



St. Mark – Ocean Park
Anglican Church

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"PARISH PULSE"
NEWSLETTER OF
ST. MARK OCEAN PARK
SUNDAY OCT 1, 2017

Garden Work Parties - Don't forget! Tuesdays from 9am to 11am. We shall continue through to the end of October and we welcome your hands to (1) finish weeding & top dressing the Serenity Garden; and (2) putting small branches from the forest into the GREEN BINS. Come along. There may be more "work" than "PARTY" but all help is welcome.

- Contact Anne Schreck

Bible Readings for October 8

Deuteronomy 8:7-18, Psalm 65, 2 Corinthians 9:6-15, Luke 17:11-19

Flowers for the Altar - The flowers are given this week by Cliff and Sheila Neyedli, to the Glory of God and in celebration of their 50th Wedding Anniversary.

A QUICK LOOK AHEAD

- Sun. Oct. 8 -- Thanksgiving Sunday
- Tue. Oct. 10 6pm -- Men's Club Guest speaker:
Shell Busey
- Sat. Oct. 14 -- Pilgrimage Workshop
- Wed. Oct. 18 -- 10am Healing Service
- Sun. Oct. 22 -- Souper Sunday
- Tue. Oct. 24 -- 7pm Parish Council

- Fri. Nov. 3 -- All Hallows Eve Dance Party -- 6:30pm
- Sat. Nov. 4 -- Remembrance Day concerts
- Tues. Nov. 7 -- 7pm - All Leaders Meeting
- Tue. Nov. 14 6pm -- Men's Club Guest speaker:
David Young from Sources
- Wed. Nov. 15 -- 10am Healing Service
- Sat. Nov. 18 -- Metal Recycling

ST. MARK'S MEN'S CLUB BAR B Q THANK YOU!!

The Men's Club wishes to thank the following sponsors for their support of the 26th annual Salmon Bar B Q on Sat. Sept. 16.

Ocean Park Meat
Stuckys
Cobbs Bread
Angel Christian Supplies
Barrels of Fun
Roy and Marion Cleaver
Friends of St. Mark's

Dairy Queen
Panago Pizza
I.H.O.P.
Cedars Pizza
Canadian Tire
Bea Ross

The A.C.W has started our drive for the Mission to Seafarers. We learned from The Rev. Peter Smythe, that as well as the wool socks, work gloves, touques, cowls, and toiletries, they also want chocolate, candy, magazines - mostly National Geographic, Canadian Geographic, as well as any magazines that showcase our province. He also asked for puzzles, (adult and children's), games (adult and children's), stuffed animals and small toys, dolls etc. to be used as gifts for family when the seafarers are repatriated. We have set up a table with baskets to accept your donations in the Narthex. Collection will continue until November 5.

The Rector's Thanksgiving Letter – is in the Narthex today & ready for pick up.

Prayer Chain Contact – Coordinator for the Prayer Chain is Maggie Ferguson. She may be reached at 604.538.6160 or maggieferguson@telus.net. The Lord continues to bless the people of St. Mark's through this ministry.

The Lunch Basket for Hungry Children is provided this week by Barbara and Jamie Grantham to the Glory of God and in thanksgiving for all the little children.

“Pilgrimage As Our Spiritual Journey”

A Seminar at St. Mark Ocean Park
With Rev. Lynne McNaughton
Saturday, October 14, 2017



Travel is a metaphor for our being. Since time immemorial, people have journeyed to places that have special associations with the Sacred in order to explore, deepen, re-ignite their own faith. Often such pilgrims travelled in company. Together they sang, prayed and celebrated the events of the journey, as well as the joys of arrival at way stations, and the sense of accomplishment at journey's end. Pilgrims were not people of special holiness; they were ordinary folk for the most part, looking to enrich their own journey through life and finding a new experience of the Holy in the course of their pilgrimage. Pilgrimage can offer new insight, refreshen our souls and call us closer to God.

Schedule for the Day: 9:00AM Refreshments (Hall)
9:15AM Worship (Church)
9:30AM Session One (Hall)
10:30AM Coffee Break (Hall)
10:45AM Session Two (Hall)
11:45AM Closing Worship (Hall)

NOTE: There is no charge for this seminar.
There is a donation basket for the refreshments & coffee.

Please register in advance at hollybt58@gmail.com

This half-day seminar will be led by Rev. Lynne McNaughton.

The Rev. Dr. Lynne McNaughton is Rector of St. Clements, North Vancouver and Deputy Prolocutor of the General Synod of the Anglican Church of Canada. She has been ordained for 30 years, and still thinks being a priest is the best job in the universe (next to being a mom, of course). Her favourite thing right now, which she has never done before, is being the youth group leader! She was for many years the Anglican Chaplain and Assistant Professor of Christian Spirituality at Vancouver School of Theology. For the past 20 years she has co-lead Pilgrimages to explore our Christian heritage in Europe: Great Britain, Ireland, France, Switzerland and Italy. She has a Doctor of Ministry degree in Spiritual Leadership from Columbia Theological School in Atlanta Georgia, looking at Pilgrimage as a prayer practice during life's transitions. She leads retreats on Women in Scripture, Celtic Christianity, Pilgrimage and Christian Mystics. Lynne loves travel, reading, gardening and cycling. At home she is staff to two cats.

Her pilgrimages, including this past year's trip to Italy, can be found on www.spiritual-pilgrimage.com

Upcoming Events

Monday, October 2

9am - Exercise – Hall

Tuesday, October 3

9:30am – Bible Study with Betty Bear – Family Room

1pm – Prayer Shawls – Family Room

7pm – Youth – Youth Room

7:30pm – ESL Bible Study - Office

Wednesday, October 4

9am – Yoga – Education Centre

10am –Service – Sanctuary

7:30pm – Choir Practice - Sanctuary

Friday, October 6

9am Exercise – Hall