second, third, fourth and fifth respectively.

This past year, many British donors have given to the victims of conflicts and natural disasters, from Ukraine to Syria, Turkey to Morocco, not forgetting those impacted by the various storms that battered the UK itself.

One notable success was for victims of Storm Babet, whose homes were flooded in Chesterfield. The fundraiser, organised by a team at Lifehouse Church in the town, raised more than £92,000, from a total of 1,600 donations.

All in all, the UK was ranked as the third most generous country in the world per capita, with more than four million donations made last year.

Tim Cadogan, chief executive of GoFundMe, said the organisation has now celebrated its “billion-pound milestone” of donations raised from the UK since its inception in 2017, and he estimates a quarter of a billion pounds was raised on the platform in 2023 alone – which he said were “incredible numbers”.




How do you give? On page 5 our treasurer talks about how to give to the church, but the principles are the same to any giving; you can make a one off payment, or give regularly by standing order or direct debit. If you are a tax payer most charities appreciate you gift aiding your giving. Most charities now have a website with a page on how you can donate.

**Newham Churches Food Bank**



The Churches Food Bank continues to have heavy use. If you would like to contribute, please place any items either in the orange bin outside the vicarage at 41a Tylney Road, or in the foyer of the church, 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 6 to 8+  |
| Washing powder blocks | Washing up liquid |                 |                  | Tinned meat   |

Please note that at this moment Nappies are not required

**Asha Trust (Sri Lanka)**

<http://ashatrust.co.uk>

Asha Trust works in a community on the outskirts of Colombo in Sri Lanka. Housing and other facilities are poor here and finding work is a daily struggle: many earn less than \$2 a day. Our community workers support people to develop solutions to the many challenges they face, restoring hope and building ladders out of poverty.



They run a range of services and activities from a purpose-built centre in the heart of the community. The Asha Centre is an oasis in a tough place providing a safe space for children to learn and grow. If you are able to help, please contact Radhika or via <https://tinyurl.com/ashatrustsl> or [www.ashatrust.co.uk](http://www.ashatrust.co.uk)

## Stewardship of the Earth's Ecology

Christians should extend their stewardship to the care for God's Creation through prayer, living simply, public witness, campaigning and mutual encouragement.

Some Christians favour a more biocentric approach, but others seek to retain an emphasis on humanity while incorporating environmental concerns within a framework of Creation Care. Christian environmentalists emphasize the ecological responsibilities of all Christians as stewards of God's earth.

The US Catholic bishops point out in their statement, *Renewing the Earth*, as stewards, "we seek to explore the links between concern for the person and for the earth, between natural ecology and social ecology. The web of life is one."

Organisations such as Christian Ecology Link and A Rocha UK are looking at finding alternative ways of being good stewards, in a campaign of 'Joy is Enough' <https://joyinenough.org>.

A brief summary of the themes:

- The big transnational questions of limiting resource use and waste production and cutting emissions.
- Reform of the financial sector; changing national economic goals and how we measure progress; investment in low-carbon economic activities that employ people in ways that contribute meaningfully to our well-being.
- Tackling inequality in our society and promoting work-time reductions and work sharing to challenge the myth that we can only solve unemployment through growth.
- Promoting conditions that can make more possible close family and community relationships; challenging consumerism.
- The imperatives in scripture and theology for this new kind of economics, and their implications for the churches' mission.



## Rules of living well after 60

The King is 75. Last year he did 516 engagements, and before his recent diagnosis for cancer, he had no intention of slowing down. Instead, he was keen to be ‘back up and running’ as soon as possible after his prostate operation. Was he right?



“Absolutely he was – you shouldn’t slow down,” says Sir Muir Gray, 80, former chief knowledge officer for the NHS. “Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn’t make you feel old – disease and loss of fitness will.”

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life. Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance), and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of ‘deconditioning syndrome’, a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the ‘sweet spot’ between activity and rest. Gray advises: “If you’re only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you’re more likely to fall ill, feel disconnected and lonely.”

Finally, don’t run on a hamster wheel of someone else’s making. This Lent, before God, rethink your real purpose and calling in life. And live it!

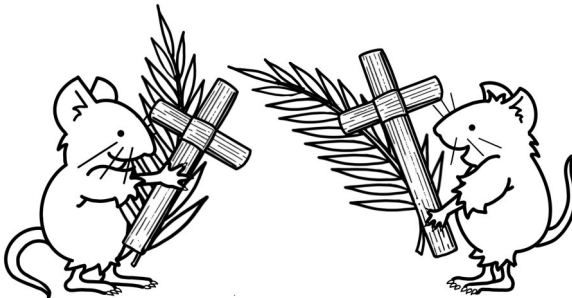
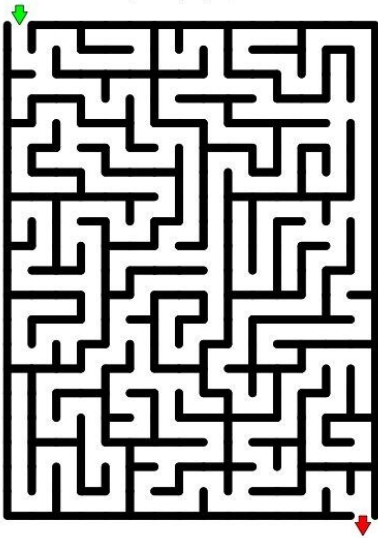
# Puzzle Page

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

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**Questions:** based on Matthew 27 a quiz about the Easter story.

1. Who planned to have Jesus executed?
2. To whom did they go for help to 'catch' Him?
3. What did they give in return for Jesus?
4. What did they do with Jesus?
5. What did Judas do then?
6. What did the governor ask Jesus?
7. What was the name of the other prisoner?
8. Why did Pilate wash his hands?
9. Who helped Jesus carry His cross?
10. What was the written charge?
11. When did darkness come over the land?
12. What did Jesus cry to God?



## Answers Exodus Quiz

1: Pharaoh's daughter 2: 10 3: Water turned to blood 4: Red Sea 5: Marah  
6: Quail 7: A pillar of cloud and of fire 8: From a rock 9: Mt. Sinai 10: Thou shalt not commit adultery 11: Two cherubim 12: They didn't know what had happened to Moses 13: Bezaleel 14: Joshua 15: 40

# St. Mark's Forest Gate

Youth



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

[beth.yates@stmarksforestgate.org.uk](mailto:beth.yates@stmarksforestgate.org.uk)

## Onelife Youth Conference



We had a great time taking some of our young people to St. Paul's Church, Hammersmith to the Onelife Conference.

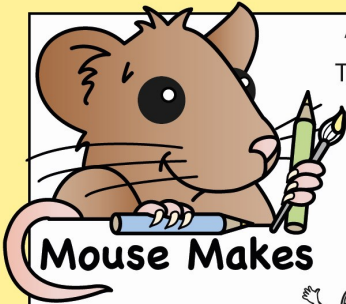
With main sessions, practical leadership toolkits and loads of fun thrown in along the way, the Onelife Conference was an unmissable experience for young people who want to grow in their relationship with Jesus and discover what it means to lead in his footsteps.

The focus for the conference was developing character and what it means to become people of influence who lead themselves and others exceptionally well. This year the theme was 'Faithful' and the story of Joseph in the Old Testament.

Onelife events have a strong ethos that leadership is for anyone who wants to grow the kingdom of God in any area of their life – whether at home, at church, at school, or on the sports pitch.

For more information or to support Onelife, please visit their website: [onelifeleaders.com](http://onelifeleaders.com)





"I am the **resurrection** and the life.  
The one who believes in me will live  
even though they die."

John 1:25



READ the Bible  
passages to find  
the answers to the  
crossword clues

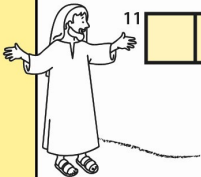
Matthew 21:1-11

1. Which city did Jesus ride into?
2. What did he ride on?
3. What did the crowd shout?
4. What did clothes did they put down?
7. What did they cut down to spread on the road?



Matthew 26:17-29

15. What feast did Jesus celebrate?
12. Who did he celebrate it with?
11. What did Jesus break to eat?



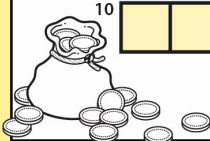
Matthew 26:36-75

6. What did Jesus go to do at Gethsemane?
18. Who denied Jesus?



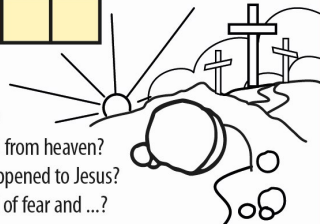
Matthew 26:14-16

- 8d. Who betrayed Jesus?
10. How many silver pieces was he paid?



Matthew 28:1-10

5. Who descended from heaven?
19. What had happened to Jesus?
- 8a. Mary was full of fear and ...?



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# Bible Bite

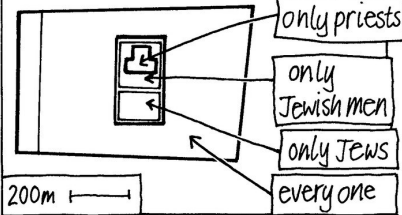
A short story from the Bible

It can be read in the Bible in  
Mt 21:12-16, Mk 11:15-18, Lk 19:45-48

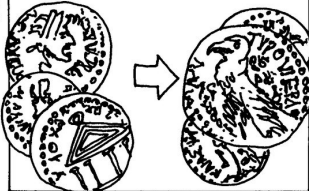
When Jesus reached Jerusalem he went to the Temple, built as a place where everyone could worship God, but with restrictions...

Plan of the Temple

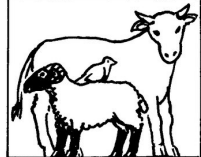
Restrictions



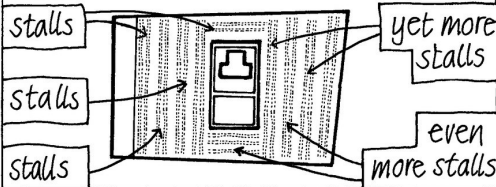
Visitors had to change their money to shekels



They had to buy special animals to sacrifice...



and the stalls filled the only place that non-Jews could come to worship God



The chief priests had no problem with this...



but it made Jesus very angry...



so he drove them out



This should be a place of prayer but you have made it into a den of thieves \*

\*Isaiah 56:7, Jeremiah 7:11



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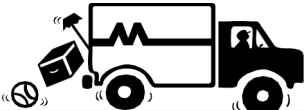
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**Services** - see page 15 for further information

Weekdays	9:00 am	<b>Morning Prayer</b> (Zoom) Tuesday, Wednesday and Thursday Zoom ID : 864 991 9885
Wednesday	7:30 pm	<b>Prayer Meeting</b> in the church
Sunday	10:30 am	<b>Morning services / Communion</b>
	4:30 pm	<b>Holy Communion</b>

## Activities

Monday	11:00 am	Care and Repair Sewing Group
Tuesday	10:30 am	Coffee and Chat
Thursday	10:30 am	Play Café



**St. Mark's Forest Gate**  
**Church Centre: Lorne Road,**  
**London E7 0LJ**  
**[www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk)**

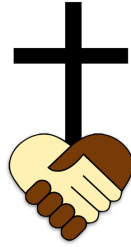
**Vicar: [ben.king@stmarksforestgate.org.uk](mailto:ben.king@stmarksforestgate.org.uk)**  
**020 8091 5652 | 07437 522650**

**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.



# St. Mark's Forest Gate



## Our Motto for 2024

I command you today

Love the Lord your God,

Walk in obedience to Him

He will bless you

In the land you are entering to possess

From Deuteronomy

30 v 16