



St. Mark – Ocean Park
Anglican Church

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St. Mark Kitchen Coordinator-We love our church kitchen! We are currently praying that God will touch one of our parishioner's hearts and lead him or her to serve as our kitchen coordinator, a wonderful and important ministry for our parish life. Is that you? Is God asking you to lead this ministry today? If so, please pray about this, and then speak to one of our wardens, Brian, Catherine or Roger. God bless you.

Cloak Room-There are several long-time, unclaimed items of clothing in the cloak area and in the Hall's lost-and-found. Those items will be donated to the Bales For The North if unclaimed by next Sunday, March the 29th.

Lenten Series: "Finding Your Spiritual Balance: A Four-Week Lenten Course on Spiritual Life"- The fourth and final course is on Thurs. March 26 in the Family Room at 7:30pm and the speaker is Reverend Craig Tanksley: "Silence and Simplicity".

Sunday School-Today we focus on: John 12:20-33; The symbolism of a seed.

The Lunch Basket for Hungry Children-is provided this week by Pat and Wendy Aiken to the Glory of God and in thankfulness for their daughter Judith Hardman.

Prayer Chain Contact- is Joyce Ness. You may contact her at 604-535-0460 or at joybill@telus.net

Next Sunday's Bible Readings-Liturgy of the Palms = Mark 11:1-11; Liturgy of the Passion = Isaiah 50:4-9a, Psalm 31:9-16, Philemon 1-11; Mark 15:1-39

St. Mark's Youth-Youth gather on Sundays at 10am in the Youth Room for their learning series: "Burning Questions". Also join us on Tuesday evenings at 7pm for our FUN weekly evening Bible Studies as we get to know characters from the New Testament. For more information, or to sign up for our newsletter, visit www.stmarkbc.org/youth/

Bales To The North-The A.C.W. is once again collecting for the Bales To The North. The collection bins will be in the Narthex until next Sunday, Mar. 29, after which time they will be delivered to A.C.W. Place. Of particular interest at this time is layette items for both girls and boys up to the age of 24 months. These items must be new. Thanks for your contributions.

Wednesday Service, April 1-This Service will not be held. A Service of prayer, chang, meditation and reflection, a Compline Service, will be held on this date at 7:30pm.

"PARISH PULSE"

NEWSLETTER OF ST. MARK'S CHURCH

SUNDAY, MARCH 22, 2015

Parish PULSE-After experimenting with this over the past month and a half, your Clergy and Wardens Committee has decided to put the Parish PULSE back into the Bulletin. This will happen beginning today's Services. We have weighed the pros and cons of not having the PULSE in the bulletin and have decided that it wasn't working as well as we had hoped. We know some people really liked having a digital copy of the PULSE, and they can still get one, by going to our St. Mark website and downloading a copy from there. If you have any questions about this please speak to Catherine Featherstone, Roger Hussen, or Brian Switzer. Thank you.

Important Note - If a church member is in hospital please inform the Church Office as we have no method of knowing who is in hospital.

Seniors News-"Get Togethers" are alternate Wednesday afternoons. The next one is on **Wednesday, April 1** from 1pm to 3:30pm. Games are in the Family Room, chatting in the Library, and everyone gathers for refreshments at 2:30pm. Contacts: SUE--sinder@shaw.ca 604-531-4931 JANET--acormode@shaw.ca 604-531-9585

PWRDF-Cairo, Egypt is one of the largest urban refugee centres in the world. Over 255,000 refugees call Cairo home. Unlike refugees in camps in Kenya, refugees in Cairo are not all congregated in one place, but live as they can throughout the city. In the last few years, the Sudanese and South Sudanese refugees who were the bulk of Cairo's refugee population have been joined by tens of thousands of Syrian refugees fleeing the violence in their home. Since the war in Syria began, over 160,000 Syrians have fled to Cairo. Since 1987, Refuge Egypt, a ministry of the Episcopal Diocese of Egypt based in All Saints' Cathedral in Zamalek, Cairo has been working to support refugees in the city. PWRDF has supported this work for over 20 years through two children's clinics operated by Refuge Egypt. The Well Baby and Well Child clinics provide health care, health education and nutrition support to children aged 0-5 and their families. Staff at the clinics focus on monitoring the growth of the children, as well as ensuring their vaccinations are up to date, and checking them for malnutrition and disease. When a family brings their child to the clinic, they receive a food basket with milk, rice, cooking oil, biscuits, cheese and peanut butter.

These food packages motivate the parents to bring their children in, and they also provide the opportunity for staff at the clinic to talk with the families about proper nutrition to help ensure their children's growth is not stunted due to malnutrition. PWRDF has announced a grant of \$39,352 to Refuge Egypt – an increase of \$21,000 over the previous grant.

LENTEN AND EASTER SERVICES & EVENTS 2015

Sun. March 29	Palm Sunday/Passion Sunday 8am Service 10am Family Service
Wed. April 1	Compline on Holy Wednesday 7:30pm – A Service of prayer, chant, meditation and reflection.
Thurs. April 2	Maundy Thursday 6pm Family Meal with Holy Eucharist (not a Seder)
Fri. April 3	Good Friday <ul style="list-style-type: none"> • Journey of the Cross – gather at 9am in the Parish Hall followed by... • A walk to Laronde Park, and by the knoll, a short 20-minute Service followed by... • Carrying the Cross back to St. Mark-Ocean Park followed by... • Good Friday Service at 10:30am followed by... • Stations of the Cross for worshippers at 11:30am, and later in the day... • Stations of the Cross for families at 3pm; a child-centered interactive walk down the road with Jesus to the Cross in the Sanctuary.
Sat. April 4	Holy Saturday – Service of Light and Re-dedication of the Outdoor Chapel at St. Mark-Ocean Park at 7:30pm
Sun. April 5	Sunday of the Resurrection: Easter Day 8am Holy Eucharist 10am Intergenerational Service

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OFFICE HOURS

Mon. through Thurs. 9am to 3pm
Friday 10am to 1pm

Upcoming Events

Monday, March 23

9am – Exercise - Hall

Tuesday, March 24

9:30 – Bible Study – Family Room

7pm – Parish Council Meeting - FR

7pm – Youth Group – Youth Room

7:15pm – Bible Study - Office

Wednesday, March 25

9am - Exercise - Hall

10am –Service – Sanctuary

1pm – Outreach Committee Meeting – Family Room

7:30pm – Choir Practice - Sanctuary

Thursday, March 26

7:30pm – Lenten Series; Reverend Craig Tanksley is the speaker – Family Room

Friday, March 27

9am Exercise – Hall

Sunday, March 29

Children's Choir Rehearsal after the 10am Service in the Sanctuary

Special Note: The Office Will Be Closed on Good Friday (April 2) and Easter Monday (April 6).



Reverend Craig Tanksley with Reverend Roger Simpson, Sunday, March 22, 2015