



St. Mark – Ocean Park
Anglican Church

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"PARISH PULSE"
NEWSLETTER OF
ST. MARK OCEAN PARK
SUNDAY, JANUARY 20, 2019

On Sunday, January 27 Ruth and David Ullstrom with the OMF Missionaries in Taiwan will be speaking at the 8am and 10am Services. Ruth is the daughter of Reverend Peter Niblock. The ACW will be providing a lunch after the 10am Service and the Ullstrom's will be presenting a Power Point presentation.



SOUPER SUNDAY IS TODAY!

The proceeds from today's Souper Sunday will be donated to our local FOOD BANK. This local location provides weekly support services to over 600 people in the White Rock/South Surrey area.

Sources White Rock/South Surrey Food Bank is a member of Food Banks BC and Food Banks Canada, providing community members in need a minimum of 2 days' worth of food per person per week. Extra healthy food items are also provided for each school age child as well as formula and diapers for babies.

Email Collection – As we did in past years, we would like to email the official "Notice" for our upcoming Vestry Meeting = Sunday, February 17, to members to save paper, copying and postage. Please verify changes or add your new (since January 2018) email address, to the membership list in the Narthex after both Services on today or Sunday the 27th. Those without emails will have Notices available for pick up on Sunday, February 3, or mailed. Thank you. – Your Wardens

Bible Study – Morning Bible Study will resume on Tuesday, January 22, from 9:30am to 11:30am (studying the book of Psalms).

St. Mark's Semi-Annual Metal Recycling Event on Saturday, March 30

Guidelines:

- Christmas Lights – strings can be donated "as is"
- our primary aim is to keep metal out of the landfill, **not** to take away from existing opportunities and programs
- please put all acceptable metal in your blue bin, i.e. jar lids, mason rings, tin cans, foil tart shells, etc
- We are happy to receive these only if your collection doesn't accept them
- Please **DO NOT LEAVE ON SITE** except by arrangement with Anne Schreck close to the March or November events

Contact for the Prayer Chain Please send your requests for prayer to Lynne Hurd at lynneh1@telus.net, or by phone at 604-542-2772.

Bible Readings for January 27

Nememiah 8:1-3, 5-6, 8-10

Psalm 19

1 Corinthians 12:12-31a

Luke 4:14-21

The Lunch Basket For Hungry Children is provided this week by John and Victoria Finley to the Glory of God and in thanksgiving for the wonderful Christmas Season.

Flowers for the Altar - are given to the glory of God and in loving memory of, and thanksgiving for, my parents Marjorie and Neil MacDonald, by Isabel Chernoff.

Electronic Donations We encourage everyone to consider giving electronically by Pre-Authorized Donation (PAD), or via Credit/Debit card at the Electronic Donation Station located in the Narthex. Thank you to all those who have so enthusiastically embraced this new way of giving as it helps us to best manage our ongoing monthly expenses. Donation envelopes are also provided for those who prefer to give that way.

Crossing the Threshold into a New Year

Taize-Style Contemplative Evening Prayers Tonight

In the month of January we stand on the threshold of a new year. What hopes, dreams, longings do you have for the year ahead? God invites us to take time to pause and then walk with faith across the threshold, trusting in His constant presence, within and around each one of us. Join us on tonight for a time of quiet music, sung prayer, readings and silence. We will meet in the Family Room at 7pm for approximately one hour. All are welcome! - Janet, Cecelia and Sandra

Labyrinth Retreat Day

Date: Saturday, February 23, 2019

Time: 9:00 - 4:00

Place: St. Dunstan's Anglican Church
3025-264th Ave; Aldergrove.

The labyrinth is a contemplative spiritual discipline based on the ancient practice of pilgrimage. Come explore and travel this ancient path and practice openness to love and clarity on the twists and turns you face. This retreat is full of embodied prayer opportunities; working with clay, art stations, and tactile labyrinth activities. We will begin by encircling the labyrinth for prayers, chants, and a blessing.

Facilitated by: Janet Scott, Lorie Martin & David Taylor

Registration: \$125.

Proceeds go to Labyrinth Fund at St. Dunstan's Parish.

Lunch, snacks, drinks and materials are provided.

Scholarships are available.

Register at: st-dunstans.ca

QUICK LOOK AHEAD

Tues. Jan. 22 – Ladies Guild Meeting
Tues. Jan. 22 – Parish Council Meeting
Sun. Jan. 27 – Taize-Style Contemplative Eve. Prayers
Wed. Jan. 30 – Seniors Get Together
Tues. Feb. 5 – Prayer Shawls
Sun. Feb. 10 – Contemplative Evening Prayers
Tues. Feb. 12 – ACW Meeting
Tues. Feb. 12 – Men's Club Meeting
Wed. Feb. 13 – Seniors Get-Together
Sun. Feb. 17 –Annual Vestry Meeting
Tues. Feb. 19 – Ladies Guild Meeting
Wed. Feb. 20 – Altar Guild Meeting
Sat. Feb. 23 - Coldest Night of the Year
Sun. Feb. 24 – Souper Sunday
Sun. Feb. 24 – Taize-Style Contemplative Eve. Prayers
Wed. Feb. 27 – Seniors Get Together
Tues. March 5 – Prayer Shawl Meeting
Tues. March 5 –Shrove Tuesday Pancake Supper
Wed. March 6 – Ash Wednesday Service
Thurs. March 7 – Evening Lenten Series (begins)
Sun. March 10 –Contemplative Evening Prayers
Tues. March 12 – ACW Meeting
Tues. March 12 – Men`s Club Meeting
Wed. March 13 – Seniors Get Together
Thurs. March 14 – Evening Lenten Series continues
Tues. March 19 – Ladies Guild Meeting
Thurs. March 21 – Evening Lenten Series continues
Sun. Mar. 24 – Taize-Style Contemplative Eve. Prayers
Tues. March 26 – Parish Council Meeting
Wed. March 27 – Seniors Get Together
Thurs. March 28 – Evening Lenten Series continues
Sat. March 30 –Metal Re-cycling Event

Upcoming Events

Tuesday, January 22

9:30am – Bible Study – Family Room

2pm – Ladies Guild – Family Room

7pm – Parish Council – Family Room

Wednesday, January 23

9am – Yoga – Education Centre

10am - Service – Sanctuary

7:30pm Choir Practice – Sanctuary

Friday, January 25

9am – Exercise - Hall

Saturday, January 26

Kitchen – Food Preparation for Sunday's presentation by the Ullstroms

Hall – Set Up for Sunday's Coffee Hour

Sunday, January 27

Hall – After the 10am Service lunch will be served during the presentation by the Ullstroms

(See over..)

Anne Schreck is attending this event and has room in her vehicle for three passengers.

THE KAIROS BLANKET EXERCISE

Sunday, February 10, 2019

Registration 1:00–1:30pm, Exercise 1:30–4:30pm

at St. Dunstan's Anglican Church

3025 - 264th Street Aldergrove, BC



The KAIROS Blanket Exercise™ program is a unique, interactive and participatory Canadian-Indigenous history lesson, developed in collaboration with Indigenous Elders, knowledge keepers and educators for reconciliation. During the KBE, participants walk on blankets representing the land and into the role of First Nations, Inuit and Métis peoples by reading scrolls and carrying cards which ultimately determine their outcome as they literally 'walk' through situations that include pre-contact, treaty-making,

colonization and resistance. The Exercise concludes with a debriefing, conducted as a 'talking circle', during which participants discuss the learning experience, process their feelings, ask questions, share insights and deepen their understanding.

Canada is in a season of reconciliation and we are all invited to participate.

Art above by Melaney Gleeson-Lyall (Point), Musqueam Coast Salish

Watch it in action: <https://www.kairosblanketexercise.org/about/>

KBE Facilitators: Anne Wicks (*Spiritual Director*) and Melaney Gleeson-Lyall

Cost: \$40

Contact: Janet Scott, SoulStream Partner - janetcjscott@gmail.com

Register Here: <https://soulstream.org/blanket-exercise-february-2019/>

Event proceeds less expenses will go to SoulStream Initiatives

SoulStream is a non-profit organization that seeks to support the contemplative lifestyle and encourage others to live authentically with Jesus Christ

