



## St. Mark – Ocean Park Anglican Church

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### **"PARISH PULSE" NEWSLETTER OF ST. MARK OCEAN PARK SUNDAY, FEBRUARY 10, 2019**

**Contemplative Evening Prayers** - Are the overcast days of winter getting to you? Join us for an evening of light! We will gather this evening, Sunday, February 10th at 7:00, in the Family Room for a time of Contemplative Prayer. All are welcome! - Janet Scott and Sandra Lumb

**COLDEST NIGHT OF THE YEAR** Brian Walks is assembling a walking team again this year for the annual walk along the White Rock waterfront on Sat. Feb. 23. Registration begins at 3:00 with the walk beginning at 4:00. You can walk 2, 5 or 10 km. The walk is to benefit the homeless population in White Rock. One of the programs is a rent subsidy, so that people don't get kicked out into the street for not being able to afford their rent due to job loss or infirmity. Walkers are pledged for their walk. For more information, see Brian after the service today.

**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. 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.  
- Thank you and God bless. -- Your Wardens.

**2018 Annual Report** – The Annual Report for 2018 is available in the Narthex today and again on Sunday, February 17 (the day of the Vestry Meeting). We have printed only enough copies to provide one Annual Report for each family. When you pick up your copy, please add your name and signature to the "pick-up" sheet provided. Please read your Annual Report and bring it with you to the Vestry Meeting. If you wish, you may download a digital copy of the 2018 Annual Report from the St. Mark Ocean Park website.



### **SOUPER SUNDAY IS TODAY!**

The proceeds from Souper Sunday will be disbursed by the Outreach Ministry to a charitable organization that benefits the local community.

**World Day Of Prayer** – is on Friday, March 1<sup>st</sup>. Worship begins at 1pm, at Church of the Good Shepherd in Surrey, at 2250 150<sup>th</sup> Street.



## Library News

Are you reading the Out of Egypt series? Book 3 is here. In **Wings of the Wind** author **Connilyn Cossette** takes Alanah onto the battle field after her father and brothers have been killed in battle. Tobiah, a Hebrew warrior, finds her there and brings her back to the healer at the Hebrew camp. What will the consequences of this act of compassion be? Will Alanah unite with her enemy or will she be driven into greater danger? This is a hard one to put down till you reach the final page.

### 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](mailto:lynneh1@telus.net), or by phone at 604-542-2772.

#### **Bible Readings for February 17**

Jeremiah 17:5-10, Psalm 1, 1 Corinthians 15:12-20, Luke 6:17-26

**The Lunch Basket For Hungry Children** is given today by Betty-Ann and Ian Bainbridge to the Glory of God and in deep gratitude for the safe arrival in January of our two grand baby boys, Theodore in Edmonton and Colton in Hong Kong.

**Flowers for the Altar** - are given today by Margot McDermott to the Glory of God, and in celebration of a birthday for Michael McDermott, and Marilyn Dyer.

Flowers are also given today in loving memory of Alice Victoria Stefan. Forever loved and missed by her daughter Lynne and Brian Brownridge, and son Craig Stefan.

**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.

### 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](http://st-dunstans.ca)**

### QUICK LOOK AHEAD

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  
Thurs. March 7 – Evening Lenten Series (1st of 6)  
Sun. March 10 – Newcomers Event  
Sun. March 10 – Souper Sunday  
Sun. March 10 – Contemplative Evening Prayers  
Tues. March 12 – ACW Meeting  
Wed. March 13 – Seniors Get Together  
Thurs. March 14 – Evening Lenten Series (2<sup>nd</sup>)  
Tues. March 19 – Ladies Guild Meeting  
Thurs. March 21 – Evening Lenten Series (3<sup>rd</sup>)  
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 (4<sup>th</sup>)  
Sat. March 30 – Metal Re-cycling Event  
Thurs. April 4 – Lenten Lunch at St. Mark's  
Thurs. April 4 – Evening Lenten Series (5<sup>th</sup>)  
Thurs. April 11 – Evening Lenten Series (6<sup>th</sup> and final)  
Sun. April 14 – Palm Sunday  
Sun. April 14 – Contemplative Evening Prayers  
Wed. April 17 – Holy Wednesday  
Thurs. April 18 – Maundy Thursday  
Fri. April 19 – Good Friday  
Sat. April 20 – Holy Saturday  
Sun. April 21 – Easter Sunday  
Sun. April 28 – Taize-Style Contemplative Prayers

### Upcoming Events

#### Tuesday, February 12

9:30am – Bible Study – Family Room

2pm – ACW Meeting – Family Room

6pm – Men's Club Meeting – Hall

#### Wednesday, February 13

9am – Yoga – Education Centre

10am - Service – Sanctuary

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

7:30pm Choir Practice – Sanctuary

#### Friday, February 15

9am – Exercise – Hall

#### Saturday, February 16

9am – Prepare for Vestry Lunch – Kitchen

#### Sunday, February 17

Vestry Lunch and Meeting – following the 10am  
combined Service - Hall

# 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*

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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](mailto: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*

