



St. Mark – Ocean Park Anglican Church

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"PARISH PULSE" NEWSLETTER OF ST. MARK OCEAN PARK SUNDAY, JANUARY 27, 2019

Vestry Meeting — The Annual Vestry Meeting of St. Mark Ocean Park will take place on Sunday, February 17, 2019, following a combined Service at 10am, and a lunch in the Parish Hall. On Friday, January 25 the Office emailed the Vestry Notice to parishioners who have provided their email addresses. If you are one of those people please check your email for your Vestry Notice. Today, paper copies of the Vestry Notice are available in the Narthex, for all other parishioners. Please pick up your copy as soon as possible to help us reduce mailing costs. Any Vestry letters not picked up will be mailed on Monday, February 4. We encourage every member to attend our Vestry, and pray for this annual business meeting as it is an important time to gather as a community and make important decisions based on where we see the Lord leading us as a Parish.

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, Sandra, Cecilia and Emily

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 February 3

Jeremiah 1:4-10, Psalm 71:1-6, 1 Corinthians 13:1-13, Luke 4:21-30

The Lunch Basket For Hungry Children is provided this week to the Glory of God in thanksgiving for all his many blessings.

Flowers for the Altar - are given today by Ken Anderson to the Glory of God; and to his wife, Rea, and his grandson Kenneth Anthony.



Library News Movie Night

Looking for something for movie night? **Accidental Activist** tackles one of today's issues – political correctness. Do we have the right to stand up for our beliefs or must we give way to everyone else in case we unknowingly offend someone? **Extraordinary** is based on a true marriage journey. Follow the family as they struggle through one last ultra-marathon, a 2900 mile race across America and 60 days praying your husband will come home well. Dove rated **Ociee Nash** is a fun story for the whole family about a tomboy and her adventures while learning to be a girl.

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.



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

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. Feb. 5 – Prayer Shawls
Sun. Feb. 10 – Contemplative Evening Prayers
Sun. Feb. 10 – Souper Sunday
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 – 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 – Souper Sunday
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 29

9:30am – Bible Study – Family Room

Wednesday, January 30

9am – Yoga – Education Centre

10am - Service – Sanctuary

1pm – Seniors Get-Together – Hall & Family Room

7:30pm Choir Practice – Sanctuary

Friday, February 1

9am – Exercise - Hall

(See over..)

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

