



**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, OCTOBER 27, 2019**

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**VITA RETREAT: AN OPPORTUNITY FOR SPIRITUAL AWAKENING**

The people of St. Mark Ocean Park are invited to register now for the VITA Retreat, to be offered here in our church on the evening of Fri. November 22nd and the day and evening of Sat. November 23rd, 2019. Information about the Retreat and the registration form are available on St. Mark's website: [www.stmarkbc.org](http://www.stmarkbc.org)

If you do not have access to the internet, please contact Janet Scott at 778-828-8974 to register off-line or to answer any questions.

The VITA Retreat works to create an environment for people to encounter the Holy Spirit and reignite their lives of prayer and ministry. The core of the Retreat is to introduce people to contemplative and creative prayer practices, provide time to reflect on their experiences, and begin and end with the daily office and worship of the Anglican tradition.

The VITA Retreat Team, headed by Rev. Eric Mason, Rector at St. Laurence Coquitlam, has facilitated this Retreat at Retreat Centres over the past two years. We are blessed to welcome this Team to our parish for this two-day experience. **SAVE THE DATES AND REGISTER NOW!!**

**Contemplative Evening Prayers on November 3rd**

With Sat. November 2nd being All Soul's Day, and Mon. November 11th being Remembrance Day, it is fitting that we give ourselves time with God to pause and remember those who have gone before us. Please join us for an evening of Lectio Divina, quiet music and silence as we draw close to God in community. We will gather at 7:00 in the Family Room on Sunday, November 3rd. All are welcome!

-Janet Scott and Sandra Lumb, Contemplative Prayer Ministry

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

**"Celebration of Life" Service** – 2pm on Sat. November 2 for Cathy Teskey at St. Mark Ocean Park

**READERS' MINISTRY:** If you would like to become a member of the Readers' Ministry for the 10am service, please contact Lauren MacPherson at [climac@telus.net](mailto:climac@telus.net)

**PURDY'S CHOCOLATES** are available for Christmas from the Ladies Guild. Catalogues are available in the Hall and orders must be returned by Sat. November 17. Delivery date is December 7 or 8. Questions? [isabelchernoff@telus.net](mailto:isabelchernoff@telus.net) or [lindaodee@hotmail.com](mailto:lindaodee@hotmail.com)

**Bible Readings for November 3**

Habakkuk 1:1-4, 2:1-4, Psalm 119:137-144, 2 Thessalonians 1:1-4, 11-12, Luke 19:1-10

**The Lunch Basket For Hungry Children** is provided this week by Larry and Merrilee Trask to the Glory of God and in thanksgiving for their son Brad and Bonnie's anniversary.

**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 on Sunday, **November 17** 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. For more information email Sandra Lumb at: [slumb@telus.net](mailto:slumb@telus.net) - Janet Scott and Sandra Lumb

**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



**Turn Trash Into Cash!** St. Mark's 9<sup>th</sup> Metal Re-Use Recycle Event is Sat. November 16. Drop off is from 9am to 11am. Please drop off items at the back of the Church or by special arrangement with Anne Schreck. See the Creation Care Ministry board and display for questions and ideas. - Anne (604.536.0072)



**Recycling** – Please be mindful! Without the City of Surrey garbage and recycling services St. Mark's would not operate! Please remember **no** plastic bags of any kind or size in the Blue Bin.



## **TO VOTE AT VESTRY**

9.2 The Vestry of a Parish shall consist of all baptized persons of the age of fifteen or over:

- a) who are accustomed worshippers within the Parish and;
- b) whose names have been on the Parish List of the Parish for at least the three months preceding the Vestry Meeting.

9.3 For the purposes of subparagraph 9.2(a) above, indicia of an “accustomed worshipper” may include, among other things, a person’s:

- a) frequent attendance;
- b) material commitment of time, talents, or financial resources; or
- c) receipt of the ministrations of the Parish because of illness or other incapacity,

though the presence of such factors shall not necessarily be determinative of a person’s status as an accustomed worshipper.

Benefits of being a member:

- 1) You get to vote at the Vestry (AGM) Meeting
- 2) You receive the parish e-newsletter and other important notices.
- 3) You get a free name tag.

To vote in the next Vestry (AGM) Meeting you must be registered by Saturday, November 16.

Please check in the Hall if you are on the list. If you wish to be on the membership list you must fill out a registration form. You might also want to check that your email address, and other personal information is correct.

**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.



## **Library News**

**Dani Pettrey** has done it again in her new book **The Killing Tide**. This is the first book in her new series, Coastal Guardians. One officer is dead and another is missing, Finn has little to go on and then the situation is further complicated by the arrival of the boss’s sister who is also an investigative reporter. You won’t want to put this book down till the last page.

## **QUICK LOOK AHEAD**

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 concert  
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 retirement tour)  
Sat. Nov. 16 – Metal Recycling Event  
Sun. Nov. 17 – 7pm - Contemplative Evening Prayers  
Tues. Nov. 19 – 8am and onward – ACW Area Meeting  
Tues. Nov. 19 – Ladies Guild Meeting  
Wed. Nov. 20 – Seniors Get Together  
Nov. 22 and 23 = Friday and Saturday = Vita Retreat at St. Mark's  
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  
Tues. Dec. 3 - 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  
Fri. Dec. 13 – Seniors Christmas Luncheon  
Sun. Dec. 15 – Sunday School Pageant  
Sun. Dec. 15 – 7pm - Blue Christmas Service  
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 \

## **Upcoming Events**

### **Tuesday, October 29**

9:30am – Bible Study – Family Room  
7:30pm – Bible Study – Office

### **Wednesday, October 30**

9am – Yoga – Education Centre  
10am Service – Sanctuary

### **Thursday, October 31**

1pm – Outreach Committee Mtng - Hall  
7:30pm – Mandarin Bible Study – Family Room

### **Friday, November 1**

9am – Exercise – Hall

### **Saturday, November 2**

2pm – Celebration of Life for Cathy Teskey in the Sanctuary, followed by a Reception

### **Sunday, November 3**

7pm – Taize-Style Contemplative Evening Prayers in the Family Room

