



## St. Mark – Ocean Park Anglican Church

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### **E-PULSE** NEWSLETTER OF ST. MARK OCEAN PARK **SEPTEMBER 13, 2020**

**FLOWERS FOR THE ALTAR** are given today by Janet Scott in gratitude to God for the lives of her loving parents, Connie and Doug Johnston.

**PRAYER CHAIN** – The Coordinator for the Prayer Chain is Maggie Ferguson who can be reached at [maggieferguson@telus.net](mailto:maggieferguson@telus.net), or by calling 604.538.6160. Please give your prayer requests and updates to Maggie who will forward them to the twenty men and women on the Prayer Chain to pray for your requests daily.

**THE LUNCH BASKET** is given this week by Sheila Johnston, in loving memory of the late Elizabeth Ho (d. August 2020, aged 96), whom everyone loved and everyone called “Auntie Betty”.

The Lunch Basket for Hungry Children provides funding for lunches to five single Mothers and nine children. Please help support these families by choosing a date to support these families and have a dedication in the weekly E Pulse. E mail or phone Darlene W. or Barb G. with your dedication. The suggested donation of \$60 can be made by E-transfer, the Donation Station, or by dropping off a cheque in the mailbox at the church office.

September		October		November		December	
		<b>4</b>	Betty-Ann Bainbridge	<b>1</b>		<b>6</b>	Joyce McQuarrie
		<b>11</b>	Barbara Grantham	<b>8</b>		<b>13</b>	
<b>20</b>	Kathy Chambers	<b>18</b>		<b>15</b>		<b>20</b>	
<b>27</b>	Lynne Brownridge	<b>25</b>		<b>22</b>		<b>27</b>	
				<b>29</b>			

## **LET'S TURN TRASH INTO CASH FOR THE LOVE OF GOD!**

### **METAL RECYCLING**

Let's take advantage of our last opportunity to clear out the garage, crawl space, junk drawers...send broken-down lawn furniture, the old BBQ, battered pots, pans and pails, hardware, chains picture frames, bed frames, costume jewellery, cutlery and kitchen utensils off to a good cause!

**Creation Care** ... because God so loves the world SATURDAY, NOVEMBER 14, 2020  
Last Metal Recycling Event  
Drop-Off behind the Church from 9 to 11am Nov. 14 only (otherwise by appointment)

Sorting & Loading 9am to 12noon  
Lighter work:

- Bring along a magnet to sort iron from non-iron
- Remove bulbs from strings of lights
- Flatten & consolidate bags/boxes
- Guide those arriving for drop off

Many Hands Make Light Work. Please join us: we need 3 pick-up trucks or 2 pick-ups and a van or a trailer. Please NO appliances (fridge/stove, etc).

CONTACT = Anne Schreck 604.536.0072 OR [anne\\_schreck@shaw.ca](mailto:anne_schreck@shaw.ca)

**FLOWERS FOR THE ALTAR** Anyone wishing to donate Flowers for the Sanctuary after please contact Kathryn of the Altar Guild at [hkmasmith@shaw.ca](mailto:hkmasmith@shaw.ca) or phone the office at 604.535.8841 and leave a message.

### **AN INVITATION to my dear church family:**

First, let me say that I have missed you. I pray that you are well and I look forward to post-COVID times when we can all be together worshipping Jesus, singing songs, praying together, sharing communion and sharing smiles.

COVID has robbed us of many things. Sometimes it feels to me like a prison. It can get me down, but then I am reminded of all the freedom that I still have and all those less fortunate than I. One thing that helps me greatly is to go for a run. I always take Jesus – the one who came to give us life to the full --- with me.

This fall my love of running and love of Jesus are motivating me to take part in the **Ride for Refuge** as a way of bringing awareness and support to people who are living in great lack; some in great bondage. They have neither the freedom nor power to advocate for themselves. **I have committed to run 15K and hope to raise \$100 per kilometer for a total of \$1,500. Consider this your invitation to join me through prayer and/or financial support.** I trust that whatever is given will be well used in the capable & trustworthy hands of my chosen charity: Ratanak International. To fuel your prayers, and possibly give you the desire and confidence to donate, let me tell you a little about Ratanak.

Ratanak International is a unique charity doing amazing work in Cambodia. I have heard founder, Canadian Brian McConaghy, declare that his dedication to the people of Cambodia is grounded in his faith in Jesus and I believe that Ratanak's success is due to the power of the Holy Spirit at work through this organization.

My husband, Chris, and I got connected to Ratanak over a decade ago when our daughter's choir sang at a benefit concert. What I learned that night both broke my heart and inspired me.

Brian McConaghy first visited Cambodia in 1989. He was profoundly moved when he witnessed the legacy of devastation left by what happened in Cambodia during the 1960's and 70's. He saw a people whose history and culture was a complex mix of great pain and suffering, beauty and hope. Later, when he saw video footage of the death of a helpless child, named Ratanak, who had no access to basic medicine he was moved to action.

Since then, Ratanak International has grown into a global organization, with dedicated and passionate volunteers in Canada, Australia, the UK, the U.S. and Cambodia. It has partnered with other trusted Christian organizations in the provision of schools, orphanages and shelters; in developing literacy, sanitation and social services programs both in local communities and prisons. Since 2004 the work of Ratanak International has taken on a whole new dimension and focus. Brian, through his work as a forensic scientist with the RCMP, became aware of the sex slavery which operates on a large scale in Cambodia. He left his job to dedicate himself and all his energies to ending child abuse and human trafficking there. Ratanak partners with like-minded organizations, works with the Cambodian government, and runs projects that rescue and rehabilitate victims of sex slavery. For more information about Ratanak International visit [ratanak.org](http://ratanak.org) or the Ratanak International page on Facebook.

**To those of you who have already heard about my involvement and have given support: Thank you!** To those who decide to donate, you can give securely online by visiting [rideforrefuge.org](http://rideforrefuge.org) and following the prompts OR going to this link:

<https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=4760455&langPref=en-CA>

Alternatively, you can write a cheque to Ratanak International and write in the notes, "for Leslie Ann Hebb's Ride for Refuge campaign". Send your cheque to:

Ride for Refuge Campaign  
PO Box 81038 Burnaby, BC V5H 4K1

If you would like more information, please e-mail me at [lahebb1@gmail.com](mailto:lahebb1@gmail.com). I'd be happy to correspond with you via e-mail. If you would be interested in having a conversation, provide me with your phone number and I will gladly give you a call.

**In faith, with love,  
Leslie Ann Hebb**

## **The Celebration of Holy Eucharist**

To keep all healthy there are strict safety protocols.

The celebrant will be the only communion administrant so there is less chance of transmission. There are strict sanitizing procedures for the celebrant for their safety and for the congregation's safety.

Communion will be in one kind only for the congregation. Theologically it is considered that consuming in one kind is to have received both bread and wine. Bread will be in the form of wafers only (regular and gluten-free). Only the celebrant will consume wine.

Following the greeters' directions, those receiving communion should come forth one at a time from the center aisle, being careful to maintain physical distancing between themselves and all others as they come forward. Please remain standing. (You will see physical distancing reminders on the floor.) All coming forward must be masked.

After receiving a wafer, communicants should return to their seats as directed by directional signage and by the greeters, using the outside aisles, moving to the back of the sanctuary, before coming up the aisle back to their seat.

Once back in their seats, communicants should remove their mask, consume the wafer, and after consuming their wafer, put their mask back on.

Any who comes forth for a blessing should also be masked (unless the person is an infant who cannot be masked). Any blessing that the celebrant gives will not involve touching.

Anointing with oil is not permitted at this time.

The direct link of the complete document sent out from the Archbishop August 10, 2020:

<https://files.constantcontact.com/a9c022f9001/c52647f3-285d-4f52-94eb-5e2382265dbd.pdf>

### **To access the online Service:**

- onto the Church's website: [www.stmarkbc.org](http://www.stmarkbc.org)
- on the page that opens, click on where it says: "St. Mark Ocean Park Online Sunday Worship Services".

### **Next Sunday's Service** Holy Eucharist.

**We are open for in-person services at 10am,** maximum 50 persons.

Please register each week through the [eventbrite](https://www.eventbrite.com) link posted on [www.stmarkbc.org](http://www.stmarkbc.org) or call 604-535-8841 by Friday noon. The safety protocols we were required to put in place can be found on the Church's website.