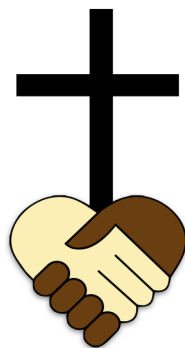


# St. Mark's Forest Gate



*"This is the day that the*  
**LORD**  
*has made; let us rejoice*  
*and be glad in it."*

*Psalm 118.24*

**August and September 2022 70p**

**[www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk)**

## Who's who in the Church

**Vicar: Rev'd Ben King**

020 8091 5652 or 07437 522650

[ben.king@stmarksforestgate.org.uk](mailto:ben.king@stmarksforestgate.org.uk)

Authorised Lay Preacher

Sharon Yates

Church Wardens

Mike Richardson 07824 859075

Sharon Yates 07909 279100

[churchwardens@stmarksforestgate.org.uk](mailto: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](http://www.stmarksforestgate.org.uk)

Admin

[info@stmarksforestgate.org.uk](mailto:info@stmarksforestgate.org.uk)

Youth Work

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Magazine

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Notices

[notices@stmarksforestgate.org.uk](mailto:notices@stmarksforestgate.org.uk)



Facebook: St. Mark's Forest Gate

## Magazine

Material for the magazine to be emailed to [ap.arnold@btinternet.com](mailto:ap.arnold@btinternet.com) or put through the door of 32 Cranmer Road. Material for **October 2022** needs to be given in by **Sunday 11th September**.



Leaf through any Christian song repertoire and you're likely to find the words 'good' and 'goodness' rather a lot. Mostly, they refer to God's character and to the many ways in which He blesses us. For example, there's a song we sometimes sing at St Mark's called 'Good, good Father'. And what about the harvest hymn which calls to mind, 'all good gifts around us'?

Like all God's attributes, His goodness is perfect, unchanging and eternal and is expressed in many different and wonderful ways. Indeed, you might have had the experience of being both so aware of God's goodness and so grateful for it, that you've wanted to echo the words of the psalmist: 'What shall I return to the Lord for all his goodness to me?' (Psalm 116:12).

Why not pause momentarily to reflect on God's goodness in your own life and give thanks? Well, it's God's goodness that I feel He wants us to focus on as we prepare for the autumn. We've concentrated a lot this year on our annual motto from Luke 5:4, 'Launch out into the deep and let down your nets for a catch'. And rightly so. This has clearly been God's priority for us.

For the rest of the year, my sense is that God is going to display His goodness more and more as we learn to let down our nets 'for a catch'. You'll see from page 15 that we're going to be looking at different aspects of God's goodness as part of our Sunday worship in September. As we do, I trust that we will also come to witness and experience more of His goodness ourselves.

In fact, this is already happening. It's been encouraging to see a few new faces in church over the last few weeks. There have also been some divine appointments with individuals and local businesses who have commended us on our community outreach and offered their support. What wonderful and heartening displays of God's goodness!

Of course, the coffee bike will be with us in September and that means further opportunities to 'let down our nets' so that we can get to know our community better and share God's goodness with them.

I sincerely hope that you share my excitement and anticipation as we look forward to all that the future holds and that like me, you will also take great confidence in God's steadfast, extravagant and unending goodness.

PTO



## Pop-up Café

We are really excited to be launching our Pop-up Café here at St. Mark's in September.

Do come along to see our coffee bike at our stall for the Forest Gate Jumble Trail on Saturday 17th September, outside the front of the church building in Lorne Road. We will also be hosting regular 'Play Café' sessions as well as 'Coffee & Chat' sessions during the week which we hope to see you at.

Keep an eye out for more info soon! If you'd like to find out more do get in touch with Beth our Parish Worker - [beth.yates@stmarksforestgate.org.uk](mailto:beth.yates@stmarksforestgate.org.uk).



The Forest Gate Jumble Trail is taking place on Saturday 17th September between 11:00am-4:00pm. Applications for stalls will close by 5:00pm on Thursday 15th September for paper maps and 10:00pm on Friday 16th September to be on the online map.

Addresses will be loaded onto a Google Map that people will be able to access on the day in order to plan their route. A paper map will be delivered to local community hubs. Any further questions: please email: [fgjumble@gmail.com](mailto:fgjumble@gmail.com)

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## Message for the Month contd.

Please do join with me in praying for this new season. Moreover, let's pray with faith and expectation that we will net many catches as God displays His goodness in different and wonderful ways. May these words of Paul encourage and inspire us as we prepare for all that the future holds: "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." (Ephesians 3:20-21)

*Ben*

## St Mark's PCC Meeting 18th July 2022

**July PCC Meeting** all members were present and the following items discussed:

**Minutes** of the Meeting of 13.06.22 were amended, passed and matters arising discussed: the Forest Gate Festival, the overdue payment from LBN for the use of the building as a polling station and any standing committee resolutions. **The Vicar's Report** Rev Ben King reviewed the Holy Spirit sermon series, prayer life at St Mark's, PCC agendas and a possible "Away day" in the Autumn for wider PCC discussions. **The Parish Worker's Report** from Bethany Yates reviewed taster sessions for a Girls' Drop-in which was not widely supported. Fire Pit Fridays was extended by six sessions due to its popularity earlier in the spring. The Forest Gate Festival had had enthusiastic participation from people passing by. Bethany also reviewed the Pink Bin project, thoughts on a possible first aid course in the church and a timeline of events for the Pop-up Cafe through the autumn. **The Treasurer**, Peter Arnold, reported to the meeting that he had sent the accounts to our independent examiner and will then send them to the Charity Commissioners before the end of October. Peter reported that the contactless card reader delivery has been delayed due to the manufacturer's problems. **The Churchwardens' Report** from Mike Richardson and Sharon Yates highlighted a serious problem of fly tipping on the church premises which has cost the church money. A further problem is that of parking in the space in front of the church gates on Lorne Road, impeding the emergency exit. A CCTV camera might help with this as would future alterations to the area in front of the church. Emergency and exterior lighting repairs were also reported on. Numbers of people attending on Sunday morning have remained steady although the numbers accessing online reflections have further diminished. They thanked those who had been involved in representing St Mark's at the Forest Gate Festival. Covid safety measures have been relaxed but the wardens will continue to study local and national infection and transmission data. Mike and Sharon have now been admitted formally as church wardens for the coming year and asked for our prayers of support. Ben King thanked them both warmly for their faithful and dedicated service to St Mark's. **The Safeguarding Report** from Ellen Kemp told the meeting that a recruitment pack for church volunteers is now in draft form and will be given to each volunteer in due course. **The Deanery Synod Report** was given by Janet Bone on behalf of the DS representatives. The main item at the meeting a few days previously had been about the diocese running a deficit budget, but that a new formula had been devised to try and address the problem. The meeting acknowledged that we need to plan for an increased amount of money towards our Parish Share. **Correspondence:** Asha Trust has highlighted the serious problems currently in Sri Lanka. A donation of £1,000 from St Mark's was proposed and unanimously agreed to.

Jane Ridout (PCC Secretary) July 2022

# The Sermon

**Sunday** 17th July

**Speaker** Beth Yates

**Theme** Mary and Martha, Luke 10 v 38-42

This is a story in the bible of two sisters and the different ways they responded to Jesus' visit to their home. It tells us about the use of our time and our relationship with Jesus and the importance we should give to spending time with Him.

Martha was one of those lovely people who make everyone welcome and serve others, but sometimes get so busy that they don't interact with their visitors. When her sister Mary sat at Jesus' feet and did not help her, she got very frustrated and went to Jesus to ask Him about what he thought about Mary not helping her and tell her to help.

Jesus did not dismiss her emotion, he takes it seriously but responds with what she needs to hear. In the Message version he says "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it - it's the main course, and won't be taken from her." The main course is Jesus, he is the nourishment we all need.

Martha had turned to Jesus, as we all should with our anxieties and frustrations and we should present our requests to Him; the answer may be unexpected but He will have our best interest at heart.

Mary put listening to Jesus first; we don't expect that she intended to leave all the work to Martha, but her priority was Jesus; she was truly in the moment and lost in Him.

It is a matter of priorities in our busy lives. If we prioritise Jesus by praying, studying His word, and worshipping Him our relationship will deepen.

We need to make it instinctive and automatic; we can start our day with Jesus and then flow with the Holy Spirit throughout the day. You may feel that you do not have the time, but it is a matter of priority. If you start with the Lord at the beginning of the day 'This is the day the Lord has made' as it says in Psalm 118. Then you can invite Him into your routines and daily activities, pray before meals, and use travelling time to spend with Him.

He will prompt us to acknowledge He is in our lives and in every aspect of them. If you prioritise Him, He will find the time in your day not only to spend with Him but also to undertake what needs to be done.

August sees many of us taking holidays to get some well-earned rest from working. But what is the biblical relationship between rest and work? The Bible shows us that **we are to work from rest, not rest from work**. How is this working out in our current experience?

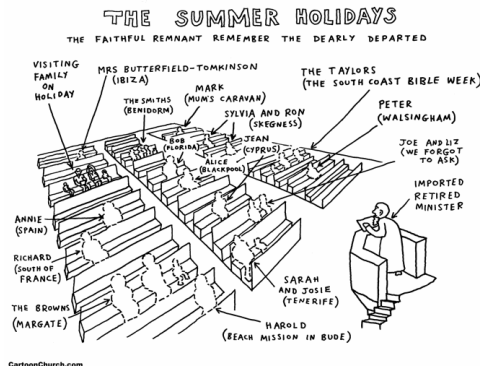
When God created human beings on the 6th day, the next full day was a day of rest before the work began: 'Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.' (Genesis 2:3). Sunday is a day of rest at the beginning of the week.

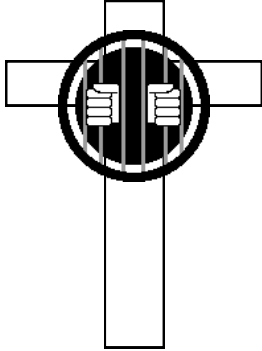
Jesus lived out this rhythm of rest and work in His own ministry: 'Very early in the morning, Jesus got up and went off to a solitary place, where He prayed' He then told His disciples: 'Let us go somewhere else so that I can preach there also. That is why I have come.' (Mark 1:35-38).

Here is a rhythm for our own lives: 'I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit' (John 15:5). Our work/fruitfulness arises out of the time we abide/rest in Jesus. He will then show us what aspects of our lives need pruning: 'while every branch that does bear fruit He prunes so that it will be even more fruitful.' (2).

Let's use this month to reflect on how this pattern is working in our lives:  
 Are we spending enough time 'abiding' in Jesus?  
 Are we putting our energies into the right balance of rest and work?  
 Are there unproductive areas of our lives and churches that need pruning?

Remember God created us as human beings not just human doings!!





**The Lord Jesus said “in this world you will have trouble. But take heart! I have overcome the world.”**

**John 16 v 33**

## Cuba

Pastor Lorenzo Rosales Fajardo was one of the pastors violently arrested during nationwide protests in Cuba that took place in July last year. His trial took place over two days in December. Only two witnesses were allowed to speak in his defence, while the prosecution brought 17 witnesses against him. His conviction was followed by over three months of silence from the authorities.

The pastor and his wife Maridilegnis endured an agonising wait for his sentencing, unaware that this life changing decision had already been made. The truth eventually came to light because the Cuban government wrote a public letter to the United Nations in March 2022 in response to an official request for information made in November 2021. The letter stated he had been sentenced to eight years in prison. A CSW representative informed Maridilegnis who then contacted her husband.



It was another month later when the family finally received a letter stating the sentence is seven years; it is unknown as to why this is one year less than the information given to the UN.

Lorenzo and Maridilegnis



The letter to the UN is full of contradictions and unfounded claims of violence. It says Pastor Lorenzo was convicted of 'public disorder, criminal incitement, disrespect and assault'. As Maridilegnis says 'he did not use any violence, they know they we are all witnesses to their lies.'

Harassment and mistreatment have followed the pastor into prison, including solitary confinement after he complained that he had not been allowed to attend Sunday services. He also defied orders to stop sharing his faith with other prisoners. Prison administrators feared he was becoming a leader within the prison, so they placed him in isolation. Maridilegnis was also threatened with prison in connection with a prayer meeting in support of the unjustly imprisoned in April, even though she was not the organiser. This event has been postponed after the threats from the government.

Yet even amid such unrelenting injustice God is still turning darkness into light. Maridilegnis has received letters from Pastor Lorenzo's cellmates describing how he has touched their lives. One wrote 'I want to thank our Lord for putting Pastor Lorenzo on our path because he has been a blessing to us. He has been the instrument that the Lord chose for the truth to come into our lives, so that we could come out of the darkness into the light.' These letters are a testament to the true character of Pastor Lorenzo. Far from being the violent criminal the authorities have made him out to be, this is a man of faith and integrity who is still living out his calling from behind bars.

CSW have been advocating for Pastor Lorenzo in a number of different ways since last September, one of which was to put high level officials in a number of embassies in Havana in direct contact with his family so they can monitor the situation directly.

CSW is still campaigning for Pastor Lorenzo's freedom; to find our more please go to [csw.org.uk/pastorlorenzo](http://csw.org.uk/pastorlorenzo).

Please pray for Pastor Lorenzo and his family and for those imprisoned unjustly without fair trials and no redress to gain their freedom.

# Activities

## Review of Forest Gate Festival

It was a wonderful day having two stalls at the festival, which was another opportunity for us as a church family to put our motto from Luke 5 v 4 into action. We had over 500 conversations with people across the 8 hours!

Lots of people engaged with the 'guess how many sweets in the jar' as people responded to the topic of prayer by taking part in our prayer map activity. It was great to have people purchase goods from our Traidcraft stall and it was also lovely to have some people stop and sit with us for a while with a free drink, encouragement for all that is to come with our Pop Up café.



## 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.

**Please note that during August the group will not be meeting**

## Prayer

Most of us identify with the disciples' request: *'Lord, teach us to pray'* (Luke 11:1); having seen Jesus pray, they wanted to know *how* to pray!

### ***A Loving Relationship***

Jesus begins with *father*: *'When you pray, say: Father'* (2). Prayer is like a child asking their parent for help. This reflects Jesus' own intimate relationship with His Father. He invites us to share this relationship using the Lord's Prayer, as way into His presence (2-4). Imagine using this prayer as a child sitting on your parent's lap. God delights to hear us!

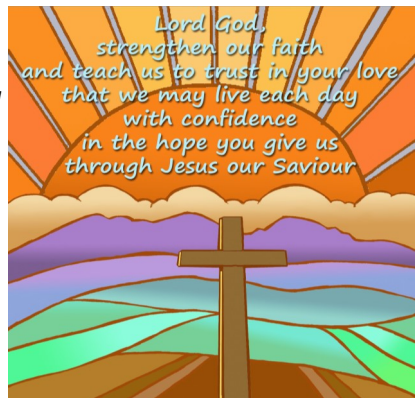
### ***A Loving Readiness***

Jesus' parable makes the point that God is always ready to hear our prayer. When the man turns up at midnight asking for bread, his friend inside gives him whatever he needs because of his *'shameless boldness'* (*lit*)' (v.8). If the man answers despite all his family being asleep, *how much more* will our Father in heaven respond to our prayers. We should never give up!

### ***A Loving Richness***

Jesus concludes with a threefold promise: *'ask and it will be given to you; seek and you will find; knock and the door will be opened to you.'* (9). Does this mean that God will give us whatever we ask for? As earthly parents only give good things to their children, *how much more* is this true of our heavenly Father: *'Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion?'* (11,12). He doesn't give us everything we want, but what is best for us.

*'If God were to say to me, 'I want to give you a special love gift, what would you like?' I would say: 'you choose'' (SD Gordon).*



Rev Paul Hardingham

## Bishops' letter to The Times on the Rwanda asylum policy

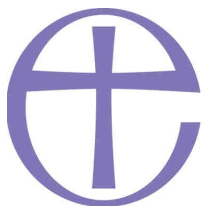
All of the current Lords Spiritual have recently signed a letter to The Times voicing alarm about the Government's plan to send asylum seekers to Rwanda.

The Bishops wrote in their letter that “this policy should shame us as a nation.”



They went on: “Our Christian heritage should inspire us to treat asylum seekers with compassion, fairness and justice, as we have for centuries. Those to be deported to Rwanda have had no chance to appeal, or reunite with family in Britain. They have had no consideration of their asylum claim, recognition of their medical or other needs, or any attempt to understand their predicament.

“Many are desperate people fleeing unspeakable horrors. Many are Iranians, Eritreans and Sudanese citizens, who have an asylum grant rate of at least 88 per cent. These are people Jesus had in mind as He said when we offer hospitality to a stranger, we do it for Him. They are the vulnerable that the Old Testament calls us to value. We cannot offer asylum to everyone, but we must not outsource our ethical responsibilities, or discard international law — which protects the right to claim asylum.”



# THE CHURCH OF ENGLAND

### Science recognises the power of prayer

‘Do not worry about anything, but pray about everything. With thankful hearts offer up your requests to God’

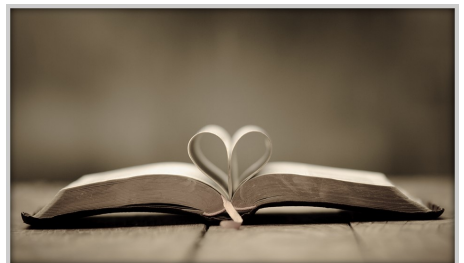
Philippians 4 v 6

God’s Word clearly tells us to ‘pray about everything’. Today, science is beginning to recognise the value and the power of prayer. Researchers investigating the role of faith in health are discovering evidence that’s hard to refute. For example, a 2014 study conducted by The Mind Health Report confirmed that people who engage in private prayer, intercessory prayer, and church activities are healthier and live longer. Here are some additional benefits:

- 1) Florida State University researchers found that praying for somebody increases your *readiness to forgive* them. When a group of men and women prayed for the well-being of a close friend every day for four weeks, they were more willing to forgive not only the friend but people in general. Forgiveness is associated with better overall health and satisfaction with life.
- 2) University of Miami researchers discovered that prayer and religious practices improve your ability to pursue and achieve long-term goals. Prayer affects regions in your brain that improve self-control, and people who view their goals as sacred are more determined to attain them.
- 3) A research study conducted by the University of Wisconsin-Madison concluded that victims of abusive relationships recovered a positive self-image and reduced their emotional pain when their lives included prayer.
- 4) Columbia University researchers found that people who value religion and regularly attend church are 90 per cent less likely to suffer from depression than their non-religious **peers**.

That’s pretty strong evidence in favour of prayer, wouldn’t you say?

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



## Can we help you?



### Email Addresses for Officers of the Church

We'd like to remind you of the email addresses to use when contacting church officers:

Ben King, Vicar:	<a href="mailto:ben.king@stmarksforestgate.org.uk">ben.king@stmarksforestgate.org.uk</a>
Sharon Yates, Churchwarden:	<a href="mailto:sharon.yates@stmarksforestgate.org.uk">sharon.yates@stmarksforestgate.org.uk</a>
Mike Richardson, Churchwarden:	<a href="mailto:mike.richardson@stmarksforestgate.org.uk">mike.richardson@stmarksforestgate.org.uk</a>
Jane Ridout, PCC Secretary:	<a href="mailto:jane.ridout@stmarksforestgate.org.uk">jane.ridout@stmarksforestgate.org.uk</a>
Peter Arnold, Treasurer:	<a href="mailto:treasurer@stmarksforestgate.org.uk">treasurer@stmarksforestgate.org.uk</a>
Beth Yates, Parish Worker:	<a href="mailto:beth.yates@stmarksforestgate.org.uk">beth.yates@stmarksforestgate.org.uk</a>
Ellen Kemp, Parish Safeguarding Officer:	<a href="mailto:safeguarding@stmarksforestgate.org.uk">safeguarding@stmarksforestgate.org.uk</a>

Please ensure you use only the addresses above when emailing about church business, otherwise your email may not be seen.

Phone numbers for Ben and the churchwardens can be found on the inside front cover of the magazine.

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 inside of the front cover.



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 the Summer Holidays

We pray for those who cannot afford to give their family a holiday away, or any treats for the summer. We also pray for those for whom it is a burden to arrange childcare and the extra food required. We ask that help will be available, and that we do what we can to support them.

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

7th August	Pray for all who live in Woodgrange Road
14th August	Pray for all who live in Avenue Road
21st August	Pray for all who live in Barwick Road
28th August	Pray for all who live in Capel Road
4th September	Pray for all who live in Capel Point
11th September	Pray for all who live in Chestnut Avenue
18th September	Pray for all who live in Cranmer Road
25th September	Pray for all who live in Curwen Avenue

## Sunday Services in August and September

Date	Service	Theme	Reading
<b>August</b>			
7th	Holy Communion	Lasting Treasure	Hebrews 11:1-3,8-16, Luke 12 : 32-40
14th	Holy Communion	True Religion	Hebrews 11:29-12:2 Luke 12:49-56
21st	Celtic Service	Freedom in Christ	Hebrews 12:18-end Luke 13:10-17
28th	Morning Service	Humble Hospitality	Hebrews 13:1-8, 15-16 Luke 14:1, 7-14
<b>September</b>			
4th	Holy Communion	Costly Discipleship	Psalms 1 Luke 14:25-33
<b><i>The Goodness of God</i></b>			
11th	All Age Service 4:30pm	God of Hope and Faith- fulness Holy Communion	Psalms 36:5-9 Luke 5:1-11
18th	Holy Communion	God of Healing and Wholeness	Isaiah 53:4-6 Luke 8:41-56
25th	Holy Communion	God of Grace and Love	2 Peter 3:9 Luke 15:11-32
<b>October</b>			
2nd	Fresh Expression Harvest Festival 4:30pm	God of Provision and Plenty Holy Communion	Psalms 100 Luke 9:10-17

On the St Mark's YouTube page there will be a Sunday Reflection.  
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**

### **This group will not meet in August**

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 group will not meet in August**

Look out for information in the autumn for dates and details.

## **Sunday 7th August Picnic in the Vicarage Garden**

After the morning service we would like to invite you to join Ben and Joo-Young for a picnic in the Vicarage Garden. Ben and Joo-Young are happy to provide drinks and snacks, but would kindly ask you to provide your own picnic.



Coffee Morning:  
Macmillan Cancer Support

Macmillan provide support for people living with cancer and their relatives.



They are holding the world's biggest coffee morning on the 30th September and we would like to play our part. We are not currently holding monthly coffee mornings, but if you would like to support the charity, please view their website: <https://coffee.macmillan.org.uk/>



**DONATIONS**  
DONATIONS FROM THE LIST BELOW WILL BE GIVEN TO 'LONDON CITY MISSION'.

- TOOTHBRUSHES & PASTE
- SOAP (BARS & LIQUID)
- SHAMPOO & CONDITIONER
- SHOWER GEL
- DEODORANT
- NAIL BRUSHES & CLIPPERS
- WET WIPES
- COMBS
- DISPOSABLE RAZORS
- SHAVING FOAM
- MOISTURISER
- NEW HATS
- NEW GLOVES
- NEW THICK SOCKS
- NOTEPADS & PENS

**FIND OUR PINK BINS**  
PLEASE PUT ANY DONATIONS INTO OUR PINK BIN OUTSIDE:

ST. MARK'S CHURCH,  
LORNE ROAD,  
E7 0LJ

PLEASE MAKE DONATIONS BY  
SUNDAY 4TH SEPTEMBER

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

BETH.YATES@STMARKSFORSTGATE.ORG.UK  
07741688495

**BROUGHT TO YOU BY**



London City Mission is a Christian organisation that reaches out to people who are

homeless, or who are involved in the sex industry, prisoners, ex-offenders, people struggling with addictions, those with mental health challenges, the people on the margins of society, the most vulnerable and overlooked. At the Webber Street Day Centre people who are homeless receive food, clothing, and toiletries, as well as interaction with other people, the chance to have a shower, some comfort and friendship, and the good news of Jesus.



## 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/ashatrusts> or [www.ashatrust.co.uk](http://www.ashatrust.co.uk)

The Traidcraft stall will be at church after the morning service on Sundays 21st August and 25th September (dates to be confirmed). 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](mailto:traidcraft@stmarksforestgate.org.uk) or phone me on 020-8519-5765.

Peter Arnold

## Church of England Environment Programme

In a statement by the Church of England they state 'We believe that responding to the climate crisis is an essential part of our responsibility to safeguard God's creation and achieve a just world. Climate change hits hardest the poorest countries and poorest people of the world. Meantime, the widespread destruction of the natural world is a crisis for creation'.

The Church of England Environment Programme exists to enable the whole Church to address this — in faith, practice and mission. This includes tackling our own carbon emissions (aiming for Net Zero Carbon by 2030) and our wider work.

### Creationtide or the season of creation

This is the period in the annual church calendar, from 1st September to 4th October, dedicated to God as Creator and Sustainer of all life. Many churches choose to use this time of year to hold special services and events to give thanks for God's gift of creation, and to renew their commitment to caring for our one planet home. During this time we should aim to tell, teach, tend and transform.



Much more information can be found on the Church of England website  
[www.churchofengland.org/about/church-england-environment-programme](http://www.churchofengland.org/about/church-england-environment-programme)

Please speak to Ben if you are interested



Would you like to share in a journey of discovery?

### *The **COURSE IN CHRISTIAN STUDIES***

is an opportunity to explore the Christian faith with others.  
The course runs over two years, is open to anyone over the age of 16  
and is based on weekly meetings in groups.

We are able to offer the CCS course as Face to Face sessions at various locations throughout the Diocese, as well as Zoom sessions.

In addition, CCS can be accessed entirely online, using the interactive programme Moodle, where you will interact with fellow students and tutors through online forums and posts. This provides increased flexibility for times and days.

An Introductory Day will take place in Chelmsford on Saturday 10<sup>th</sup> September starting at 10.00am.

To register your interest and receive further details, email Diane Hardy [dhardy@chelmsford.anglican.org](mailto:dhardy@chelmsford.anglican.org) or call her on 01245 294449 for further information contact:

Diane Hardy, CCS Administrator  
Chelmsford Diocesan Office, 53 New Street, Chelmsford CM1 1AT

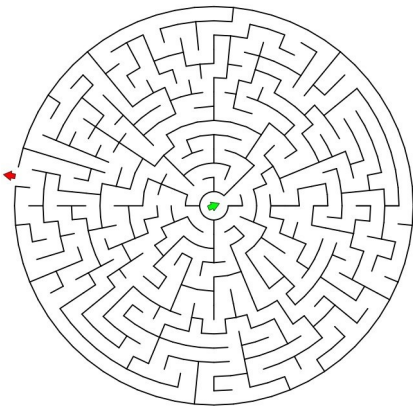
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Weeks after the Pet's Service, nobody  
had claimed the monkey



1. Which Spanish resort in the province of Alicante has the three major beaches: Playa de Levante, Playa de Poniente and Playa de Mal Pas?
2. The beach on the island of Monuriki, Fiji, was made famous by which Tom Hanks film?
3. Which 1964 film ends with both men enthusiastically dancing the sirtaki on the beach?
4. In which British resort town would you sunbathe on Thorpe Bay Beach and Three Shells Beach?
5. In which county is Berrow Beach, the longest sandy beach in the UK?
6. Which 1953 Oscar winning film featured the famous beach scene between Burt Lancaster and Deborah Kerr?
7. Lunderston Bay is the nearest sandy beach to which UK city?
8. Which certification by the Foundation for Environmental Education is awarded to beaches that meets its stringent standards?
9. Walking on the beaches of Swansea and Gower area every year, around 40 stings are recorded from what type of fish?
10. "One day, about noon, going towards my boat, I was exceedingly surprised with the print of a man's naked foot on the shore, which was very plain to be seen on the sand" is a line from which book?
11. Copacabana beach is located on the coast of which ocean?
12. Which former Manchester United player captained his country in beach football and was in the team that won the first ever FIFA Beach Soccer World Cup?



**Answers to July Quiz** 1. December to March 2. June 3. Iceland 4. Sirius 5. Mungo Jerry 6. Paris 7. Fruit 8. Peridot 9. Sun protection factor 10. Humidity and hot weather 11. March 12. China 13. Balmoral 14. -5.6 degrees 15. Sonnet 18 by William Shakespeare 16. Royal Academy of Arts 17. No 18. Mosquitoes 19. Sun stands still 20. In different hemispheres



# St. Mark's Forest Gate

Youth



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

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



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

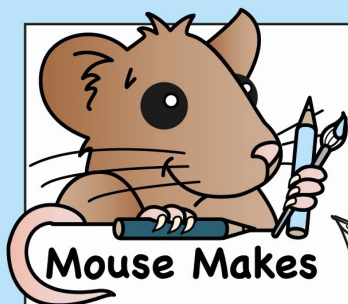
Monday 1st August  
Monday 8th August  
Monday 15th August

Contact Beth for more information



Have a lovely  
holiday this  
summer





## Mouse Makes

READ the full story  
in the book of Jonah



What swallowed Jonah?

A big \_ \_ \_ \_

How long was he there?

three \_ \_ \_ \_ and  
three \_ \_ \_ \_

Jonah 1:17

## JONAH'S JOURNEY

Which city did **God**  
tell **Jonah** to go to?

and why?  
Jonah 1:12



Where did Jonah  
try to go instead?

What did he travel in?

Jonah 1:3



What did God send to stop him?

A great \_ \_ \_ \_

What did Jonah tell the **sailors**  
to do to make the sea **calm**?

him into the **sea**

Jonah 1:4-16



What did Jonah do?

then what did the fish do?

Jonah 2:1-10

## DID YOU KNOW?

In Bible  
times wearing itchy  
sackcloth made from  
goat's hair was a sign of  
grief and repentance



When Jonah reached Nineveh  
he proclaimed God's **message**...  
the city would be overthrown in

\_ \_ \_ \_ \_ days  
Jonah 2:1-10

What did the people do?

**F** \_ \_ \_

What did they put on?

Jonah 3:1-9

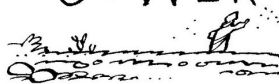
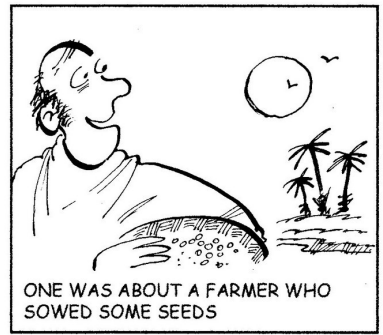
What did God do?

**R** \_ \_ \_ \_  
Jonah 3:10

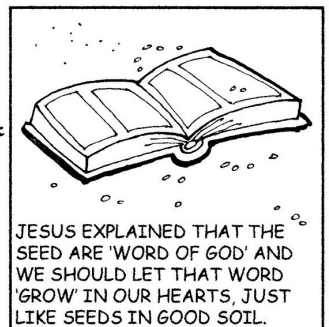
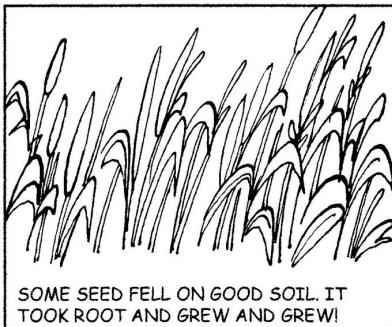
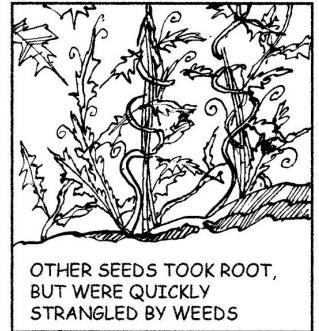
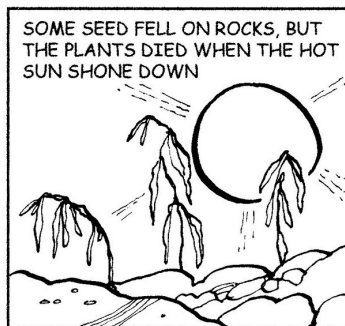
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N I N E V E H S H I P

Find the missing words. Look up the Bible references then  
look for them and the words on this page in **bold** in the word search

# the PARABLE of the SOWER

THE FARMER HOPED THEY WOULD TAKE ROOT JUST  
WHERE THEY LANDED



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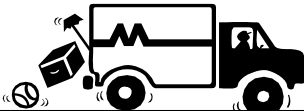
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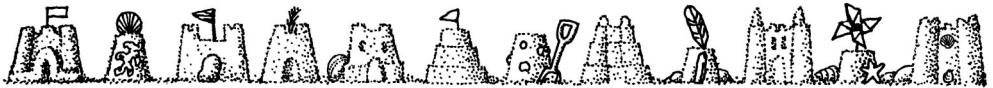


**Services** - See page 15 for further information

Weekdays	4:30 pm	<b>Evening Prayer</b> (Zoom)( not in August)
Wednesday	7:30 pm	<b>Prayer Meeting</b> in the church (not in August)
Sunday	10:30 am	<b>Morning services / Communion</b>
Sunday	4:30 pm	<b>Communion</b> (not in August)

## Activities

Mondays	11:00am	Care and Repair Sewing Group (not in August)
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**St. Mark's Forest Gate**  
**Church Centre: Lorne Road,**  
**London E7 0LJ**  
**[www.stmarksforestgate.org.uk](http://www.stmarksforestgate.org.uk)**

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

**Email:**  
**[info@stmarksforestgate.org.uk](mailto:info@stmarksforestgate.org.uk)**  
**Registered Charity Number**  
**1132240**

St. Mark's is a local Church of England Church. The Vicar will be pleased to help make arrangements for baptisms, weddings and other matters. If this is the first time you have seen the magazine and you would like to receive it regularly, then phone or drop a note into the church and we will do the rest.





# St. Mark's Forest Gate



## Our Motto for 2022

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

Luke 5 v 4

