

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

SUNDAY, JANUARY 31, 2016

Denise's Ministry With Us-Today we are having a light lunch following the 10am Service to celebrate Denise's ministry with us. Please join us and wish her God's blessings in her future ministry.

Vestry Meeting – Sunday, Feb. 21, 2016

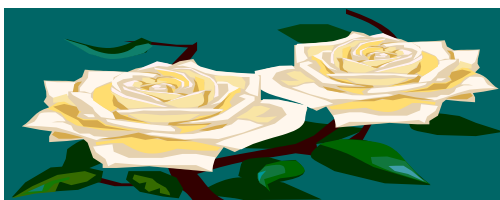
The Annual Vestry Meeting of St. Mark Ocean Park will take place on Sun. Feb. 21, 2016 following a combined Morning Prayer Service at 10am, and a lunch in the Parish Hall. The required Vestry Notice letters are available in the Narthex, and we would appreciate your picking up your letter as soon as possible to help us reduce mailing costs. Any letters not picked up will be mailed on Mon. Feb. 8, 2016. We encourage every member to attend, and pray for this annual business meeting, as it is an important time to gather as a community and make important decisions based on where we see the Lord leading us as a Parish.

Envelopes For Contribution-If you have not yet picked up your package of contribution envelopes, they are available in the Narthex. Sun. Feb. 7 is the last day for pick up.

Open Session On The Potential Change To The Marriage Canon

-Bishop Melissa Skelton and The Venerable Lynne McNaughton (a member of the Council of General Synod) will host a session to explore perspectives on the potential change in the marriage canon – a matter that will be on the agenda of the next General Synod in the summer of 2016. The meeting will be held on Thurs. Feb. 11 from 10am to 12noon at St. John the Baptist, Sardis. In this meeting diverse perspectives will be explored, and there is no attempt to convince others of the rightness of various opinions. In preparation for the meeting please read the full report of the Marriage Commission, as well as the Questions in the Study Guide. Both can be found on the Diocesan website. <http://www.vancouver.anglican.ca/>

Flowers For The Altar-are given today by Barry Jones and family to the Glory of God and in memory of lovely Sue.



St. Mark – Ocean Park
Anglican Church

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PARISH COUNCIL NOMINATIONS FOR 2016

In the Narthex, you will see a poster board listing nominations for Parish Council for 2016. Should you have a name that you would like to suggest and that person has agreed to let their name stand, please contact Catherine Featherstone, Roger Hussen or Brian Switzer, with your nomination. The Nominating Committee will then contact that person, provide them with the Ministry Description and other paper work and add them to the list. We will also take nominations from the floor at Vestry, but we would prefer to have names in advance so that we can prepare for an election. Thank you!



The Christian life is not static. Our souls are redeemed and equipped for motion. We are pilgrims making head way - not just towards heaven, but towards God. This journey is neither easy nor quick. We all struggle. Some find it easier to accept stagnation as the norm. We may even become adept at going through the motions of Christianity without making much progress. Lent is a season for spiritual reflection – a time to turn our hearts towards God.

For those who sense their souls have been in the same place too long or for the ones who are striding towards God, but feel alone – you are invited to meet every Sunday during Lent in the Family Room @ 7:00 pm. We will gather for silent prayer, mutual encouragement and in the hope of this grace; God will provide the very thing we seek. Join us during Lent – it's time for a "Change of Heart."

For further information, please see the poster in the narthex or speak to Lynne Hurd, Janet Scott or Scott and Miriam Tolhurst.



Library News

Do you sometimes think that your world is a dream? Then you need Archer Keaton, a dreamtreader. He is one of three warriors chosen to defend the Waking World from The Dream. Is he going to find the Shadow Key before the world turns into a chaotic nightmare? Read **Search for the Shadow Key** by **Wayne Thomas Batson** to find out.

Pancake Supper!-St. Marks Men's Club is once again providing a Shrove Tuesday Pancake Supper, Tuesday, February 9 at 5.30pm. This is a "not to be missed" family event at an affordable cost of \$10 per adult, \$5 for youth, and children under 12 are still free. Tickets are available after the service in the Narthex.



St. Mark's Hosts a 2016 Lenten Lunch on Thurs. Feb. 25 at First United Church. We need helpers to make soup, set tables, butter buns, make tea, coffee, and/or serve. Please get in touch with Debbie Maxwell at 604-538-6319 to volunteer. On Feb. 25 all helpers need to be at First United by 10am. If you are only able to make soup, that needs to be at First United Church by 11am on Feb. 25. Thank you in advance for your participation in this wonderful fellowship.

Lunch Basket for Hungry Children-is provided this week by the Poulsen Family to the Glory of God and in thanksgiving for the birthday of Lily.

Next Sunday Bible Readings-Malachi 3:1-4, Psalm 84, Hebrews 2:14-18, Luke 2:22-40

Living The Anglican Way: A Lenten Journey, led by Deacon Steve Bailey-Come celebrate our Anglican heritage and contemporary reality in this 6-part Lenten experience on the following Thursday evenings, from 7:30-9:15pm in the Family Room: Feb. 11 & Feb. 18 & Feb. 25 & Mar. 3 & Mar. 10 & Mar. 17. Topics include: Our Heritage of Anglican Worship Wround the World; Anglicanism as a Christian Way of Life-History and Liturgy; Anglicanism in terms of the Gospel & Historic Christianity; Being the Body of Christ-the Compass-Rose Model of Anglicanism; Anglican Spirituality - Practices to Support our Walk with Jesus; "To into all the world", Canadian & World Anglicanism in Mission; and finally, Outreach-some current issues. Contact Steve at sbailey1047@shaw.ca or phone 604 936-9078 to sign up or for further information.

Prayer Chain Contact- Lynne Hurd is the contact and she can be reached at: 604-542-2772, or at Lynneh1@telus.net.

St. Mark's Youth- Youth will be in the Service for today's Morning Prayer Service. On February 9 please come out with your family to the Shrove Tuesday Pancake Supper at 5:30pm (there will be no Youth Group meeting that date). Youth Nights are Tuesdays at 7pm in the Youth Room. Join our Facebook page or sign up for our newsletter at www.stmarkbc.org/youth.

Seniors News-Wednesday Get-Togethers for conversation and games from 1pm to 3:30pm, with refreshments at 2:30pm. Alternate Wednesdays. The next one Wed. February 3. For information regarding other outings please contact:

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



Check the Creation Care Ministry table in the Hall following the 10am Service today. Mary Brown, parish guru on inexpensive, non-toxic cleaning solutions and more, will be there to discuss "solutions" & strategies.

Recycling Depot Correction-The new depot at 32 Ave & 140 St. does not take four things: glass, cardboard, styrofoam and plastic...yet. They are on a waiting list to be able to receive these things at a later date. Please use Bottle & Return It Depot, #28-15515 24 Ave. for your one-stop batteries, small appliances, paint cans, glass, styrofoam, household plastic to 25L. etc. See the list in the Hall.

Office is Closed on Monday, February 8.

Upcoming Events

Monday, February 1

9am – Exercise - Hall

Tuesday, February 2

9:30 – Bible Study – Family Room

1:30 – Prayer Shawl Meeting – Family Room

7pm – Youth – Youth Room

Wednesday, February 3

9am – Exercise – Hall

10am – Service – Sanctuary

11am – Altar Guild Meeting – Family Room

1pm – Seniors Get Together – Family Room

Friday, February 5

9am – Exercise – Hall

Office Hours

9am to 12noon on Monday and Friday.
9am to 3pm on Tuesday & Wednesday & Thursday.