



**St. Mark – Ocean Park**  
Anglican Church

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**A Thank You-** "To all my Church Family in St. Mark's for my birthday on July 5. God love you all. Especially Brother Les, Roy, Marion and Brother James." Brother Michael

## ST. MARK'S WOMEN'S RETREAT

**God: In Us, With Us, For Us**

September 11-13, 2015  
Bethlehem Retreat Centre  
2371 Arbot Road, Nanaimo, B.C.

Open to all the women of St. Mark's; 25 spots available;

Cost: \$280 per person plus ferry costs (carpooling will be encouraged). Fee includes 5 meals, accommodation and program;

To register: Contact Janet Scott at church or by phone at 778-828-8974;

Facilitator: Esther Hizsa MDiv; is a Spiritual Director and a writer from Burnaby, B.C. She completed her Master of Divinity degree from Regent College in 2005. She worked part-time in parish ministry from 2006-2014. She was trained as a Spiritual Director through SoulStream from 2007-2010. In 2013, she went on to train to give the Ignatian Spiritual Exercises. She is a member of the SoulStream Community and a facilitator of its spiritual formation course, 'LivingFrom the Heart'. Her first book, 'Stories of an Everyday Pilgrim' will be available in the Fall of 2015. She is married, has two adult children and two grandchildren.

If you are interested in helping out on the Retreat Planning Committee, please contact Janet.

If you are yearning to deepen your daily walk with God, please join us for a weekend that promises to be rich!

**Prayer Chain Contact-** is Michael Weller. He can be reached with your requests at 604-538-9334 or at [weller301@shaw.ca](mailto:weller301@shaw.ca)

## "PARISH PULSE" NEWSLETTER OF ST. MARK'S CHURCH

**SUNDAY, JULY 19, 2015**

**Flowers for the Altar-**are given today by Mary Bridger to the Glory of God and in loving memory of her dear husband Dennis; and given by Irene Snow, to the Glory of God and in loving memory and thanksgiving for a wonderful husband, Bill.

**St. Mark's Youth-**Tuesday evening youth nights will resume on September 8. Join our Facebook page or sign up for our newsletter at [www.stmarkbc.org/youth/](http://www.stmarkbc.org/youth/) to hear about special summer activities!

**Next Sunday's Bible Readings-**2 Samuel 11:1-15, Psalm 14, Ephesians 3:14-21, John 6:1-21

**Forward Day By Day-**The next installment (August to October) is now available. Please see Carolyn Brown in the Narthex.



### **Library News**

Have you looked at the biography section (920) lately? Have a look. There are some real gems there, Jean Vanier, Ed Thomas, Steve Saint, Chuck Norris, Mother Teresa, Michael J Fox, Amy Grant, Jean Driscoll, and Joni Eareckson to name just a few. Have an adventure without leaving the comfort of your home.

**Seniors News-**"Get Togethers" are alternate Wednesday afternoons. The next one is this Wednesday, **July 22** and alternate Wednesdays ending August 5 for a short break until September 9. Contacts are:

[sinder@shaw.ca](mailto:sinder@shaw.ca) 604-531-4931 (Sue) and  
[acormode@shaw.ca](mailto:acormode@shaw.ca) 604-531-9585 (Janet)

**The Primate's World Relief and Development Fund (PWRDF)** announces a new joint program with the Department of Foreign Affairs, Trade and Development Canada (DFATD). PWRDF will contribute \$2,654,612 over 5 years towards the \$17,697,412 project that will focus on maternal and child health in 350 villages in Burundi, Mozambique, Rwanda & Tanzania. "PWRDF is deeply (continued on reverse side...)

satisfied that DFATD has approved an ambitious proposal to scale up the work we are presently doing with them in 3 countries—Burundi, Mozambique and Tanzania—and adding Rwanda. At the 3-year mark in our current DFATD programs, we are seeing many of the 5-year results we were aiming at, due to our partnership with strong local partner organizations who know their countries, their cultures & their people,” said Adele Finney, Executive Director of PWRDF. “As we accompany partners, and they accompany vulnerable people making lasting changes in their communities, we see more mothers and babies living and thriving through pregnancy, childbirth and the first years of life. We see siblings, fathers and families growing their own food with confidence. ”The program will reach 3,545,315 women of reproductive age, newborns, children under 5 and men, including post-natal care for women, and vaccinations, vitamin A and enough good, healthy food for children to grow to their potential. Health workers and trained birth attendants will be trained to dispense accurate advice on ante- and post-natal care, promote healthy habits, provide basic health care, identify high risk pregnancies and make referrals to government-run medical facilities. Health centres will be equipped with essential equipment, dispensaries, nurses’ houses, and expectant mothers’ houses will be built. Rapid and affordable transportation to medical facilities, including bicycle and motorcycle ambulances will be provided. The project will provide improved access to clean water and nutritious food- the basics of good health. Village leadership and local communities will be mobilized and equipped to continue the work, and to ensure gender rights. PWRDF is proud of its more than 40 year working relationship with DFATD, and looks forward to continuing to work together with partners including Village Health Works (Partners in Health) in Burundi, the Anglican Diocese of Masasi in Tanzania, the Association of Community Health (EHALE) in Mozambique, and Inshuti Mu Buzima (Partners in Health) in Rwanda, to improve the lives of mothers and children throughout their respective regions.

### **OFFICE HOURS**

**9am to 3pm Mon. through Thurs.**

**10am to 1pm Friday**

### **Upcoming Events**

#### **Wednesday, July 22**

9am – Exercise – Hall

10am – Service – Sanctuary

1pm – Seniors Get-Together – Hall & FR

#### **Friday, July 24**

9am Exercise – Parish Hall



**WHERE:** St. Mark's Ocean Park

**WHEN:** August 24-28, 2015

**COST:** FREE for kids 4-12 years  
(Jr. Leaders In Training-10 & 11 years)  
(Youth Leaders - 12 - 18 years)

Come join us for a great time where we will explore The amazing SonSpark Labs. We will trace God's life-changing plan as it's revealed from Creation to the present and on into the future. We'll find answers to life's most important questions. We will discover that God loves us and that through Jesus we can be members of God's family and personally experience God's plan for each of us - God's Plan for You is Jesus!

