



## St. Mark – Ocean Park Anglican Church

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**Many Thanks from Pat Zammit** – for the cards, phone calls and especially prayers over the last three months. Thanks be to our Lord for the support during this period of sickness. It has given me much comfort. Special thanks to the Prayer Team, God bless this ministry; prayer is an essential part of our Christian life. I am now feeling much improved. Blessings.

**Violet Reimer** – expresses her sincere gratitude for all the prayers being offered, but at this time she requests that no visitors drop in to see her.

**Vacation Bible School** – A list of decorating and food items has been placed on the Sunday School bulletin board, which is to the left as you enter the Hall. Please refer to the list for the decorating and food items we require for our Vacation Bible School (VBS) this year, or check with Linda Zeal, VBS Director. Many thanks to all of you for your ongoing support and contributions to this exciting community outreach program for children and youth.

### **Library News**

When I met **Ashley Gowanlock** at House of James Librarians Night I knew we had to have her book for our library. Her optimism radiated from her infecting all those around her. You just knew that this was a person who would achieve her goals no matter what life threw in her way, and that is just what she did. Diagnosed with Cerebral Palsy at the age of 2 she went on to become a Paralympic competitor at Beijing in 2008 and in London in 2012 and is going to Rio this summer. **My Opportunities Just Dress Up As Obstacles** is a must read and will inspire you to pursue your own dreams.



## "PARISH PULSE" NEWSLETTER OF ST. MARK'S CHURCH SUNDAY, JULY 17, 2016

**Invitation To Knit** – The Prayer Shawl Team has placed boxes of yarns & needles in the Library and Hall so we all have the opportunity to contribute to the knitting of our second Parish Prayer shawl. Instructions are on each box. Your stitches are welcome...please write your first name on the attached sheet each time you knit! We hope you enjoy a few minutes of prayer & knitting as you chat or enjoy coffee hour. Thank you for your participation in this Parish Project! – Blessings from the Prayer Shawl Team.



**Bible Readings for Next Sunday** – Hosea 1:2-10  
Psalm 138, Colossians 2:6-19, Luke 11:1-13

**Seniors News** - Wednesday Get-Togethers for conversation and games from 1pm to 3:30pm, with refreshments at 2:30pm: this Wed. July 20 and Wed. August 3. 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)

**Prayer Chain Contact**-The Coordinator for the Prayer Chain is Michael Weller. You may reach Michael at 604-538-9334 or by email at [weller301@shaw.ca](mailto:weller301@shaw.ca) Your prayer requests will be prayed by the members of the chain for two weeks, and if you would like them to continue, or if things change, please contact Michael with your changes.

### **Two Celebration Of Life Services**

**Friday, July 22**, Jack Insell at 1pm – followed by an A.C.W. catered Reception in the Hall  
**Saturday, July 23**, Margie Lowe at 2pm – followed by an A.C.W. catered Reception in the Hall

**Coffee Hour & Children** – Please be mindful that the Hall is quite crowded during Coffee Hour after the 10am Service and we want everybody to be kept safe from falls and injuries. Let's encourage the little ones to walk in that room, and let loose only under adult supervision outside. For sure, we want everyone to be included and to enjoy social time and a snack.

**JUST A REMINDER** - Please keep announcements at the end of the service short and consider that if they are already printed in the Pulse, an announcement might not be needed. Thank you, the Wardens.

**Summer Sunday School Needs You!** – The children need volunteers to lead them each week, June 24 - Sept. 4. Class plans are provided. If you feel you are being called please contact Barb Walks at Church or phone her at 604-538-3568.

**Flowers for the Altar** – are given today by Mary Bridger to the Glory of God and in remembrance of her husband Denis.

**Lunch Basket for Hungry Children**-is given today by Carolyn Brown to the Glory of God in thanksgiving for her family and in memory of her husband Don

**The Next Evening Contemplative Prayer Service** is Sunday, July 24 at 7pm in the Family Room.



Thank you for all donations to the First Fruits Garden Project. Praise God! We have sent \$488.00 via P.W.R.D.F. (the Anglican Church's disaster relief and development fund). These monies will support recovery from earthquakes earlier this year in Japan and Ecuador. Please sign up if you could oversee the First Fruits table on a Sunday.

**Bales To The North** – The A.C.W. is collecting for the Bales to the North. Of need at this time are layette items for both girls and boys up to the age of 24 months. These items must be new. The biggest need is for Baby towels and face clothes, plastic pants, burp pads and booties. They have also asked for clothing for both boys and girls from size 2 and up, especially pants, skirts, shorts and tops. They would also like small games, toys, colouring books, crayons, pencil crayons, puzzles, as well as children's books; also school supplies. For adults, as well as the clothing, towels, sheets and blankets. They would also like crossword books and small embroidery kits. Thanks for your contributions.

## **Upcoming Events**

### **Monday, July 18**

9am – Exercise – Hall

### **Wednesday, July 20**

9am – Exercise – Yoga - Education Centre

10am – Service – Sanctuary

1pm – Senior's Get Together – Hall & Family Room

### **Friday, July 22**

9am – Exercise - Hall

1pm – Service - Celebration of Life for Jack Insell

### **Saturday, July 23**

2pm – Celebration of Life for Margie Lowe

### **Sunday, July 24**

7pm – Contemplative Prayer Service – Family Room

### **Office Hours**

Monday	9am to noon
Tuesday	9am to 3pm
Wednesday	9am to 3pm
Thursday	9am to 3pm
Friday	9am to noon