



## St. Mark – Ocean Park Anglican Church

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**Server Training** – Today, after the 10am service, there is a workshop for Eucharistic Servers and Lay Administrators. We will have lunch at 11:45am and then at 12:15pm begin the session. It should not run for more than an hour. Those who are interested in joining the Eucharistic Server/Lay Administrator team are welcome to come to see what we do.



**Today Is Souper Sunday** - Homemade soup is available in the Church Hall after both the 8am and 10am Services. Proceeds from September's Souper Sunday will be donated to AMA Transition House, a safe home for senior women who are escaping abuse. Your Community Outreach Ministry is grateful for your continued support! If you would like to know more about this Ministry please contact Barbara Grantham.

### **Readers Ministry**

If you would like to read the lectionaries at the 10am Service for the next calendar year, please contact Roberta Braddock at 604-538-8642.

**Deacon Steve Says** - The Diocese is holding a **Vocations Information Day** on Saturday, October 22 at the Synod Office. Anyone who wants further information on exploring a call to ordained ministry can pick up an information card from Deacon Steve...and

**Five Ways of Engaging the Heart** is a five session exploration of different faith traditions. It is sponsored by the diocesan Ecumenical and Multi-faith Unit. Registration can be done through the diocesan web site. Information cards are available from Deacon Steve.

### **Bible Readings for Next Sunday**

Lamentations 1:1-6, Psalm 37:1-9, 2 Timothy 1:1-14, Luke 17:5-10

**Newcomers Luncheon** - Calling all folks who are 'newer' to St. Mark's - on Sunday, October 2 there will be a light luncheon after church. It will be held in the Family Room and include meeting some of the leaders of St. Mark's and orientation to the church. Please let Holly know if you are coming.

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

**SUNDAY, SEPTEMBER 25, 2016**

**The Next Evening Contemplative Prayer Service** is tonight at 7pm in the Family Room.

**The Chronic Pain Self-Management** class is now fully booked. If you are still anxious to attend call Mary at 604-535-6408 to go on our cancellation list. For those who were not able to attend because of scheduling, Self-Management BC might find a class for you in the community of WR/SS. Their number is 604-940-1273. They will also give you information about the online Chronic Disease Self-Management Program [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

**Lunch Basket for Hungry Children** – is provided this week by Sandra Scott to the Glory of God and in loving memory of her parents.

**Flowers for the Altar** – are given by Eleanor McBain in loving memory of her husband Bob and mother Viola who share September birthdays, the 1<sup>st</sup> and the 21<sup>st</sup>.

**Prayer Chain Contact** - The Coordinator for the Prayer Chain is Maggie Ferguson. Call her at 604-538-6160. Or email [magferg@telus.net](mailto:magferg@telus.net)



### **The Spirit of Galatians**

**Friday Sept.30 - 6:30pm - 9:00pm**

**Saturday Oct. 1 - 9:00am - 4:00pm**

St. Mark's Educational Centre

The role of the Spirit is vital to our relationship with God - yet we may struggle to understand just what His role is. Join with us to focus on Paul's instruction to the Galatians concerning the Spirit. Our hearts long for the life, freedom and maturity found in Christ by the Spirit.

We begin with dessert on Friday evening.  
Please RSVP  
your attendance with the sign-up sheet.  
We look forward to being together!



### Library News

Parker House navigates the intrigue and politics of small-town courtroom law in **Robert Whitlow's The Witnesses**. In true Whitlow fashion we have suspense, peril, love, career opportunities, and a book you will not want to put down till the last page has been read.

### Upcoming Events

#### Monday, September 26

9am – Exercise – Hall

#### Tuesday, September 27

9:30am – Bible Study – Family Room

7pm – Youth Meeting – Youth Room

#### Wednesday, September 28

9am – Exercise – Yoga – Education Centre

10am – Service – Sanctuary

7:30pm – Choir Practice - Sanctuary

#### Friday, September 30

9am Exercise – Hall

6:30pm – Spirit of Galatians Course – Education Centre

#### Saturday, October 1

9am – Spirit of Galatians Course – Education Centre

#### Sunday, October 2

"Newcomers" after the 10am Service – Family Room

#### Office Hours

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

**PWRDF Update #1** - On Saturday, October 1 the 2016 Ride for Refuge will take place in cities across Canada. For the third year we are encouraging individuals, families and teams to join us in riding or walking in support of PWRDF. The first two years were a great success and we're hoping to have even more participation in year three! This year we are riding to provide bicycles to community health workers. You can register a team, join an existing team, or donate here: <https://canada.rideforrefuge.org/charity/pwrdf>



### **Mystery Knit-A-Long**

#### Clue 2 Available

Clue 2 is ready for pick up in the Library. Bring what you have already knit for show-and-tell when you come for clue 2. If you haven't started yet 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 Clues from the Library or Mary Brown. Help will be available on Sundays in the Hall or Library.



**The First Fruits Garden Table** – REPRIEVE! The table will continue until Sun. Oct. 2. So there's still time for you to donate at the table to support our refugee families.

**Essentials Of Modern Health:** Mental Health for a Modern World With Dr. Mark Davies, Thursdays from 7pm – 9pm in the Family Room:

Oct. 20	-	Anxiety
Nov. 3	-	Depression
Nov. 24	-	Positive Psychology

For more information please call:  
Rev. Craig Tanksley  
604-525-8841, ext 103

**PWRDF Update #2** - PWRDF announced on August 12 that it was sending \$30,000 to support relief efforts for South Sudanese refugees in Uganda. On August 16, PWRDF and Canadian Lutheran World Relief received an email from Jesse Kamstra, the Lutheran World Federation's country representative for Uganda and Burundi, thanking us for the relief funds we had sent.