



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

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**E-PULSE
NEWSLETTER OF
ST. MARK OCEAN PARK
JULY 31, 2022**

Prayer Corner – July 31, 2022

“The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church.” Colossians 1:15-18

We give thanks for Jesus – the one who is first and in whom all things hold together. Though our times are full of uncertainty and struggle – though we are flawed - His love and His supremacy are a solid foundation on which we can rest; a shelter in which we can take refuge. Help us Jesus to rest in you and be restored by you.

Jesus, we trust that you will provide your body, the church, with all that is needed for thriving. Give us patience to wait on you. Give us grace for one another. Feed us your wisdom, discernment, compassion and love that we can be mature ambassadors of you.

We pray for the next leader(s) of our part of the universal church. Holy Spirit, inspire the hearts of those you would have be our next Rector and next Sunday School leader(s). Father, make known the ones you have chosen for these positions and remove all obstacles from their path to ministry.

PHOTOS PLEASE - The Search Committee is busily updating our Parish Profile and need current photos. PLEASE check your devices to see if you have any recent photos of church life and events. eMail to isabelchernoff@telus.net Thanks everyone.

Do you have a chronic health condition that you would like to better manage and live healthier? A potential series of health workshops are being planned for St. Mark’s that can be useful in living a healthier life. The potential programs would focus on the following areas:

- Chronic Pain, from whatever source, e.g. arthritis, fibromyalgia, migraine, car accident and other sources
- Chronic Health Conditions such as a heart condition, asthma, other lung conditions, mental health challenges, etc.
- Diabetes, learning to better control you blood sugar, plan menus, etc.
- Cancer, living with the changes that cancer brings

Please let Barb G. barbgrantham@shaw.ca or Mary B. marybrown@telus.net know about any preference you would like and the planning process can begin. Look forward to hearing from you by AUGUST 31, 2022.

Worthy Disciples Youth Group meets every Friday from 7pm to 9pm. All are welcome ages 10 plus. See the church calendar on-line for upcoming events and activities. Please email office@stmarkbc.org if you are new and would like to attend.

We are still accepting Safe Adults to help support our Worthy Disciples. For more information please email office@stmarkbc.org.

SAVVY SENIORS Get Together with chat, bridge and Rummicube in the Parish Hall Wednesday August 3 from 1pm-3:30pm. Contact: Sue Indridson sinder@shaw.ca 604-531-4931

READINGS FOR SUNDAY August 7 – Reverend Stephen Laskey Presiding/Preaching – Isaiah 1:1, 10-20, Psalm 50:1-8, 23-24, Hebrews 11:1-3, 8-16, Luke 12:32-40

WANT TO BE INCLUDED IN SUNDAY INTERCESSIONS? If so please contact the Office at 604.535.8841 OR call or email Michael Klaver: 778.386.1973 klaverfamily@shaw.ca

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

PRAYER CHAIN – The Coordinator for the prayer chain for August is Michael Weller who can be reached at 604.538.9334 or at weller301@shaw.ca

St Mark's Annual Salmon Barbeque – Saturday, September 10 at 5:30pm

Tickets will be available for purchase at a later date. Inside & Outside seating will be available. Children under the age of 12 are free. There will be prizes, a wonderful dinner, and comradeship. If you would like to help with this Parish event please contact John Finley by email johnffinley@hotmail.com or telephone: 604-835-5990



"First Fruits" Garden Project - Thanks to your generosity so far this wet season we've sent \$150 (to be matched in full) to UNICEF to distribute Covid 19 Vaccines to poorer countries.

Come & check the First Fruits table on the south wall of the Parish Hall after both Sunday Services. We've had rhubarb, lettuce, kale, herbs & much more to come! As well as calla lilies, sweet peas & roses. Your donations of fruit, veg, flowers, wind-falls etc. are greatly appreciated. All left over food is donated to a local Women's Shelter or the Launching Pad Men's Recovery Centre. Thank you for sharing God's bounty.

St Mark's Family, Youth and Children's Time

Subscribe to our youtube channel https://www.youtube.com/channel/UCLHs8LO-SfLI0_i0FX3hJNg or follow the link from our webpage. <http://stmarkbc.org/>



We could use your help ...please

For the past 2 years we have experienced a very wet spring followed by an increasingly hot dry summer-fall. This year has set records for the amount of rainfall in the prolonged 'spring'. What that means is that the excessive growth during the spring has turned to a magnified 'fire load' in the back forest during the following hot dry spell. Even now, where the forest floor covering was 6 inches tall it is 4-5 feet tall & could pose a very high fire risk later in the season. ***We would welcome your help*** in reducing the fire load and improving the safety of the forest, the buildings at St. Mark's and the safety of our neighbours.

Tuesday Morning Work Party: 9am-12noon each week (March thru October)

Come as you are able and leave as you need. There are always smaller lighter jobs like:

- deadheading roses, rhodos, geraniums
- weeding any of the 4 garden beds
- clearing forest debris & undergrowth

2 larger jobs with which we could use help:

- pruning the boxwood hedge in the Memorial Garden
- weed eating smaller areas around the veg. garden area

We welcome you so come as you are able and leave as you need! We have tools & gloves, interesting conversation, useful tips on almost anything, laughter, fresh air, exercise & a coffee break ~ 10:30am
Contact: Anne Schreck 604 - 536 - 0072 anne_schreck@shaw.ca

WE CONTINUE TO... LIVE STREAM our Sunday Worship. To access the online Service go to our Church's website: www.stmarkbc.org On the homepage that opens, click on the service's video, or where it says: "St Mark Online Worship Services". If you would like to watch or listen to some of our older services you may go into the YouTube archives through our Parish website www.stmarkbc.org and click on "St Mark Online Worship Services". Alternatively you can use these links: tinyurl.com/St-Mark-Online-Video-Channel OR https://www.youtube.com/channel/UCLHs8LO-SfLIO_i0FX3hJNg

THE LUNCH BASKET FOR HUNGRY CHILDREN provides funding for lunches to nine single mothers and 17 children. Please help support these families by choosing a 2022 date (see chart below) to support these families and have a dedication in the weekly Pulse. The suggested donation of \$70 can be made by e-transfer, the Donation Station, or by dropping off a cheque in the mailbox at the church office. email or phone Darlene W. or Barb G. with your dedication.

August 7	Susan Gurd-Jensen
August 14	
August 21	
August 28	

THANK YOU TO THOSE WHO HAVE MADE DONATIONS FOR OUR FLOWERS

If you would like to have flowers on the Altar, please see the chart below.

The Altar Guild is willing to purchase the flowers and have them arranged.

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

August 7	
August 14	
August 21	
August 28	

PARISH OF ST. MARK - OCEAN PARK " OPERATING ACCOUNT "				
FINANCIAL STATUS AT JUNE 30, 2022				
	Current Month	Year to Date	YTD Budget	Variance
TOTAL INCOME	34,402.56	157,142.55	204,250.00	(47,107.45)
TOTAL EXPENSES	32,516.13	197,473.37	204,250.00	6,776.63
SURPLUS (DEFICIT)	\$ 1,886.43	\$ (40,330.82)	\$ -	\$(40,330.82)