



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

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**"PARISH PULSE"**  
**NEWSLETTER OF**  
**ST. MARK OCEAN PARK**  
**SUNDAY, NOVEMBER 17, 2019**

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**New Offering: Centering Prayer**

Come join others for an hour this evening, 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

**Attention Children's Ministries!** There is a meeting for Sunday School Teachers, Assistants, Music Ministry helpers, Pageant Leaders, helpers, and any other interested folks **today at 11:45am** (after church) in the Family Room. We will be discussing the Advent Season. Please RSVP to Barb Walks at [bdwalks@gmail.com](mailto:bdwalks@gmail.com) or (604)538-3568

**Craig's Retirement Party - Sunday, January 19, 2020**

A Planning Committee is being formed for this special event.

We are inviting one representative from the following groups to be on the Planning Committee:

- Communications Committee
- Sound Team
- Men's Club
- Ladies' Guild
- ACW
- 8AM service

Please advise Barb Walks [bdwalks@gmail.com](mailto:bdwalks@gmail.com) or (604)538-3568, of who your representative will be by Sunday, November 24. If you have not informed Barb as to who your representative will be, folks will be approached to represent your group.

**Christmas on the Peninsula Festival** Hear ye, hear ye, come one come all with the spirit of Christmas and meet your fellow citizens of the Semiahmoo Peninsula at the 11th annual **Christmas on the Peninsula Festival** at the White Rock Community Centre on **Sat. Nov. 30 from 10am - 4:30 pm**. Come for the Christmas market, Christmas carolling inside and outside, children's crafts, a town centre walkabout and visit participating businesses around White Rock. There will be a Christmas parade at 4pm, the city Christmas tree will be lit at 4:30 and the day concludes at 5:15 with Carols by Candlelight at St. John's Presbyterian Church.

**PURDY'S CHOCOLATE** orders are due today. If you need help with your order, someone will be at the table in the Hall to help you complete yours. We can slip in a few late orders next Sunday if you forgot yours today. Pick up is December 7 or 8.

### **St. Mark's Christmas Luncheon**

A Christmas Luncheon for St. Mark's senior seniors will be held again this year and is set for Friday December 13, at 11:45am. If you attended last year, your invitation will be available starting on Sunday, November 24. If you were not at last year's event, and would like to attend this year please contact [barbgrantham@shaw.ca](mailto:barbgrantham@shaw.ca) 604-531-3726 or the office at 604-535-8605. This event is sponsored by St. Mark's Ladies Guild, the ACW and the Men's Club. If you have any special dietary requirements please make a note with your RSVP. Rides will be available.

**Decorate the Church Hall Tue. Dec. 3** - There is no Journey of Christmas this year, but we are going ahead to decorate the hall with Christmas trees, wreaths, lights and the stage to make the hall look merry and bright. You are invited to give our parish hall that Christmas look for the Men's Club, the Senior's lunch, the Savvy Seniors and for Sunday morning coffee time. Even if you only have time to decorate one tree, please come and enjoy the fellowship of this event. We bring in the trees at 8:30 and start decorating at 9:30 am. Shannon Poulsen will provide a tasty lunch at 12:30.



**The Rev. Canon Roger Simpson** will be speaking at St. Mark's Anglican Church on Sunday, December 1st, 2019 at the 8am and the 10am Services.

Rev. Simpson is a gifted pastor and evangelist who is passionate about sharing the gospel of Jesus Christ. In his early years he was mentored by Rev. John Stott at All Souls Langham Place. As a young priest he took a redundant parish in Edinburgh and grew a thriving congregation of 900. In 1995 Roger moved his family to Vancouver to become the rector of Holy Trinity on Hemlock Street. That parish saw exciting growth under his ministry. While there Roger used the church as a hub to launch the Alpha ministry across Canada. He went on to serve as the Vicar of St Michael le Belfrey in York for 11 years. During that time he was appointed by the Rt. Rev. John Sentamu as the Archbishop's Evangelist for northern England, a position he still holds. He has led University and Parish missions all over the UK and abroad. Most recently he has been developing house churches in Vietnam. Roger and Ursula have been married for 41 years and they have raised five children into full-time active Christian ministry.



### **SOUPER SUNDAY IS NEXT WEEK!**

Savory and delicious Butternut Squash Soup will be on sale after the 8:00 and 10:00 am services. \$5.00 (small) or \$10.00 (large). All proceeds from this soup sale will be donated to Stepping Stones to help with their Christmas Party for the Moms and young children. -- Your Community Outreach Ministry

### **Bible Readings for November 24**

Jeremiah 23:1-6, Psalm 46, Colossians 1:11-20, Luke 23:33-43

**Community Outreach Ministry** - The Outreach Ministry appreciates all financial support to help those in need in our community. This is accomplished through Souper Sunday, Lunch Basket Donations and any offering to the Outreach Ministry in general.

Please see our brochure in the Narthex to show all the various ways we give. If you are a PAD User and feel the Holy Spirit calling you to give to this Ministry, either use the Donation Station in the Narthex, or use a pew envelope and designate the funds accordingly. It is not mandatory but it is helpful to have your PAD# listed on the envelope. Your name is sufficient. We thank you for your generosity!



### **Library News**

**How Happiness Happens** is Max Lucado's newest book. Asking the question "Do you feel happy?" and then leading you to a research-backed, reliable joy. This book will help you find a reliable happiness that lasts. Definitely a must read.

**The Lunch Basket For Hungry Children** is provided this week by Margot McDermott to the Glory of God and in celebration of her granddaughter Sarah's 10<sup>th</sup> birthday.

**Flowers for the Altar** - are given by a parishioner in thanks to God for his blessings; and are also given by Lynne and Lawrence Hurd to the Glory of God and with thanks for family and friends in our lives who bless us.

**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 Linda O'Donovan, at [lindaodee@hotmail.com](mailto:lindaodee@hotmail.com) (Date of Fair: Sat. Nov. 30)

### **A Blue Christmas - Evening Service - Sunday Dec. 15 at 7 pm**

The Advent and Christmas seasons can be a painful time for some. It may be the first Christmas without a beloved family member who has recently passed away. It may be a time of sadness over the loss of a job, the breaking down of a relationship or wavering faith. For some, it may be a time that has always been difficult.

"A Blue Christmas" Service offers a safe, welcoming space to acknowledge these struggles and find rest, comfort, healing and the promise of hope through the birth of the Christ Child.

"A Blue Christmas" evening Service will be held at St Mark Ocean Park on Sunday, Dec. 15 at 7pm.

### **A Dickens' Christmas**

The Young People's Opera Society of BC and St. Mark Ocean Park church choir are co-presenting "A Dickens' Christmas" concert on Sunday, Dec. 8 at 7pm at St Mark Ocean Park. "A Dickens' Christmas" includes dramatic readings of the classic tale "A Christmas Carol" with traditional Christmas carols interwoven between passages of the story. This is a musical and storytelling evening not to be missed.

Funds raised by St Mark's choir will go towards the St Mark's Syrian refugee fund.

Tickets are available online through EventBrite.ca tickets, after church services on Sunday morning, and at the door on Dec. 8. Tickets are \$22 for Adults, \$18 for Seniors and Students, and Children 5 and under are free.

This is going to be a fun, family event, for children of all ages, guaranteed to help everyone get into the holiday and Christmas spirit. As Tiny Tim observed, "God bless us all, everyone!"



### **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 in our church on the evening of Fri. November 22 and the day & evening of Sat. November 23. 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. **REGISTER NOW!**

## **QUICK LOOK AHEAD**

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 – Outreach Meeting

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 – Reverend Roger Simpson to Preach

Sun. Dec. 1 – 7pm – Centering Prayer Gathering – Family Room

Tues. Dec. 3 - 8:30am -4pm Decorate the Hall for Christmas

Wed. Dec. 4 – Seniors Get Together

Sun. Dec. 8 – White Gift Sunday

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

Mon. Dec. 30 – 9am to noon – Hall –

Take Down the Christmas Trees

## **Upcoming Events**

### **Monday, November 18**

In the morning the ACW is in the Kitchen, and in the Hall

### **Tuesday, November 19**

8am – Registration for ACW event – Hall

9am to 4pm – ACW event – Hall and Kitchen and Sanctuary

9:30am – Bible Study – Family Room

2pm – Ladies Guild – Family Room

7:30pm – Bible Study – Office

### **Wednesday, November 20**

10am Service – Sanctuary

11am – Altar Guild Meeting – Family Room

1pm – Seniors in the Hall and Family Room

7:30pm – Choir Practice - Sanctuary

### **Thursday, November 21**

7:30pm – Mandarin Bible Study – Family Room

### **Friday, November 22**

9am – Exercise – Hall

5:30pm - Retreat with Janet Scott – Locations throughout the Church

### **Saturday, November 23**

8:30am – Souper Sunday Prep – Kitchen

8:30am – Retreat with Janet Scott – locations throughout the Church

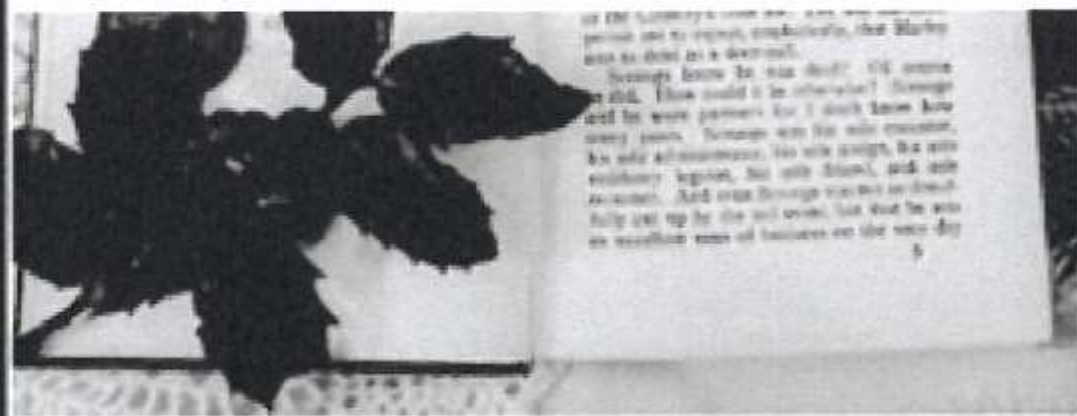
### **Sunday, November 24**

Souper Sunday Sales after the 8am and the 10am Services



Young People's Opera Society of BC

*Featuring Dramatic Readings with English Carols  
co-presented with the St. Mark's Choir*



after church and at the door

