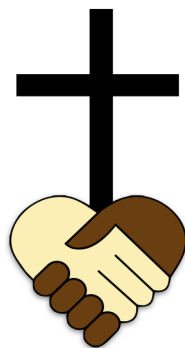


St. Mark's Forest Gate



To each is given the
manifestation of the Spirit
for the common good.
(1 Corinthians 12:7, ESV)

July 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

Church Wardens

Sharon Yates

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

Church wardens (Ex-officio)

Sharon Yates

Mike Richardson

Janet Bone (Deanery Synod Representative DSR)

Yvonne Tiley(DSR)

Ellen Kemp (DSR)

Michael Semuguruka

Charlotte Mouzer

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 or Jane.

Contact information

Website

www.stmarksforestgate.org.uk

Admin

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Youth Work

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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 **August/September 2022** needs to be given in by **Sunday 10th July**.



What plans have you got this summer? Whether you're planning to reconnect with friends and family, planning a long-awaited holiday or planning for the autumn, I hope that you're also planning to take a proper, sustained rest. As things shut down for the summer and the pace slows, it's the one time of the year when we can and should prioritise it.

That said, prioritising rest doesn't always come naturally, does it? Sometimes it's much easier and more instinctive to keep working. We reason that the more we work, the more productive, more capable and more resilient we are. We feel better about ourselves.

But that approach to work is always counterproductive and ultimately self-defeating. Our mental health can suffer, we can begin to neglect our relationship with God and with others and we can often find ourselves locked in working patterns we seem powerless to break.

So, while rest is something we might not prioritise or even actively *resist*, the fact remains that we need it. After all, we were created to rest. At the beginning of the Bible, God spends six days creating and rests on the seventh. As we human beings are created in God's image and likeness, it follows that rest is also hugely important if we're to function and flourish as God intended.

Prioritising rest is also an expression of *faith* in God. Being prepared to down tools and leave things undone, necessarily means that we have to trust God that He will meet our needs and take care of everything.

Remember the story of Martha and Mary at the end of Luke 10? Martha knew that a meal needed to be prepared for Jesus and His disciples and busied herself with the cooking. By contrast, Mary sat at Jesus' feet, abiding in His presence and allowing Him to minister to her. Although Jesus knew Martha was trying to do the right thing, it's *Mary* He commends: "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." (Luke 10:41-42).

Contd.

And that's the thing about proper rest – rest that refreshes, nourishes and sustains. Taking time out and doing fun stuff is important. But so is resting in Jesus – soaking in His presence and inviting Him to minister to us. Summer isn't about pressing pause on our relationship with God whilst we go off and enjoy ourselves. Rather, summer is an important time to rest in Him and to invite His Spirit to renew and revive us.

So, whatever your plans this summer, please also plan to take a proper and sustained rest. As you do, I pray that you will also draw close to God and experience His refreshing, renewing Spirit, so that you might also experience His loving presence more deeply and be better equipped for whatever lies ahead.

With every blessing for a restful summer,

Ben



Fire Pit Fridays

Every Friday from: 22nd April

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

FREE EVENT!

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

Summary of the PCC Meeting 13th June 2022

At the **June PCC meeting** all the members were present and the following items were discussed:

- **Minutes** of the last PCC on 24.04.22 and minutes of the **APCM** on 15.5.22.
- The meeting also reviewed the updated **Policy Statements**: Data protection, PCC Privacy and confidentiality statement, Safeguarding policies and PCC roles and responsibilities.
- The **Vicar's Report** reviewed the Platinum Jubilee weekend and a Worship Review. Rev Ben King said he was pleased that our Jubilee celebrations had gone so well and that he had received grateful responses from both church family members and friends of the church.
- The **Parish Worker's report** highlighted plans for three Messy Church Mondays in August, Firepit Fridays, and the new Pop-up Cafe project.
- The **Treasurer's Report** highlighted the fact that there have been significant changes to the number of givers since Peter Arnold's March report. We have less income than last year, although we do have a significant amount of money on deposit from legacies. The financial standing orders were reviewed. Peter also introduced a plan for contactless giving as fewer people carry cash nowadays and the PCC agreed to the proposal.
- The **Churchwardens Report** from Mike Richardson and Sharon Yates reported that since the April meeting no work has been necessary on the building. The new outdoor furniture has been delivered and is in use. The church services were reported on and fresh expressions of church, such as Firepit Fridays are a good example of people being able to attend a different sort of fellowship. Mike and Sharon will be admitted as churchwardens at a service in St Bart's East Ham on 22.6.22. They asked for our continuing prayers for them over the coming year.
- The **Safeguarding Report** was delivered by Ellen Kemp and several policies were reviewed. There was a discussion about changes in the way we appoint people to volunteer roles in the church, due to revised Church of England regulations.
- There was no **Deanery Synod** report because there had been no meeting since the last PCC meeting.
- **Correspondence** included a letter of thanks from Christian Solidarity Worldwide for a donation made by the church. The meeting had also been sent a letter from a church member which was discussed. A letter of thanks will be sent to Tom and Barbara Ward who are soon to retire.

Next PCC Meeting: 18.07.22

The Sermon

Sunday **12th June**
Speaker **Ben King**
Theme **What does the Holy Spirit Do?**

The Spirit is Good News to us all because of who he is and what he does.

1. Confirms our true identity in Christ Roman 8 v 17

The Spirit dwells within every believer, and has brought about our adoption into God's family; we are God's children, and we call him Abba father. Because of this adoption, we are co-heirs with Christ, we have the same status as Him. Our inheritance is to come, but the Spirit provides hope and encouragement here on earth. The Holy Spirit confirms our true identity in Jesus Christ. We should reflect, meditate and pray into these glorious truths, as it will shape our true identity and bring hope, freedom and life.

2. Teaches and helps us John 14 v 26

The Spirit acts as a teacher, giving insight and revelation, wisdom and understanding. He can do that by illuminating the Scriptures and calling to mind Jesus' teaching. The Spirit reveals the truth about God and deepens our relationship with Him. The Spirit also guides us into all truth. The term advocate is used by Jesus for the Spirit to reflect that he is one who aids us. The Spirit also sustains and strengthens and helps us to pray. We need to think how we might need help and instruction and pray for the Spirit's guidance and strength.

3. Empowers and equips Acts 1 v 8

The Spirit equips and empowers us to do what Christ has taught and commanded us to do, and provides us with the gifts and skills to accomplish different tasks. He helps us to be the people God has called us to be and to develop the different spiritual gifts to build up the body of Christ. Ask yourself where do you need the Spirit's empowering and equipping? And pray for His power to fall upon you and work through you.

Wonder and Worship: Reflections in a Scottish Rainforest

It can be easier to notice things away from home, when we are relaxed and surrounded by unfamiliar sights in an exotic location. But sometimes the same wonders are there in our own back yard. GK Chesterton was a great advocate of intensive observation, and he invited his readers to take a fresh look at things that might be taken for granted. The rewards for this mental adjustment are great, and can feed into our worship in new ways.

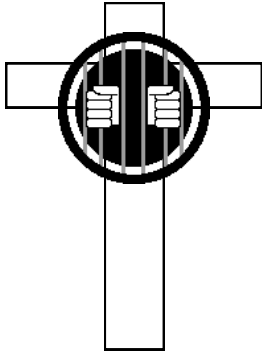
I first learned to appreciate old growth forests on the west coast of Canada: the centuries-old tangle of logs and underbrush, and thick layers of moss and lichen, that provide rich resources for countless organisms. Several years later, in Scotland, I stumbled over a few acres of birch and hazel, lush with moss and ferns, and humming with insect and bird life. Fallen logs lay everywhere, vegetation grew up the trees, creepers hung down, and sunlight slanted through clearings.

I later discovered that this patch of woodland is one of the few remaining areas of old growth Atlantic rainforest, so I visited one sunny morning when I had more time to linger. The wood is home to 140 species of lichen and 100 of moss, so I found myself looking very closely at tree trunks and boulders. Each lichen is a unique relationship between two organisms: a fungus and a particular collection of single-celled algae – an example of the collaboration that is so essential to every ecosystem.

Places like this are worth preserving, respecting, and appreciating as much as a work of art or a historic city. I'm so grateful to the community that chose to preserve it, and the Creator who used such intricate and patient processes to create it. As the animals and plants around me did what comes to them naturally, I did what I was made for - thanking God for everything I saw. I found myself praising God alongside all those species of lichen, moss and trees. "Let everything that has breath praise the Lord" (Psalm 150).

There is a growing call to take both our personal devotions and our church services outside from time to time, and there are a growing number of resources to help us do this. As you go through your week, can you find one new way to appreciate your surroundings, and praise God alongside the rest of creation?

Dr Ruth Bancewicz, who is based at The Faraday Institute for Science and Religion



**Rejoice always, pray
without ceasing, give
thanks in all
circumstances; for this
is the will of God in
Christ Jesus for you**

1Thessalonians 5:16 -18

Nigeria

Thousands of Christians have been forced to flee from their homes and villages in Nigeria because of attacks by militants.

Armed Fulani militants attacked Daniel’s village last year while he and two other men were on night patrol. He lost his wife and five of his children in the attack. Daniel decided to leave the area with his two remaining children and is now living in a camp for internally displaced people in Kaduna state. The camp was visited by a Release International partner who provided food and other emergency resources. Daniel expressed his thanks, “We truly appreciate it and pray the Lord will bless those organisations that made this possible.”

Zugwai is a wife and mother who lives in the same camp; she was forced to flee after an attack on her village. After hearing gunshots they fled into bushes for safety, but their houses were set on fire by the attackers. She

lost her home and her business, and has since been struggling for survival in the camp. She said “God has used kind hearted people to support us; it is my prayer that the evildoers who attacked us will come to repentance.”

Thousands of people are now living in the IDP camps in Nigeria, where Release’s partner provides basic items such as food and laundry soap; they also plan to provide medical support and run Bible based trauma healing for those struggling in the wake of the attacks.



Aid being distributed in an IDP camp

Source: Release International.

Pastor Andrew vividly remembers the attack on his village, Guyakui. Fire consumed the whole village, after they all fled, whilst from their hiding place they saw the militants banging on the door of the church and homes. He prayed a specific prayer, not for safety, but for the strengthening of his faith and that of his church members, that even if they were abducted they would not deny Christ but hold firmly to their faith.

In the morning they searched for missing friends and family members, but several had been killed and all but six houses had been burnt down. What they did not burn Boko Haram had stolen. Many Christians left for the nearby towns, but Pastor Andrew stayed with other church leaders to rebuild the community and re-establish the church. He takes seriously the command to rejoice always, and collect together what they could to make a place of worship.

As soon as Open Doors heard about the attack, the local partners supplied emergency aid, trauma counselling and longer term support. The Christians in Guyaku did not just need to keep going for a few days; they needed to survive for the next generation. The gifts, prayers and God's mercy and grace mean that this can happen.

Boko Haram thought they were wiping out Christianity in Guyaku, but God had other plans. The exact opposite has happened: the church is growing and they are rebuilding a bigger place of worship.

Source: Open Doors



The community rebuilt the church in Guyaku using zinc panels and bits of wood



Forest Gate Festival 2nd July 2022

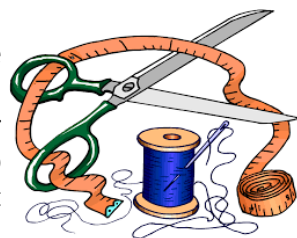
After a two year break the Forest Gate Festival is back this year. St Mark's will be having a stall, to tell people about the church, offer to pray for people and share our faith in Jesus, and we will also be offering a cuppa.

We will need help on the day, as we will need to get all the equipment to Osborne Road and back again, also to man the stall during the day. If you are able to do a hour or two that would be wonderful.

Please speak to Bethany or Ann or Peter Arnold if you are able to help.

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 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 noon on Monday mornings.

Christian Basics: What Does the Holy Spirit Do? (Pt 2)

Somebody once defined a football match as *'22 people on the field desperately in need of rest, watched by 50 thousand people in the stands, desperately in need of exercise!* It reminds us that church is not a spectator sport! The Holy Spirit equips us to serve God in the Church and daily life through the gifts of the Holy Spirit.

These gifts are variously described as *spiritual gifts* (1 Cor. 12:1) or *grace gifts* (1 Cor. 1:7), the latter word being used in modern Greek for a birthday present! They are love gifts from God that we cannot earn or deserve, that are open to everybody. Note what Paul says, *"Now to each one the manifestation of the Spirit is given for the common good"* (1 Cor. 12:7):

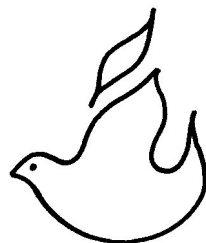
'to each one': the gifts are available to every Christian. Everyone will have a different *'gift-mix'*, with their own particular contribution to offer.

'the manifestation of the Spirit': the gifts of the Spirit enable an invisible God to be real and visible.

As we exercise the gifts that God has given to us, in our speech or service, people will be able to say, *'God is at work here'*!

'for the common good': the aim of the gifts is to build up the body of Christ and extend the kingdom of God. They are not intended to meet our own needs or reputation, but simply to serve and encourage others.

With the gifts given by God, we are able to fulfil His purposes in His world. Paul urges us to *'eagerly desire'* the gifts that God has for us (1 Cor. 12:31). How true is this for me? Any present that we are given needs unwrapping before we can enjoy it. Are we doing this with our spiritual gifts?



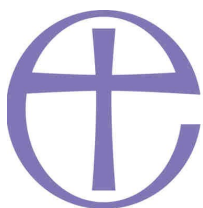
Cathedrals can 'light the way' to Net Zero

England's ancient cathedrals could be in the 'vanguard' of technological development needed for the green revolution. In fact, cathedrals could show the way in making changes for achieving Net Zero carbon across the whole Church by 2030, with a route map due for a vote at General Synod this month (July).

So says the Church of England's lead Bishop for Environmental Affairs, Graham Usher, who is Bishop of Norwich. He points out that cathedrals have an impressive track record within the heritage sector.

Many have already installed green adaptations such as solar panels, or replaced light fittings, or increased draft exclusion. Others have re-designed precincts to give greater access to green space and a chance for biodiversity to thrive. Over two thirds of cathedrals are already part of the A Rocha 'Eco Church' programme.

However, with cathedrals still responsible for around two per cent of the total Church of England carbon emissions, they need to identify more opportunities to meet the ambitious target set by General Synod in 2020. The Church of England's Route Map to Net Zero Carbon will be discussed at General Synod this month (July).



THE CHURCH OF ENGLAND

Jesus is the only way

‘Come to me ... Let me teach you’

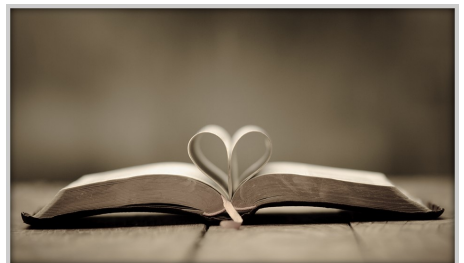
Matthew 11 vv 28 –29

Imagine you're a child studying astronomy. You read about the first mission to the moon and you begin to ask your teacher all sorts of space travel questions. 'What's it like on the moon?' The teacher replies, 'Well, I would guess' or 'I think' or 'Perhaps'. She's never been there. But next day Astronaut Neil Armstrong enters your classroom. 'Now ask your questions,' the teacher says, and Armstrong answers each with certainty. He knows the moon; he's walked on it. No speculation or hesitation – he speaks with conviction.

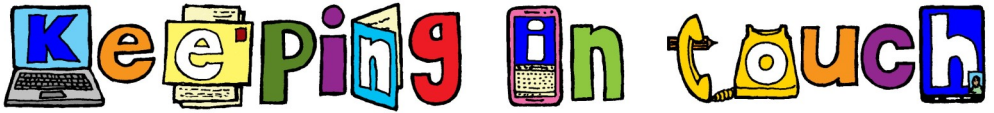
So did Jesus: 'He taught them as one having authority' (Matthew 7:29). Jesus knows the dimensions of heaven. He knows the words of the songs sung by the angelic choir. He has unrivalled knowledge of God – and He wants to share His knowledge with you: 'No one truly knows the Father except the Son and those to whom the Son chooses to reveal him' (Matthew 11:27).

But notice what Jesus says next: 'Come to me, all of you who are weary and carry heavy burdens...Let me teach you...and you will find rest for your souls' (Matthew 11:28-29). Underline the words 'Let me teach you'. 'Let me teach you how to handle your money, your marriage, and your mood swings. Let me teach you how to live the right way on earth, and how to go to heaven when you die.' And don't we need to learn? The age of information has become the age of confusion: too much know-how, and hardly any know-why. We need answers. Answers only Jesus has. 'But can I trust Him?' There's only one way to find out!

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

Intercession: We pray for those who mourn

Death is part of our experience of life, but it is difficult to come to terms with the death of a person we love. We pray father for those who are mourning for the person who has left their lives, whether recently or some time ago. Bring them comfort, help them to know your presence. Also help us to say and do the right thing that will support and comfort them, let them know we will be there for them whenever they need us. Give us the sensitivity to know when to speak and when to stay silent but to be there.

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

3rd July	Pray for all who live in Mornington Hall
10th July	Pray for all who live in Ridley Road
17th July	Pray for all who live in Sebert Road
24th July	Pray for all who live in Tylney Road
31st July	Woodgrange Road

Sunday Services in July

Date	Service	Theme	Reading
3rd	Holy Communion	Life in the Spirit	Ephesians 5 vv 15-20 Luke 4 vv14-21
10th	Holy Communion	The Good Samaritan	Psalms 25 Luke 10 vv 25-37
17th	All Age 4:30 pm Holy Communion	Mary and Martha	Psalms 15 Luke 10 vv 38-42
24th	Holy Communion	Prayer	Psalms 138 Luke 11 vv 1-13
31st	Holy Communion	Wealth	Psalms 49 vv 1 - 12 Luke 12 vv 13-21



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. The wearing of face coverings is now at the discretion of the individual. Safe distancing measures are still in place and we continue to encourage everyone to look out for one another

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



Coffee Morning: Asthma UK

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

www.asthmaandlung.org.uk



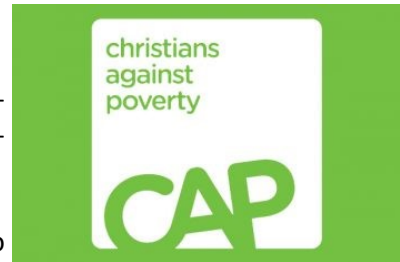
At Asthma + Lung UK their vision is for a world where everyone has healthy lungs. A world where lung health is prioritised through better understanding, research, treatment and support. They are dedicated to helping create a world where good lung health and the ability to breathe freely are a basic right enjoyed by all.

We are no longer holding the zoom coffee mornings.

Debt leaves you so lonely

Christians Against Poverty has warned that more people are suffering loneliness and isolation as the cost-of-living crisis pushes them ever deeper into debt.

The charity has recently reported finding clients “too worried to answer the door or answer the phone.”



Before contacting CAP for debt advice and support, 60 per cent of respondents said they had felt lonely, while about 40 per cent admitted that they had not had a meaningful conversation in the past week. Two thirds said that they had no one to turn to when they had a problem.

As one client explained, CAP “definitely gave me hope that there was light at the end of the tunnel.” CAP’s helpline has experienced a significant rise in demand this year.

Along with free debt advice, CAP offers emotional support and life-skills courses to help people to connect with others and reduce their loneliness.



Newham Churches Food Bank

The Churches Food Bank is continuing to have heavy use. If you would like to contribute, please place any items in the bin outside the vicarage at 41a Tylney Road. You will find updates of what is needed on the church WhatsApp group, but any of the following are welcome:

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

Asha Trust (Sri Lanka)

<http://ashatrust.co.uk>



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

The Traidcraft stall will be at church after the morning service on one Sunday in July (date to be confirmed), as well as at the Forest Gate Festival. 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

Four in ten of us are now more worried about our energy bills than about catching Covid. That is the finding of a recent study by University College London (UCL). It is in our interest to reduce our electricity consumption, not just to reduce our impact on the environment, but also help to reduce our spend on fuel.

12 Ways to Lower Your Electric Bill



Conduct an Energy Audit



Unplug Electronics and Appliances



Upgrade Old Appliances



Install Dimmer Switches



Switch to Energy-Efficient Light Bulbs



Adjust the Thermostat



Install Ceiling Fans



Change Your HVAC Filter Regularly



Air Dry Dishes and Laundry



Lower Your Water Heater Setting



Use a Low-Flow Shower Head



Plan for Off-Peak Hours



Those careless words

Wise words from St James. He knew that it is easy to say the wrong thing and do a lot of damage. This happens in the home, at school or work or in church. Perhaps we sometimes think that people are too easily offended. 'Sticks and stones can break my bones, but words can never harm me.' Oh yes, they can!

Often a joke or what seems a light-hearted comment can do the most damage. Some places seem to attract a type of banter. I remember, with shame, some of the words that were used when I was at school to make fun of others. Comments about a person's private life, appearance, ethnicity, age or disability are most likely to cause offence.

In some circumstances, what is said can amount to bullying or harassment. The Equality Act gives rights to protect people from discrimination and harassment. An employer could be legally responsible for banter that amounts to this, so if jokes or teasing goes on at work the victim could get compensation. Examples of comments which could be harassment or discrimination have included calling a person, 'gay', 'a cheeky monkey' or an 'oldie'. That is not to say every use of words like this is wrong. It is usually the context which is important.

What should the Christian do? We should be fair and not pre-judge people because of their appearance or make assumptions about them. We should gently challenge inappropriate language. We should not be abusive or offensive and be ready to apologise and forgive.

WITH THE TONGUE
WE PRAISE OUR LORD
AND FATHER,
AND WITH IT WE
CURSE HUMAN BEINGS,
WHO HAVE BEEN MADE
IN GOD'S LIKENESS.
OUT OF THE SAME MOUTH
COME PRAISE AND CURSING.
MY BROTHERS AND SISTERS,
THIS SHOULD NOT BE.

JAMES 3:9-10

David Pickup, a solicitor

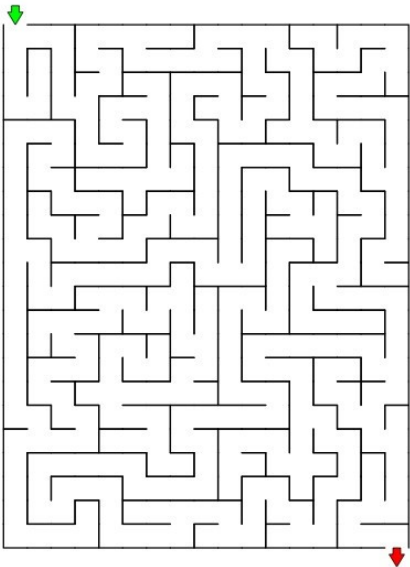
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It was bad enough your mobile ringing half-way through his sermon, without the ring-tone being the 'Christians Awake' tune!



1. When is summer in the southern hemisphere?
2. When is the summer solstice?
3. Sumardagurinn fyrsti is a summer festival in which country?
4. Dog days of summer is named after the dog star; what is its name?
5. Which rock band debuted with 'In the summertime'?
6. Where are the 2024 summer Olympics happening?
7. Main ingredient used in summer pudding
8. What is the August birthstone?
9. What does SPF i=on sunscreen stand for?
10. Why are there more thunderstorms in summer?
11. When does Summer Time start?
12. In which country is the Summer Palace?
13. Where does the Queen goes for her summer holiday?
14. What was what coldest summer temperature recorded in 1955?
15. 'shall I compare thee to a summer's day' is the opening line of which sonnet?
16. The summer exhibition is held annually in which art gallery?
17. Does the quince fruit in the summer?
18. Which are the most common insects in summer?
19. The summer solstice is the first day of summer, what does solstice mean?
20. Why is summer in Europe at the same time as winter in New Zealand?



Answers for the June Quiz

1. Chinese restaurants
2. Lilibet
3. Pamela
4. Grandpa England
5. Black truffles
6. Hens
7. Cocker spaniel
8. Appeared with Daniel Craig in the Bond film for the 2012 Olympics
9. The Derby
10. Brazil
11. Susan
12. Pigeons
13. Special K
14. Clothing coupons from her ration book
15. Dundee Cake
16. Christian World

St. Mark's Forest Gate

Youth



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

beth.yates@stmarksforestgate.org.uk

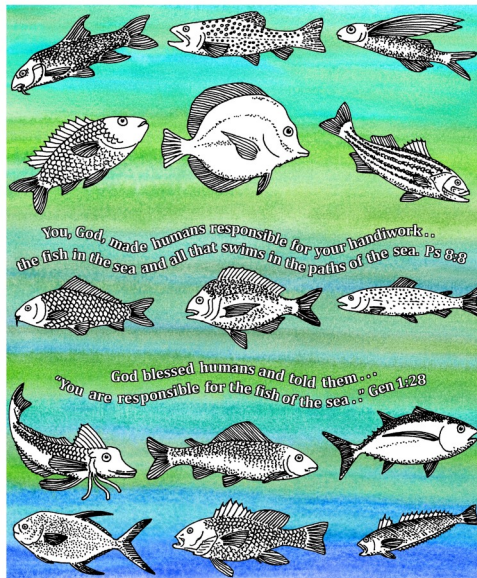


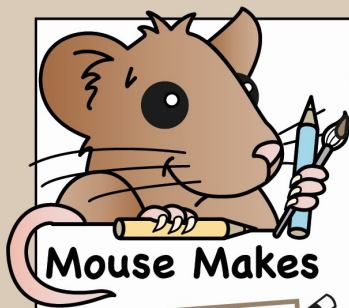
Save the dates!

During August we will be hosting three 'Messy Church Mondays' which we would love to see you at.

Monday 1st August
Monday 8th August
Monday 15th August

More info to come soon...





Mouse Makes

Cross out all the X
to find the bible verse:

NXOXWXTXHXERXEXA
XRXEXMXAXNXYOXT
XHXEXRXTXHXIXNXGX
SXTXHXAXTXJXEXSXU
XSXDIXDX.WXEXRXEXE
XVXEXRXYXONXEXOXXF
TXHXEXMXTXOXBEXW
XRXIXTXEXENX,IXSXU
XPXPXOXSXETHXAXTX
TXHXEXWXOXRXLXDXI
TXSXEXLFXFCXOXUXLD
XNXOXTXCXOXNXTXAI
XNXTXHXEXBOXOKXS
XTXHXAXTXWXOXULX
DBXEXWXRXIXTXTEXN
X.JXOXHXNX2X1X:2X5X

What did Jesus turn
water into?



John 2:1-11

Who's mother-in-law
did Jesus heal?

Matthew 8:14-15

How did Jesus get out
to the disciples
in the boat?



Matthew 14:22-27

Who did Jesus raise
from the dead?



John 11:38-44

How long had the
woman at the synagogue
been disabled?

— years

What did she do after
she was healed?



Luke 13:10-13

Who did Jesus
heal when his ear
was cut off?

Luke 22:47-51

DID YOU KNOW?

Jesus fed thousands
of people from a
few loaves and fish,
... not once but twice!



READ
Matthew 14:13-21
AND
Matthew 15:32-39

In each story...
How many loaves
and how many fish
did Jesus have?

How many people
were fed?

How many baskets of
broken pieces were
left over?



DID YOU KNOW?

There
are over

37

miracles of Jesus
recorded in the Gospels.

How many of them
do you know?

Find these words
in the word search

JESUS • MIRACLE

DEAF • HEAR • BLIND • SEE

PARALYSED • WALK • SICK

HEALED • DEAD • RAISED

MUTE • SPEAK • DEMONS

CAST OUT • STORM

CALMED • WATER • WINE

FISH • MULTIPLIED

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

The Doctor and the Sick



THE PEOPLE JESUS CHOSE TO BE HIS CLOSE FOLLOWERS WERE OFTEN QUITE UNUSUAL.



ONCE JESUS STOPPED BY A TAX-COLLECTOR'S OFFICE AND SPOKE TO A MAN CALLED 'LEVI'.



LEVI'S LIFE WAS CHANGED BY MEETING JESUS.



LEVI WANTED ALL HIS FRIENDS TO MEET JESUS TOO, SO HE CALLED A BIG PARTY FOR HIS TAX COLLECTOR FRIENDS



IN JESUS' DAY TAX COLLECTORS WERE VERY UNPOPULAR. THE PEOPLE THOUGHT JESUS WAS MIXING WITH A BAD BUNCH!

...BUT I AM HERE TO HELP PEOPLE WHO HAVE LOST THEIR WAY!



SURELY IT IS THE UNWELL PERSON WHO NEEDS THE DOCTOR - NOT THE WELL?!



see Luke 5:27-32

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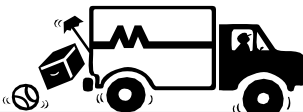
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Services - See page 15 for further information

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

Activities

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



St. Mark's Forest Gate
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London E7 0LJ
www.stmarksforestgate.org.uk

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

