



St. Mark – Ocean Park Anglican Church

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"PARISH PULSE" NEWSLETTER OF ST. MARK OCEAN PARK SUNDAY MARCH 25, 2018

Upcoming Events

Monday, March 26

9am – Exercise – Hall

Tuesday, March 27

7pm – Youth – Youth Room

Holy Wednesday, March 28

9am – Yoga – Education Centre

10am – Service – Sanctuary

7pm – Sung Prayers Service – Sanctuary (see below)

Maundy Thursday, March 29

6pm – Service - Sanctuary

GoodFriday, March 30

Office Closed

9am - Walk of Faith to Laronde Park,

10:30am - Good Friday Service,

11:30am - Stations of the Cross

Holy Saturday, March 31

7pm – Tenebrae Service - Sanctuary

Gethsemane: Waiting With Jesus Sung Prayers From The Iona Community Wednesday, March 28, at 7:00pm

This year during Holy Week, we invite you to pause with Jesus on His journey from the celebrations of Palm Sunday to His crucifixion on the hill at Golgotha. Come and wait awhile with Him in the garden at Gethsemane, opening your heart to experience God's presence through contemplative prayer. Through sacred readings and Sung Prayers from the Iona Community in Scotland, we invite you to pause to ready your hearts to move, with Jesus, towards the Cross and on to His resurrection.

THE PRAYER CHAIN coordinator for March, April and May is Mary Brown who can be contacted at 604.535.6408. or at marybrown@telus.net.

RECTOR'S LETTER – available for pick today in the Narthex.

BIBLE READINGS FOR EASTER SUNDAY

April 1

Acts 10:34-43, Psalm 118:14-24, 1 Corinthians 15:1-11, John 20:1-18

THE LUNCH BASKET FOR HUNGRY CHILDREN

is provided this week by Larry and Merrilee Trask to the Glory of God and in honour of their daughter-in-law Bonnie's birthday.

HELP WANTED

With Easter coming, flowers return to the Sanctuary and the ministry of delivering them after the 10am Service to the shut-ins, sick, and others restarts. Unfortunately, a couple of team members are not presently available due to health issues. Please consider this ministry as an opportunity to help. There are presently 6 teams of two, so the time involved is every sixth week, and the response from recipients is very rewarding. Please contact the co-ordinator, Michael Weller at 604-538-9334 or email weller301@shaw.ca for information on the tasks involved.

The "Help Wanted" segment (above) is a new feature in the PULSE. If you are a Ministry Leader, and if you are seeking volunteers, please submit content for the "Help Wanted" feature to the Office by the PULSE deadline = Wednesdays at 4pm.

Change of Heart Sunday Contemplative Evening Prayers

We will gather this evening, Sunday, March 25, at 7pm in the Family Room for a shared experience of contemplative prayer. As we continue to reflect on the writings of Jean Vanier on community, we will consider how community can be a place of belonging if we lovingly accept ourselves and others as we are. Lynne Hurd will facilitate our time together. Please join us! All are welcome!

- Janet Scott, Coordinator

NewComers Fellowship - Calling all newcomers to St. Mark's! If you have started attending St. Mark's in the last year, you are welcome to join us for a NewComers Fellowship on Sunday, April 8 after the 10am service. A light luncheon will be provided. It will include an orientation to the church and meeting some of St. Mark's leaders. Please RSVP to Holly hollybt58@gmail.com or tell me in church!



Garden & Grounds Work Party
Tues. April 10 from 9am to 12noon

Many light tasks as well as heavier ones. Come as you can & leave when you need. All hands are welcome. See posters and list of tasks in the Hall. See Anne Schreck for details.

Services in Holy Week are as follows:

- Sunday Mar. 25 - "Palm Sunday"
8am and 10 am services
- Wed. Mar. 28 - "Holy Wednesday"
7pm - Iona Service
- Thurs. Mar. 29 - "Maundy Thursday" -
6pm - Parish Supper, foot-washing,
short service
- Fri. Mar. 30 - "Good Friday"
9am - Walk of Faith to Laronde Park,
10:30am - Good Friday Service,
11:30am - Stations of the Cross
- Sat. Mar. 31 - "Holy Saturday" - 7pm -
Tenebrae Service
- Sunday April 1 Easter Resurrection
Sunday – 8am and 10 am services

A QUICK LOOK AHEAD

Tues. March 20 Ladies Guild meeting
Tues. March 20 7pm Parish Council

Wed. March 21 10am Healing Service
Thurs. March 22 1:30pm "Led by the Spirit" course
Thurs. March 22 7pm "Led by the Spirit" course
Sat. March 24 9am to 12noon – Garden Work Party
Wed. March 28 7pm Holy Wednesday Service
Thurs. March 29 6pm Parish Supper, foot-washing,
short Service
Fri. March 30 Good Friday Services

Sun. April 8 11:45 am Newcomers Fellowship
Tues. April 10 9am to 12noon Gardening Party
Tues. April 10 6pm Men's Club dinner meeting; Guest
Speaker is Barbara Walks, Embrace Rwanda missionary
Sun. April 8 11:45 am Newcomers Fellowship
Sat. April 28 5:30pm Children's Ministry Missions
spaghetti Dinner Fundraiser in the Hall

Tues. May 15 6pm Men's Club dinner meeting; Guest
Speaker is Bishop Biswas from the Diocese of Calcutta;
Topic is Cathedral Relief Service (CRS) & how it delivers
empowerment programs, free education, and health care
services to families who live in Kolkata slums.
Tues. May 22 7pm Parish Council meeting
Sat. May 26 Diocesan Mission Conference

Sat. June 9 5:30 pm Men's Club Chicken Bar B Q
Sat. June 16 11 am ACW Strawberry Tea