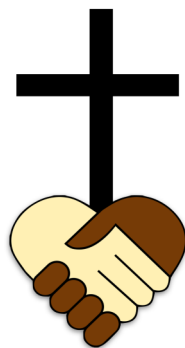


St. Mark's Forest Gate



He is Risen
Alleluia

April 2024

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

Chair	Rev'd Ben King	
Vice Chair	Ann Arnold (Deanery Synod Representative)	
Treasurer	Peter Arnold	
Secretary	Charlotte Mouzer	
Churchwardens (Ex-officio)	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	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 **May** needs to be given in by **Sunday 14th April**.



After the joy and celebration of Easter, it's very easy to leave the empty tomb behind as we look forward to the rest of the church year. It would though, be a mistake to forget the enduring significance of Easter. CS Lewis once said: '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.' Without Easter, there would be no Christianity. Easter changes everything and by its radiant light, we see and understand everything else.

In the here and now, Jesus' resurrection shapes who we are and informs how we live. His resurrection also guarantees everlasting life in the world to come for all those who trust in Him. So, let's remember to keep on giving thanks for the empty tomb and all that it signifies for us and for everyone, everywhere. Easter really does change everything.

Later this month, we shall be revisiting the work we did on spiritual gifts at the end of February. It will be a further opportunity to consider our own calling within the life of St Mark's and to develop our shared leadership initiative.

It strikes me that Easter is significant here too. Jesus' resurrected body exuded new life. As the church, we too are the body of Christ. Jesus wants His new life to abound in and through us as we work together for His glory, and He asks us to open our hearts and lives wide open so that can happen.

It also strikes me that if we are hesitant about playing our part in the life of the church or fight shy of exercising our gifts, then we can take heart because the same Spirit who raised Jesus from the dead lives in us (Romans 8:11). In other words, we play our part in the life of the church with God's sovereign power working in and through us. What an encouragement for us all!

So, may I encourage you to approach the work we'll do together on spiritual gifts with hope and confidence, knowing that we do so in the power of the risen Christ. And let's continue to remember that Easter changes everything because Jesus brings renewed hope and the fullness of life in this world and the next.

Ben

Easter

The Treasure of Easter!

It's amazing what treasure can be unearthed with metal detectors! In this season of Easter, let's rediscover the greatest unburied treasure of the Resurrection.

The Apostle Peter reminds us that God *'has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade.'* (1 Peter 1: 3,4). What does he say about this treasure?

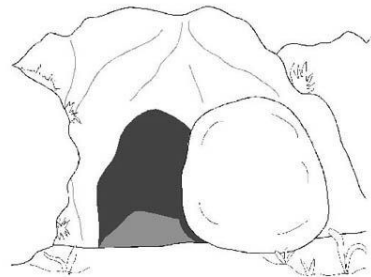
On the one hand, it is the *reason for hope*. Peter was writing to Christians in Asia Minor (modern day Turkey) who faced persecution under the Emperor Nero. In an uncertain world we know that Jesus suffered, but by His resurrection has secured eternal life for us. This inheritance not only guarantees life now, but also for eternity, as it *'is kept in heaven for you'* (4). Do we share this confidence? D.L. Moody, the 19th Century American evangelist, spoke of the time when people would read his obituary: *'Don't believe a word of it! At that moment I shall be more alive than I am now'*.

On the other hand, this treasure is a *source of joy*. This unburied treasure fills us *'with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.'* (8,9). We face all kinds of trials in our lives, but God uses them to refine our faith and character, *'These have come so that the proven genuineness of your faith – of greater worth than gold, which perishes even though refined by fire – may result in praise, glory and honour when Jesus Christ is revealed.'* (7).

We reflect this treasure by developing the Jesus' character and becoming more holy, obedient and loving.

'Christmas is the promise, and Easter is the proof'!

HE IS RISEN



The Easter Glow

For three years Jesus had held the tiny band together, through journeyings, storms and opposition. And now – following a public trial and execution – He was gone.

Take away the dominant figure, and an organisation can quickly crumble. Take Theudas, an earlier messianic claimant. Once killed, his 400 devotees melted away. Then there was Judas the Galilean. When he, too, was removed, the movement scattered.

Now, it was Easter Day. Here were two disciples walking to Emmaus. As far as they were concerned, their leader was dead. The ‘scattering’ process had already begun. It had started on that fateful Thursday evening of Christ’s arrest, when Jesus had quoted to His disciples from the prophet Zechariah: “It is written ‘I will strike the shepherd and the sheep of the flock will be scattered’” (Matthew 26:31).

The dream was over. *“Let’s go home - back to Emmaus.” Yet Luke 24 is the glowing account of the entire re-building of a worldview. As the apparent Stranger joins the two, it was like the uncorking of a bottle; the story pours out. Surely crucifixion and the future Redeemer of Israel had nothing to do with each other!*

Then began a fascinating Bible study on the road. Evidently in their studies, the two had skipped the passages that spoke of a suffering Messiah. The Stranger says, “Let me fill in those bits for you.” Now the figures of a Conquering King and a Suffering Servant begin to coalesce into a single photo fit. Then, at supper with the two, comes the familiar action of the breaking of bread, and – *Why.... it’s Jesus.*

The disciples rush the seven miles back to Jerusalem. They can’t keep the glowing news of the risen Christ to themselves!

If Jesus had not been bodily raised from the grave, the demoralised movement – like those of Theudas and Judas the Galilean - would have folded within days. And you and I would never have heard of Him!

PCC Summary

A summary of the PCC Meeting held on the 4th March 2024

The main items were:

- Discussion of the results of the spiritual gifts discovery activity on 25 February, and how to use these in the church's work. More will be shared with the church family in due course.
- An update from Ben on Lent, Holy Week and Easter services and activities, deaf members' ministry, and the the Bishops' meeting for clergy who won't be using the Prayers of Love and Faith meeting on 31 January.
- An update from the Treasurer on the church's finances, and discussion in the light of the stewardship campaign.
- Updates from the Parish Worker and Churchwardens on their work, and a discussion of further aspects of safeguarding within different areas of the church's work.

Stewardship Campaign

There is encouraging news about February's 'Harvest 30' stewardship campaign. Thank you to those of you who have already taken part and renewed your giving for the coming year. If our increased giving continues for the next twelve months, then we will have eliminated half the forecast deficit of £24,000 which, of course, will put us in a much stronger financial position going forward.

Again, thank you to those of you who have already given so generously. If you have yet to complete your response form, please may I encourage you to do so - it's not too late! Even if your level of giving remains unchanged, returning your form is a way of showing that you have engaged with the campaign. If everyone returns their form, as I hope will be the case, it will be a powerful expression of faith in God's provision and so too, an encouraging sign of hope for our future. Of course, if you are able to increase your giving, then we will be even closer to eliminating our deficit completely, which would be truly wonderful.

There are paper copies of the response form available in church. Alternatively, please feel free to e-mail our treasurer, Peter Arnold, direct: treasurer@stmarksforestgate.org.uk

Sunday **3rd March**
Speaker **Sharon Yates**
Theme **Making choices**

We are surrounded by choices everyday from the moment we get up in the morning: what to eat, what to wear, what we do with our time. The whole of our daily life is full of choice, both physical and practical, of what is important. There is spiritual choice as well, which is more important and informs the other choices we make in life.

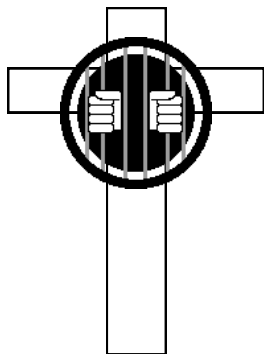
In the reading from 1 Peter 2 we read 'You are a chosen people, a royal priesthood, a holy nation, God's special possession.' In God's economy it is very much the first shall be last and the last first. God does not stand as an appointed team captain choosing the ones who are perfect or popular. In fact quite the reverse; in Ephesians 1 v 4 it says 'for He chose us in Him before the creation of the world to be holy and blameless in His sight.'

Why has He chosen us? Put simply, it is because He loves us, His children. He is a loving Father who knew us before we were born. In the readings we hear that we are chosen; He chose to love us, He chose to love You. No matter how unworthy we feel, nor how many times we might mess things up, God chooses us over and over again.

Jesus died on the cross because he decided you were worth it, because he loves you so much he was willing to give His life so that we do not suffer the consequences of our sins.

We are chosen to declare praise to God, not just as a Sunday thing but as part of our everyday life. When you start to praise it will get easier, for God delights when His children lift praises to Him. In God's kingdom you are an integral part of the team. In Peter Jesus is referred to as the Living Stone / the Cornerstone, and in the same verses we are referred to as living stones being built into a spiritual house. We are set in alignment to Jesus as the cornerstone, so we know it is straight and true and fulfil our purpose.

Remember that which your life and reality is built on: the hope we have built upon is Jesus the Cornerstone.



**Leave all your worries
with God, because He
cares for you.**

1 Peter 5 v 7

Vietnam

Xuan lives in a remote tribal village in central Vietnam. There is a church there, not that you would see it if you visited. “There are Christians in my area but we worship God in secret, in our homes” she says. “It is impossible for outsiders to visit us in the village because local authorities monitor us”.

Xuan’s love for Christ shines out in her words and actions, and it is her mission to tell others about Jesus. But this mission comes at a high price. She is known and begrudgingly tolerated as a Christian in her village, but local authorities have forbidden her from evangelising. Not that that stops her. “I do not follow their demands, they cannot stop the gospel from being shared. However I only evangelise in secret. Sometimes I visit people in their

house at night. In other cases, I set up the time to meet with those who live farther away. I drive my motorbike and gather in a less suspicious place. I do this because I love them.”

Xuan is a member of the Hmong tribe, who became a Christian after God healed her and her child from illness through the prayers of a Christian man Toma. But not long afterwards, Toma was expelled from the community. Xuan and another woman were the only Christians who remained. “We were downhearted, but it did not stop us sharing the gospel” Xuan remembered. “Everyday more and more people came to know Christ, but the local authorities were also quick. They know all of those who converted, they tried to punish us, to kick us out of the village but we were unyielding, we stayed in the village, no matter what.” In Xuan’s patriarchal society, the authorities punish women who convert to Christianity by first targeting their husbands. They force the husbands to leave them. If they refuse to leave them all the government subsidies like food, education, and livelihood will be cut. This is what happened to Xuan, but after the authorities destroyed their source of income Xuan’s husband, despite not being a Christian, stepped in to stop her from being expelled from the village.

Despite the pressure against her, and the danger of her mission, many in her village came to know Christ because of Xuan's perseverance; her courage is phenomenal. "I will not forsake my mission, my calling" she said. "Even if the authorities catch me, I will let them do every thing they can to stop me, even if they kill me, I know I am going to die for the Lord."

Thanks to the prayers and support of fellow believers Xuan knows she is not alone. Open Doors partners in Vietnam help equip believers like Xuan through biblical training and financial aid. Xuan will never go back to how things were before she knew Jesus. "I found my life has changed so much after I allowed Jesus to rule my life. I know that I can directly pray to the Lord and He will answer me, I know that my Lord is alive."

Please pray:

"We do not know what the local authorities will do to us in the future but I really desire that we can worship the Lord in the open" says Xuan. Pray with her that believers in her village can build a church.

Xuan's husband and children are not yet Christians; she asks "Please pray for my husband and the two children to become followers of Jesus."

Violence against Christian in Vietnam has increased this year. Ask God to protect believers and change the hearts of their persecutors.

All names are changed to protect the individuals.

Source is Open Doors and you can watch a video of Xuan at opendoorsuk.org/Vietnam.



Activities - Serving Others



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

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

Fair Trade Stall

Come along during the All Age Service. If there are items you would like please contact Peter Arnold.

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



COME ALONG FOR A

Coffee & Chat



Tuesdays 10:30am - 12pm

TUES 16TH APRIL - TUES 21ST MAY

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 18TH APRIL - THURS 23RD MAY

(NO SESSION ON 2ND MAY)

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.



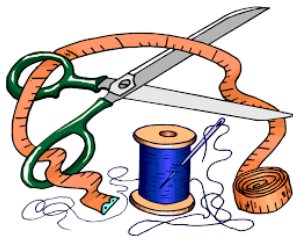
St. Mark's Church, Lorne Road, E7 0LJ

To find out more please email: beth.yates@stmarksforestgate.org.uk

Please note that the church will be used as a polling station for the London Elections on Thursday 2nd May, so normal activities will not take place on this date.

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.



Safeguarding independence: next steps discussed by General Synod

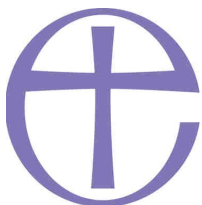
Sadly the Church of England has had to grapple with the record of historical sexual abuse and various measures have been talked about at the General Synod over a number of years.

At the most recent General Synod, the synod voted on the next steps following the publication of independent reports on safeguarding from barrister Sarah Wilkinson and Professor Alexis Jay, former chair of the Independent Inquiry into Child Sexual Abuse, IICSA.

The next steps include setting up an internal team to engage with Diocesan Safeguarding Advisors/Diocesan Safeguarding Officers and others in dioceses and cathedrals. A survivor and victim focus group will also be set up, to hear the views of victims, survivors, and their advocates on the proposals.

Synod also voted to support apologies, expressed by the Archbishops, to survivors impacted by the matters described in the Wilkinson Report, and to apologise to all members of the former Independent Safeguarding Board.

St Marks has been proactive in following the guidance issued with regard to safeguarding. Janet Bone is currently our safeguarding officer and is working closely with the diocesan safeguarding team, our churchwardens, and our minister to ensure all the procedures and training are in place. Safeguarding is an agenda item on every PCC meeting to provide oversight.



THE CHURCH
OF ENGLAND

How to enrich and strengthen your relationships

But the fruit of the Spirit is . . .

Galatians 5 v 22

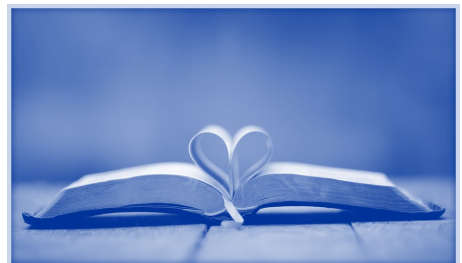
You can enrich and strengthen any relationship by developing and demonstrating the fruit of the Spirit. The Bible speaks about being *filled* with the Spirit (see Ephesians 5:18) and *walking* in the Spirit (see Galatians 5:16). To be 'filled' with God's Spirit means you're a receptacle, whereas 'walking' in the Spirit means you're a dispenser – a vessel God can fill and pour out into the lives of others. 'What's this "fruit" you're talking about?' you ask. The Bible describes it this way: 'The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control' (Galatians 5:22-23).

Look carefully at these nine different character qualities. The first three – 'love, joy, peace' – are *atmosphere-changing fruits*. As you yield to the Holy Spirit, He will throw a wet blanket on the unkind words you may want to say. He will build a fire in your heart that will bring warmth to a cold atmosphere and love to a bitter, revengeful atmosphere.

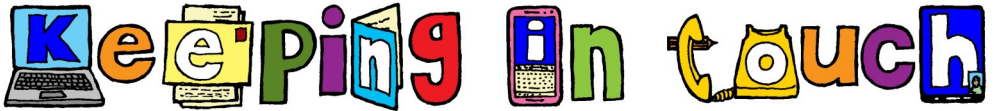
The next three fruits – 'longsuffering, kindness, goodness' – are *attitude-changing fruits*. Each of us has the potential to have a bad attitude. God sometimes lets us go through difficult situations to reveal what's really inside us. When we see our own helplessness, weakness, and despair, it causes us to cry out, 'God, I need you!'

The last three fruits – 'faithfulness, gentleness, self-control' – are *attribute-changing fruits*. Through the Holy Spirit, you have strength and ability that you can't attribute to anyone but God. And you have peace that transcends human understanding (see Philippians 4:7)

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 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: World Peace

We pray that the Lord may grant peace to those parts of the world most battered by war and violence. For communities around the world living in fear of war and violence, especially those in the Middle East, that the God of peace and justice will comfort and protect them in these dark hours. For all governments and political leaders, that they may work to end the fighting in the world and that their decisions and actions lead to a future of peace. For all communities, help us to be bearers of peace in our own communities, that we all will be called peacemakers and children of God.

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.

Pray for our Parish Streets:

Week beginning

7th April	For all who live in Forest Side
14th April	For all who live in Godwin Road
21st April	For all who live in Horace Road
28th April	For all who live in Latimer Road

Church Services in April

Date	Service	Theme	Reading	
7th	10:30 am	Morning Worship	Easter 2	Acts 4:32-35 John 20:19 - 31
14th	10:30 am	Holy Communion	Easter 3	Acts 3:12-19 Luke 24:36b-48
17th	7:30 pm	United Prayer Meeting		
21st	10:30 am	All Age	Spiritual Gifts Shared Leadership	
	4:30 pm	Holy Communion		
28th	10:30 pm	Holy Communion	Spiritual Gifts Shared Leadership	



Baptisms: Because we are a growing church and people have come to faith recently, on Pentecost Sunday (19th May), the baptistry will be open for business!

If you are interested in getting baptised or in reaffirming your baptismal vows, please make contact with Ben **no later than Sunday 14th April.**

Thank you





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

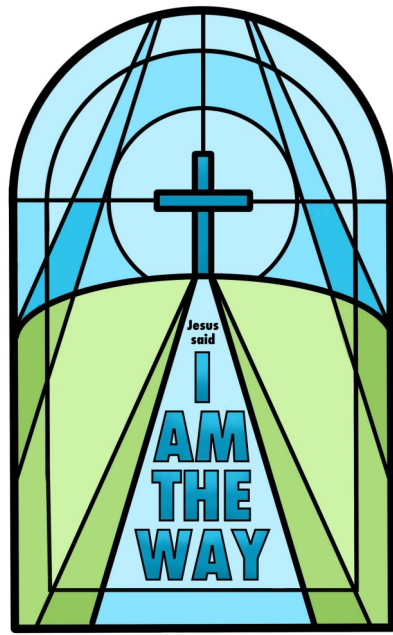
Join us for a morning of craft & fun!

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



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. You'd be most welcome. There will be a short break and will reconvene on 10th April.

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. We're taking a break but will reconvene on 9th April.

Zoom ID: 864 991 9885

Bullying

There is no legal definition of bullying but experts agree that bullying is conscious behaviour that is offensive, intimidating, malicious or insulting and happens repeatedly and persistently over a period of time. It can include:

- Being called names
- Deliberately being ignored or excluded
- Constant criticism or 'putting down'
- Spreading rumours about you
- Setting you up to fail
- Aggressive behaviour – shouting, intimidation and threatening behaviour
- Using a position of power to make you feel threatened or undermined
- Cyber bullying

Unfortunately, bullying affects lots of people and happens in many situations not just in schools, but also includes workplaces and families, but it's the way it's dealt with which makes the difference between life being tolerable or misery. Being bullied, feeling threatened or intimidated is not acceptable.

If you are being bullied what can you do?

- Keep a diary, and keep records of the harassment.
- Talk to someone you trust.
- Inform people in authority, most schools, and organisations have policies against bullying.
- Contact a third party organisations such as the national bullying help line, (you can find information about them on line) to get impartial advice and help.



All people deserve to be treated with kindness and respect, and we should try to ensure that anyone being bullied is helped and supported and the bullying behaviour is challenged.

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	
Washing powder blocks		Washing up liquid		Tinned meat



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/ashatrusts> or www.ashatrust.co.uk

Eating sustainably

Research has shown that if the Western diet was adjusted to be more sustainable, we may be able to reduce its greenhouse gas emissions by up to 80%, and water use by up to 50%! These numbers represent a best-case scenario, but hint at just how much of an impact the food we eat has on our environment.

There's lots of ways to change our diet to be more sustainable, and reducing the amount of food waste we produce is one of them. But another big, big one is eating with the seasons. So if you're interested in using more seasonal vegetables in your cooking to reduce your carbon footprint, investigate what is available locally.

There are all sorts of delicious seasonal vegetables available to us in the UK during the spring, and all sorts of things we can cook with them!

April seasonal vegetables

- Asparagus
- Rhubarb
- Purple sprouting broccoli
- Spring cabbage
- Spring onions





When a torch grows dim or stops working you do not throw it away, you change the batteries. When a person messes up and finds themselves in a dark place, do you cast them aside? Of course not, you help them change their batteries.

Some need AA: Attention and Affection

Some need AAA: Attention and Affection and Acceptance

Some need C: Compassion

Some need D: Direction



And if they still don't seem to shine . . .
Simply sit with them quietly and share your light.

Do you remember your own PIN number?

Nearly one in five of us can't. We are so used to paying by contactless that when we have to withdraw cash or type our PIN into a card reader, our minds go blank.

'Contactless' payments hit a record high last year. A staggering 93.4 per cent of all in-store card transactions up to £100 was made using contactless, rather than cash or PIN and card reader.

According to Barclays, we now depend on contactless payments and smartphone technology so much that more than a fifth of young people now leave their wallets at home when they go shopping.

When contactless technology was first introduced by Barclaycard 17 years ago. It had a spending limit of £10. The limit was increased during the pandemic, to reduce physical contact in shops, rising to its current £100 limit.

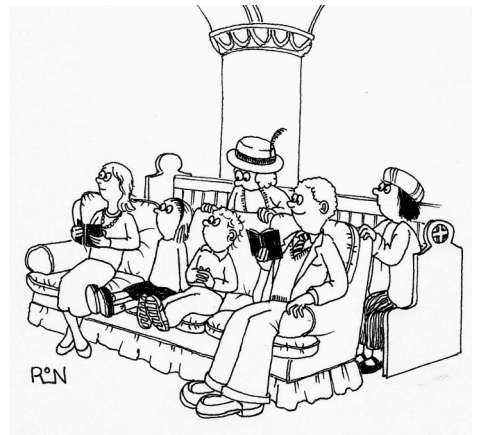
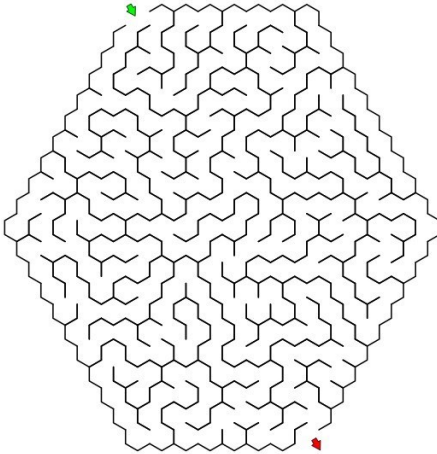
Puzzle Page

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R^oN

Regular worshippers were upgraded to first class



Quiz on the book of Joshua

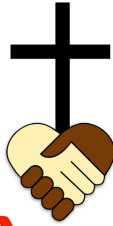
1. Whom did Joshua succeed as leader of Israel?
2. What was the name of Joshua's father?
3. To what city did Joshua send two men to spy upon?
4. What was the name of the woman who hid the spies Joshua sent?
5. How many stones did the Israelites take from the dry river bed of the Jordan?
6. Once the Israelites had entered the Promised Land, what happened in the days after they had celebrated the Passover?
7. What did the captain of the Lord's host command Joshua to do?
8. How many priests were chosen to carry the rams' horns as they marched round Jericho?
9. What was the name of the man who violated God's command not to plunder anything from Jericho?
10. The Gibeonites tricked Joshua into making a covenant of peace, but as what did he make them serve the Israelites?
11. What natural phenomenon helped Joshua defeat the Amorites?
12. What was the only tribe not to receive an inheritance?
13. How old was Caleb (one of the original 12 spies) when he was given Hebron as his inheritance?
14. What tribe was given a portion of Judah as their inheritance?
15. For what sin were the cities of refuge created?



Answers Easter Quiz

1. All the chief priests and elders
2. Judas
3. 30 pieces of silver
4. Bound Him and handed Him to Pilate the governor.
5. Threw the money into the temple and hanged himself.
6. Are you the King of the Jews?
7. Barabbas
8. To proclaim that he was innocent of Jesus' blood
9. Simon of Cyrene
10. This is Jesus, the King of the Jews
11. From noon until three
12. My God, my God, why have you forsaken me?

St.
Mark's
Forest Gate



Youth

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

beth.yates@stmarksforestgate.org.uk

'Harvest 30' Fundraising

As a part of the stewardship campaign at St. Mark's this year, we were encouraged to be a part of the 'Harvest 30' campaign.

The adults were invited to consider giving £60 a month (£720 a year) to the 'Harvest 30' campaign. But, as youths we don't earn money so we can't really give regularly to St Mark's like some of the adults do.

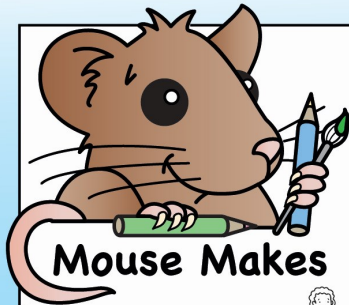
However, what we **can** do is help to raise some money for St. Mark's through fundraising events and activities!

We are aiming to **raise at least £720** this year, playing our part towards the 'Harvest 30' stewardship campaign!

Our 'Harvest 30' Fundraising will also be an excellent way of bringing us closer together and inviting us to step out in faith.

Keep an eye out for our upcoming fundraising events and activities! Some of our ideas are:
Bake Sale, Fun Run, Quiz Night, Youth Take-Over Service, and many more fun ideas...





Mouse Makes

Some time after Jesus had risen a few of His disciples met together to go fishing.

They fished all night but caught nothing. As the sun rose a man on the shore asked;

"Have you caught anything?"

"Not a thing" they answered.

He said to them "Throw your net out onto the right side of the boat and you will catch some."

So they did and they and they caught so many fish they could not pull in the net.

Then John recognised the man, "It is the Lord!"



How many times had the risen Jesus revealed himself to the disciples before this?

Read John 21:14



How many disciples were there? Who were they? Read John 21: 11

How many fish did they catch? Read John 21: 11



READ the story in **John 21**

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

DISCIPLES • TIBERIAS • SEA • SIMON PETER • THOMAS • NATHANAEL • JOHN • DAY FISHING • BOAT • NIGHT • CAUGHT • NOTHING • WATER • SHORE • FISH • CAST • NET RIGHT • FIND • HAUL • LORD • FULL • LAND • FIRE • BREAD • BREAKFAST • JESUS

Colour in all the fish

Apr24© deborah noble • parishpump.co.uk

Bible Bite

A short story from the Bible

It can be read in the Bible in
Exodus 7:14-10:29, 12:21-23, 29-33, 14:5-29

God told Pharaoh to let the Hebrew slaves leave Egypt, but he refused. God then showed his power over Egypt (and its gods)...

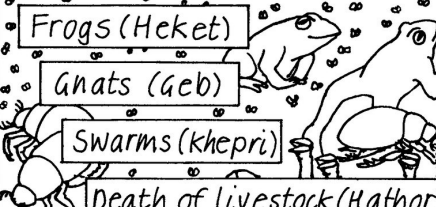
The Nile turned blood red (Hapi)

Frogs (Heket)

Gnats (Geb)

Swarms (khepri)

Death of Livestock (Hathor)



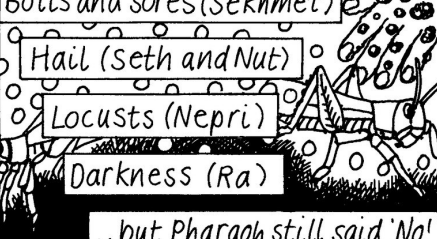
Boils and sores (Sekhmet)

Hail (Seth and Nut)


Locusts (Nepri)

Darkness (Ra)

...but Pharaoh still said 'No!'




God told the Hebrews to prepare to leave, and each family to kill and cook a lamb. He told them..



Mark your house door with the lamb's blood.



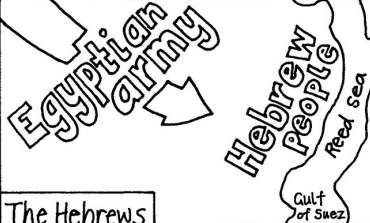
That night, in each un-marked house, the eldest son died.



The Hebrews left Egypt...



but Pharaoh followed with his army..



The Hebrews were trapped by the Reed Sea..

God made a cloud to hide them from the Egyptians..



and sent a wind. By morning the sea bed was dry and they walked across..



...but as the Egyptians followed, the water flowed back.

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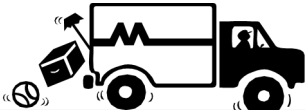
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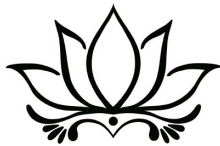
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Services - see page 15 for further information

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

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

Vicar:

ben.king@stmarksforestgate.org.uk

020 8091 5652 | 07437 522650

Email:

info@stmarksforestgate.org.uk

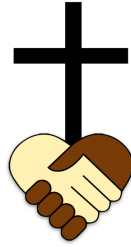
Registered Charity Number

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 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