



St. Mark – Ocean Park Anglican Church

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"PARISH PULSE" NEWSLETTER OF ST. MARK OCEAN PARK SUNDAY, FEB 12, 2017

2016 ANNUAL REPORT - The Annual Report for 2016 is available in the Narthex on Sunday, Feb. 12 and Feb. 19. We have only printed enough copies to provide one Annual Report for each family. When you pick up your copy, please add your name and signature to the "pick-up" sheet provided. Please read your Annual Report and bring it to the Feb. 19 Vestry Meeting. If you wish, you may download a digital copy of the 2016 Annual Report from our St. Mark Ocean Park website or Facebook page. Thank you and God bless - Your Wardens

Prayers for Upcoming Vestry - Please pray for our upcoming Vestry meeting, especially that those suitable and available for the various church council positions would consider this important and fulfilling ministry. Anyone who would like to nominate someone can do so by asking for the individual's permission and by speaking to Anne Schreck, Barbara Carington Smith or Catherine Featherstone. Thank you - The Nominating Committee

The Healing Service – with the Eucharist, 10am this Wednesday, February 15 – Come and experience the healing touch of our Lord Jesus. Everyone is welcome. **James 5:16** "...pray for each other so that you may be healed. The prayer of the righteous (person) is powerful and effective."

Change of Heart Contemplative Prayer - Scott Tolhurst, the Facilitator of Change of Heart over the past year, has stepped down from this role as he has been called to a ministry opportunity in Saskatchewan. We would like to thank him for showing us ways in which we can grow deeper in our daily walk with God. Change of Heart Contemplative Prayer Gatherings will continue to be offered on the second and fourth Sundays of each month at 7pm in the Family Room. Lynne Hurd, Miriam Tolhurst and I will be facilitating these sessions, offering opportunities for participants to deepen our prayer life through the use of several Contemplative Spiritual Practices. Our next gathering is this evening, Sunday, February 12 at 7pm Hope you can join us! Please contact me should you have any questions. Janet Scott, Coordinator 778-828-8974

Bible Readings for Next Sunday's Morning Prayer – Leviticus 19:1-2, 9-18, Psalm 119:33-40, 1 Corinthians 3:10-11, 16-23, Matthew 5:38-48

Lunch Basket for Hungry Children – is provided this week by Shannon Poulsen to the Glory of God and in thanksgiving for her granddaughter.

Flowers for the Altar – are provided this week by Margot McDermid to the Glory of God, and in loving memory of her brother Walt.

SHROVE TUESDAY PANCAKE

SUPPER: Pancakes, pancakes and more pancakes with sausages, ham, fruit toppings and whipping cream. Sounds great!!! It is the 52nd annual Shrove Tuesday Pancake Supper, a cooperative effort of the Ladies Guild, the Men's Club and Steve MacPherson our expert pancake flipper. We are looking for donations of frozen fruit for the toppings. Please contact Brian Walks: 604.538.3568 or brian.walks@gmail.com if you can help in this way. Bring your appetite on Tue. Feb. 28 at 5:30 pm. Tickets on sale after Church. Cost \$10. Kids free.

Library News

Have A Blind DATE



For the month of February there will be Blind Dates available in the Library. Look for the brown bags. Choose one and see what the book inside is. You never know ... it might be something really good that you would never normally have chosen.



"Autism stole his words, God gave him a voice". First time parents Joe and Tahni Cullen were thrust into the confusing, emotional, and expensive world of Autism with their son Josiah. Suddenly when he is five he begins to type profound paragraphs about God on his iPad. Josiah's visions catapult his family out of their comfort zone into a love-encounter with Jesus. **Josiah's Fire** by **Tahni Cullen** is a must read.



Spring is almost here! Are you downsizing, renovating, de-cluttering? Don't forget the parish **Metal Recycling** – likely Sat. March 25. Copper, brass, aluminum, and all lengths and gauge wire are the most lucrative but our aim is to keep as much metal of all kinds out of the landfill. Watch for more information.

Concerned about caring for God's Creation? Like to work outdoors? Love gardening? Weekly work parties will resume Tues. March 21. Every Tuesday from 9am to 11am. Come and join us in lighter or heavier tasks around God's 3 acres at St. Mark's. For more information: Anne Schreck, 604-536-0072

SOUND MINISTRY - Don Hamilton and Phil Tubbs invite anyone interested in assisting with Sound Ministry to attend a brief basic training session on Sunday, February 19 at 9:15 in the Sanctuary. Speak with Don or Phil if you have questions.

Prayer Chain Contact – The coordinator for the Prayer Chain is Lynne Hurd. She may be reached at lynneh1@telus.net or at 604.542.2772.

Seeking Hand Bell Ringers - Looking for 5 to 10 people to play hand bells for the Easter anthem. If you can ring a bell, follow direction and have good timing, we'd like to invite you to play the hand bells for St. Mark's Easter service April 16, 2017. You do not need to read music. However you would need to come to a few practices and commit to being there on Easter Sunday. Practice times will be decided based on volunteers schedule. If you are interested contact Emily, Choir Director, at emily0707@yahoo.com or 604-379-8719.

Upcoming Events

Monday, February 13

OFFICE CLOSED
EXERCISE CANCELLED

Tuesday, February 14

9:30am – Bible Study – Family Room
2pm – A.C.W. Meeting – Family Room
7pm – Youth – Youth Room

Wednesday, February 15

9am – Yoga Exercise – Education Centre
10am – Healing Service – Sanctuary
1pm – Savvy Senior's Get-Together – Hall & FR
7:30pm – Choir Practice - Sanctuary

Friday, February 17

9am – Exercise – Hall

Sunday, February 19

9:15am – Sound Ministry Training Session - Sanctuary
Vestry Meeting following a combined Morning Prayer Service at 10am and a lunch - Hall



No Souper Sunday today. The next SOUPER SUNDAY will be March 12.