



**St. Mark – Ocean Park**  
Anglican Church

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

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**Bible Readings for October 27**

Jeremiah 14:7-10, 19-22, Psalm 84:1-7  
2 Timothy 4:6-8, 16-18, Luke 18:9-14

**Flowers For The Altar** are given today by Janet Scott to the Glory of God and with gratitude for the life of her beloved husband, Ian Scott.

**The Lunch Basket For Hungry Children** is provided this week by Patti and Don Boyd to the Glory of God and in thanksgiving for God's many blessings.

**Contact for the Prayer Chain** –the Coordinator for the Prayer Chain is Maggie Ferguson. Please send your prayer requests and updates to Maggie at [maggieferguson@telus.net](mailto:maggieferguson@telus.net) or call 604.538.6160.

**Holly Berry Fair** – The Ladies Guild, ACW and Men's Club are planning for this fun annual event. We will accept donations of treasures, antiques and collectibles, and Christmas items at any time until the week of the Fair. If you would like further information or to be involved as a volunteer please email me, Linda O'Donovan, at [lindaodee@hotmail.com](mailto:lindaodee@hotmail.com)  
(Date of Fair: Sat. Nov. 30)

**New Offering: Centering Prayer**

Come join others for an hour tonight, **October 20 at 7:00** in the Family Room to learn more about the ancient and ongoing Christian practice of **Centering Prayer**. This method of prayer is designed to cast a new light and depth on other kinds of contemplative prayer. It is a surrendering to God in the silent simplicity of meditation. It is a movement beyond conversation with Christ to communion with Him. It is resting in God's presence and action within. Our hour together will include a time of learning and a time of practice. Another evening of Centering Prayer will also be offered on Sunday, **November 17**. For more information email Sandra Lumb at: [slumb@telus.net](mailto:slumb@telus.net) - Janet Scott and Sandra Lumb

**Choir Director Elizabeth Gilchrist** would like to meet today with any children interested in singing in a Children's Choir after the 10am Service.



**IT'S SOUPER SUNDAY  
TODAY!**

**After the 8:00 am and 10:00am services**

Proceeds of the sale will be donated to THE LAUNCHING PAD, a non-profit agency working with recovering adult male alcoholics and addicts. The Launching Pad helps young men as they work towards achieving and maintaining sobriety. They learn to be employable and to develop supportive relationships with family and friends.  
- Your Community Outreach Ministry

**Be Grateful And In Thanksgiving**

After the Thanksgiving services all of the fruit and vegetables from the beautifully decorated Altar were packed up and delivered to the 'Launching Pad'. All of these food items are used to help feed the men who reside in this facility. . Your Community Outreach Ministry supports this non-profit organization throughout the year.

**A Remembrance Day Musical Tribute**

Langley First Capital Chorus  
Saturday, November 9 at 2pm and again at 7pm  
At St. Mark Ocean Park  
All tickets are \$20  
(Forces Veterans = Free Entry)  
Tickets available by calling Denny at 604.536.7983

**"Celebration of Life" Services** –

2pm on Sat. October 26 for Valerie White  
2pm on Sat. November 2 for Cathy Teskey

**The Mission for Seafarers** drive is now underway.

We are looking for work socks (must have some wool in them), toques, work gloves, toiletries (male and female: razors, lotion, toothbrushes, toothpaste, shampoo, conditioner etc.), small stuffed animals, puzzles (adult and children's) and magazines (National Geographic, Readers Digest, magazines about BC and Vancouver).

The purpose of this drive is to be sure that no Seafarer in the Port of Vancouver (this includes Delta Port) doesn't get a Christmas present. The small stuffed animals and children's puzzles are so that Seafarers who are heading home can pick up something for their children.

**Upcoming Events**

**Monday, October 21**

6am to 10pm – the Hall is in use as a Federal Election Voting Place

**Tuesday, October 22**

9-11am – Gardens & Grounds Work Party

9:30am – Bible Study – Family Room

7pm – Parish Council Meeting – Family Room

7:30pm – Bible Study – Office

**Wednesday, October 23**

9am – Yoga – Education Centre

10am Service – Sanctuary

1pm – Seniors Get-Together – Hall & FR

7:30pm – Choir Practice - Sanctuary

**Thursday, October 24**

8:30am – The Kitchen is in use by the Peace Arch Hospital Aux. for food preparation

7:30pm – Mandarin Bible Study – Family Room

**Friday, October 25**

8:30am – 4:30pm – The Kitchen & Hall are in use by the Peace Arch Hospital Aux. for a fundraising event

9am – Exercise – EdC

**Saturday, October 26**

9am – Gardens & Grounds Work Party

2pm – Celebration of Life for Valerie White in the Sanctuary

## **QUICK LOOK AHEAD**

Sun. Oct. 20 – 7pm – Contemplative Evening

Prayers

Mon. Oct. 21 -- 6 am-9 pm Federal Election. Hall is booked as a Voting Place for the day.

Tues. Oct. 22 – Parish Council Meeting

Wed. Oct. 23 – Seniors Get Together

Sat. Oct. 26 – 2pm – Valerie White Celebration of Life

Sun. Nov. 3 – 7pm - Contemplative Evening

Prayers

Sat. Nov. 2 – 2pm – Cathy Teskey Celebration of Life

Tues. Nov. 5 – Prayer Shawls

Wed. Nov. 6 – Seniors Get Together

Sat. Nov. 9 -- Denny's Annual Remembrance Day concerts

Sun. Nov. 10 -- Remembrance Sunday

Tues. Nov. 12 – ACW Meeting

Tue. Nov. 12 -- 6 pm Men's Club Dinner Meeting – Guest Speaker: Rev. Craig Tanksley (the pre-“refirement” tour)

Sat. Nov. 16 – Metal Recycling Event

Wed. Nov. 20 – Seniors Get Together

Nov. 22 and 23 = Friday and Saturday = Vita Retreat at St. Mark's

Sun. Nov. 24 – 7pm - Contemplative Evening  
Prayers

Tues. Nov. 19 – Ladies Guild Meeting

Sun. Nov. 24 -- Souper Sunday

Tues. Nov. 26 – Parish Council Meeting

Thurs. Nov. 28 & Fri. -- Nov. 29 Set up for Holly Berry Fair

Sat. Nov. 30 -- 11 am-2 pm Holly Berry Fair

Sat. Nov. 30 – 10am to 4:30pm – Christmas on the Peninsula Festival at White Rock Community Centre

Sun. Dec. 1 – White Gift Sunday

Sun. Dec. 1 – 7pm - Contemplative Evening  
Prayers

Wed. Dec. 4 8:30am -4pm Decorate the Hall for Christmas

Wed. Dec. 4 – Seniors Get Together

Sun. Dec. 8 – 7pm – A Dickens Christmas with the Young People's Opera Society, and special guests the St. Mark's Choir

Sun. Dec. 15 – Sunday School Pageant

Wed. Dec. 18 – Seniors Get Together

Sun. Dec. 22 – Lessons and Carols Sunday

Sun. Dec. 22 – 7pm Debra daVaughn, Chris Simmons and Cassandra's annual Christmas concert

Tues. Dec. 24 – 5pm Family Communion

Tues. Dec. 24 – 7pm and 11pm Candlelight Communion

Wed. Dec. 25 – 10am Christmas Day Service