

## E-Pulse - Newsletter of St. Mark, Ocean Park for Jan 29, 2023

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### The Prayer Corner



#### Praise, Gratitude, and Surrender

He has shown you, O mortal, what is good. And what does the Lord require of you?

To act justly and to love mercy and to walk humbly with your God. Micah 6:8

What clear words your prophet has for us, Creator and Sustainer of Life! How difficult it is for us to truly live these words.

Thank you for the Living Word, Jesus, who has shown us The Way – who has paid for our unfaithfulness and failings – who intercedes for us at your right hand – who has sent The Holy Spirit to assist us in The Way. We open ourselves to receive the power, wisdom, and righteousness that come to us through faith in him.

#### Petition

\*Now when Jesus saw the crowds, he went up on the mountainside and sat down. His disciples came to him, and he began to teach them. *Matthew 5:1*

\*And the child (Jesus) grew and became strong; he was filled with wisdom and the grace of God was on him. *Luke 2:40*

Holy Spirit, awaken us to the voice of Jesus in all things. Help us to be consistent in times of personal devotion. Help us to read well both the big book of nature and the written Scriptures. Tune our hearts and minds to understand Jesus' teaching that comes through the details of our daily lives.

We desire to be good disciples not only for ourselves but also for the young people you place in our care. Thank you for Sarah, who shepherds our youth. Bless her and the safe adults who assist her. Bless the youth and increase their number. Thank you for Mari Anne and all who assist her in presenting the on-line Family, Youth and Children Time. Bless them and those who view their postings. Bless Sarah as she is commissioned to lead and coordinate our Sunday School. Raise up volunteers to revive this important path for little children to come to you.

May ALL your people of St. Mark Ocean Park - young and old - grow in wisdom and strength with your grace abounding over and in them.

## **Parish Life Announcements**

### **Readings for next Sunday, February 5<sup>th</sup>**



Isaiah 58:1-12, Psalm 112:1-9  
1 Corinthians 2:1-12, Matthew 5:13-20



**Flowers for the Altar** – Today, the flowers are given with grateful hearts for family and for God's many blessings by Margaret Appleton. Our God is an awesome God!

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

**Parish Council** – meets tomorrow evening, Monday, January, 30 at 7pm in the Family Room.

### **Looking Ahead – For Your Calendar**



**Shrove Tuesday Pancake Supper –  
Tues Feb. 21, at 5 pm**

*Please note, the Men's club will not meet in February. Instead, we hope all will attend the pancake supper starting at 5pm. If you can, please come early to help with the setup and lag behind afterwards to help clean up.*



**Ash Wednesday**, Feb 22 – Service times to be announced. Lent begins this day and so we begin our journey through the desert with our Lord to seek the voice of God in our lives and reflect on our direction for life in Christ and our ministries or service.

**Annual Vestry Meeting** - Sun Feb 26 following the 10am service  
Finger food to tide us over, tea, and coffee will be provided

*And Watch the Parish Life Notices for ongoing monthly events...Souper Sundays* for Feb. & March

**Potluck Lunch** – Thank you to everyone who contributed to the potluck last Sunday. Once again it was a great success. The food was delicious and a fun time of socializing was had by all. Watch this space for announcement of our next Sunday potluck lunch.

**Footprints to Faith** Sunday Children's Programme - Starting



February 5<sup>th</sup>, we welcome all young children and Jr Youth Sundays to our Footprints to Faith program, and all Sr Youth to our Sr program.

In launching our new youth programs we find that we need more Safe Adults to help in supporting both the youth groups on Fridays and the Sunday program. If you or someone you know is able to step up and help support this worthy ministry, I would be happy to help facilitate the process, to get you started. Please email me, Sarah directly at yministryrsvp@gmail.com

**To Donate to the Lunch Basket for Hungry Children** - 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.

**To Reach Rev Stephen Laskey**, our Priest in Charge, send an email to: [PinCStephenLaskey@outlook.com](mailto: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 Sr. Youth program (Grades 8 to 12) remain on Fridays 7 to 9pm, here at the Church hall.

Do Subscribe to our youtube channel

CLICK ON THIS PICTURE TO WATCH THE VIDEO

**St Mark Ocean Park**  
**FAMILY YOUTH & CHILDREN TIME**

To access the online Service go to our Church's website: [www.stmarkbc.org](http://www.stmarkbc.org) On the homepage, click on the service's video, where it says: "St Mark Online Worship

**ST MARK OCEAN PARK  
ANGLICAN CHURCH**

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use these links: [tinyurl.com/St-Mark-Online-Video Channel](https://tinyurl.com/St-Mark-Online-Video-Channel)  
OR [https://www.youtube.com/channel/UCLHs8LO-SfLI0\\_i0FX3hJNg](https://www.youtube.com/channel/UCLHs8LO-SfLI0_i0FX3hJNg)