



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

**"PARISH PULSE"**  
NEWSLETTER OF  
ST. MARK OCEAN PARK  
**SUNDAY AUG. 27, 2017**

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**CONGRATULATIONS** to all those involved in making this year's VBS a success.

**Baby Shower Today!**

Let's bless Annabelle, our Music Director with a baby shower today, Sun., Aug. 27 right after Church. Grab a coffee from the Hall and we'll meet in the Family Room.

**Contemplative Prayer** - You are warmly invited to attend *A Change of Heart* this evening, August 27 for an hour of Contemplative Prayer facilitated by Miriam Tolhurst. All are welcome to this quiet peaceful hour of reflection whether you have been able to attend in the past or not. We meet in the Family Room from 7-8pm. We look forward to seeing those of you able to attend.

**ACW Invitation**

The ACW will be having the Rev. Peter Smythe, Chaplain for Mission to Seafarers, speaking its the meeting on Tuesday, Sept. 12, at 2:30pm. Everyone is welcome.

**Beginner's ESL Bible Study** - on Tuesday evening, September 19, a new ESL class for beginner English speakers will be starting at St. Mark's. For information or to sign up please contact Holly [hollybt58@gmail.com](mailto:hollybt58@gmail.com) or Lois [stanloisbell@hotmail.com](mailto:stanloisbell@hotmail.com)

**Prayer Chain Contact** – Until Thursday, August 31 the coordinator for the Prayer Chain is Michael Weller. He can be reached at [weller301@shaw.ca](mailto:weller301@shaw.ca) or by calling 604.538.9334. On Friday, September 1 the Coordinator for the Prayer Chain is Maggie Ferguson. She may be reached at 604.538.6160 or [maggieferguson@telus.net](mailto:maggieferguson@telus.net). The Lord continues to bless the people of St. Mark's through this ministry.

**Bible Readings for September 3**

Exodus 3:1-15, Romans 12:9-21, Matthew 16:21-28, Psalm 105:1-6, 23-26, 45

**Library News**



Eijah and Elisha and their parents are the Veritas Project Team and they are on their way to Washington to investigate the reports of a ghost, Abel Frye, at the high school in Baker. There are sightings of a ghostly figure with a glowing hawk on its shoulder, a bizarre hangman symbol appearing on lockers, and students in comas. **Hangman's Curse** by **Frank Peretti** will have you on the edge of your chair to the final page.

**The Lunch Basket for Hungry Children** is provided this week to the Glory of God and in memory of Darlene's Mother Florence Shorrock.

**Flowers For The Altar** – are given this week to the Glory of God and in memory of Jack & Iona Houston and family. Also Richard and Marjory Gibson, and Brother Noel. From Michael Houston and Bob Gibson.



### **Mystery Knit-a-Long**

Once again St. Mark's has a specially designed Prayer Shawl Knit-a-Long that will entice you to bring out your knitting needles. Join the fun with your fellow parishioners. Pick up your supply list in the Library and get ready for the first clue on Sunday, Sept. 10, with the last clue on Sunday, Nov. 5, so you can have your shawl finished before Christmas.

### **St. Mark's "First Fruits" Garden Project**

This year, first Fruits will be done by me and all the money will be going to a non-profit organization called "The Hot Potato Initiative". This non-profit organization is completely student-run and their goals are to help raise awareness about the negative stigma and stereotypes surrounding the homeless people of the downtown eastside along with providing them food. You can purchase any of the flowers or crops from me after Church. It is all by donation. If you would like to donate your crops to us, please come to the Church at 9:30am to deliver your crop to us. If you would like to volunteer for one of the Sundays in the near future to sell crops along with me, there will be a sign-up sheet with me at the table. Thank you so much and God bless!

## **PWRDF Update**

### **Indigenous and non-Indigenous youth find common ground in Edmonton**

By Mike MacKenzie, Youth Council member-at-large.

That was the message delivered to a group of Indigenous and non-Indigenous youth and young adults at a reconciliation-inspired event in the Anglican Diocese of Edmonton on March 18, 2017.

Young people from a number of cultural backgrounds came together in Edmonton's inner city for an event designed to raise up the next generation of leaders while centering them with spirituality and prayer. PWRDF Youth Council members were lucky to participate as the event coincided with their spring meeting which was in Edmonton.

The event, called *Our Common Ground – Prayer*, began with greetings from Indigenous elders, followed by traditional Cree prayers expressed through drumming and dancing. Participants under 30 were then divided into groups to take part in activities that illustrated the common ground shared by youth and young adults of both Indigenous and non-Indigenous heritage.

Event facilitators Michelle Nieviadomy and the Rev'd Canon Travis Enright led participants in sharing circles and games, and ensured participants had ample opportunity to get to know each other and learn from their experiences – both common and diverse.

Attendees over 30 were also gathered together and reminded of their special responsibility to foster and mentor the next generation of leaders, as well as their responsibility to hold up young people in prayer. Above all, the activities succeeded in highlighting the day's theme of common ground.

"We are all spiritual people regardless of heritage," said Elsie Paul, an Indigenous elder in the Cree community. "We all have something to learn from one another."

The event was the first of four gatherings under the umbrella of Moving Forward 2017, developed in response to the Truth and Reconciliation Commission of Canada's Final Report. The report challenges the church to respond to the shameful heritage of residential schools by playing a leading role in fostering reconciliation between indigenous and settler societies.

According to the *Moving Forward* website, the program "aims to unite initiatives of Indigenous ministry in the Anglican Diocese of Edmonton, the United Church of Canada Edmonton Presbytery, Inner City Pastoral Ministry, and supportive ecumenical and interfaith partners."

**You are invited to take the next step in your journey of faith...**  
***Spiritual Formation for the Next Generation***  
**An Anglican Spiritual Formation Weekend Retreat**  
**A 2017/2018 Pilot Project**

*"A spiritual weekend retreat, that is uniquely Anglican, where the **Holy Spirit** can move to personally transform participants to more actively engage in Christian life and mission."*

**Theme: For the Life of the World**  
**"Pro Mundi Vita"**

*"Spiritual formation begins where people are and incrementally guides them into a deeper and more profound encounter with the living Christ. The 'end' of the formation is life in the Spirit, which is lived by the individual and the community in a reciprocal sharing of grace, and which equips the Christian community to share the fullness of life with the world through Christian mission."*  
*(Dr. Brad Pickens, Spiritual Formation Retreat Designer, 2017)*

**When & Where**

- **Pilot Weekend #1: Burrard & Vancouver Archdeaconry** (target audience: "younger demographic, those below the age of 40"). Dates: **Oct. 13 to 15, 2017**; Location: **Camp Elphinstone, Gibsons, BC**
- **Pilot Weekend #2: Capilano Archdeaconry** (any age group is welcome to attend).  
Dates: **Oct. 27 to 29, 2017**; Location: **Camp Elphinstone, Gibsons, BC**
- **Pilot Weekend #3: Lougheed Archdeaconry** (target audience will be a "younger demographic"; however other ages are welcome).  
Dates: **Feb. 23 to 25/18**; Location: **Loon Lake Retreat Centre, Maple Ridge.**

This *subsidized* two-night retreat includes all meals/snacks and materials. The facilities are modern cabins that include a common lounge, private showers and rooms with bunk beds that will sleep two per room. Each participant is asked to contribute **\$30** towards the cost. Your evaluation of your weekend experience will be an important contribution to the success of this unique Pilot Project.

**Registration is now OPEN**

- <http://www.vancouver.anglican.ca/events/spiritual-formation-for-the-next-generation/2017-10-13>

**Questions?**

- **Project Team Leader:** [ericmason@saintlaurence.ca](mailto:ericmason@saintlaurence.ca)
- **Project Coordinator:** [p.mcelheran@me.com](mailto:p.mcelheran@me.com)

### **A Quick Look Ahead**

Sat. Sept. 16 -- 5:30pm Men's Club Salmon BBQ  
Wed. Sept. 20 -- 10am Healing Service  
Sat. Sept. 23 -- Screening in Faith  
Sun. Sept. 24 -- Souper Sunday  
Tue. Sept. 26 -- 7pm Parish Council

Sun. Oct. 8 -- Thanksgiving Sunday  
Tue. Oct. 10 6pm -- Men's Club Guest speaker:  
Shell Busey  
Wed. Oct. 18 -- 10am Healing Service  
Sun. Oct. 22 -- Souper Sunday  
Tue. Oct. 24 -- 7pm Parish Council

Sat. Nov. 4 -- Remembrance Day concerts  
Tue. Nov. 14 6pm -- Men's Club Guest speaker:  
David Young from Sources  
Wed. Nov. 15 -- 10am Healing Service  
Sat. Nov. 18 -- Metal Recycling

### **Upcoming Events**

#### **Monday, August 28**

Office Hours – 9am to 12noon

#### **Wednesday, August 30**

10am – Service – Sanctuary

#### **Thursday, August 31**

7pm – Mandarin Bible Study – Family Room

#### **Friday, September 1**

Office Hours – 9am to 12noon

## **Salmon BBQ**



**Saturday, September 16, 5.30pm**

**\$13**

**Kids Free**

**Come join us for an evening  
of good fellowship with an  
outstanding meal of salmon,  
scalloped potatoes, sweet  
corn, Caesar salad  
and fruit & ice cream.**