



St. Mark – Ocean Park Anglican Church

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E-PULSE NEWSLETTER OF ST. MARK OCEAN PARK SEPTEMBER 25, 2022

Bishop John Stephens to Visit St. Mark's Next Sunday, October 2nd

Our Bishop, The Rt. Rev. John Stephens, will be with us on Sunday, October 2 to preside and preach and to confirm three candidates. It has been decided that since we are in a time of change in the parish, it would be important for us to join in a combined service to welcome our bishop as a whole gathered community to hear his message to us together and to share in communion as a gathered family. The service will take place at 10am. The choice of this time allows for the bishop to meet the confirmation candidates and to have a rehearsal with them. The bishop is a sign of our unity in the diocese and our gathering together is a sign in our unity in Christ with our bishop and with one another. We hope to see as many people gathered for this special celebration as possible. There will be a reception for the bishop and the candidates following the service. Donations of home baking for the reception would be much appreciated. The bishop would love to greet as many of St. Mark's parishioners as he can. Following the reception, the bishop will meet with the parish council for a Q&A session. Please remember the confirmation candidates in your prayers. The candidates are Max Hardman, Irwin Wong, and Curtis Wong. For those who have plans for the day and may wonder how long the service may be, it is very often the case that a service of this nature is shorter than a regular Sunday service.

The ACW Speaker – on Tuesday, October 11, at 2:30pm, as we kick off our annual drive. Our guest speaker will be The Reverend Peter Smyth, Senior Port Chaplain of the Mission to Seafarers at the Port of Vancouver.

Prayer Corner September 25, 2022 - Welcome to the Prayer Corner.

We are going to try something a little different this week. Below is an excerpt from Paul's letter to the Ephesians (verses 3:14-21) as translated in the New Century Version. It is a beautiful prayer that we can pray for ourselves, one another, and anyone The Holy Spirit puts on our hearts.

You may want to pray it numerous times inserting your name, our Parish name, and the name(s) of a specific person/people that The Spirit brings to mind.

I bow in prayer before the Father from whom every family in heaven and on earth gets its true name.
I ask the Father in his great glory to give you the power to be strong inwardly through his Spirit.
I pray that Christ will live in your hearts by faith and that your life will be strong in love and be built on love.
And I pray that you and all God's holy people will have the power to understand the greatness of Christ's love—how wide and how long and how high and how deep that love is. Christ's love is greater than anyone can ever know, but I pray that you will be able to know that love. Then you can be filled with the fullness of God. With God's power working in us, God can do much, much more than anything we can ask or imagine.
To him be glory in the church and in Christ Jesus for all time, forever and ever. Amen.

SALMON BBQ

The following businesses and persons generously donated prizes for the recent Salmon BBQ. We sincerely thank them for their kind contributions:

CANADIAN TIRE WHITE ROCK	BEA ROSS
OCEAN PARK NAILS	OCEAN PARK FINE MEATS
OCEAN PARK VILLAGE PUB	CHARLIE AND ISABEL POWELL
FRASER VALLEY MUSICAL SOCIETY	WHITE ROCK PLAYHOUSE
WHITE SPOT RESTAURANTS	CANADA SAFEWAY

We also thank the anonymous donors of prizes for the children and all the Friends of St. Marks who contributed. Thanks and blessings to all. - Sue Indridson, Raffle Coordinator

THE LUNCH BASKET FOR HUNGRY CHILDREN - is provided this week by Charis Nathan, to the Glory of God. A basket is also given by Sheila Neyedli: "in memory of my husband Cliff and with thanksgiving for my family and church family."

UPDATE! St Mark's Youth Group, meets every Friday evening 7 to 9pm. Check out the Church calendar for a list of upcoming events and activities! If you are interested in attending please reach out to Sarah via the office email at office@stmarkbc.org We are still welcoming people into our Safe Adult program. If you are interested please reach out to me, Sarah, via the church office email office@stmarkbc.org

The parish is invited to our first ***St Francis of Assisi evening, happening Friday September 30*** from 6:30 to 8pm. You are welcome to bring your pet to have a blessing! We welcome all big, small, short or tall, scaly, or slippery, or stuffed! Yes, stuffies are special too, and are welcome to be blessed during the evening of St Francis of Assisi. If you do not wish to bring your pet, you are most certainly welcome to bring a picture. This event is being led by the Youth Group, and we look forward to welcoming you all here. There will be refreshments as usual in the Hall after so please join us for this special evening.

SAVVY SENIORS Get Together with chat, bridge and Rummicube in the Parish Hall Wednesday October 5, from 1pm-3:30pm. Contact: Sue Indridson sinder@shaw.ca 604-531-4931

READINGS FOR SUNDAY ON OCTOBER 2 - Lamentations 1:1-6, Psalm 137, 2 Timothy 1:1-14, Luke 17:5-10

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

PRAYER CHAIN - The Coordinator for the prayer chain is Lynne Hurd at lynneh1@telus.net or you may phone at 604.542.2772.

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 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-SfLI0_i0FX3hJNg

Upcoming Men's Club dinners: Tue. Oct. 11 & Tue. Nov. 8

How To Reach Reverend Stephen Laskey - Please use the following email address to contact Reverend Laskey: PinCStephenLaskey@outlook.com Also, you can call him at the Church Office (604.535.8841). If your call goes to voicemail, leave a message and your telephone number for Reverend Laskey. He will check voicemail messages and will return your call.



"FINAL" Creation Care sponsored "Metal Recycling Event"

Saturday, November 19, 9am to 12noon drop off, 12noon transport to Depot
See the Creation Care Display on the South Wall of the Parish Hall for details. anne_schreck@shaw.ca



The First Fruits Garden Table Will Resume Sunday, September 25 Onwards

Thank you for your generous donations of fruit, veg, windfalls, flowers, bulbs etc, to continue our support for COVID vaccinations for poorer countries through the UNICEF Vaccinations World Wide system, including all ages.

Ride for Refuge - in support of displaced persons, the vulnerable, and the exploited.

Ride for Refuge is happening on Saturday, October 1st. Thousands of riders, walkers and volunteers across Canada will be joining together to raise funds that will bring refuge, hope and healing. Though I cannot participate that day, in solidarity with them I will be running 10K the week prior. The charity I am running for is **Ratanak International** (www.ratanak.org). It is one of the ways I'm doing what I can to support their good work; work of restoring lives damaged by human trafficking and forced labour - work of educating the poor and the marginalized who are most vulnerable to being victimized in these ways - work of consulting with government and advising businesses to bring about systemic change.

Would you consider supporting me? Consider this an invitation with no expectations, only the hope that if you feel nudged by compassion you might be moved to one or more of three actions:

PRAY for the success of this fundraiser and the work of Ratanak

DONATE All donations of \$20 or more will receive a tax receipt. To make a secure online donation visit <http://ride.w-ith.me/LeslieAnn4Ratanak> and click on the donate button. If you are uncomfortable donating online, please e-mail me at lahebb@icloud.com and we will make a plan for you to make a donation by cash or cheque.

SPREAD THE WORD If you know someone who might be interested in this work of justice and compassion, please let them know about Ratanak and/or this fundraiser. Together we are stronger!
Thank you for your consideration Leslie Ann Hebb

PWRDF NEWS - The Government of Canada will match donations to the Humanitarian Coalition, in response to the devastating flooding in Pakistan. Donations made by individuals between now and this Thursday, September 28, will be matched up to \$3 million. Donations must be made by individuals to qualify for the matching funds. To give you may donate by phone at 416-822-9083; or leave a voicemail toll-free at 1-866-308-7973 and your call will be returned.

Heavy monsoon rains and flooding have impacted the lives of 33 million people across Pakistan. More than 6 million people are estimated to need assistance. On August 31, PWRDF announced it was allocating an emergency grant of \$30,000 to a Foodgrains Bank-funded project in Sindh province, the area most affected by flooding. The project is being managed by fellow Foodgrains Bank member Presbyterian World Service & Development, with Community World Service Asia.



Library News

Join the READATHON

The St. Mark two month "reading marathon" began on Sunday, September 18 and ends on Sunday, November 20. During this time you are encouraged to complete one or more of the five challenges. To enter for one of the prizes, at least one or more challenge must be completed. All books used for the challenge must be from St. Marks Library or Christian Books.

5 Reading Challenges

1. Read a life experience book or biography.
2. Read a book you loved as a child.
3. Read a book that has recipes and make one.
4. Read a book from a section you don't usually look at.
5. Read a self-help book.

Super Challenge

1. Read the complete New Testament.
 2. Read the complete Bible.
 3. Read the most books in the 2 months.
- Different Bible translations available in the Library.

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.

October 2	Barb and Brian Walks
October 9	
October 16	
October 23	
October 30	

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

October 2	Barb Grantham
October 9	Lyn Reynolds
October 16	Hilda Smith
October 23	Janet Scott
October 30	Victoria Finley

MISSION & MINISTRY Conference 2022



Together we will celebrate the many ministries
of the Diocese of New Westminster

Follow for registration and more information or go to <https://tinyurl.com/2p8a67ar>



GUEST PRESENTER
Dr. Amy Zidulka

SATURDAY | OCTOBER 15

Advance registration is required prior to October 3

REGISTRATION COST (INCLUDES LUNCH)

Children & Youth (under 25) | free

Aged 25 and over (per person) | \$10

GATHER 9:30am | START 10:00am | CONCLUDE 4:00pm

LOCATION St. Dunstan's Aldergrove

3025 264 St. | Aldergrove, BC | V4W 2W4

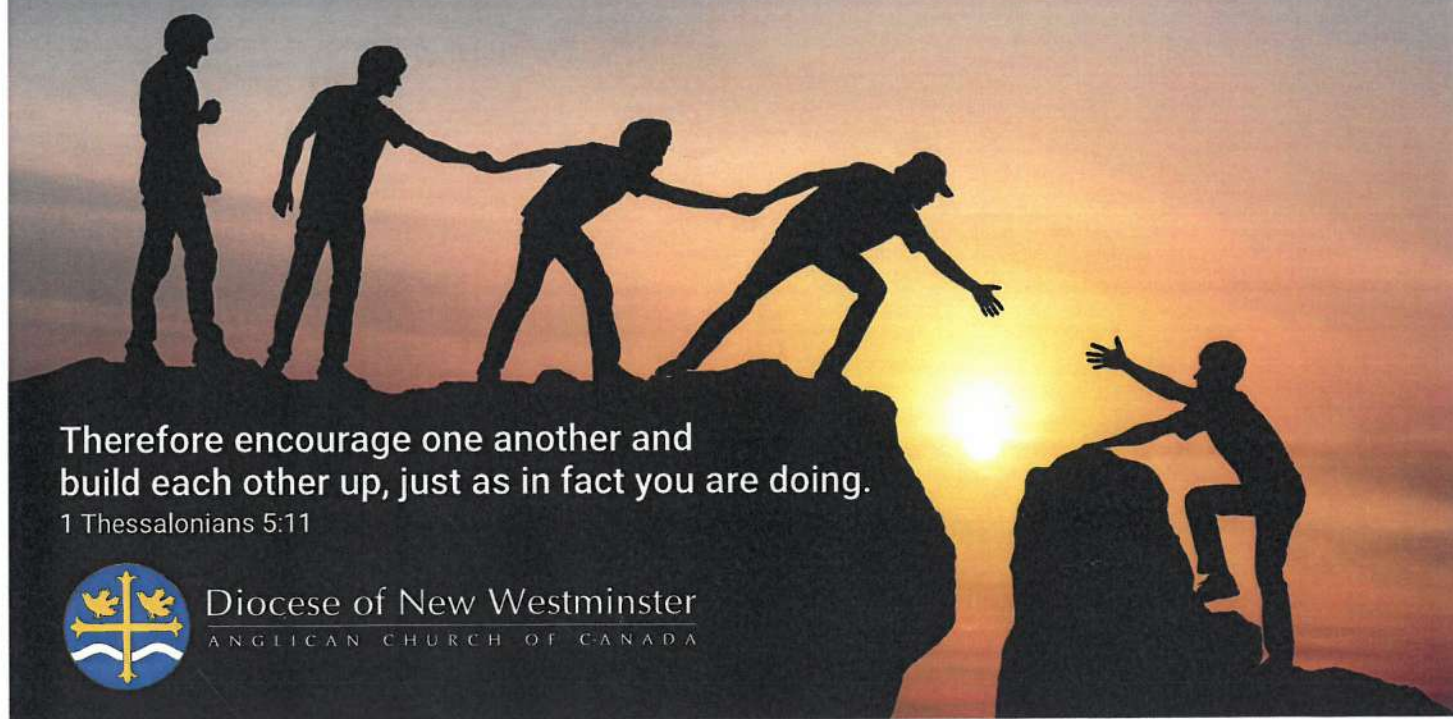
(St. Dunstan's is fully wheelchair accessible)

Therefore encourage one another and
build each other up, just as in fact you are doing.

1 Thessalonians 5:11



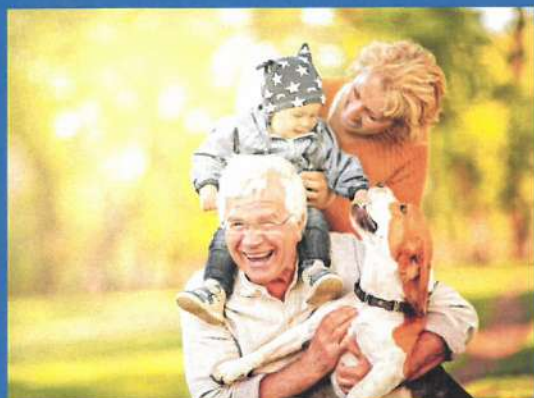
Diocese of New Westminster
ANGELICAN CHURCH OF CANADA



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

Chronic Conditions Self-Management Program



- ✓ Learn to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

FREE Six-Session Workshop for Adults with One or Multiple Chronic Conditions

Family Members and Friends Welcome

DATES/TIME: Thursdays, October 13 to November 17, 2022
1:00pm to 3:30pm

LOCATION: St. Mark's Anglican Church
12953 20th Avenue Surrey BC

TO REGISTER: Call Barb at 604-531-3726
or contact Self-Management BC at 604-940-1273
Email: selfmgmt@uvic.ca
www.selfmanagementbc.ca

Connect with us:



@SelfManagementBC



@SMPatUVic



****Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!****



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Self-Management BC is supported by the Province of British Columbia