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# "PARISH PULSE" NEWSLETTER OF ST. MARK OCEAN PARK SUNDAY, JANUARY 6, 2019

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

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

# **Bible Readings for January 13**

Isaiah 43:1-7 Psalm 29 Acts 8:14-17 Luke 3:15-17, 21-22

#### The Lunch Basket For Hungry Children is

provided this week by Holly and Craig Tanksley in thanksgiving for a blessed 2018 and anticipating God's presence and blessing at St Marks in the year to come.

<u>Flowers for the Altar</u> - The flowers are given today by Janet Cormode to God's Glory and thanks for all the blessings.

# **Ministry Report for the Annual Report**

The deadline for your 2018 Ministry Report is: Mon. Jan. 14, 2019.

The Vestry Meeting will be held on Sunday, February 17, 2019.

# **Library News**



Come on into the library and get some books to help you keep your resolutions. There are books on journaling, prayer, self-help, and helping others. Get inspiration from others by reading a biography. If you are resolving to relax more we have lots of fiction to help you with that.

Holy Trinity White Rock is having a Dinner & Dance, and invites members of St. Mark Ocean Park to consider attending. Sat. January 26 in the evening. Silver Stars Band will provide the music. Tickets are \$32/each and are for sale at the Church Office (at the corner of Foster and Roper).

# **Upcoming Events**

## Tuesday, January 8

1pm – Prayer Shawls – Choir Room 2pm – ACW meeting – Family Room 6pm – Men's Club meeting – Hall

#### Wednesday, January 9

9am – Yoga – Education Centre 10am - Service - Sanctuary 7:30pm Choir Practice – Sanctuary

### Friday, January 11

9am - Exercise - Hall

#### Sunday, January 13

7pm - Contemplative Evening Prayers - Family Room

QUICK LOOK AHEAD.....see next page...

#### **QUICK LOOK AHEAD**

Tues. Jan. 8 - Prayer Shawls

Tues. Jan. 8 – ACW Meeting

Tues. Jan. 8 - Men's Club Meeting

Sun. Jan. 13 - Contemplative Evening Prayers

Wed. Jan. 16 - Seniors Get-Together

Sun. Jan. 20 - Souper Sunday

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

Sat. March 23 - Morning Metal Re-cycling Event

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