



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

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**"PARISH PULSE"
NEWSLETTER OF
ST. MARK OCEAN PARK
SUNDAY SEPTEMBER 23, 2018**



**IT'S SOUPER SUNDAY TODAY!
After 8:00 am and 10:00am services
Delicious Italian Minestrone Soup
Proceeds of the sale will be donated to AMA House:
a residential safe home for Senior Women who are escaping abuse situations.**

Change of Heart Sunday Contemplative Evening Prayers

We will gather this evening, Sunday, September 23rd, at 7:00 in the Family Room for a shared experience of contemplative prayer. Through the led practice of Lectio Divina, we will have a time for releasing any distractions, opening our hearts and listening deeply to what God may be saying to us through the words in a passage. All are welcome! Please join us! - Janet Scott, Coordinator

BIBLE READINGS FOR September 30

Micah 6:6-8, Psalm 103, 1 Corinthians 1:26-31, Mark 10:13-16

Newcomers Fellowship on October 21

To all folk who are new (or relatively so!) to St Mark Ocean Park, you are welcome to join us for a Newcomers luncheon and fellowship on October 21 after church. This is a fun opportunity to meet folk and learn about St Mark's community and outreach.

PWRDF UPDATE

This October marks the 60th anniversary of the Springhill Nova Scotia mining disaster that led to the establishment of the Primate's Fund at General Synod the following year 1959. PWRDF will be marking the occasion. The focus will be on activity during the past 10 years since marking the 50th anniversary. The anniversary recognition will be launched at the PWRDF National Gathering and AGM in Toronto.

PRAYER CHAIN - The Coordinator for the Prayer Chain is Maggie Ferguson who may be reached at 604.538.6160 or at maggieferguson@telus.net Please give your requests to Maggie & she will send them out to the rest of the members of the chain, which now numbers 20 men & women, for daily prayer during their quiet time. Please renew or update your requests every two weeks as needed.

FLOWERS FOR THE ALTAR – are given today by Barbara and Charles Carington Smith to the Glory of God and in thanksgiving for all His blessings, in memory of our families.

The Lunch Basket for Hungry Children is given today by Craig and Holly Tanksley to the Glory of God and in thanksgiving for our mothers, whose birthdays we are celebrating!

Diocesan Anti-Racism Policy training is being offered in 2018 at locations as follows:

Sept. 29 – St. George, Maple Ridge **OR** Oct. 27 – St. Matthew, Abbotsford **OR** Dec. 1 – All Saints, Ladner
All those who are in Ministries that are considered MEDIUM or HIGH risk need to attend every 5 years, although anyone in the parish is welcome to attend. Carpooling may be arranged. These workshops are no charge, running 8:45-4:00pm. Bring your own lunch (coffee and tea are provided). To register look on the Diocesan Website: www.vancouver.anglican.ca then click on the **Event Calendar** and scroll down to September 29 (multiple dates). **OR** you can contact the Diocesan Office 604-684-6306 8:30-4:30 M-F. Register early as there is limited space. If you are unable to attend one of these, please let Barb Walks know at bdwalks@gmail.com and she can provide you with other options.

QUICK LOOK AHEAD

Sun. Sept. 23 Sunday School Hot Dog Social
Sun. Sept. 23 Souper Sunday
Tue. Sept. 25 7 pm Parish Council
Thurs. Sept. 27 8:30am Food Safe Course in the Education Centre
Tues. Oct. 2 1pm Prayer Shawls
Sun. Oct. 7 Thanksgiving Sunday
Tue. Oct. 9 6 pm Men's Club dinner. Guest speaker: Scott Tolhurst
Fri. Oct. 12-Sun. Oct 14: "Prayer Beyond Words" retreat at Camp Elphinstone. Contact: Lynne Hurd Sat. Oct. 13: Special Synod. Synod delegates are to attend.
Sun. Oct. 14 7pm Contemplative Prayer
Sun. Oct. 21 Souper Sunday
Sun. Oct. 21 Newcomers Fellowship
Tue. Oct. 23 7 pm Parish Council
Sat. Oct. 27 Anti-Racism Policy Workshop at St. Matthew's in Abbotsford
Sun. Oct. 28 7pm Contemplative Prayer
Sun. Nov. 3 10:30 am Investiture of the Order of the Diocese of New Westminster (ODNW) Massey Theatre, New Westminster
Nov. 6 1pm Prayer Shawls
Sat. Nov. 10 Remembrance Day concerts Contact: Denny O'Donovan
Sun. Nov. 11 Remembrance Day Sunday
Tue. Nov. 13 6 pm Men's Club dinner: Special presentation about last spring's pilgrimage to the Holy Land. Presented by Craig & Holly
Sat. Nov. 17 Metal Recycling
Sun. Nov. 18 Souper Sunday
Sun. Nov. 25 7pm Contemplative Prayer
Tue. Nov. 27 7 pm Parish Council
Sun. Dec. 9 7pm Contemplative Prayer

Upcoming Events

Tuesday, September 25

9:30am – Bible Study – Family Room
7pm – Parish Council Meeting – Family Room

Wednesday, September 26

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

Thursday, September 27

8:30am – Food Safe Course – Education Centre

Friday, September 28

9am – Exercise - Hall
6:30pm – Youth Movie Night – Education Centre

Congregational Music Survey

We give thanks to God for our wonderful music ministry, praising God that this important part of our worship is vibrant and alive.

Today the music ministry team is asking you for your valuable input. Please fill in the blank(s) where you have a suggestion and with which you feel comfortable completing. We will contact you if you fill in section #3 and/or section #4.

Thank you and God bless you all.

I attend the 8am service _____ 10 am service _____ (check one)

1) My favourite hymn is _____

2) We should sing this song from Christian radio (Praise 106.5)

3) I play the following instrument _____
and would like to play with the band in church or play a solo for the church. (circle one)

My name & contact info is _____

4) I love to sing & would like to join the choir _____ (check here)

My name is _____

My contact info is _____

5) Other (prelude music suggestions) _____
