

'The E-Pulse'

Newsletter of St. Mark,
Ocean Park March 5, 2023

The Heart of God Pulsing Life into the Heart of our Community

Parish Life Announcements



Readings for next Sunday, March 12

Exodus 17:1-17, Psalm 95

Romans 5:1-11, John 4:5-42

The Lunch Basket this week - is provided this week by John and Victoria Finley to the Glory of God and in gratitude for our Emergency Personnel.

Lenten Lunch – Interdenominational – Thursdays in March

12noon to 1pm

- **March 9 at St. Mark's**
- March 16 at Star of the Sea Roman Catholic Church
- March 23 hosted by Peninsula United Church **at St Mark's**
- March 30 at Mount Olive Lutheran Church

See the poster on the Bulletin Board in the Parish Hall

PURDY'S CHOCOLATES for Easter. Please consider supporting The Ladies Guild by purchasing your Easter chocolates through us. Order forms are available in the Narthex or you can order online using this link to our account 41550

<https://fundraising.purdys.com/932138-104747>

Last day to order is March 12. Delivery date at church is March 26. Please see any Guild member with questions or to submit your order. Thank you for your support.

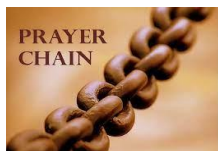
This Week & Looking Ahead – For Your Calendar

Monday to Friday 9am - Daily Prayer goes live on our Parish of St. Mark – Ocean Park Facebook page and is linked to our parish website shortly after the livestream ends. You can follow this link to go to Daily Prayer:

<https://tinyurl.com/Lent-2023-Morning-Prayer>

Refundables – Once again, we are collecting refundables in support of the youth ministry. Please bring your refundables to the bin in the church hall. They will be taken to a ‘Return It’ depot. Thank you!

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

News from the Annual Vestry Meeting

Result of Elections and Appointments to the Parish Council, Trustees, and other appointments for St. Mark's for 2023

Priest-in-Charge – The Rev. Stephen Laskey

Bishop's/Rector's Warden – Barbara Carington-Smith

Treasurer – to be appointed – Barbara Carington-Smith will fulfill this role in a temporary capacity

Recording Secretary for Parish Council – Heather Higginson

People's Warden – Isabel Chernoff

Associate Warden - Massimo Savino

Lay Synod Delegates – Betty Ann Bainbridge, Brenda Horner,
Lauren MacPherson

Alternate Lay Synod Delegates – Jonathan Yao, Phil Tubbs,
Mark Davies

Youth Synod Delegate - Max Harding

Alternate Youth Delegate – Vacant

Members at Large - Leslie Ann Hebb, Judith Hardman,
Raylene Brooks

Trustees – Michael Klaver, Ken Miles, Massimo Savino,
Alan Marsh (Priest-in-Charge & Wardens are also
Trustees)

Donations Secretary – Brenda Horner

Screening-In-Faith Coordinator – Betty Ann Bainbridge

The Motion to Support a Refugee Family from Afghanistan

Refugee Sponsorship Ministry Team Update - As Coordinators of the Refugee Sponsorship Ministry, we would like to express our gratitude to the Parish for the unanimous support of our proposal, at Vestry on February 26th, 2023, to sponsor a family of three from Afghanistan. This project will involve fundraising \$50,000.00 to support the family during their first year in Canada. We have

been blessed already with the promise by an anonymous donor to match the first \$15,000.00 raised! Several others have approached us about their intention to support this ministry project financially, either through a single gift or an allocated monthly donation. In the coming weeks, Brenda Horner, the member of our Team overseeing donations, will be sharing through The Pulse the many ways that donations can be given to support this family. It has been heart-warming for us to see the compassion expressed by parishioners towards this Afghan family, desperate for a life-line. We have communicated our 'YES' to the Diocese and to a brother of the family who lives in the Lower Mainland. All are very appreciative of the gift of HOPE that comes with our 'YES'.

With gratitude, Janet Scott & Patrick Aiken

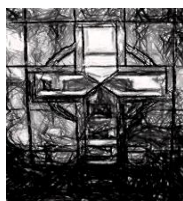
Lenten Program for 2023



Daily Morning Prayer – Monday to Friday at 9am (most days) is livestreamed on our Facebook page and then linked to our website shortly after.

Jesus Sightings - Encountering Jesus Everyday

***If you are interested in coming along to either session, please do so.**



Tuesdays 7pm and Wednesdays at 11am

Each session will be about 75 minutes (an hour and a quarter). Materials will be made available the week before.

Our Lenten Reflections will consider our encounters with Jesus in our own life. To enable this, we will begin with scripture where Jesus is sighted and encountered by others. From there we will see how we can lift our eyes to see where Jesus is sighted and encountered as we go about our daily lives.

Please do come along and participate in anything or everything this Lent. We are making this journey together. Do Pray. Do Fast. Do Give. Forty days with Jesus are days well spent.

Why We Do What We Do



The 'Prayer Corner' for Lent

This week we begin to look at the various parts of the Eucharist service starting with a reflection on:

The Gathering of the Community

Getting Ready & Preparing

We all have various ways of how we prepare for Sunday worship together with others. Some are up early and engage with the day. Others like to relax and reflect, or read the Bible passages that will be used that morning. Some people, who live within the sound of the church bell calling people to worship, jump out of bed and get the family up when they hear that first ringing a half hour before the service starts. I know for some families whose children are of a certain age, it can be one of the most difficult days of the week trying to get everyone ready and on the go. What should be a peaceful rising can sometimes turn into a time of frustration just to get to church. Does any of this sound like your start on a Sunday? Whatever we experience on Sunday morning, our hope is that we are able to 'Gather' and put ourselves back together as the 'Body of Christ' each of use in place bringing ourselves, our giftedness, our hopes, our worries and all that we are, to praise, and pray, to see one another, hear the Good News of God's Word, and simply to be with one another as disciples of the Lord.

Some people do some preparation the night before or early in the morning for an examination of life, to reflect on what did not go so well over the week, where they may have strayed from walking closely with the Lord so their part in the general confession is meaningful to them. However we prepare, we arrive with all of who we are.

So we walk through the doors and we are greeted and welcomed. We find our place to sit or we move around a bit to talk to others and catch up on the news.

Some churches have gathering music with singers and instruments as a sort of 'pre-service warmup'. It is a time of praise to help get our minds and hearts focused and why we are there. It is a time of preparation to listen to God and join our voices as one. At St. Mark's we listen to music, organ or piano with the idea that we will quieten ourselves and put ourselves into a frame of mind that is an offering to God

The Greeting - At the appointed time, there will be words of welcome and an invitation to participate and enjoin ourselves to our worship. St. Mark's has a processional hymn, a gathering hymn that we sing together. It is always a hymn of praise. The choir and those involved with the service with specific roles, follow the cross. They take their places. Once the hymn has ended, the presider shares a greeting in the name of the Lord and we all respond. It is very much saying we are gathered, we know why we are gathered, and we are ready to take this time as companions on the journey. A greeting to begin worship is like a greeting anytime we gather with family for friends. It is a very human thing to do. We say, 'here we are, let's begin. 'Let's celebrate who we are together' and in the case of worship, who we are before the Holy One and we are made one. It is God who brings diversity of people together and so we do it in the name of and with the grace of our Lord Jesus Christ. The greeting will change a bit for the different seasons of the church year from our normal greeting to one for Easter to another for Christmas etc. just as we often change our greetings to family and friends at different times of the year.

The Collect for Purity – This prayer is a thousand years old or more and features at the Eucharist each week. It is a prayer that states clearly that we understand that we stand before God who sees into our hearts and knows us better than we can ever know ourselves. We pray that as we enter this time of worship together, that there be a purity in our motives, in our minds, and of our hearts. We pray that we may be inspired by the Holy Spirit

toward perfect love and worship that is truly worthy of God. It is a great aspiration and we cannot attain it without the help of the Holy One. Where any of us may fail in this endeavour of worship, we are bolstered by everyone else who is there for the same reason. We want to worship in spirit and in truth. When we pray these words, we are reminding ourselves of who it is we are addressing as a community of people.

The Gloria – Everything we do, everything we say, is for a reason, and has a place in scripture and expresses the continuity of faith over the centuries. This great hymn of praise are the words the Angels sang when the birth of the Messiah was announced to the shepherds. It is a Doxology that praises the Holy One as Father, Son, and Holy Spirit.

Singing this, and other songs of praise takes us to that place where we join the angels and the myriads of those who have gone before us in the praise of God. Some may refer to it simply as tradition, but the intention of praise is to help us rise above the ordinary of the day to day and enter into the eternal.

In the season of Advent (a season of reflection and preparation as we await the return of the Lord and for his birth in time) we often use the words of the Trisagion: Holy God, Holy and Mighty, holy immortal one, have mercy on us. In the season of Lent (a season of returning to the Lord) we use the words ‘Lord have mercy, Christ have mercy, Lord have mercy’. It is a place, as we begin our worship, to set the mood and tone of our gathering and a sign of where we are going as we make this journey together.

The Collect of the Day – or the prayer of the day is a summing up of what we are offering that particular day, a foreshadow of what we will hear in the readings of God’s Word, and asking God to reveal all this to us in this service. In prayers such as the collects, it is a time to focus our thoughts and remind ourselves to listen closely to how the still, small, voice will speak to us individually and collectively.

Once we have prayed this prayer, one might say that we are now properly gathered and move on to The Proclamation of the Word. I will write about this part of the service next week.