



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

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**"PARISH PULSE"
NEWSLETTER OF
ST. MARK OCEAN PARK
SUNDAY APRIL 29, 2018**

Stewardship Letter - Important PAD Information

Please pick up your letter in the Narthex today.
Thank you

Flowers for the Altar are given today to the Glory of God.

PRAYER CHAIN co-ordinator is Mary Brown who can be contacted at 604.535.6408 or at marybrown@telus.net.

BIBLE READINGS FOR MAY 6

Acts 1:1-11, Psalm 93, Ephesians 1:15-23, Luke 24:44-53

THE LUNCH BASKET FOR HUNGRY CHILDREN

is provided this week to the Glory of God *and in memory of Blanche Biddle.*

Labyrinth Prayer: A Pilgrim Journey Close to Home

takes place on Sat. May 26 between 8:30am and 3:30pm at Kingfisher Farm, 512-172nd Street, Surrey. *For more information see Janet Scott.*

A Reception celebrating John (and Dorothy) Mash's ministries

will follow the 10am service on Sunday, May 27. A box for cards will be available starting May 6.

Holy Land Pilgrimage Blog

Check out the Holy Land Pilgrimage blog on our St Mark website, which is updated daily. The link is <http://stmarkbc.org/category/ministries/holy-land-pilgrimage-2018/>



Your Community Outreach Ministry would like to thank you for your support during the 'Souper Sunday Season'. Your support has made the following possible:

South Surrey/White Rock Food Bank :
\$ 400.00

Stepping Stones:
\$ 512.00

- Purchase of Christmas gifts for the annual Christmas Dinner provided to young parents and extended families.
- Funding to help prepare a Mother's Day tea for the young Mothers.

Launching Pad - Young Men's Alcohol/Drug Recovery Residence:
\$ 300.00

- Purchase of general kitchen supplies.

AMA House - Senior Women's Safe House
\$ 500.00

- Purchase of personal items and toiletries for women living at this safe house.
- Supplies for the Art Therapy Classes for residents.

We thank you again for your continued support of your Community Outreach Ministry

Souper Sunday is back in September!

Please remember to return all of your bottles, with the rings, to the kitchen!



Creation Care Ministry - Gardens & Grounds

Tues. May 1, 9am to 11am
Sidewalk Garden – cut back daffodils & plant geraniums
Memorial Garden – weed
Serenity Garden – weed
Come along and enjoy!

Faith, Mental Health and Caring for One Another

Christ Church Cathedral Mental Health Ministry presents an educational day Saturday, May 5, 9am-3pm at Diocesan Synod Office, 1410 Nanton Street, Vancouver.

Keynote speakers will share their experiences of living well with a diagnosis of mental illness or supporting a person with a mental illness. A choice of workshops will be offered in the afternoon. Registration is required. For further information please contact: mentalhealth@thecathedral.ca

PWRDF Update Partner Profile: Village Health Works, Burundi - Virginie Nizigama is one of many exceptional local women who volunteers at the Village Health Works clinic in Kigutu, Burundi. She is a bundle of energy and involved in every aspect of the clinic. She is there explaining new varieties of maize, onion and beans and how they can best grow with organic fertilizers. "No outside fertilizer needed!" Virginie is there, with other women, milking the cows, tending to the pigs and the chickens. As for the milk, that's also for the patients who need it. Virginie is there, telling women and men how to diversify their diets, grow the best varieties of vegetables so they won't need to come to the clinics as often, and to keep their children healthy for school. "We can't eat manioc all the time," she patiently explains to the others. It grows easily and quickly on the hills in Burundi, but so can many other plants that are much more nutritious.

QUICK LOOK AHEAD

Tues. May 1 1pm Prayer Shawl Meeting
Sat. May 5, ACW Annual General Meeting
Tues. May 15 2pm Ladies Guild Guest speaker: Bishop Biswas from the Diocese of Calcutta.
Tues. May 15 6pm Men's Club Meeting
Tues. May 22 7pm Parish Council meeting
Sat. May 26 Diocesan Mission Conference
Sat. May 26 Labyrinth Prayer: A Pilgrim Journey
Close To Home
Tues. June 5 1pm Prayer Shawl Meeting
Sat. June 9 5:30 pm Men's Club Chicken Bar B Q
Tues. June 12 2pm ACW Meeting
Sat. June 16 11 am ACW Strawberry Tea
Tues. June 19 Noon - Ladies Guild Meeting – Summer Party – T.B.A.



Souper Sunday News

If you have any jars from previous soup sales, please return them to the Church Kitchen please include the sealing ring with the jar. Thank you!

Upcoming Events

Monday, April 30

9am – Exercise - Hall

Tuesday, May 1

9am – Creation Care Gardens & Grounds
1am – Prayer Shawl Meeting – Family Room
7pm – Youth – Youth Room

Wednesday, May 2

9am – Yoga – Education Centre
10am – Service – Sanctuary
1pm – Seniors Get-Together – Hall and Family Room
7:30pm – Choir Practice

Thursday, May 3

7:30pm – Bible Study – Family Room

Friday, May 4

9am – Exercise – Education Centre
9am – ACW in the Hall for Set Up

Saturday, May 5

ACW Annual General Meeting Event (daytime)
Orpheus Choir Concert (evening)