
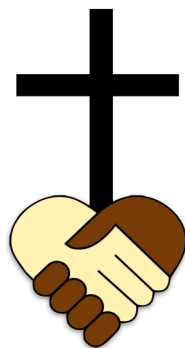


St. Mark's Forest Gate



**BUT GOD HAS
REVEALED THEM TO US
THROUGH HIS SPIRIT.
FOR THE SPIRIT
SEARCHES ALL THINGS,
YES, THE DEEP THINGS OF GOD.**

1 Corinthians 2:10

February 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

Chairman	Rev'd Ben King	
Vice Chairman	Ann Arnold (Deanery Synod Representative)	
Treasurer	Peter Arnold	
Secretary	Charlotte Mouzer	
Church wardens (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 **March** needs to be given in by **Sunday 11th February**.



In an attempt to call school assemblies to order, I have on occasion, reminded children that God has given us two ears but only one mouth and that we need to use them in proportion! I can't honestly recall whether my words ever had the desired effect, but it seems to me that a similar principle is to be found in Scripture. Consider, for example, these words from the book of James: 'My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak....' (James 1:19).

Listening to one another is incredibly important. And so is listening to God. I don't know about you, but I can find it really difficult to discern God's voice. Sometimes I don't hear anything at all and when I think I've heard Him, I can often doubt that God has spoken anyway! I know I need to get better at listening to God.

With Lent fast approaching, I'd like to invite you to join me in learning to listen to God better. Listening to God is a hugely important and often undervalued spiritual discipline. Discerning God's voice can really take us deeper in our faith and encourage us in our relationship with God.

It strikes me that listening to God is also important in light of this year's motto: "Love the Lord your God, walk in obedience to Him and He will bless you in the land you are entering to possess." If we're to discern God's will for us in 2024 and allow ourselves to be guided by Him into the Promised Land, then clearly, we also need to listen to Him.

During Lent, we're going to be following a 5-week course based on the ancient practice of *Lectio Divina* or 'divine reading'. It's a way of reading Scripture that helps bring the word of God alive whilst also helping us to hear what God is saying to us personally. I trust that by the end of the course we will have come to appreciate the riches of Scripture more and become better at listening to God through His living and eternal word. As usual, there'll be a daytime and evening course and you can find more details on page 4.

So please do join me as we come together this Lent to listen to our great and gracious God speaking to us through His word. In so doing, may we also be reminded of just how precious we are to God and how much He desires to guide us on the path of truth and love in 2024 and beyond.

Ben



Lectio Divina course:

This Lent we will be learning to listen to God better through His word. Lectio Divina is an ancient spiritual practice – a prayerful way of reading the Bible that invites God to speak to us in powerful ways.

The Lectio Course is a 5-part series in which Pete Greig, founder of 24-7 Prayer, helps us to explore Lectio Divina and explains how it can deepen our relationship with God. Each session comprises a 15-minute video, a small group discussion and an opportunity to listen to God speaking to us. The videos are led by Pete Greig and each one features an interview with a special guest.



Course dates:

Daytime, led by Sharon - every Tuesday at 12 noon in the church (after Coffee and Chat) with a soup lunch: 20th February to 19th March.

Evening, led by Ben - 7.30pm in the church: Monday 19th and 26th February; Thursday 7th, 14th and 21st March.

Statement from the House of Bishops on the ongoing War in Gaza

“We are dismayed that the place of our Saviour’s birth is once again wracked by violence, death and destruction. We grieve that innocent children have been disproportionately affected by this conflict.

Of the 1,300 people killed in the abhorrent terrorist attacks of Hamas on 7th October, 33 were children. Of the 250 hostages taken, 34 were children. In Israel’s exercising its right to self-defence, more than 18,000 people have reportedly been killed, over 40 per cent of whom were children. Thousands more have been injured. We re-affirm our position of last autumn (31st October) that there is no equivalence between the atrocities of Hamas against Israeli civilians, and the right and duty of Israel to defend itself. We also want to be clear that we do not believe that the devastating loss of civilian life and humanitarian catastrophe resulting from Israel’s bombardment and siege of Gaza can be morally justified.

“This war has claimed too many lives and destroyed too many homes. We appeal for the bloodshed and destruction to stop. An alternative strategy needs to be found that closes down on attacks on Israel from Gaza and ends the violence and blockade undertaken by Israel.

“The Israel-Palestine conflict is more than another regional conflict, but one with both international and domestic resonances. The current war in Gaza risks sowing the seeds of the next several generations of vengeance and violence unless it is resolved equitably now. For this reason, we call on the British Government to appoint a dedicated Minister or Peace Envoy for the Middle East to work with other nations to focus diplomatic efforts and to signal a long-term commitment to support any future peace process.

“We condemn the fresh growth of antisemitism in Europe, a shameful feature of our Western Christian history that needs to be constantly rebuked. In schools, universities, on streets and in places of work and worship, antisemitism has been the root of so much racism. Once one group is allowed to be attacked, merely for religion, race or heritage it seems to open the gates of hell to all other forms of hatred.

“We condemn all those hateful voices stoking prejudice against anyone, for any reason and call on the church to walk alongside those from different communities. We also warmly encourage support for the [Archbishops’ appeal for the Al Ahli Hospital in Gaza](#).

Sunday 7th January 2024
Speaker Rev. Ben King
Theme The Motto Deuteronomy 30 v 16

“Love the Lord your God, walk in obedience to Him and He will bless you in the land you are entering to possess.” Deuteronomy 30:16 (adapted)

Since 2020. our annual mottoes have revealed how God has been leading and guiding us as His people. 2020: “I am making everything new” Rev 21:5; 2021 “Now you are the body of Christ, and each one of you is a part of it.” 1 Cor. 12:27; 2022 “Launch out into the deep and let down your nets for a catch” Luke 5:4; and 2023 “I tell you, open your eyes and look at the fields! They are ripe for harvest.” John 4:35.

Setting the context: This is part of Deuteronomy (‘second law’), after the deliverance from Egypt and the Israelites have had the 40 years in the wilderness – a time of preparation and the time to ‘get Egypt out of the Israelites’.

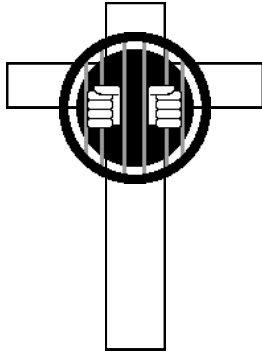
The Promised Land: So what does this phrase mean to you? It is a destination and a promise fulfilled (Exodus 6:5-8), it is a God place and a good place. It will be very different from Egypt – favour, freedom and fulfilment.

What does this look like for us? : It is an invitation to receive God's best for us, a choice that God sets before us. Deut. 30:15,19 “See, I set before you today life and prosperity, death and destruction...Now choose life.” v.16 “Love the Lord your God” “We love because he first loved us” (1 John 4:19). We choose to love God – the greatest commandment (Matthew 22:37). How do we love God? ‘...walk in obedience to Him...’ Choose to obey God and His will (John 14:23). Obedience saves us from ourselves and helps us fulfil God’s best for us

The fruit of obedience: “...and He will bless you in the land you are entering to possess” Obedience releases divine blessing and favour, and following the Good Shepherd leads to fullness of life (John 10:10).

An initial response: To repent of disobedience and ask the Holy Spirit to kindle a new love for God. Pray that God would reveal the Promised Land to you and to us all and commit to journeying into the Promised Land. We know that God is faithful to keep His promises. Will we be faithful to Him?

The Persecuted Church



Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering

Hebrews 13 v 3

India

During 2023 Christians in India experienced physical and emotional abuse and harassment of pastors and believers, destruction of buildings, false charges and imprisonment, and the prohibition of home prayer meetings.

Most significant was the widespread ethnic violence that turned into religious persecution in Manipur in northeast India in May, which saw 60 people killed and over 50 churches burnt and destroyed.

A Release International partner reports 'Minorities in the state continue to grapple with the aftereffects of the ethnic and communal violence that erupted.'

One pastor has been unable to hold Sunday services for the last 5 months, having to conduct services by telephone. Another church, whose premises were demolished in the May attack, no longer have a place to hold meetings and the pastor is caring for his congregation by visiting them individually. There are ongoing threats and persecution, but where possible pastors continue to conduct services.

More widely across India, persecution is increasing, reports Release International's local partners: 'The Indian nationalist government is complicit in all attacks on religious minorities by Hindu fanatics. Once the national elections are completed in May it is anticipated that if the current government is re-elected the situation will worsen, and it is feared that they may even change the constitution which currently allows religious freedom'. The local partners will continue to train workers, bolster the courage of believers, and appeal to governments of other nations for advocacy and sanctions.

Source: Release International and Open Doors

Thanks to financial gifts from Release International supporters their partners have been able to help a number of Christians experiencing persecution. A teenage girl fleeing the violence in Manipur has been provided with a new home, a Christian arrested on false charges of forced conversion was released after intervention by the partners, and a pastor was helped with medical expenses for injuries after being attacked.

They are thankful for all the supporters and prayer partners who have helped. As the persecution increases they are thankful for the global network of people standing with them and their workers.

Please pray

- That those being persecuted for their faith in Jesus will be strong and know that God is with them during their trials.
- For an end to the violence in Manipur and the state will be able to rebuild again. Pray that prime minister Narendra Modi would address the issue and intervene to stop the ongoing violence.
- That those in Uttar Pradesh who have the constitutional right to gather and worship will be safe in their efforts to follow Jesus
- That the pastors and workers would be faithful in their efforts to maintain the community of believers and disciple those new in their faith.
- For health and protection and provision as well as unity in the church.



Church in Manipur burnt down by militants

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

PINK BIN



PROJECT

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

PLEASE PUT DONATIONS INTO OUR PINK BINS AT...

Godwin Junior School, Cranmer Rd, E7 0JW

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

ITEMS TO DONATE

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

Take what you need.
Give what you can.



Community Cupboard

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

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



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

Fair Trade Stall

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



There will be a coffee morning on 6th Feb and a Play Café on 8th Feb. and then a break over the half term holiday. Coffee and Chat will resume on 20th February and Play Café will resume on 22nd February.

COME ALONG FOR A

Coffee & Chat



Tuesdays 10:30am - 12pm

TUES 20TH FEBRUARY - TUES 19TH MARCH

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



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



ST. MARK'S Play Café

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

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

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

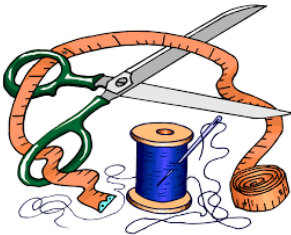
Spaces are limited please sign-up via the church calendar on our website or get in touch to be added to the waiting list.



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

Care and Repair Sewing Group

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



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

Faith leaders call for change to asylum-claim system

Bishops and other faith leaders have joined forces with the Bishop of London to call on the Government to make a change in the leave-to-remain status situation for asylum seekers.

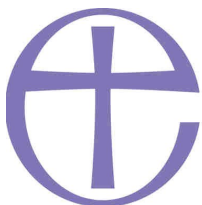
They say they want practice to match policy, for there to be better communication with asylum seekers, and for the timeframe to be extended.

While the faith leaders welcomed the Home Office's efforts to tackle the backlog in asylum claims, they expressed concern "at the number of refugees who, on receiving their leave-to-remain, are becoming street homeless."

The faith leaders said this meant a growing demand on London's churches, mosques, gurdwaras, synagogues and temples, for support with accommodation for those who have just achieved refugee status.

The faith leaders ask that Home Office to abide by its policy that refugees be given a minimum of 28 days from the date when they receive their biometric residence permit (BRP) before having to leave their accommodation. They also ask that the eviction notice period be extended from 28 days to 56, to allow adequate time to apply for Universal Credit and other benefits.

Bishop Mullally said: "Our churches are doing what they can to meet the need, and we all want to avoid further strain on our crisis systems. Homelessness increases the burden on the NHS, and has an overall impact on health, well-being, and the economy."



THE CHURCH
OF ENGLAND

Sensing and Seeing God

‘But God has revealed them to us through His Spirit’

1 Corinthians 2 v 10

The Bible says, “‘Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.” But God has revealed them to us through His Spirit’ (vv. 9-10 NKJV). The Holy Spirit compensates for our sensory limits by enabling us to conceive things we cannot perceive with our five senses. Think of Him as a sixth sense. That sense must be cultivated, matured, and fine-tuned. And that can only happen when we spend time meditating in the Scriptures and fellowshiping with God in prayer. Until we are awakened by the Holy Spirit, we are unaware of our need for God, of the spiritual warfare that is being waged all around us, and of what God is doing all around us.

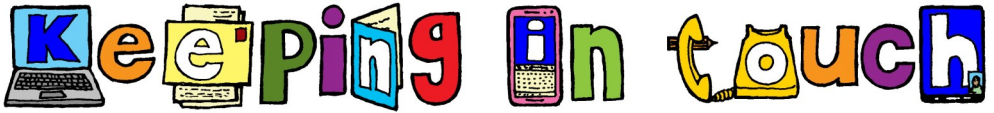
One night Jacob had a dream in which God appeared to him and said, ‘I am with you and will keep you wherever you go’ (Genesis 28:15 NKJV). When he awakened the next morning, Jacob said, ‘Surely the LORD is in this place, and I did not know *it*...This *is* none other than the house of God, and this *is* the gate of heaven!’ (Genesis 28:16-17 NKJV). Jacob went to sleep and woke up in the *same place*, but he woke up a *different person*. After his wake-up call, Jacob saw God every place he looked.

Today ask God for a spiritual epiphany. Pray, ‘Lord, show me what You want me to see, teach me what You want me to know, lead me step-by-step in the path of Your perfect will.’ That’s a prayer God will answer!

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: Temptation

Help us to view temptation as an opportunity to do the right thing; we have a choice Lord and let us make the right one that is honouring to you.

Help us to remember that you may allow temptation, but we can use the circumstances to teach us to turn to you for comfort and strength.

Help us to know your peace when things do not go how we planned and there is chaos and confusion, knowing you and trusting you, that so we are not worried or afraid. Teach us patience, help us to defeat dishonesty, and each time time we defeat temptation let us grow more like Jesus.

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



The Lord's Prayer

Our Father in heaven, hallowed be your name.

Your Kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread.

Forgive us our sins, as we forgive those who sin against us.

Lead us not into temptation, but deliver us from evil.

For the kingdom, the power and the glory are yours.

Now and for ever.

Amen.

Our Parish Streets:

Week beginning

4th February For all who live in Woodgrange Road

11th February For all who live in Avenue Road

18th February For all who live in Barwick Road

25th February All all who live in Capel Road

Church Services in February

Date	Service	Theme	Reading	
4th	10:30 am	Holy Communion	Stewardship	Psalm 65 Matthew 6:19-27
11th	10:30 am	Holy Communion	Stewardship	2 Corinthians 9:6-11 Luke 21:1-4
14th	7:30 pm	Prayer Meeting and Holy Communion	Ash Wednesday	Psalm 51:1-18 John 8:1-11
18th	10:30 am	All Age	Spiritual Gifts	1 Corinthians 12:12-31 Mark 10:35-45
25th	10:30 am	Morning Worship	Spiritual Gifts	1 Corinthians 12:1-11 Luke 10:1-12
	4:30pm	Holy Communion		



**United Prayer Meeting and
Holy Communion for Ash Wednesday
Wednesday 14th January 7:30 pm
Refreshments at 7:00 pm**



Monday 12th Feb
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.



DISCIPLESHIP | EXPLORED
 8 week course

What does it mean to live as a Christian in today's world?

What's each session about?

The series is based on the Bible book of Philippians and is full of human stories from every continent about the reality of being a Christian in today's world. Discipleship Explored invites us on a journey to discover a new way of living, centred on incredible love.

The structure of each session is simple: a short Bible study, a video and a discussion based on the talk in the video.

Join us on Thursday evenings, 7:30pm
 11th Jan - 29th Feb
 St. Mark's Church, Forest Gate



For more info / to sign up, contact Rev'd Ben on 07437522650 or scan the QR code to sign up!



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.

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

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

Zoom ID: 864 991 9885

Care and Concern

Archbishop urges Government to scrap two-child benefit cap

The Archbishop of Canterbury used his recent House of Lords debate on families and households to urge the Government to scrap the two-child benefit cap.

The two-child benefit cap means that parents can only get child tax credit or universal credit for their first two children. The cap is for the third child and subsequent children born after April 2017.

Archbishop Justin highlighted research from the End Child Poverty Coalition which stated that “removing the two-child limit would lift a quarter of a million children out of poverty.”

The Archbishop went on: “The unfair penalty applied to additional children affects their educational outcomes, their mental and physical health, and their likelihood to require public support from public services later on. It is not a good policy.”



The government should scrap the benefit cap and two-child limit - this would pull 200,000 children out of poverty and 450,000 children out of deep poverty.

#Budget2021

**CHILD
POVERTY
ACTION
GROUP**

Newham Churches Food Bank



The Churches Food Bank continues to have heavy use. If you would like to contribute, please place any items either in the orange bin outside the vicarage at 41a Tylney Road, or in the foyer of the church, any of the following are welcome:

- | | | | | |
|-----------------------|------------------|-------------------|------------------|-----------------------|
| Rice | Lentils | 1lb flour | Jam | Vegetable oil |
| Pasta | Longlife milk | Toilet Rolls | Biscuits | Fruit squash |
| Sweet and sour sauces | Vegetarian meals | Tinned tomatoes | Granulated sugar | Nappies sizes 6 to 6+ |
| 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/ashatrustsl> or www.ashatrust.co.uk



"Thank you, but we should have done more" - Bishop responds to COP 28

The Bishop of Norwich, Graham Usher, lead bishop for Environmental Affairs, has been reflecting on the recent COP28. Here are some extracts of what he says:

“My hopes for COP28 were that we needed a commitment to phase out fossil fuels, make significant progress with the Loss and Damage Fund, prioritise resilience building for climate vulnerable communities, and create a transition to green development pathways that is just and ambitious.

“COP28 saw some progress on these items. Like a cracked record, I say again: ‘Thank you, but we should have done more.’ “\$700m has been pledged for the Loss and Damage Fund, with further funding pledges for adaptation and resilience building. Both are a start, but the amounts are not nearly enough to support even the existing schemes in the pipeline to support the poorest and least resilient communities in the world who have pumped the least carbon into the atmosphere.

“While it is very significant that the words ‘fossil fuels’ have made it into the final agreement, it remains disappointing that the parties have failed to agree the most important pledge – the need to completely phase out fossil fuels.

“The UK Government’s clear position of a phase-out of fossil fuels means it can have global moral leadership in this area. Without a phase-out of fossil fuels, there is no pathway to net zero carbon.

“The Church of England has a clear role in continuing to be a place of thanksgiving for our life in Jesus, hope for the poor, and prophetic action to care for our planet.

“I urge us all, and particularly world leaders, to remember that the pledges made at COP28 do not have to be the upper limits of our climate action. We can and must reach further. That goal must be a fossil fuel phase out and a re-centring of our priorities towards the care of creation and the poorest people.”

The cost of parking at your local hospital

Have you been a patient or visitor to a hospital this past year? If so, you are not imagining it: the cost of parking there has skyrocketed. In fact, parking charges for hospital patients and visitors have leapt by £50 million in a year.

Recent NHS accounts show that hospital trusts made nearly £146 million in income from patients and visitors in 2022-3. That is a whopping 50 per cent increase from the £97 million received the year before.

There has also been a major jump in the amount hospital staff have to pay to park. In 2021-22 the staff members paid just £5.6 million, which increased to £46.7 million in 2022-23. These latest figures have been met with criticism from Royal College of Nursing, which has slammed the growing cost of parking for staff.

Newham General has limited car parking available, with spaces for Blue Badge holders. Please only bring your car if it is absolutely essential, and note that there is a charge to patients and visitors parking at Newham Hospital. There is car parking available near the main entrance of the hospital, and also directly outside the Gateway Surgical Centre. The cost of this is:

- Up to 1 hour: £2.00
- Up to 3 hours: £3.70
- Up to 6 hours: £7.00
- Up to 8 hours: £8.00
- Up to 24 hours: £16.50

At Whipps Cross parking is very limited due to building work taking place on site; if you can find a parking place the charges quoted on the website are:

- Up to two hours: £2.50
- Up to four hours: £4.00
- Up to six hours: £6.00
- Up to eight hours: £8.00
- Up to 24 hours: £15.00

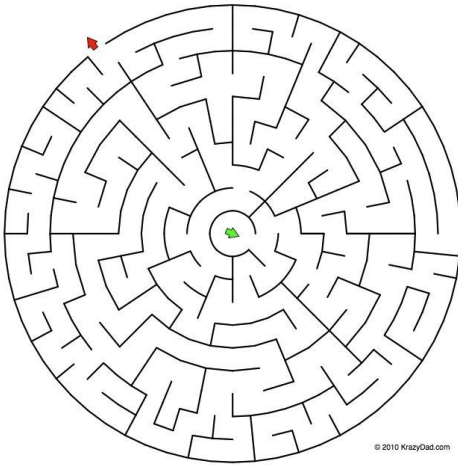
Puzzle Page

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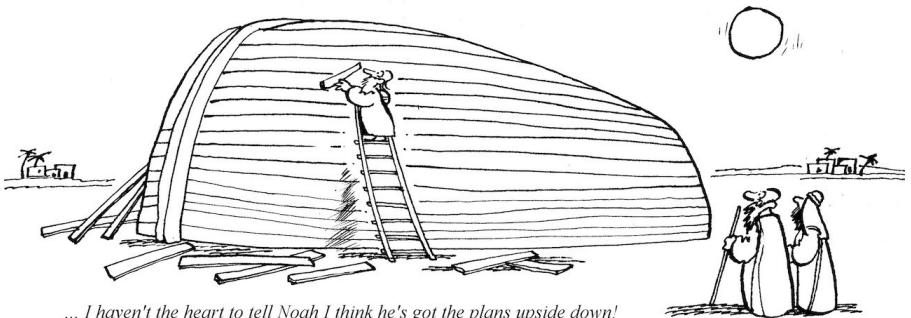


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Now these three continue . . .



Of these, the greatest is . . . 1 Cor 13:13



... I haven't the heart to tell Noah I think he's got the plans upside down!

How well do you know what happened in Exodus? Try this quiz!

1. Who rescued Moses from the basket in the bulrushes?
2. How many plagues did God send on Egypt?
3. What was the second plague?
4. What is the name of the sea the Israelites crossed to escape the Egyptians?
5. At what place did the Israelites arrive to find the water was too bitter to drink and God made it sweet?
6. Which bird did God provide for meat in the wilderness?
7. What guided the Israelites through the wilderness?
8. When there was no water to drink, how did Moses provide it?
9. On which mountain were the Israelites given the Ten Commandments?
10. What is the seventh commandment?
11. What was on top of the Ark of the Covenant?
12. What compelled the Israelites to form and worship the golden calf?
13. What was the name of a man who was given the Spirit of God, to enable him to become a good craftsman, and assist with the building of the tabernacle?
14. Who was Moses' successor?
15. For how many years did the Israelites wander in the wilderness?

January answers

1. Bulgaria 2. Indonesia 3. Shirley Temple 4. Canada 5. Space X 6. Vladimir Lenin
7. Malmo, Sweden 8. 1924 9. Tim Burton 10. Hawaii 11. Taylor Swift 12. October
13. Frankfurt 14. Jimmy Carter

St. Mark's Forest Gate

Youth



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

beth.yates@stmarksforestgate.org.uk

Lent: Giving Up & Taking Up

Jesus left his comfort zone to draw closer to God. Giving up something is not always easy. When Jesus fasted, He was tested, but in succeeding to resist the temptation He grew stronger. He grew stronger in His connection with His Father, because He was willing to put Him first. Through Jesus' model of fasting and praying for 40 days and 40 nights, we can see the importance of how it helps us grow deeper in our relationship with Him.

To God it does not matter what we give up, but the reason behind it. He longs for a deeper relationship with us, but so often other things stand in the way. Sometimes our lives are so full of stuff, luxuries, and distractions, that there is no space for the good things which God has to offer us. By letting go of some of those things, or spending time away from them, free from distractions we make space in our lives for God and the things He wants to give us to strengthen our relationship with Him.

So this Lent, what are you going to give up to make more room for a deeper relationship with Jesus?

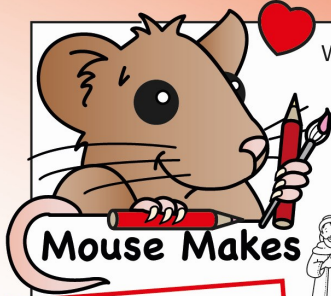
Matthew 4: 1-4

1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.

2 After fasting forty days and forty nights, he was hungry.

3 The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"



Mouse Makes

CONNECT THE BIBLE COUPLES

- ADAM ELIZABETH
- ABRAHAM MARY
- ISAAC HANNAH
- JACOB PRISCILLA
- BOAZ EVE
- ZECHARIAH RUTH
- ELKANAH REBEKAH
- AQUILA RACHEL
- JOSEPH SARAH

Which couple helped the Apostle Paul in his ministry?

_____ and _____ Romans 16:3

Who were the first couple?
_____ and _____

Genesis 2:22-25

Who's wife became a pillar of salt because she disobeyed the angel's warning?

_____ Genesis 19:26



Which of Laban's daughters did Jacob love?

_____ Genesis 29:18

Who was Moses' wife?

_____ Exodus 2:21

Who married Boaz to become King David's great-grandmother and a distant relative of Jesus?

_____ Matthew 1:5



FIND THE BIBLE VERSE

Change each letter in this bible verse to the letter **before** it in the alphabet.

XIBU HPE IBT
KPJOFE UPHFUIFS,
MFU OPU NBO
TFQBSBUF.
NBSL
UFO WFTSF
OJOF

DID YOU KNOW?

King Solomon had **700** wives! They were princesses of royal birth and he loved them all, but his wives caused him to turn away from God
See 1 Kings 11:1-3

E	E	Z	R	E	L	I	Z	A	B	E	T	H	R	ABRAHAM	
S	V	Q	S	L	R	Z	J	I	B	O	A	D	A	M	ADAM • AQUILA
R	E	B	E	K	A	H	O	J	R	A	O	Q	N	O	BOAZ • ELKANAH
U	I	S	A	A	C	A	S	A	A	Z	P	R	N	S	ELIZABETH
T	H	A	Q	N	H	Z	E	C	H	A	R	I	A	H	EVE • HANNAH
H	R	U	T	A	E	V	P	O	A	I	E	B	H	I	ISAAC • JACOB
S	A	R	A	H	L	T	H	B	M	A	R	Y	S	D	JOSEPH • MARY
P	R	I	S	C	I	L	L	A	Q	U	I	L	A		PRISCILLA
															RACHEL
															REBEKAH • RUTH
															SARAH
															ZECHARIAH

Bible Bite

A short story from the Bible

It can be read in the Bible in
Exodus 2:13-4:23, 4:27-5:2

Moses: a Hebrew adopted by an Egyptian princess. He killed an Egyptian who was beating a Hebrew slave, and hid the body.

The next day...



Why are you beating up one of your own people?

Are you going to kill me like you killed that Egyptian?



Moses had to run away from Egypt.



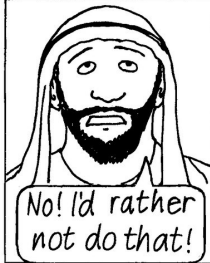
He went to Midian, got married and looked after his father-in-law's sheep.



One day, on Sinai Mountain, he saw a burning bush that didn't burn up. Now God had got Moses' attention. He said,



You will go to Pharaoh and tell him to let my people leave Egypt.

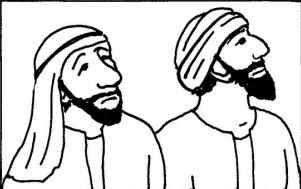


No! I'd rather not do that!

It's not a choice. Your brother Aaron can help you



Aaron and Moses met up and went to see Pharaoh



Our God says you must let all his people leave Egypt.



Your God means nothing to me. I will never change my mind. Your people can never leave!



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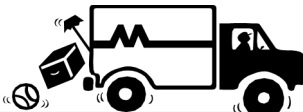
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Services - see page 15 for further information

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



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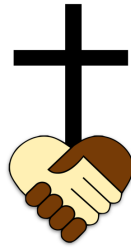
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Email:
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Registered Charity Number
1132240

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