



St. Mark – Ocean Park
Anglican Church

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Healing Service-with the Eucharist, 10am this Wed. Feb. 17 – Come and experience the healing touch of our Lord Jesus. Everyone is welcome. **James 5:16** "...pray for each other so that you may be healed. The prayer of the righteous (person) is powerful and effective."

Vestry Meeting – Sunday, Feb. 21, 2016

The Annual Vestry Meeting of St. Mark Ocean Park will take place next Sunday, Feb. 21, 2016 following a combined Morning Prayer Service at 10am, and a lunch in the Parish Hall. 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.

2015 Annual Report-The Annual Report for 2015 is available in the Narthex today and on Sun. Feb. 21. We have only printed enough copies to provide one Annual Report for each family. When you pick up your copy, please add your name and signature to the pick-up sheet provided. Please read your Annual Report and bring it to the Feb. 21 Vestry Meeting. Thank you and God Bless.

Calling All Musicians!-Do you love to sing? Do you play an instrument? We'd love to have you join us as part of our choir and/or as part of our newly forming worship teams! Singers...pianists... woodwindsbass guitarists...string musician...brass... percussion...All are welcome. Come get involved in the ministry of music here at St. Mark's! Chat with Bev today after the morning services in our church hall, or connect with her by email: bevydean@shaw.ca. Looking forward to connecting with you!

Anglican Church Women News

The ACW gratefully thanks all those who contributed and helped with the preparation and serving and cleaning up at the Reception held after Wendy Aiken's Celebration of Life Service. Wendy was a very honoured member of ACW and she loves us all, and we all contributed to her Service and Reception.

And...

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

SUNDAY, FEBRUARY 14, 2016

The ACW would like to thank all of our wonderful knitters who are making the small sweater and hat sets for the newborns in the slums worldwide. So far this Parish has donated 650 sets to this ongoing, worthwhile Diocesan project. Wool and simple instructions are available from our ACW members, or by contacting Janet Van Nes: 604-535-0818; or Kathryn Smith: 604-560-1455 And...

Boxes for contributions to "Bales For The North" will be out until the end of February.

June Campbell Update-Thank you to all who have asked after June's health and well-being, and to those who were kind enough to put down some of the memories they have of Arnold and June in their St. Mark's life. To all of you who signed the greeting card last Sunday – thank you. She will have someone read it to her...perhaps her great-grandson! June's new address is in Victoria, where her son John, and her grandson and their families live. She is settling well into Berwick House. John mentioned that on her second day there she attended an exercise class and then a high school talent show, in the morning. In the afternoon a local expert presented the music of Schubert, and on Wednesdays they offer a Communion Service. June loves that! Her new address is: June Campbell, Berwick House, #131-4062 Shelbourne St., Victoria, BC, V8N 3E6

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 Jef.

Next Sunday Bible Readings-Genesis 15:1-12, 17-18, Psalm 27, Philippians 3:17-4:1, Luke 9:28-36



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.

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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.

We're created as God Seekers. Tonight - 7pm Sunday, Feb. 14
What is Contemplative Prayer? 7pm Sunday, Feb. 21
God is closer than we think. 7pm Sunday, Feb. 28
We are Saved. We need to be saved. We will be saved. 7pm Sunday, March 6
When prayer doesn't seem to work. 7pm Sunday, March 13
Where is all of this taking us? 7pm Sunday, March 20

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.

Prayer Chain Contact- Joyce Ness is the contact and she can be reached at: 604-535-0460, or at joybill@telus.net

St. Mark's Youth- Youth Nights are most 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 is this coming Wed. February 17. For information regarding other outings please contact: sinder@shaw.ca 604-531-4931 (Sue) and acormode@shaw.ca 604-531-9585 (Janet)

A Lenten Journey led by Deacon Steve Bailey

7:30pm Thurs. Feb. 18	Family Room
7:30pm Thurs. Feb. 25	Family Room
7:30pm Thurs. March 3	Family Room
7:30pm Thurs. March 10	Family Room
7:30pm Thurs. March 17	Family Room

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: the next one is Feb. 18, then Feb. 25 & Mar. 3 & Mar. 10 & Mar. 17.

Topics include: Our Heritage of Anglican Worship Around 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.

Upcoming Events

Monday, February 15

9am – Exercise – Hall

Tuesday, February 16

9:30 – Bible Study – Family Room

7pm – Ladies Evening Guild – Family Room

7pm – Youth Meeting – Youth Room

Wednesday, February 17

9am – Exercise – Hall

10am – Healing Service – Sanctuary

1pm – Seniors Get-Together – Family Room/Hall

7pm – Strategic Planning Comm. Mtng. – Family Room

Thursday, February 18

12noon – Lenten Luncheon at First United Church (on Buena Vista, White Rock)

7:30pm – Lenten Journey with Deacon Steve – Family Room

Friday, February 19

9am – Exercise – Hall

Sunday, February 21

7pm – Contemplative Evening Prayer

Office Hours

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

