



## 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)

### **E-PULSE NEWSLETTER OF ST. MARK OCEAN PARK AUGUST 8, 2021**

#### **UPCOMING WORSHIP SERVICES**

**Church now open - no registration required.**

**Hand sanitizing, mask wearing, and social  
distancing encouraged.**

Wednesday, August 11 – 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, using the access that is near the Church Hall, drive your vehicle behind the Church, and park behind the Hall.

Sunday, August 15 – 8am BCP Holy Communion & 10am BAS Holy Communion/Mass of Creation

**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!

**THE LUNCH BASKET FOR HUNGRY CHILDREN** – is provided this week by Morny White to the Glory of God and in loving memory of her two brothers.

**FLOWERS FOR THE ALTAR** - are given today by Charles and Barbara Carington Smith to the Glory to God for all His Blessings. And in remembrance of our Families, Loved Ones and Friends who dearly enriched our lives.

**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](mailto:sinder@shaw.ca)

**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](mailto:klaverfamily@shaw.ca)

**Reverend Billy's email** address is: [stmarks.op.rector@gmail.com](mailto: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

**READINGS FOR NEXT WEEK'S SERVICE – August 15 - Twelfth Sunday After Pentecost**

Isaiah 7:10-15, Psalm 132:6-10, Galatians 4:4-7, Luke 1:46-55

## We continue to:

- LIVE STREAMING our Sunday Worship.
- **To access the online Service:** Log onto the Church's website: [www.stmarkbc.org](http://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](http://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](http://www.stmarkbc.org)



## 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 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, Name and phone number on 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

**PRAYER CHAIN** – The Coordinator is Michael Weller. He may be reached at 604.538.9334, or by email at [weller301@shaw.ca](mailto: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.

**A QUICK LOOK AHEAD** Please e-mail the Church Office or [brian.walks@gmail.com](mailto: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.
Tues. Sept. 21 2pm	Ladies Guild
Tue. Sept. 28 7 pm	Parish Council
Tue. Oct. 12 5:30 pm	Men's Club dinner meeting. Guest speaker: Robert Gilchrist.
Tues. Oct. 19 2pm	Ladies Guild
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](mailto: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](http://www.sorrentocentre.ca) on summer programs or for on-line programming.

**PWRDF Update – Mapping the Ground We Stand On** is a physical, interactive workshop that aims to understand the impact of colonialism on Indigenous populations by inviting participants to "walk on" to a map of Canada, both literally and figuratively.

In June 2019, nine volunteers from across Canada were (i) trained as Mapping Exercise facilitators and (ii) armed with giant floor maps of Canada. In the ensuing months, they delivered 18 workshops in their respective Ecclesiastical provinces, including approximately 385 participants.

The heart and soul of the workshop is the huge floor map. To keep that visual front and centre, the virtual presentation – created after March 2020 - uses our computer screens to full advantage to focus on the map. Instead of laying the cards on the floor, the names appear on the map while participants read them. As the facilitator guides participants through the waves of immigration coming to Canada over the centuries, arrows swoop in with text to populate the map. Participants are invited to share when their ancestors arrived, either through the chat function or by unmuting. Breakout rooms are used to create sharing opportunities, adding another interactive touchpoint. The virtual version can still be emotional, so facilitators invite an Elder or Chaplain to participate and offer a pastoral response to anyone in need.

Video is used to greater effect. The first eight and a half minutes of the Anglican Church of Canada's documentary, *Doctrine of Discovery: Stolen Lands, Strong Hearts*, clearly sets out the Doctrine of Discovery as a preposterous concept, yet one that remains enmeshed in our legal system and culture. Even if you've watched this excellent video before, watching this section on *terra nullius* (empty land), after having viewed the map of Canada filling up with Indigenous names, is especially poignant.

Launched in the week following the painful discovery of the remains of 215 Indigenous children on the grounds of the Tk'emlups (Kamloops) Residential School, the virtual Mapping Exercise offers a timely and important opportunity for learning and action. To learn more about the program visit [pwrdf.org/mapping-exercise](http://pwrdf.org/mapping-exercise).

**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 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](mailto:hkmasmith@shaw.ca)

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	



**St Mark's Virtual Coffee Hour  
Second Sunday  
of the month @ 11 am**



Register in advance for this meeting: by emailing the office by Thursday the week preceding the Coffee hour or through the website before 11am Sunday.

After registering you will receive a confirmation email containing information about joining the zoom Sacred Grounds Coffee Hour. If you registered once you are already registered for the following coffee hours.



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](mailto:soulstream1@gmail.com)

