



St. Mark – Ocean Park Anglican Church

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E-PULSE NEWSLETTER OF ST. MARK OCEAN PARK MARCH 28, 2021

Reverend Philippa Segrave-Pride's email address is: philippastmarks@gmail.com

Sadly, due to the Provincial Health Order, our worship continues to be Online only.

We are LIVE STREAMING our Sunday Worship

**Please join us on the Parish website or Facebook page at 7:30pm on Maundy Thursday
and 2pm on Good Friday
and 10am on Easter Sunday.**

ALSO...

**we have a Family, Youth and Children Time
each Sunday that is generally posted to Facebook and
the Website on Saturday.**

Visits to the church are possible, **but we please ask that you make an appointment**
(604.535.8841) so we can keep a record of who is in the building at any time.

Should you wish to visit the church in order to pray privately you are welcome to do so, but please call ahead to
let the Office know of your plans.

To access the online Service:

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

THE LUNCH BASKET FOR HUNGRY CHILDREN – is provided this week by Darlene and Gary Wiegand to the
Glory of God and with gratitude for their children and grandchildren.

NEXT WEEK'S SERVICE

Readings for Maundy Thursday – 7:30pm Service – Exodus 12:1-4, 11-14; Psalm 116:1, 10-17,
1 Corinthians 11:23-26; John 13:1-7

Readings for Good Friday – 2pm Service – Isaiah 52:13-53:12; Psalm 22; Hebrews 10:16-25;
John 18:1-19:42

Readings for Easter Sunday – 10am Service – Acts 10:34-43; Psalm 118:1-2, 14-24;
1 Corinthians 15:1-11; John 20:1-18

THE LUNCH BASKET FOR HUNGRY CHILDREN is provided this week by Bea Ross to the Glory of God and in thanksgiving for God's many blessings.

WANT TO BE INCLUDED IN SUNDAY INTERCESSIONS? If so please contact the Office at 604.535.8841 OR call or email Michael Klaver: 604.541.9598 klaverfamily@shaw.ca

PRAYER CHAIN – The Coordinator for the Prayer Chain is Mary Brown who can be reached at marybrown@telus.net or at 604.535.6408. Please direct your requests to Mary who will forward them to the prayer chain for daily prayer for two weeks. Please also update the chain as appropriate for your requests.



St. Mark's Creation Care Ministry – Wanting Fresh Air? Outdoor Exercise? Conversation?

All are welcome to join the: Creation Care Ministry
Tuesday a.m. Work Party
9am to 12noon at St. Mark's

There are always smaller & larger jobs, but only the kind and amount that is healthy for you.
Please feel free to join in as works for you.

WE PRACTISE SOCIAL DISTANCING DURING THIS TIME

- always weeding, some planting, stripping tree trunks of ivy, top dressing some beds, cutting smaller branches with loppers or pruners to fit green bins...etc.
- if there is no one at the front of the Church check around the back where we also work on the three-acre site.
- We have lots of gloves or you may prefer your own or your own tools.
- One day we will be able to enjoy coffee...perhaps outside!

No need to sign up, just come.
Info: anne_schreck@shaw.ca

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 2021 date (see chart below) to support these families and have a dedication in the weekly E Pulse. email 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.

April 2021		MAY	
4	Elizabeth Darbyshire	2	
11	Brenda Horner and Ron Henze	9	Lal and Pauline John
18	Carol Scott	16	Sheila Johnston
25	Lal and Pauline John	23	
		30	Lal and Pauline John



PALM SUNDAY

Palm Sunday is the first day of Holy Week (the final week of Lent) and honors Jesus' triumphant entry into Jerusalem as depicted in the Gospels. As Jesus rode a donkey into Jerusalem, crowds gathered in the streets laying coats in his path, thus treating Jesus like royalty. They also laid palm branches, an ancient symbol of victory and peace, in the road. They shouted "Hosanna to the Son of David! Blessed is he who comes in the name of the Lord!" "Hosanna" is an expression of praise and joy. Palm Sunday is often celebrated by Christians today with processions in churches and in streets which include the waving of palms, singing, and shouts of "Hosanna!" Though it is the beginning of a somber week, Palm Sunday is a day of celebration.

READ

Matthew 21:1-11: When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, 'Go into the village ahead of you, and immediately you will find a donkey tied, and a colt with her; untie them and bring them to me. If anyone says anything to you, just say this, "The Lord needs them." And he will send them immediately.' This took place to fulfill what had been spoken through the prophet, saying, 'Tell the daughter of Zion, Look, your king is coming to you, humble, and mounted on a donkey, and on a colt, the foal of a donkey.' The disciples went and did as Jesus had directed them; they brought the donkey and the colt, and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting, 'Hosanna to the Son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!' When he entered Jerusalem, the whole city was in turmoil, asking, 'Who is this?' The crowds were saying, 'This is the prophet Jesus from Nazareth in Galilee.'



HOSANNA!

WONDER

Though Palm Sunday is the day before things take a turn and Jesus is arrested and killed, it is a day of rejoicing. Despite all that is to come, Palm Sunday is a day to welcome Jesus with joyful shouts; a reminder that we are grounded in hope and promise, no matter the trials we face.

To create a personal prayer palm, lay your hand flat on a piece of paper, and trace around it with a pencil or pen. Write or draw a prayer or word of praise in each traced finger. Repeat as inspired. Then cut out your palm tracings, and decorate your space with them, or mail them to friends, family, and faith community members. Revisit them to pray and remember that though hard things happen, through Jesus' sacred story we are reminded that God is with us and all things will be made new.

If you have received Palm Sunday palms from your church, consider walking around your neighborhood, yard, or home and waving them. If you do not have palms, consider using branches or foliage from your home, or the traced palms you created. As you process, you might shout "Hosanna!", or sing a Palm Sunday hymn. Imagine the sights, sounds, smells, and noises of Jesus' procession into Jerusalem.

PRAY

Almighty God, on this day Jesus entered the holy city of Jerusalem in triumph, and was proclaimed as King of kings by those who spread their garments and branches of palm along his way. May the branches we wave today be for us signs of his victory, and may we who bear them in his name may ever hail him as our King, and follow him in the way that leads to eternal life; who lives and reigns in glory with you and the Holy Spirit, now and for ever. Amen.

The Book of Common Prayer, Church Publishing, 1979, p. 271, adapted.



Thank you to those who have made donations for our flowers.

Below are charts for June and July. If you would like to offer flowers for the sanctuary those months, in Memory of a Loved One, in Thanksgiving for a birthday or Anniversary we would very much appreciate it. The Altar Guild is willing to purchase the flowers and have them arranged.

Please contact Kathryn Smith at 604-560-1455 or e-mail hkmasmith@shaw.ca

June & July

Date	Name	Phone
June 6 th		
June 13 th		
June 20 th		
June 27 th		
July 4 th		
July 11 th		
July 18 th		
July 25 th		