

E-PULSE

Newsletter of St. Mark, Ocean Park

JULY 23, 2023

KITCHEN CLEAN UP Monday July 24, 9am for anyone able to lend a hand to help with our (somewhat) regular extra ordinary kitchen clean up day. Just bring your elbow grease and join the team for a couple of hours.

Readings for Sunday, July 30 – Seventh Sunday after Pentecost

Genesis 29:15-28 Psalm 128, Romans 8:26-39
Matthew 13:31-33, 44-52



A Lunch Basket for Hungry Children is given today by Joy Prior: “The eyes of your understanding enlightened: that ye may know what is the hope of his calling, and what the richest of the glory of his inheritance in the saints and what is the exceeding greatness of his power to usward, 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. – *Ephesians 1:18-19 KJV Bible*,



Offering Envelopes

For those parishioners who prefer to give to St. Mark’s using pew envelopes, please note that we will be ordering the 2024 envelopes by the end of July. They are available for either weekly or monthly donations. If you are new to this form of giving and would like a set of envelopes, or if you wish to discontinue using envelopes, please contact the Donations Secretary, Brenda Horner via email (bhenze@shaw.ca) or notify Sheila in the office (office@stmarkbc.org OR 604-535-8841).

If you are unsure about ways to donate, please consider Pre-Authorized Donations (PAD), as this is St. Mark’s preferred method of giving. Many thanks to all for your generosity.

Savvy Seniors Update – We meet August 2 from 1pm to 3:30pm in the Church Hall for games, scintillating conversation and refreshments. All Seniors are welcome. Upcoming dates are: August 16th, and August 30th.

Looking Ahead – for Your Calendar

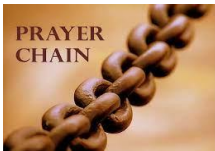
Wednesday, July 26 - 10am Mid-Week celebration of Holy Communion

Would you like to donate to 'The Lunch Basket for Hungry Children?' This provides for lunches to 9 single mothers and 16 children. Please help support these families by



choosing a 2023 date on the notice board in the church hall to support these families and have a dedication in the weekly Pulse. The suggested donation of \$70 can be made by e-transfer, at 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.

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 or Email:klaverfamily@shaw.ca

St Mark's Family, Youth and Children's Time Video Ministry - To access our new weekly



online Family, Youth and Children's Time Video go to our Church's website: <http://stmarkbc.org> On the homepage, you may click on the video picture below, or click on the box "St Mark's Children, Youth and Families Service". To watch previous videos go to

<https://tinyurl.com/St-Mark-Online-Video-Channel>

We Live Stream our Sunday Worship



To access our 10 am Sunday online service broadcast go to our Church's website: <http://stmarkbc.org> On the homepage, you may click on the service picture below: or click on the box "St Mark Online Worship Services". To watch previous services go to <https://tinyurl.com/St-Mark-Online-Video-Channel>

The Prayer Corner – July 23, 2023 Prayer Corner July 23, 2023

How wonderful it is to ponder the words of Scripture. What good news there is for us! Our creator God knows us intimately and has planned a glorious future. This week we invite you into two forms of prayer.

Prayer ONE: Meditate on the opening and closing lines of this Sunday's Psalm. Consider memorizing them and saying them as a daily prayer

You have searched me, Lord, and you know me. ... Lead me in the way everlasting.

Psalm 139:1 and 24 (NIV)

Prayer TWO: Lectio Divina with words from St. Paul's Letter to the Romans

All around us we observe a pregnant creation. The difficult times of pain throughout the world are simply birth pangs. But it's not only around us; it's *within* us. The Spirit of God is arousing us within. We're also feeling the birth pangs. These sterile and barren bodies of ours are yearning for full deliverance. That is why waiting does not diminish us, any more than waiting diminishes a pregnant mother. We are enlarged in the waiting. We, of course, don't see what is enlarging us. But the longer we wait, the larger we become, and the more joyful our expectancy.

Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good. **Romans 8:22-28 (The Message)**

1. Read the verses slowly. Consider reading them out loud. Let the words wash over you. Reflect for one or two minutes on what word or phrase resonated with your spirit. You may want to record the word or phrase.

2. Read the verses a second time. Does the same word or phrase resonate with you? Spend two or three minutes pondering how the word(s) or phrase(s) connects with your life today. What feelings does it elicit? What images does it bring to mind? What does it have to say about where God is in your life? You may want to record your observations. (e.g. I see, I hear, I feel, I understand).

3. Read the verse a third time. This is the time to soak more deeply in the word(s) or phrase(s) that God has been speaking to you. Trust that there is love and truth behind the word/phrase. You are listening. Once the reading is finished take time to reflect on your response to God's speaking. It can be helpful to consider how you would fill in the blank in this phrase:

"I believe that God wants me to _____ today/this week/in this season."

4. Seal this prayer time by resting in God's presence. Take 3 to 5 minutes to linger here.