

E-Pulse - Newsletter of St. Mark, Ocean Park for Jan 22, 2023

The Prayer Corner



Confession: From that time on Jesus began to preach, "Repent, for the kingdom of heaven has come near." Matthew 4:12

Oh God, you know us better than we know ourselves. You created us. You alone know the hidden secrets of our hearts, minds, bodies and souls. By the wisdom and kindness of The Holy Spirit reveal to us where we need to repent. Give us open hearts and minds to hear your gentle convicting voice that we may turn away from that which displeases you and harms us AND turn toward the Way of Life. (Spend quiet time with Jesus this week. Let The Holy Spirit speak specifically to you.)

Praise and Gratitude: Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness among the people. *Matthew 4:23* When we remember the teaching and the miracles of Jesus we are amazed! When we remember that we are part of the body of Christ working in the world today we are humbled and awed! Thank you for Jesus who covers us with His righteousness. Thank you for the gift of The Holy Spirit - who guides, unites and empowers us. May The Holy Spirit flow mightily in us individually and as a community. May St. Mark Ocean Park be filled to overflowing!

Petition: 'Come, follow me,' Jesus said, 'and I will send you out to fish for people.' Immediately they left their nets and followed him. *Matthew 4:19-20*

We desire that all would have the blessing of life with you. SO - We lift to you, those who are living apart from the vine that is Christ. Where we have an active part to play in their knowing Jesus, help us to hear your call and be obedient to it.

Parish Life Announcements

Potluck Lunch – immediately following the 10am service in the church hall. All are welcome

Calendar for Flower Memorials – Please note, the calendar for 2023 is up on the bulletin board in the hall. If you wish to donate flowers on a Sunday during the year, please put your name on the calendar for the date you desire. Other information about flower donations is on the bulletin board or please contact Kathryn Smith: 604-560-1455 or e-mail hkmasmith@shaw.ca



Readings for next Sunday, January 29

Micah 6:1-8 Psalm 15

1 Corinthians 1:18-31 Matthew 5:1-12,
and Luke 2:22-40

The Ladies Guild will meet on Tuesday, January 24 at 2 pm in the family room. We welcome old and new members to our first meeting of 2023!"

Looking Ahead – For Your Calendar

Shrove Tuesday Pancake Supper - Tues Feb. 21, 5 pm

Ash Wednesday, Feb 22 – Services to be announced

Annual Vestry Meeting - Sun Feb 26 following the 10am service

And Watch the Parish Life Notices for ongoing monthly events...

Souper Sundays for Feb. & March

Potluck Lunches for Feb & March

ACW meets on 2nd Tuesdays at 2 pm

Ladies Guild meets on 3rd Tuesdays at 2 pm



Flowers for the Altar – are provided today by Ken Anderson to the Glory of God and in memory of his wife, Rea, and grandson, Kenneth Anthony.

The Lunch Basket for Hungry Children, is provided this week by Joy Prior: "The eyes of your understanding enlightened: that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints and what is the exceeding greatness of his power to us-ward, who believe, according to the working of his mighty power (Ephesians 1:23) which is his body, the fulness of him that filleth all in all. – KJV, Ephesians 1:18-19

To Donate to the Lunch Basket - the 2023 chart is now posted in the Church Hall for those of you who wish to support this program, please sign up for a Sunday. Info is on the notice board.

Souper Sunday is Back!! Your Community Outreach Ministry is



back in the kitchen! We will be taking orders in the Narthex - for Ham & Split Pea soup (home made) - over the next two **Jan 15th & Jan 22nd** Sunday.

\$10.00 per Litre and \$5.00 for Half Litre. **Available after the 10am service on January 29th.** All the funds raised will go to the Lunch Basket for Hungry Children.

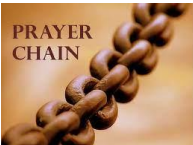
To Reach Rev Stephen Laskey, our Priest in Charge, send an email to: PinCStephenLaskey@outlook.com or call him at the Church Office (604.535.8841). If your call goes to voicemail, leave a message and your telephone number for Reverend Laskey. He will check voicemail messages and will return your call.

SAVVY Seniors Get Together



- On Thursday, February 9, at 8 p.m. we shall be attending the play BEST DIVORCE EVER at the White Rock Playhouse. If you have season ticket but are unable to attend please let me know and let me know who will be using your tickets. I have all the tickets so please do not think you have mislaid them! Keep well and enjoy 2023!

Prayer Chain – The Coordinator for the prayer chain is Lynne Hurd



at lynneh1@telus.net or you may phone at 604.542.2772.

AND Sunday Intercessions – Do you have a request to be included in the Sunday

Intercessions? If so, please contact the Office at 604.535.8841 OR Michael Klaver at Tel:778.386.1973 Email: klaverfamily@shaw.ca

St. Mark's Youth Group



welcomes youth ages 10 to 16 Friday evenings 7-9pm. Come for fellowship, activities, and connection. Look for our Instagram page under "St Mark's Youth Group". Updates are posted on events and activities here as well as on the Church calendar and FaceBook.

Connect with Sarah at: yministrysvp@gmail.com if you want to

join us. St Mark's Youth Ministry welcomes all who are interested in the Safe Adult program to assist with our youth ministry. For info contact Sarah at yministryrsvp@gmail.com .



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

Do Subscribe to our youtube channel

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



We Live Stream our Sunday Worship

To access the online Service go to our Church's website: www.stmarkbc.org On the homepage, click on the service's video, where it says: "St Mark

Online Worship Services". To watch or listen to older services, 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](http://tinyurl.com/St-Mark-Online-Video-Channel)

OR https://www.youtube.com/channel/UCLHs8LO-SfLI0_i0FX3hJNg