



## St. Mark – Ocean Park Anglican Church

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### **E-PULSE** NEWSLETTER OF ST. MARK OCEAN PARK **AUGUST 7, 2022**

#### **PRAYER CORNER – August 7, 2022**

“Be joyful in hope, patient in affliction, faithful in prayer.” Romans 12:12

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

**God of Hope** - What a wonderful name to remind us of you, our Triune God! We are grateful for the hope that one day, when your kingdom fully comes, all things will be made right and creation will be as you intended. Until that day, help us to live in hope with patience, joy and peace. Guide us, protect us and work through us to bring justice and healing. May our hearts and minds be filled with wonder and anticipation knowing that you will answer this prayer in beautiful and surprising ways.

#### **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](mailto:johnffinley@hotmail.com) or telephone: 604-835-5990

**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](mailto: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](mailto:office@stmarkbc.org).

**SAVVY SENIORS Get Together** with chat, bridge and Rummicube in the Parish Hall Wednesday August 17 from 1pm-3:30pm. Contact: Sue Indridson [sinder@shaw.ca](mailto:sinder@shaw.ca) 604-531-4931

**READINGS FOR SUNDAY August 14** – Reverend Stephen Laskey Presiding/Preaching – Isaiah 5:1-7, Psalm 80:1-2, 8-18, Hebrews 11:29-12:2, Luke 12:49-56

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

#### **THE LUNCH BASKET FOR HUNGRY CHILDREN**

is provided this week by The Reverend SuSan Gurd-Jensen, to the Glory of God and in memory of Ken and Michael Jensen.

**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](mailto:weller301@shaw.ca)

**St Mark’s Family, Youth and Children’s Time**

Subscribe to our youtube channel [https://www.youtube.com/channel/UCLHs8LO-SfLI0\\_i0FX3hJNg](https://www.youtube.com/channel/UCLHs8LO-SfLI0_i0FX3hJNg) or follow the link from our webpage. <http://stmarkbc.org/>

**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

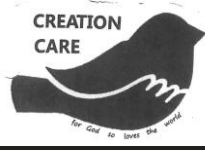
Please let Barb G. [barbgrantham@shaw.ca](mailto:barbgrantham@shaw.ca) or Mary B. [marybrown@telus.net](mailto:marybrown@telus.net) know about any preference you would like and the planning process can begin. Look forward to hearing from you by AUGUST 31, 2022.

**PWRDF UPDATE** - In response to the hunger emergency unfolding around the world, including many countries in Sub-Saharan Africa, 12 leading Canadian aid agencies are joining forces as the “Humanitarian Coalition” to raise funds and rush assistance to people on the edge of famine, including Kenya. PWRDF is participating in this appeal through its membership in the Canadian Foodgrains Bank.

**How you can help:** To donate online, visit [pwrdf.org/give-today](http://pwrdf.org/give-today) then choose Humanitarian Coalition Appeal to End Hunger. You may also send a cheque payable to PWRDF to 80 Hayden Street, 3rd floor, Toronto, Ontario, M4Y 3G2. (Please note Appeal to End Hunger on the memo.) You can also donate by phone at 416-822-9083 or leave a voicemail toll-free at 1-866-308-7973 and we will return your call.

**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 14	
August 21	
August 28	
September 4	
September 11	
September 18	
September 25	



***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](mailto: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](http://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](http://www.stmarkbc.org) and click on "St Mark Online Worship Services". Alternatively you can use these links: [tinyurl.com/St-Mark-Online-Video-Channel](http://tinyurl.com/St-Mark-Online-Video-Channel) OR [https://www.youtube.com/channel/UCLHs8LO-SfLIO\\_i0FX3hJNg](https://www.youtube.com/channel/UCLHs8LO-SfLIO_i0FX3hJNg)

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

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September 25	