



## St. Mark – Ocean Park Anglican Church

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### **E-PULSE** **NEWSLETTER OF** **ST. MARK OCEAN PARK** **OCTOBER 9, 2022**

#### **Prayer Corner October 9, 2022 – THANKSGIVING SUNDAY**

"Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4

"Worship the Lord with gladness; come before him with joyful songs" Psalm 100:2

"Then you and the Levites and the foreigners residing among you shall rejoice in all the good things the Lord your God has given to you and your household." Deuteronomy 26:11

Lord God, we give you thanks for the beauty of our world – peace wherever we find it – love and care from people and communities dear to us. We give you thanks for Jesus, the bread of life. We give you thanks for St. Mark, Ocean Park our church home. (Pause to consider other "thanks".)

Even as we recite our thanks, we are aware that sometimes we slip into apathy, not recognizing the fullness of your goodness to us. Open our eyes, hearts and minds to truly see the splendor and bounty of your gifts that we would be overwhelmed with gratitude and fully rejoice in the blessings you bestow. (Pause to contemplate and be in awe. Nature, memories, art, music can all be springboards to greater gratitude. Allow your mind to wander and settle on good, noble, admirable, beautiful, pure things.)

May our gratitude and rejoicing give rise to generosity that honours you, enriching our lives and the lives of others. (Be open to acting upon any joyful generous response of gratitude that rises up in you.)

#### **OFFERING UPDATE**

During this blessed time of Thanksgiving, may we remember with gratitude your love of the Lord and support of our Parish. For those wishing to donate to our church, we are pleased to offer four ways to give:

- 1) By cheque or cash, using envelopes submitted weekly or monthly. (Cheques **must** be made out to the 'Parish of St. Mark Ocean Park' – please remember, or the bank will not accept the cheque);
- 2) By Pre-Authorized Donation (PAD) – monthly direct debit from your bank account or credit card.  
**(PAD is our preferred method of giving);**
- 3) By debit or credit card using our Electronic Donation Station (EDS) located in the Narthex;
- 4) By eTransfer via online banking (send to [stmark.op.treasurer@gmail.com](mailto:stmark.op.treasurer@gmail.com) ).

For information and instructions about all these methods of payment, please visit the St. Mark's website.

For further information about, or to make changes to, your donation, please contact Brenda Horner (Donation Secretary) at [bhenze@shaw.ca](mailto:bhenze@shaw.ca), or contact the church office.

**"You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God." 2 Corinthians 9:11**



### **Members and Guests of the St. Marks Men's Club.**

Tuesday, Oct. 11 is the next meeting of the club and we look forward to welcoming Rev. Stephen Laskey as our guest speaker. I would like you all to think about our next twelve months and consider if we want to recreate the past as in two Barbeques and one Christmas Dinner and one Ash Wednesday dinner. We must consider we are all getting older and do we want to continue with extra work when we could look at just have a meeting once a month? I would like you to think about this and be prepared to discuss it on Oct. 11. - Ken Miles

**The A.C.W.** – will have The Reverend Peter Smyth, Senior Port Chaplain of the Mission to Seafarers at the Port of Vancouver, speaking at our meeting on Tuesday, October 11 at 2:30pm, to kick off our annual drive. Everyone is welcome. If you are planning to attend please call Kathryn at 604.560.1455 OR 778.549.0858 OR email [hkmasmith@shaw.ca](mailto:hkmasmith@shaw.ca) so we know how much tea & coffee to make, and how many chairs to set up.

**FLOWERS FOR THE ALTAR** - are given today in loving memory of Alan Dawe. A wonderful husband, father, brother and uncle. Always in our hearts - the Dawe Reynolds family.

**THE LUNCH BASKET FOR HUNGRY CHILDREN** - is provided this week by Sheila Johnston, to the Glory of God in thanksgiving for all blessings bestowed, all year long.

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

**SAVVY SENIORS Get Together** with chat, bridge and Rummicube in the Parish Hall this Wednesday October 19, from 1pm-3:30pm. Contact: Sue Indridson [sinder@shaw.ca](mailto:sinder@shaw.ca) 604-531-4931

**READINGS FOR SUNDAY ON OCTOBER 16** – Jeremiah 31:27-34, Psalm 119:97-104, 2 Timothy 3:14-4:5, Luke 18:1-8

**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)

**PRAYER CHAIN** – The Coordinator for the prayer chain is Lynne Hurd at [lynneh1@telus.net](mailto: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](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](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-SfLI0\\_i0FX3hJNg](https://www.youtube.com/channel/UCLHs8LO-SfLI0_i0FX3hJNg)

**How To Reach Reverend Stephen Laskey** - Please use the following email address to contact Reverend Laskey: [PinCStephenLaskey@outlook.com](mailto: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.



### **For the Love of God Turn Trash into Cash & Keep it out of the Landfill!**

Saturday, November 19 from 9am – 11am Drop off behind the church  
From 11am to 12noon load & transport to depot.

Check out the Creation Care Table (south wall of Hall) re-use-ables, ideas, & questions. All gauge/length of wire. Christmas lights etc. Please no major appliances.

2-3 pick-ups, vans or trailers required; All volunteers Welcome. Please - no early drop-offs without prior arrangement. (anne schreck 604-536-0072)



### **The First Fruits Garden Table Will Continue until October 30**

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.

**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 16	Shannon & Jeff Poulsen
October 23	Joy Prior
October 30	Shelley Bosetti-Piche

### **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)

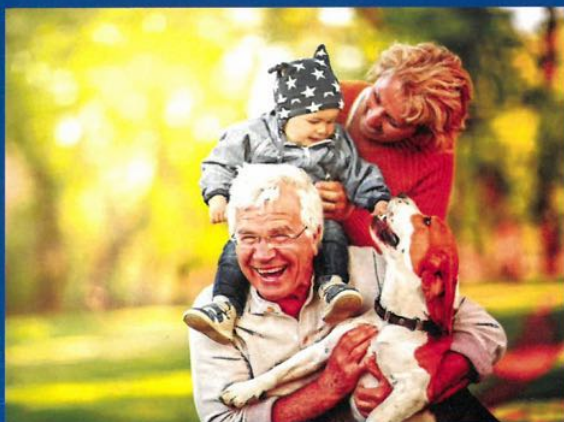
October 16	Hilda Smith
October 23	Janet Scott
October 30	Victoria Finley



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

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**DATES/TIME:** Thursdays, October 13 to November 17, 2022  
1:00 p.m. to 3:30 p.m.

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

**TO REGISTER:** 604 940 1273 or 1-866-902-3767 (Toll-Free)  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

Connect with us:



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\*\*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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