



St. Mark – Ocean Park Anglican Church

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E-PULSE NEWSLETTER OF ST. MARK OCEAN PARK AUGUST 1, 2021

UPCOMING WORSHIP SERVICES

Church now open - no registration required.
Hand sanitizing, mask wearing, and social
distancing encouraged.

Wednesday, August 4 – 10am BCP Holy Communion in Outdoor Chapel (weather permitting)

- Worshippers are encouraged to bring a blanket as the forest can be a little cool;
- For easy access to the Chapel, use the access that is near the Church Hall, drive your vehicle behind the Church, and park behind the Hall.

Sunday, August 8 – 8am BCP Holy Communion & 10am BAS Holy Communion



Library News Reopening

Yes we are open again and there are lots of new books. Come on in and have a look around, you never know the book you were looking for just might be on our shelves. We will be in the Library from approximately 9:20 to 9:50 every Sunday morning and during coffee when it starts up again. As a reminder Books can be taken out for 3 weeks, and DVD's for 2 weeks. They can also be renewed if you don't get them finished in that amount of time, just let us know you need more time. Please be sure to sign them out if you are in the library during the week when there is no Librarian. Please add your name and phone number to the card. It is the only way that we know the book is being used and if, to our knowledge it has not left the shelf in 5 years, it will be culled and replaced with a newer or more popular book. Look on the bulletin board by the chairs in the Library for delinquent books and DVDs. Please look on your shelves, desks, coffee tables, night tables, under the beds, in the car, anywhere that a book might hide and help them find their way back to the Library. Thanks for your help.

– Charlie

Bookworm and the Librarians

Seeking A Computer Monitor – if you have a computer monitor that you can donate to the Church, please call the office: 604.535.8841. Thank you!

OFFICE HOURS this coming week

- Office is CLOSED on Mon., August 2 (Statutory Holiday in B.C.)
- Tues. August 3 Office Open = 9am to 12noon.
- Wed. August 4 Office Open = 9am to 12noon.
- Thurs. August 5 Office Open = 9am to 12noon.
- Fri. August 6 Office is CLOSED.

THE LUNCH BASKET FOR HUNGRY CHILDREN – is provided this week by Brian and Barb Walks to the Glory of God and in thanksgiving for all God's blessings.

FLOWERS FOR THE ALTAR - are given today by John and Dorothy Mash in thanksgiving for family and friends, and for 51 years of life and loving.

Savvy Seniors Get Togethers will resume Wednesday, September 8 and alternate Wednesdays till mid-December, 1pm – 3pm at the Church. We hope to have the Hall for games, the Family Room for conversation and tea time together at 2:30p.m. in the Hall. Anyone who would enjoy a social afternoon is welcome to join us – all ages and men as well as women! Laughter is abundant and much needed after the last 18 months! Drivers to transport those who no longer drive are much needed, as well as strong bodies to set up and dismantle our meeting spaces! If you feel inspired to volunteer or join our merry band, please call or email Sue Indridson, 604-531-4931, sinder@shaw.ca

Tech Team In Need of Members – camera operator, sound board, and at-home computer streaming capability. If you are interested in this Ministry please contact the office: 604.535.8841 OR office@stmarkbc.org

Sunday School Co-ordinator Sought – Are you interested in co-ordinating teachers for our Sunday School? If you are we want to hear from you. Please contact Warden Barb Walks: 604.538.3568 or bdwalks@gmail.com

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

Reverend Billy's email address is: stmarks.op.rector@gmail.com

People wishing to meet with Rev. Billy are directed to this email to make an appointment to see him. Those with no access to email can call the Church Office to make an appointment: 604.535.8841

We continue to:

- LIVE STREAM our Sunday Worship.
- **To access the online Service:** Log onto the Church's website: www.stmarkbc.org Go to the page that opens, click on where it says: "St. Mark Ocean Park Online Sunday Worship Services" alternatively you can use this link:
tinyurl.com/St-Mark-Online-Video-Channel
OR
<https://www.youtube.com/watch?v=W8dCqYrh-8E>
- If you would like to watch or listen to **some of our older Services** you may go into the archives of your YouTube services through our Parish website at: www.stmarkbc.org

The Men's Club Salmon Bar BQ is scheduled to be held on Sat. Sept. 18 at 5:30 pm. Save the date. More information and tickets will be available by Aug. 10.

PRAYER CHAIN – The Coordinator is Michael Weller. He may be reached at 604.538.9334, or by email at weller301@shaw.ca. Prayer requests are generally prayed for by the members of the chain for two weeks, and may also be updated for a longer duration as needed.

READINGS FOR NEXT WEEK'S SERVICE – August 8 - Eleventh Sunday After Pentecost

2 Samuel 18:5-9, Psalm 130, Ephesians 4:25-52, John 6:35, 41-51

A QUICK LOOK AHEAD Please e-mail the Church Office or brian.walks@gmail.com and we will add your event to the list of events. Double check with the Office to make sure the date and time that you want is available.

Tue. Aug. 10 6 pm Men's Club Bar BQ in the courtyard. Men's Club members & spouses.

Tue. Aug. 24 7 pm Parish Council

Wed. Aug. 25 7 pm Induction of our new Rector: Rev. Billy Isenor

Wed. Sept. 8 at 1pm Savvy Seniors

Tues. Sept. 14 2pm ACW meeting; guest speaker Rev. Billy Isenor

Sat. Sept. 18 5:30 pm Men's Club Annual Salmon Bar BQ.

Tue. Sept. 28 7 pm Parish Council

Tue. Oct. 12 5:30 pm Men's Club dinner meeting. Guest speaker: Robert Gilchrist.

Tue. Oct. 26 7 pm Parish Council



Garden Project

Weekly from July 25 through October, 2021.

Drop off offerings of fresh fruit, vegetables, flowers, windfalls, etc., at the South Hall entrance, on your way into the Church Service. On your way out, stop at the parking lot "First Fruits Table" and donate to take some lovely fresh items home.

2021 Project funds will provide COVID 19 vaccines to poorer countries and help defray the costs of maintaining our back forest. Through the Government of Canada our donation to provide vaccines will now receive matching funds. Let's continue in gratitude to share God's bounty financially and in the "First Fruits of our labour".

Contact Anne Schreck for information: anne_schreck@shaw.ca



SORRENTO CENTRE - Five Weeks of Summer Brochure

See Ann Schreck at First Fruits Table following the Service for a copy of Sorrento Centre's summer brochure or check for more information at www.sorrentocentre.ca on summer programs or for on-line programming.

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.

August 8	Morny White
August 15	Brenda Horner and Ron Henze
August 22	
August 29	

September 5	Patti Thorne and Don Boyd
September 12	Geoff and Heather Higginson
September 19	Ann Thiessen
September 26	

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

Below are charts for June, July and August. 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

August 8	Barbara Carington Smith
August 15	Janet Cormode
August 22	Douglas and Pam Brown
August 29	

September 5	Janet Scott
September 12	
September 19	
September 26	

October 3	Barb and Brian Walks
October 10	Hilda Smith
October 24	Janet Scott
October 31	

For those who yearn for intimacy & encounter with God,
SoulStream offers a course in

Living from the Heart

SOULSTREAM INITIATIVES

Living from the Heart offers a learning community that invites participants to deepen their experience of intimacy with Jesus. Biblically speaking, the heart is the very core of life out of which intellect, emotions, and intentions flow. Opening to God's heart of love with our whole heart, especially in our most broken places, brings a healing integration within and provides the courage to offer our lives in loving compassion to the world around us.

Course Content:

- **The Way of the Heart** opens us to encounter God personally, integrates body, soul, mind, and spirit, and helps us live out of who we truly are in Christ.
- **Spiritual Awareness and Receptivity:** We explore ways to become more open to respond to God's presence in all of life and identify what inhibits our receptivity.
- **Spiritual Transformation:** We gain a deep sensitivity to the dimensions of spiritual transformation into Jesus' image, coming to freedom in our deepest truth in God, dealing with the masks we hide behind, and cultivating spiritual practices that support our life in God.
- **Contemplative Prayer and Discernment:** We come to understand that prayer is responsiveness to the active, living presence of the Holy Spirit; learn ancient contemplative practices; and discover how prayer is integrated into all of life and deepens our ability to discern God's will.
- **Contemplative Living:** As Jesus' friends, we are called to love our neighbour, care for the earth, and seek justice. With joy we discover, that our response to the world becomes a natural outflow of contemplative prayer and practice.

Format, Locations and Fees

A weekend/Saturday format is offered in Alberta, BC Lower Mainland and online. The intensive format is offered on Bowen Island, BC.

- Tuition: \$1,450.00 (plus an application fee: \$75)
- Accommodation and meals vary with location.
- All books, travel and cost of personal spiritual direction (10 sessions) not included.

Options for fitting this into your life financially can be discussed with our course administrator.

For more details about dates and accommodation costs go to <https://soulstream.org/courses/>.

Registration Deadline: August 15, 2021

Application forms are available on SoulStream web site <https://soulstream.org/courses/application-for-living-from-the-heart/>.

Questions? Contact Audrey Hoehn, SoulStream administrator

Phone: 604-855-1232 Email: soulstream1@gmail.com

