



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

**PARISH PULSE”**  
**NEWSLETTER OF**  
**ST. MARK’S CHURCH**  
**SUNDAY, APRIL 24, 2016**

12953 20<sup>TH</sup> Ave., Surrey, BC, V4A 1Z1, Tel: 604-535-8841 email [office@stmarkbc.org](mailto:office@stmarkbc.org), [www.stmarkbc.org](http://www.stmarkbc.org)

**St. Mark’s Youth**-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](http://www.stmarkbc.org/youth).

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

**Lunch Basket for Hungry Children**-is provided this week by Ernie and Ann Thiessen and given in thanks for God’s many blessings and in memory of Ann’s Mother Mary Mathews, born 24/04/24.

**Flowers for the Altar** – are given today by Violet Reimer to the Glory of God and in precious memory of her beloved mother Lily, sister Grace and husband Norman who are rejoicing to be home with their Saviour Christ Jesus!!! Hallelujah! “I know that my Redeemer liveth.” Job 19:25. And...also given today by Joan Hyde to the Glory of God and in loving memory of her mother Madeliene Levason. And...also given today by Cathy Teskey to the Glory of God and in loving memory of my families past, and all my blessings of my family present.

**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 Wed. April 27. Upcoming outings include a VSO concert on May 15, a Beatles Tribute sung by Denny O’Donovan Men’s Chorus on June 4, and a bus trip to Van Dusen Gardens on June 23. For information regarding these, and other outings, please contact: [sinder@shaw.ca](mailto:sinder@shaw.ca) 604-531-4931 (Sue) and [janet.cormode@gmail.com](mailto:janet.cormode@gmail.com) 604-531-9585 (Janet)

**Bible Readings for Next Sunday** – St. Mark The Evangelist Sunday – Acts 16:9-15, Psalm 67, Revelation 21:10 & 21.22-22:5, John 5:1-9

**PARISH OF ST. MARK – OCEAN PARK OPERATING FUND ACCOUNT**  
**FINANCIAL STATUS AT MARCH 31, 2016**

	CURRENT MONTH	YEAR TO DATE	BUDGET	VARIANCE
TOTAL INCOME	42,106.30	98,555.23	98,487.51	67.72
TOTAL ESPENSES	33,113.06	98,635.33	98,487.51	(147.82)
SURPLUS (DEFICIT)	\$ 8,993.24	\$ (80.10)	\$ --	\$ (80.10)

For full details on our financial disposition, please read the Treasurer’s Report in the Parish Council Minutes posted on the far left bulletin board in the Parish Hall.

Thank you for your generosity in the Easter Offerings, faithful servants. We will start the second quarter with a small deficit. Give all the praise and glory to God. God Blesses us when we Bless Him. **Thank You all!**



### **St. Mark's "First Fruits" Garden Project**

#### **May – September 2016**

In 1992 this project was begun as a fundraiser for refugees from Bosnia/Herzegovina. Over many of the intervening years funds have been used to help alleviate humanitarian crises also in Rwanda & victims of natural disasters as well as to support St. Mark's Ministries and Memorial Garden.

#### **EVERYONE CAN BE INVOLVED**

You can donate fresh garden fruit, vegetables, flowers, seedlings and more to the table in the Hall after 8 & 10a, services. Others will donate \$ and be delighted to enjoy the bounty of your garden. 2016 Funds will aid victims of Earthquakes in Japan & Ecuador as well as the victims of famine in Ethiopia & St. Mark's Memorial Garden.

Please sign-up to manage the table a Sunday or two, three during these 5 months. Sign-up sheet on the First Fruits Table starting Sunday, May 1, 2016 (Contact: Anne Schreck )

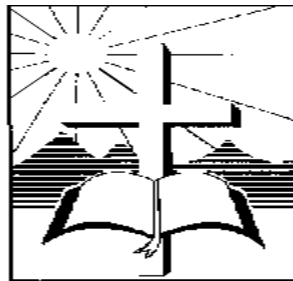
#### **LADIES EVENING GUILD – BURSARY APPLICATION**

Bursary application forms are available in the Church Office (see Sheila). Any full time member of St. Mark's' congregation, who has been accepted as a full or part-time student, into a university or college diploma program, may apply.

**Accommodation Sought** – Shelagh Huston and David Soy have submitted the following: "A delightful young lady, a skilled equestrienne in her 20s, whom we've known since childhood, has found her dream summer job in South Surrey, near White Rock, and is looking for a place to stay starting Sun. May 1. She'd like something like a sharing bed-sit with kitchen and parking. Is there anyone from St. Mark's who would want a quiet young person living with them this summer? Call Shelagh or David at 778-294-9970 for details.

#### **The Next Evening Contemplative Prayer Service**

with Scott and Miriam Tolhurst is this evening, April 24 at 7pm in the Family Room.



#### **The Chronic Conditions Self-Management Program** **will be available to 15 participants at St Marks in May!!!**

If you live with a chronic condition such as **arthritis, high blood pressure, diabetes, asthma, or deal with stress & resultant anxiety in your life**, this program will help you to make useful changes to your lifestyle. We will meet in the Education Center for 2 hours, once a week, for 6 weeks in this **free** course. We will learn to **manage and understand our symptoms, set goals & learn problem solving** techniques - & to **communicate** more effectively with our **health care team**. The course is led by trained facilitators who have a variety of chronic conditions themselves. The course is presented by the **U Vic Center on Aging** in Ladner. 30,000 have already taken the program in BC. Check out their website at: [www.selfmanagementbc.ca/chronicdiseaseprogram](http://www.selfmanagementbc.ca/chronicdiseaseprogram)

For more information or to register call Mary Brown at 604-535-6408 or e-mail [marybrown@telus.net](mailto:marybrown@telus.net)

***\*\*Betty Bear & Mary B will answer questions in the Hall after church\*\*.***

## **Sat. May 14, 2016 marks the first Diocesan-wide Mission Conference.**

All members of the Diocese are welcome – clergy and lay people from all parishes and of all ages.

Saturday, May 14, 2016, 9am to 4:30pm with a dinner option;

At the Musqueam Community Centre and Cultural Education Resource Centre, 6735 Salish Dr, Vancouver;

Cost is \$25 per person. Dinner – a Wild Salmon BBQ is \$30 per person and requires separate registration.

**This event has three purposes:**

- (i) For the diocesan community to gather and connect in a less formal way than Synod, with more of the community present. This goal developed out of the Reconnect Task Force's work in 2012-2013.
- (ii) To be an opportunity for the diocesan community to think about mission – what is it that God is doing in our Diocese (through individuals, parishes, and groups outside of the Diocese) and how are we participating?
- (iii) To energize and strengthen Anglicans as they are sent into the world (in their homes, schools, workplaces, community and civic organizations) to participate in God's mission in this time and place.

The registration form is available online at: Unlike Synod where delegates are elected by parishes and each parish is assigned a number of delegates based on the size of the parish, **the Mission Conference can be attended by anyone.** The program is designed to welcome clergy and lay people, adults, youth, and children.

*If you'd like to register for the dinner only and not the Mission Conference, you do not need to complete the registration form. Instead, please e-mail Phil Colvin at the Synod Office: [pcolvin@vancouver.anglican.ca](mailto:pcolvin@vancouver.anglican.ca)*

### **Upcoming Events**

#### **Sunday, April 24**

7pm – Contemplative Prayer Service – Family Room

#### **Monday, April 25**

9am – Exercise – Hall

#### **Tuesday, April 26**

9:30am – Bible Study – Family Room

7pm – Youth Meeting – Youth Room

7:30pm – ESL Bible Study – Education Centre

#### **Wednesday, April 27**

9am – Exercise – Hall

10am – Service – Sanctuary

7:30pm – Choir Practice - Sanctuary

#### **Friday, April 29**

9am – Exercise – Hall

#### **Office Hours**

9am to 12noon on Monday and Friday.

9am to 3pm on Tuesday & Wednesday & Thursday

**See next page....**



### **Shoofly Pie**

1 1/2 cups sifted all-purpose flour

1/2 cup sugar

1/4 teaspoon baking soda

1/4 cup butter

.....  
1/2 cup light molasses

1/4 teaspoon baking soda

1/2 cup hot water

.....  
1 unbaked 8 inch pastry shell

Sift together flour, sugar, and 1/4 teaspoon soda. Cut in butter til crumbly. Combine molasses, 1/4 teaspoon soda, and hot water. Pour 1/3 of liquid in unbaked pie shell; sprinkle with 1/3 of flour mixture. Repeat layers, ending with flour mixture. Bake at 375 F about 40 minutes. Cool pie before serving.

- Recipe provided by Stephanie Mackie, Librarian