

E-PULSE

Newsletter of St. Mark, Ocean Park

JULY 30, 2023

Readings for Sunday, August 6 – Eighth Sunday after Pentecost



Genesis 32:22-31 Psalm 17:1-7, 15, Romans 9:1-5
Matthew 14:13-21

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.

A Lunch Basket for Hungry Children is provided this week by Lyn Reynolds to the glory of God and in memory of her parents. Always in our hearts.



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.

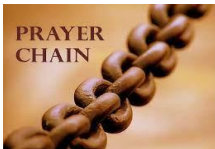
Looking Ahead – for Your Calendar

Wednesday, August 2 - 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>



This recent photograph of The Reverend Jim Fergusson and Annette Fergusson, taken in their home, was kindly supplied by Sue Indridson. Permission by the Fergussons was granted to publish their photograph.

Prayer Corner July 30, 2023

Our creator God knows us intimately and holds us securely in love through our Saviour, Jesus the Christ.

Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us. **Romans 8:34 (NIV)**

I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. **Romans 8:38-39 (NIV)**

Let us contemplate and pray with the verses above and these words from Jesus:

He told them another parable: “The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.” **Matthew 13:31-32**

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.”

Remembering that - "We love because he first loved us." **1 John 4:19 (NIV)** - let us turn our thoughts toward others.

Consider: Is there someone you know who is struggling? What difference would it make for them to know the love of Christ? How can you demonstrate that love to them? Will you commit to intercede for them in prayer?

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