



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

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**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 given today to the Glory of God and in thanksgiving for God's many Blessings.

**Flowers for the Altar** – are given today by Ann Colman to the Glory of God and in memory of her mother Mary. And...by Jean and Les to the Glory of God and in loving remembrance of our parents and our son James.

**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. May 11. Upcoming outings include a bus trip to Van Dusen Gardens, and "West Side Story" at Theatre Under the Stars. 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)

**Ollie Miller's Funeral** - will be at Mt. Olive Lutheran Church, located at 2350 148 Street, Surrey, at 11am on Saturday May 14.

**Bible Readings for Next Sunday** – Acts 16:16-34, Psalm 97, Revelation 22:12-14, 16-17, 20-21, John 17:20-26

**Kids Swap Meet** – The Evening Guild is sponsoring a Kids Swap Meet in the Hall On Saturday, May 14, 9 am - 12noon. Funds raised will support the refugee fund. You can rent a table for \$20 or you can donate gently used kids clothing and other items for sale. Donations accepted Thursday, May 12 from 4-8pm. Questions or to book a table please speak to Linda O'Donovan or Isabel Chernoff.

## PARISH PULSE" NEWSLETTER OF ST. MARK'S CHURCH SUNDAY, MAY 1, 2016

### 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.



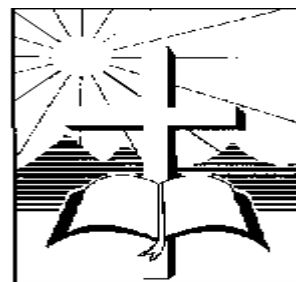
### Library News

Once again we have a lot of books that are **Missing in Action**. They seem to leap off the shelves and forget how to get back so I need your help in rounding them up and getting them home to their shelves. As a reminder books can be taken out for 3 weeks, and DVD's for 2 weeks. They can also be renewed if you don't get them finished in that amount of time, just let us know you need more time. Please be sure to sign them out if you are in the library during the week when there is no Librarian & indicate name and phone number on the card. It is the only way that we know the book is being used and if to our knowledge it has not left the shelf in 5 years it will be culled and replaced with a newer or more popular book. Look on the bulletin board in the Library for these delinquent books and DVDs. Some have been out for a year or more and some were not signed out but were not on the shelf when asked for. Please look on your shelves, desks, coffee tables, night tables, under the beds, in the car, anywhere that a book might hide. I would much rather spend the budget on new books than on replacements. Thanks for your help.

- *Charlie Bookworm and the Librarians*

### The Next Evening Contemplative Prayer Service

with Scott and Miriam Tolhurst is the evening of, Sunday, May 8 at 7pm in the Family Room.





### **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 today. (Contact: Anne Schreck )

### **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. For more information please visit:

[www.vancouver.anglican.ca/](http://www.vancouver.anglican.ca/)

## **Upcoming Events**

### **Monday, May 2**

9am – Exercise – Hall

### **Tuesday, May 3**

9:30am – Bible Study – Family Room

1pm – Prayer Shawl Meeting – Family Room

7pm – Youth Meeting – Youth Room

7:30pm – ESL Bible Study – Education Centre

### **Wednesday, May 4**

9am – Exercise – Hall

10am – Service – Sanctuary

7:15pm – Choir Practice - Sanctuary

### **Friday, May 6**

9am – Exercise – Hall

### **Sunday, May 8**

7pm – Contemplative Prayer Service – Family Room

### **Office Hours**

9am to 12noon on Monday and Friday.

9am to 3pm on Tuesday & Wednesday & Thursday