



St. Mark – Ocean Park Anglican Church

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Weekly Back Forest Party!! Tuesdays from 9 to 11am. Yes, you're all invited to be involved in Creation Care. Bring along your gardening gloves, rake, small shovel, pruners, etc. There's much to be done in cleaning up & caring for the forest. Smaller jobs as well as heavier ones. Come along! In time we may require watering parties for the many gardens and green areas around the 3-acre site that God has asked us to care for. As watering regulations change, our needs will be posted in the "Pulse". Everyone's help is needed as we "...strive to safeguard the integrity of God's creation, and respect, sustain and renew the life of the Earth." A sign-up sheet will be at the First Fruits Table each Sunday or just come along and we'll be happy to work together in gratitude for God's abundant love. Contact: Anne Schreck

Upcoming Events

Monday, August 8

9am – Exercise – Hall

Wednesday, August 10

9am – Exercise – Yoga - Education Centre

10am – Service – Sanctuary

Friday, August 12

9am – Exercise - Hall

Sunday, August 14

7pm – Contemplative Prayer – Family room

Office Hours

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

"PARISH PULSE" NEWSLETTER OF ST. MARK'S CHURCH SUNDAY, AUGUST 7, 2016

Bible Study – with Betty Bear leading the study of the Book of Hebrews; in the Family Room starting on Tuesday, September 6 at 9:30am. Call Betty for further details at: 778.294.0966



First Fruits Garden Table - on Sunday mornings needs your help. Can you help at the table one or two Sundays? Please see Anne Schreck



Mystery Knit-A-Long

Unique to St. Mark's this specially designed Mystery Shawl Knit-a-Long will entice you to bring out your knitting needles. Join the fun and the mystery with your fellow parishioners. Everyone is welcome, Novice to Advanced knitters. The pattern is easy enough for the less experienced but interesting enough to keep the more experienced involved. Pick up your supply list from the Library or Mary Brown starting on Sunday, August 7. Help will be available on Sundays in the Hall or Library. Clue One will be revealed on Sunday, September 4.

Flowers for the Altar – are given today by Joy and Ed Prior, to the Glory of God and dedicated to those people who are protecting us from terrorism and keeping us safe.

Lunch Basket for Hungry Children - by Carol Scott to the Glory of God and in thanksgiving for God's many blessings.

The Next Evening Contemplative Prayer Service is on Sunday, August 14 at 7pm in the Family Room.

Bible Readings for Next Sunday –

Isaiah 5:1-7, Psalm 82, Hebrews 11:29-12:2, Luke 12:49-56



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.

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.

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 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.

Summer Sunday School Needs You! – The children need volunteers to lead them each week, August 7 - 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.

Library News - Eyes of Justice by Lis Wiehl is another Triple Threat novel. With one of their number murdered the other two team up with private investigator Ophelia, whose unorthodox methods seem to offer a possible breakthrough in the case. The team engages in a game of cat-and-mouse where nothing can be taken at face value. Real page turner that is hard to put down.

Coffee Hour and Children - Please be mindful that the Hall is quite crowded during coffee time after the 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 enjoy social time and a snack