



## St. Mark – Ocean Park Anglican Church

12953 20<sup>th</sup> Ave., Surrey, BC, V4A 1Z1, Tel: 604-535-8841 email [office@stmarkbc.org](mailto:office@stmarkbc.org), [www.stmarkbc.org](http://www.stmarkbc.org)

# "PARISH PULSE" NEWSLETTER OF ST. MARK OCEAN PARK SUNDAY, FEBRUARY 17, 2019

## Tax Receipts – for your 2018

contributions will be available for pick up in the Narthex next = Sunday: Feb. 24.

**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.

### **LADIES GUILD MEETING**

Tuesday, February 19th, 2 pm  
Guest speaker - Dorothy Mash  
New members welcome

**2018 Annual Report** – The Annual Report for 2018 is available in the Narthex today. 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.



If you have any jars from previous **Souper Sunday** sales, would you please return them to the church Kitchen...please include the sealing ring with the jar. Thank you!

**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.

### The VITA Retreat - Prayer that makes us whole

- Friday – Sunday, March 22 - 24
- 4pm
- Loon Lake Retreat Centre, Maple Ridge, BC

Another opportunity to attend this excellent retreat that several in our parish have attended in the past. *A spiritual formation retreat, rooted in Anglican spirituality, where the Holy Spirit can move to personally transform participants to more actively engage in Christian prayer life and mission.*

After a successful pilot program, "The Vita Retreat" (formerly known as "Pro Vita Mundi") is ready to be fully launched as a transformative event for the diocese. The retreat is open to 25 people who desire spiritual growth and who want to explore their prayer lives in a West Coast retreat environment

This two-night retreat includes all meals/snacks and materials. The facilities are modern cabins that include a common lounge, private showers and rooms with two beds; two people per room. Clergy are welcome to attend with their parishioners.

#### **Retreat goals:**

- to support participants as they broaden and deepen their experience of prayer in their everyday lives and activities.
- to inspire the energy, creativity and commitment of the next generation of Anglicans as they engage the communities where God has placed them.

#### **Cost:**

- for 2 nights accommodation, all meals, retreat materials
- \$175
- for bursary application to cover up to 50% of cost: email [jschaap@vancouver.anglican.ca](mailto:jschaap@vancouver.anglican.ca)
- ***Deadline for registration = Thurs. Feb. 28***
- Registration website:  
<https://conta.cc/2TC8HAV>

### 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)**



### Library News

#### **In It's Not Supposed to Be This Way, Lisa**

**TerKeurst** explores events that can disappoint and disillusion us. Some events can even make us doubt God's goodness. Find ways to process these situations, recognize the three stages of the enemy, discover how not to panic when it seems there is more than we can handle, and much more. Bible-based and a helpful, supportive section at the end of each chapter, definitely worth a look.

### 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 24

Genesis 45:3-11, 15, Psalm 37:1-11, 39-40,  
1 Corinthians 15:35-38, 42-50, Luke 6:27-38

#### The Lunch Basket For Hungry Children is

provided this week by Shannon and Jef Poulsen to the Glory of God and in Joy and Thanksgiving for granddaughter Lily, February 3, and son Christopher, February 5, and Jef, February 6.

**Flowers for the Altar** - are given today by Terri Pickering, in loving memory of my parents Joan and Colin Pickering.

**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.

## **QUICK LOOK AHEAD**

Tues. Feb. 19 – Ladies Guild Meeting  
Tues. Feb. 19 – Men's Club 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 7pm Service at  
Mt. Olive Lutheran Church  
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 – Lenten Lunch at 12noon at Mt. Olive  
Thurs. March 14 – Evening Lenten Series (2<sup>nd</sup>)  
Tues. March 19 – Ladies Guild Meeting  
Thurs. March 21 – Lenten Lunch at 12noon at  
Star of the Sea  
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 – Lenten Lunch at 12noon at  
Peninsula United  
Thurs. March 28 – Evening Lenten Series (4<sup>th</sup>)  
Sat. March 30 – Metal Re-cycling Event

Thurs. April 4 – Lenten Lunch at 12noon 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 6pm Family Service  
and Meal  
Fri. April 19 – Good Friday  
Sat. April 20 – Family Easter Blast in the Hall  
Sun. April 21 – Easter Sunday  
Sun. April 28 – Taize-Style Contemplative Prayers

## **Upcoming Events**

### **Monday, February 18**

Office Closed – B.C. Statutory Holiday

### **Tuesday, February 19**

9:30am – Bible Study – Family Room  
2pm – Ladies Guild Meeting – Family Room  
6pm – Men's Club Meeting - Hall

### **Wednesday, February 20**

9am – Yoga – Education Centre  
10am - Service – Sanctuary  
11am – Altar Guild Meeting – Family Room  
7:30pm Choir Practice – Sanctuary

### **Friday, February 22**

9am – Exercise – Hall

### **Sunday, February 24**

7pm – Taize-Style Contemplative Prayers

**"A Fresh Walk on Ancient Paths"  
Contemplative Prayer Lenten Series  
All Are Welcome!**



**Thursdays from 7 - 9 pm  
March 7, 14, 21, 28 April 4 and 11, 2019**

**Facilitators: Dr Mark Davies,  
Rev Craig Tanksley, Rev Scott Tolhurst**

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Please register by  
emailing [office@stmarkbc.org](mailto:office@stmarkbc.org)