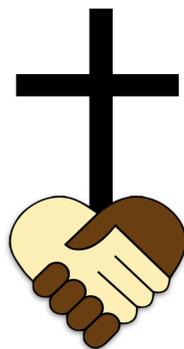


St. Mark's Forest Gate



The LORD will give strength unto his people;
the LORD will bless his people with peace.

Psalm 29:11



May 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 **June 2022**
needs to be given in by **Sunday 15th May**.



CS Lewis once wrote: 'I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.'

With Easter anthems still ringing in our ears, I'm reminded once again that Easter makes all the difference.

Jesus' resurrection changed the course of history, inaugurated God's new creation on earth and brought fresh hope to the world. As Lewis' words imply, it is by the light of the risen Son that we see and understand everything else.

A dear friend of mine, now well into his nineties, came to faith as a young man. He went to his local church, prayed a short prayer accepting Jesus into his life and then left the church to get on with his day. Initially, it seemed as if nothing had changed.

But as he stepped out of the church, he realised that something *had* changed. Radically. The sky was bluer, the trees greener and the birdsong sweeter than he'd ever known. It was as if he were experiencing the world as God intended it to be experienced for the very first time.

Christ's risen power had transformed my friend; he had become a new creation. He was now looking at the world and experiencing life in a completely new way – seeing it in the light of Easter.

I appreciate that some of us might have had similar experiences when faith was new and God brought everything to life for the first time. But are we still conscious of seeing the world through the lens of Easter and of living our lives in the power of the resurrection?

Listen to what Paul says to the church in Rome: 'And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you' (8:11). Paul is saying that that same death-defying, life-giving Spirit who raised Jesus to new life lives within every Christian disciple. Awesome!

So why not spend some time this month giving thanks to God for the difference Easter has made to you and to the world and ask Him to help you to live your life afresh in the power of the resurrection. Christians are Easter people and it's God's desire that day by day, we know Jesus' new and glorious life abounding in us all the more!

With every blessing,



Ascension 26th May

Where did Jesus go at the Ascension?

In Salvador Dali's picture of Jesus' ascension all you can see are his feet! As we celebrate the event this month, it prompts the question 'Where did Jesus go?' Peter says Jesus 'has gone into heaven and is at God's right hand' (1 Peter 3:22). However, the New Testament tells us three things about what Jesus is doing at the Father's side.



At Pentecost Peter said that Jesus is 'exalted to the right hand of God, He has received from the Father the promised Holy Spirit and has poured out what you now see and hear... "The Lord said to my Lord: 'Sit at my right hand"' (Acts 2: 33-4). Peter is affirming Jesus' position of authority and power at the heart of the universe. By pouring out the gift of the Holy Spirit upon us, Jesus gives us a foretaste of the life of heaven i.e. eternal life, forgiveness, healing, release, and God's provision for our lives.

When Stephen, the first Christian martyr, was being stoned to death by the Jewish authorities he pointed out, 'I see heaven open and the Son of Man standing at the right hand of God.' (Acts 7:56). Our experience of heaven is only ever partial, as we live with the reality of suffering and setbacks. However, Jesus is still on the throne! We are called to trust him daily.

The Bible also tells us that 'Christ Jesus who died....is interceding for us.' (Romans 8:34, cf Hebrews 7:25). Even when we don't know how to pray, we have the assurance that Jesus is already praying for us! He knows our needs even better than we do ourselves, so when we feel condemned or defeated in our Christian lives, we have somebody on our side! The Ascension reminds us that the risen Jesus lives in the immediate presence of God, and both transcends and embraces our present experience. This truth lies at the heart of the *up* language used to describe the event.

'Heaven relates to earth tangentially so that the One who is in heaven can be present simultaneously anywhere and everywhere on earth: the ascension therefore means that Jesus is available, accessible, without people having to travel to a particular spot on the earth to find Him.' (Tom Wright).



Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray from Ascension to Pentecost for more people to come to know Jesus.

Since its start in May 2016 God has grown Thy Kingdom Come from a dream of possibility into a movement. Christians from 172 countries have taken part in praying 'Come Holy

Spirit', so that friends and family, neighbours and colleagues might come to faith in Jesus Christ.

This praying together has been across our diversity and differences as every person, household and church are encouraged to pray in their own way. According to our annual survey findings an astonishing percentage of people said they were praying for family and friends to come to faith in Jesus, and a significant number of people join in for the first time, we recognise there is much more we can do together to help *Thy Kingdom Come* be fully in the lifeblood of the Church.

During the 11 days of Thy Kingdom Come, it is hoped that everyone who takes part will:

- *Deepen their own relationship with Jesus Christ*
- *Pray for 5 friends or family to come to faith in Jesus*
- *Pray for the empowerment of the Spirit that we would be effective in our witness*

After the very first Ascension Day the disciples gathered with Mary, constantly devoting themselves to prayer while they waited for the outpouring of the Holy Spirit at Pentecost. Like them, our reliance on the gift of the Holy Spirit is total – on our own we can do nothing.

We are praying that the Spirit will inspire and equip us to share the Good News of Jesus Christ with our friends and families, our communities and networks. For more information and resources <https://www.thykingdomcome.global/>

The Sermon

Sunday **4th April**
Speaker **Ben King**
Theme **Contemplative Prayer, Psalm 19**

What is contemplative prayer? Perhaps we should start by considering what it is not:

- It is not the time of contemplation of Eastern Mysticism, which is about emptying the mind and achieving a state of detachment. Christian contemplation is about filling the mind with the presence of God and a state of attachment to Him.
- It is not something reserved for only the very pious and devout, it is available to all.
- It is not a human experience where you are going deeper into the subconscious, but it is a divine encounter with the Lord.

To consider what it is:

- It is developing and nurturing our relationship with God, communing with God; as Teresa of Avila put it 'a quiet and intimate sharing between friends.'
- It is an experience, not logic or an academic process of learning about God, but knowing Him and enjoying Him
- It affirms our true identity in Jesus, that we are human beings not human doings, with its emphasis on stillness and being with God, rather than running around doing for God. It is a safeguard against seeing our true identity as depending on what we do.
- It is a biblical precedent; in Psalm 1 it says 'My delight is in the law of the Lord and to meditate on his law'. In the New Testament in the exchange between Jesus and Martha there is that contrast between contemplation and busyness; Mary has chosen what is better.

Practically what do you make the subject of your contemplation? Perhaps looking at creation to bring you closer to the creator, or studying a verse from the bible and asking for Him to minister to you through it.

Let go of distractions and what is troubling you, contemplation is not about us but about God and be absorbed in Him.

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

NOTICE OF ANNUAL PAROCHIAL CHURCH MEETING

Parish of St Mark's Church, Forest Gate, London E7 OLJ
 The Annual Parochial Church Meeting will be held in church
 at 10.30 am on the 15th day of May 2022.

For election of parochial representatives of the laity as follows –

To the Parochial Church Council **6** representatives.

For the appointment of the Independent Examiner or Auditor.

For the consideration of:

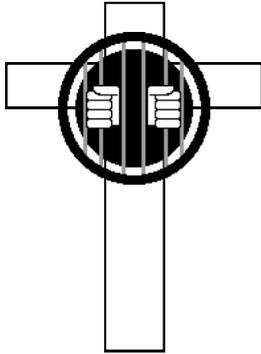
- (a) a report on changes to the Roll since the last annual parochial church meeting OR (b) a report on the numbers entered on the new Roll;
- (b) an Annual Report on the proceedings of the parochial church council and the activities of the parish generally;
- (c) the financial statements of the council for the year ending on the 31st December preceding the meeting;
- (d) the annual report on the fabric, goods and ornaments of the church or churches of the parish;
- (e) a report of the proceedings of the deanery synod; and
- (f) other matters of parochial or general Church interest.

In this Notice, 'parish' means an ecclesiastical parish.

The official notice will be placed on the front door of the church. A vestry meeting will precede the APCM for the appointment of the two church wardens.

If you feel that God is calling you to serve in the church, in whatever capacity - whether it is to stand for the PCC, or in other ways that will deliver the mission and ministry of the church, maybe to support the services, participate in the youth work, or in practical ways to help. Please take this time to come forward and discuss it with the minister or wardens.

The Persecuted Church



**The Lord will give strength
unto His people; The Lord
will bless His people with
peace.**

Psalms 29 v 11

Afghanistan

Afghans take their lives in their hands when they convert to Christianity.

Partners of Release International met families who had managed to escape after the Taliban takeover. They own only what they could carry out of Afghanistan: clothes, a few small personal items, and their most treasured possession, their faith in Jesus. These recent converts have already paid the price for their new found faith. They are now living at a secret location with numerous other believers.

Five families who managed to escape with their lives share a single residence, while in another building not far away ten families composed of 35 members fill the bare rooms. They all sleep on the floor in a giant hallway.

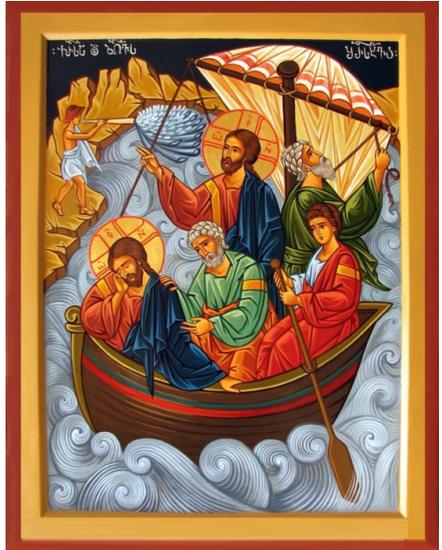
But their joy in the Lord is evident for Release's partner to see: "They are lovely Christians with a big faith and hope in Christ to have a good future. These people fled from Afghanistan because the Taliban knew of their association with the Americans and wanted to kill them. Since arriving in a new country they simply crave good spiritual food, proper Christian fellowship and the love of other believers more than anything else. They need our very serious prayers to survive in their new Christian faith. They are entirely dependent on God and His people."

One believer, who left her homeland long before the Taliban took over is Aabroo* who came to faith in 2015 and faced almost instant rejection by her husband and family. "They asked me to reject Jesus and say no to Him. They said I was apostate but I continued in my faith".

A while after her conversion Aabroo's husband died; it was a traumatic time even though he had been opposed to her faith. "I thought my family is finished, my life over, but the peace of Jesus was marvellous. There were many difficulties, especially when I had to take my children and leave the home. No one gave me anywhere to live for two years and I could not get my children admitted to any school. It was a hard time but the Holy Spirit was my strength."

Referring to the account of Jesus calming the storm in Mark 4, she added, "My life was like a boat in a storm like with the disciples in the boat when Jesus rebukes the storm. Jesus was rebuking every storm in my life".

Aabroo is now involved in the ministry to a number of families who have come out of Afghanistan. In fact she believes that is why God settled her in her new house - there to care for Afghan refugees when the time came. "My prayer and message is that I want my relatives, neighbours and friends to know Jesus the Light of the World. Pray for me that more and more will be open to Jesus and receive Him. My faith is big and I believe my God is big" she declared.



Aabroo* - name has been changed.

Please pray:

That those who have fled their homeland will be able to find a safe place to live and work. That families and individuals who follow Christ inside Afghanistan will know God's strength and protection and courage as they seek to live out their faith under a hostile regime.

Source: Release International

Fire Pit Fridays

Fire Pit Fridays

FREE
EVENT!

Every Friday from: 22nd April

5:30pm - 6:30pm, St Mark's Church Car Park, Tylney Road

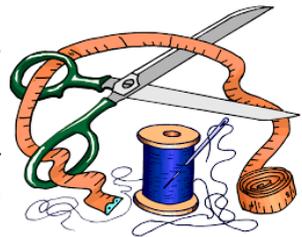
Come and join us for good
company and fun.
Everyone is welcome!

- Fire Pit
- Hot Chocolate
- Marshmallows
and more!

For more info contact Beth: 07741668495

Care and Repair Sewing Group Mondays 11am to 12 noon in Church Hall

The banner group would like to help you repair, make do and mend your clothing. Come along and we would 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.



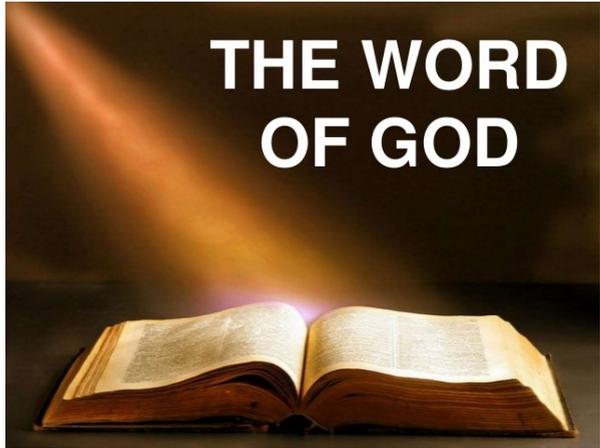
Come along between 11am and 12 noon on Monday mornings. We will not be meeting on the May Bank Holiday.

Understanding the Bible

The Bible is a popular book, with five billion copies sold worldwide every year, as well as a uniquely precious book. At her coronation the Queen was given a Bible, *'the most precious thing this world affords'*.

The Bible isn't simply one book, but a library of 66

books, composed by some 44 writers over a period of 1,500 years in a range of styles including history, poetry, prophecy, letters and apocalyptic (looking at the end times). Despite having a number of different writers, the Bible claims one author - God Himself!



As the Word of God, it is the primary way by which God speaks to us. *'All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work'* (2 Timothy 3:16). The Bible is inspired (*'the word of God in the words of men and women'*) and is a *manual for life*, equipping us to live for God in every aspect of our lives. We also have the promise of the Holy Spirit, who helps us to apply its words to our lives: *'But when He, the Spirit of truth, comes, He will guide you into all truth'* John 16:13.

The Bible can also be described as a *love letter* from God, as it deepens our relationship with Him. Jesus said: *'You diligently study the Scriptures because you think that by them you possess eternal life. These are the Scriptures that testify about Me, yet you refuse to come to Me to have life'* (John 5:39,40). Christians follow a person not a book, and the Scriptures are intended to help us to know Jesus better. Like a signpost, the Bible points us to the person of Jesus.

About the Vision and Strategy

The Church of England's vocation is and always has been to **proclaim the good news of Jesus Christ afresh in each generation** to the people of England. The vision and strategy is an invitation to dioceses and parishes to examine and develop existing strategies and processes in the light of these ideas.

“The overriding aim for the future is that any worshipping member of the Church of England, when asked by their friend where they could go to explore their faith, would be able to recommend an expression of Church locally that would really suit them.”

Stephen Cottrell, Archbishop of York

Three priorities

- **To become a church of missionary disciples** where all God's people are free to live the Christian life, wherever we spend our time Sunday to Saturday.
- **To be a church where mixed ecology is the norm*** – where every person in England has access to an enriching and compelling community of faith by adding new churches and new forms of Church to our parishes, schools and chaplaincies.
- **To be a church that is younger and more diverse.**

*the mixed ecology describes the flourishing of church and ministry in our parishes, and in other communities of faith through things like church planting, fresh expressions of church, and chaplaincy and online.



THE CHURCH
OF ENGLAND

The Resurrection: God's 'sting' operation

'O Death, where is your sting.'

1 Corinthians 15 v 55

In a 'sting' operation, law enforcement agents set the bad guy up in order to bring him down. That's what God did to Satan at the cross. For three days it seemed as though Satan had won. Then Jesus rose from the dead and turned his plans upside down: 'He disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross' (Colossians 2:15 NLT). The thing Satan feared most, the birth of a church with the power to change the world through the gospel, had come to pass.

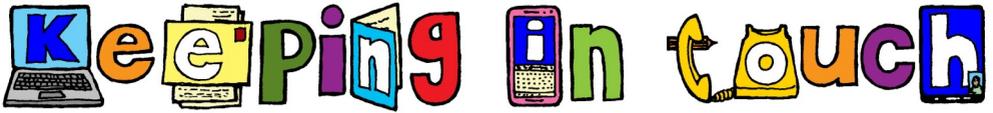
'The rulers of this world have not understood it; if they had, they would not have crucified our glorious Lord' (1 Corinthians 2:8). Christ's enemies even tried to stop the truth of the resurrection from getting out: 'They decided to give the soldiers a large bribe..."You must say, 'Jesus' disciples came during the night while we were sleeping, and they stole his body'"...So the guards accepted the bribe and said what they were told to say' (Matthew 28:12-15).

Normally hatred for a person ends when they die. So why then do some people hate Jesus? Because the resurrection is the ultimate proof that He is Lord! Indeed, you *cannot* be saved unless you believe in the resurrection: 'If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation' (Romans 10:9-10).

These are daily devotionals produced by UCB free of charge and this excerpt is reproduced by their kind permission. If you would like your own copy, they are available in the church, or you can log on to www.ucb.co.uk, or telephone 0845 6040401.



Can we help you?



Pastoral Help and Support

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

Their contact details are:

Rev'd Ben King, Vicar 07437 522650
ben.king@stmarksforestgate.org.uk

Sharon Yates, Churchwarden 07909 279100
sharon.yates@stmarksforestgate.org.uk

Mike Richardson, Churchwarden 07824 859075
mike.richardson@stmarksforestgate.org.uk

Thank you.

Can we pray for you?

Please let us know if we can pray for you, using the email addresses or phone numbers on the previous page.



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

Intercession: We pray for Older People in our Community

Help us Father to care for the older people in our community, but to do so in a way that respects their dignity and autonomy. Help us to recognise when people are lonely or unwell. Give us understanding and patience, and help us to know when help is needed.

Lord in your mercy,
Hear our prayer

Amen



The Lord's Prayer

Our Father in heaven, hallowed be your name.
Your Kingdom come, your will be done, on earth as 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

1st May	Pray for all who live in Chestnut Avenue
8th May	Pray for all who live in Cranmer Road
15th May	Pray for all who live in Curwen Avenue
22nd May	Pray for all who live in Emily Duncan Place
29th May	Pray for all who live in Forest Side

Sunday Services in May

Date	Service	Theme	Reading
1st	Holy Communion	Easter 3	Acts 9 v 1 - 20 John 21 v 1 - 19
8th	All Age	Easter 4	Acts 9 v 36 - 43 John 10 v 22 - 30
	4:30 pm Holy Communion		
15th	Holy Communion	APCM	Luke 5: 1-11
22nd	Morning Worship	Healing Service	Acts 16:6-15 John 5:1-9a
	4:30 pm Holy Communion		
26th	7:30 pm Thursday Holy Communion	Ascension Day	Acts 1:1-11; Matthew 28:16 – 20
29th	Holy Communion	Easter 7	Acts 16:16-34 John 17:20– 26
5th June	All Age Praise	Pentecost Queens Platinum Jubilee Celebration	Acts 2:1-21; John 14:8-17, 25-27



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.

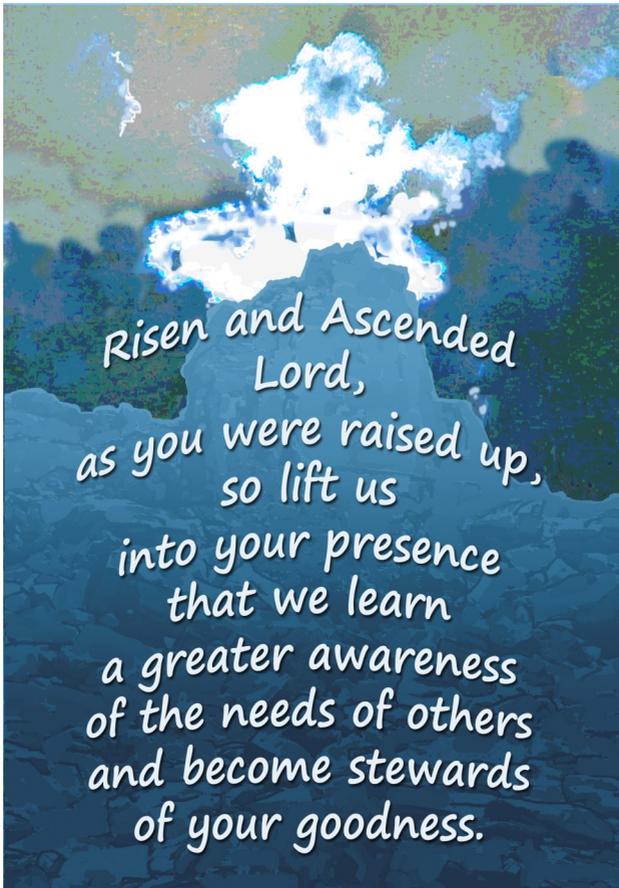
Weekday Services Prayer Meeting Wednesday at 7.30 pm

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.

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



OPEN GARDEN & PLANT SALE

**Saturday 28th and
Sunday 29th May**

11am-4pm

42, Latimer Road, E7 0LQ

Janet Daniels is opening her beautiful garden to raise funds for Asha Trust. Plants for sale at affordable prices.

“A magical space, filled with flowers, exotic plants, a fish pond and a shed filled with vintage garden tools”

Entry by donation.

All proceeds to Asha Trust, supporting community projects in Sri Lanka.

www.ashatrust.co.uk

Charity Registration No. 1108536



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/ashatrusts1> or www.ashatrust.co.uk

Subject to the Covid situation, the Traidcraft stall will be at church one Sunday in May. 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.

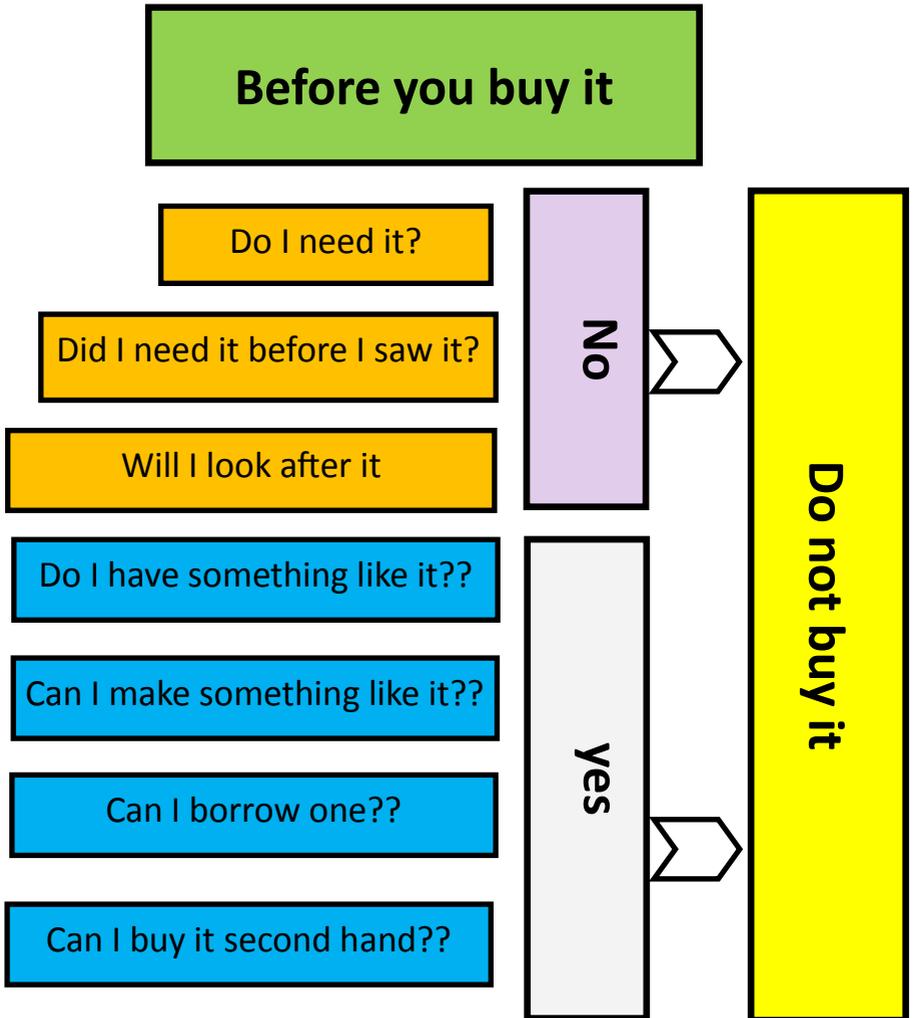


If you would like to check what I have in stock, or to order any Traidcraft items, please either email me at traidcraft@stmarksforestgate.org.uk or phone me on 020-8519-5765.

Peter Arnold

Eco Page

Part of the picture of lessening our impact on the environment is to reduce our consumption. At a recent Eco day at St Gabriel's we came across the following as a challenge. We also signed up to buying no more than three items of new clothing in 2022.





National Events

Thursday 2 June

- The Queen's Birthday Parade – Trooping of the colour – London
- Lighting of beacons – around the country and Commonwealth

Friday 3 June

- St Paul's Cathedral Service of Thanksgiving – London

Saturday 4 June

- Platinum Party at the Palace – a concert broadcast from Buckingham Palace

Pentecost Sunday 5 June

- Pentecost Sunday services in churches
- Platinum Jubilee Street Parties / Big Jubilee Lunch
- The Platinum Jubilee Pageant on The Mall – London

Church Events Sunday 5th June

- The church is holding a special celebration service, plans for a party afterwards have not yet been finalised so please watch out for more information in the June Magazine and on the church website.

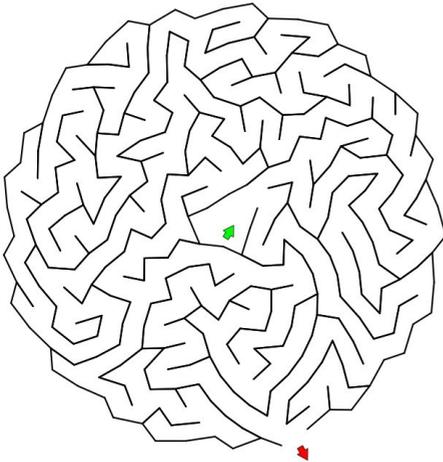
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"It comes to something when the state of the pound is such that we *hope* to find lots of foreign coins!"



1. Historically, what sort of dancing has been linked to May Day celebrations?
2. Who did Queen guitarist Brian May marry in November 2000?
3. 'The Third of May 1808', is a painting completed in 1814 by which Spanish painter?
4. How long is the lifespan for the adult female Mayfly, *Dolania americana*: 5 minutes, 5 hours, or 5 days?
5. According to a 1732 traditional saying, what should you never cast till May be out?
6. What is the more common name for the Mayflower shrub?
7. Theresa May was born in which town?
8. Victory in Europe Day, generally known as V-E Day, was celebrated on which day in May, 1945?
9. In the nursery rhyme 'Nuts in May', on what sort of morning are the nuts gathered?
10. Which sweetly scented, highly poisonous woodland flowering plant is the birth flower of May?

Answers to Easter Quiz

1. Passover (Luke 22:1)
2. A young donkey (Matthew 21:1-7; Mark 11:1-7; Luke 19:28-35; John 12:12-15).
3. When Jesus entered into Jerusalem they covered the road with their garments and palm fronds (Matthew 21:8; Mark 11:8; Luke 19:35, 36; John 12:12, 13).
4. Peter (John 18:10)
5. Malchus (John 18:10)
6. Three times (Luke 22:54-57; Mark 14:69, 70; Matthew 26:73-75; John 18:13-27)
7. 30 (Matthew 26:15)
8. By giving Him a kiss (Matthew 26:47-49)
9. Hanged himself (Matthew 27:3-5)
10. Bought the potter's field with the money which is where strangers were buried (Matthew 27:6-8).
11. Barabbas (Matthew 27:15-26; Mark 15:6-15; Luke 23:18; John 18:40)
12. To leave Jesus alone because He was a just man. (Matthew 27:19).
13. Alexander and Rufus (Mark 15:21)
14. "Jesus of Nazareth, King of the Jews" (Luke 19:19). It was written in three different languages according to John 19:20; Hebrew, Greek and Latin.
15. "Father, forgive them; for they know not what they do." (Luke 23:34) "Verily I say unto thee, Today shalt thou be with me in paradise." (Luke 23:43)
16. "...he saith unto his mother, Woman, behold thy son! Then saith he to the disciple, Behold thy mother!" (John 19:26, 27) "Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me?" (Matthew 27:46; Mark 15:34) "I thirst." (John 19:28) "It is finished." (John 19:30) "Father, into thy hands I commend my spirit." (Luke 23:46)
17. The veil in the temple was torn from top to bottom (Matthew 27:51).
18. Three hours
19. Joseph of Arimathea and Nicodemus (John 19:38-42).
20. Mary Magdalene (Mark 16:9)



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

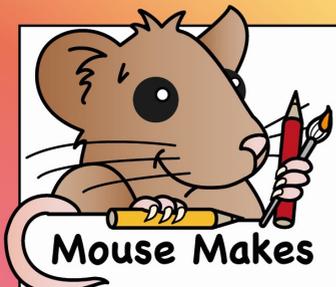
beth.yates@stmarksforestgate.org.uk

Over the past month our youth and children have been learning all about Easter!

From delivering the Passion Narrative during our Palm Sunday service, to making Easter gardens (pictured below), it has been a great time exploring the reason we celebrate Easter.

On Good Friday we hosted our 'Intergenerational Fire Pit' gathering where it was lovely to have some of our families and young people join with other members of the congregation in coming together to mark the day.





Mouse Makes

"Give thanks to the Lord for He is good, His love endures forever"
Psalm 136:1

Jesus said,
"This, then, is how you should pray:

Our _____
in _____
hallowed be your _____
your _____
come,
your _____ be
done, on _____
_____ as it
is in _____.
Give us this day our
daily _____.
And _____
our _____,
as we also have
forgiven our debtors.
And _____
us not into
temptation, but _____
us from the
_____ one."

Read Matthew 6:9-13
to fill in the words.



I praise you Lord for...



I thank you Lord for...



I pray for the Church and world



I pray for my family and friends



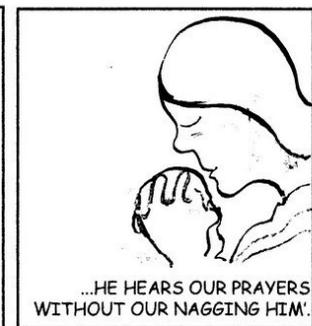
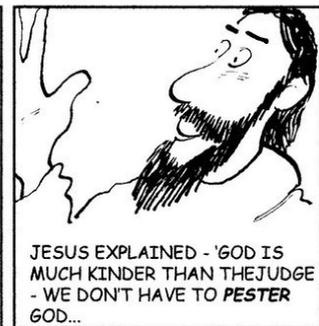
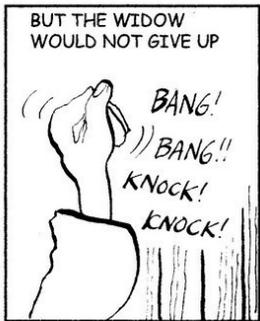
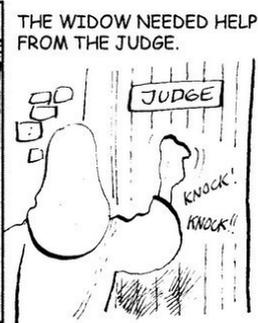
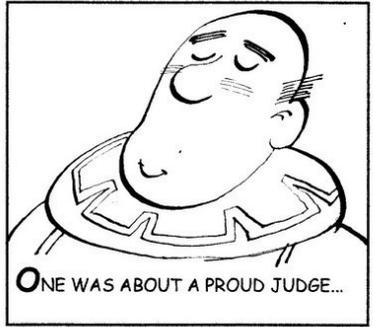
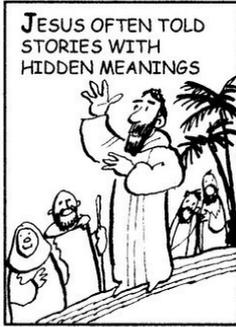
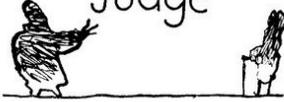
I am sorry for...



I ask for...

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4:6

The
Tale of the
**The Widow
and the
Judge**



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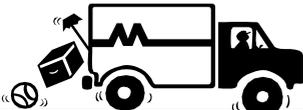
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Services - See page 15 for further information

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

Activities

Fridays	5:30 pm	Fire Pit Fridays
Mondays	11:00am	Care and Repair Sewing Group



St. Mark's Forest Gate
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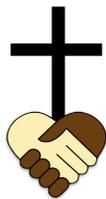
Vicar:
ben.king@stmarksforestgate.org.uk
rg.uk
020 8091 5652 | 07437 522650

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

