

**E-PULSE**  
**Newsletter of St. Mark, Ocean Park**  

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**AUGUST 20, 2023**

**The Celebration of Life** for Lorelee Monro takes place on Saturday, August 26 here at St. Mark Ocean Park. Gordon Monro and family want the Parish to know they are welcome at the Celebration and the Reception to follow.

**Save the Date** We are pleased to announce and host at St Mark's the Induction Service for our new Rector, the Reverend David Taylor, on Monday, September 25, at 7pm. Details to follow later.

**The Rectory is empty** and we need your help with the cleaning/renovating. **Work Bees will be held every Saturday at 9 am until we are done!!** There are jobs to suit all skill levels and ages so please come to help for just a couple hours or as long as you can. You can also come on your own any time during the week. Just drop into the office to get the key and make your way to the Rectory. There are supplies there, and there is a list of required tasks in the office. Questions? Please speak to one of the Wardens.



**Readings for Sunday, August 27 – 13th Sunday after Pentecost**  
Exodus 1:8-2:10, Psalm 124, Romans 12:1-8,  
Matthew 16:13-20

**A Lunch Basket for Hungry Children** is provided this week by Barbara & Jamie Grantham to the Glory of God and for the many Blessings of their Grandchildren.

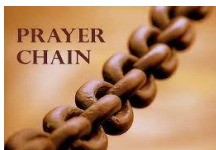
**Flowers for the Altar** are provided this week by Douglas and Pamela Brown to the Glory of God and in celebration of their 70<sup>th</sup> Wedding Anniversary. Flowers are also given by Neal Davidge, and sons Trevor, and Glen, and family, and are dedicated to the memory of Isobel Davidge.

**Savvy Seniors Update** – We meet August 30 from 1pm to 3:30pm in the Church Hall for games, scintillating conversation and refreshments. All Seniors are welcome. Upcoming dates are: and September 13 and September 27.

### **Looking Ahead for Your Calendar:**

- 1) Wednesday, August 23** - 10am Mid-Week celebration of Holy Communion
- 2) Wednesday, August 30** – Seniors Get-Together, 1pm, Church Hall
- 3) SAVE THE DATE - Saturday, Sept. 16** 5:30pm St. Mark's Men's Club 32nd Annual Salmon Bar BQ.

**Prayer Chain:** The Coordinator for the prayer chain is Lynne Hurd at



[lynneh1@telus.net](mailto: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](mailto: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>

**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 Corner August 20, 2023

#### For Personal Contemplation

In the Sunday teaching of the past few weeks we have heard the words of Julian of Norwich quoted, so I offer those words again for us to contemplate, and along with them, the words of St. Patrick. As Paul wrote in his letter to the Hebrews, we can take courage and strength from the faith of others who have travelled this road ahead of us or alongside us in history.

*Since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. - Hebrews 12:1-2*

*All shall be well, and all shall be well and all manner of thing shall be well. – Julian of Norwich*

*Christ be with me, Christ within me,  
Christ behind me and before me.  
Christ beside me, Christ to win me,  
Christ to comfort and restore.*  
- St. Patrick

St. Patrick's prayer is sometimes called "The Lorica". To those who have access to a music streaming service or YouTube I refer you to a lovely song of the same name by the Christian artist, Steve Bell.

### **Suggested Communal Prayer**

This Sunday we read the story of Joseph's reunion with his brothers, the same ones who had sold him into slavery. We heard Joseph's testimony that God had been with him and was working good through all circumstances. So we pray -

Miracle working God – Holy Trinity – we praise you for how you can bring good out of hardship. Your loving presence is always with us. Your mercy and grace are available to all. Your plan for the restoration of creation is good.

Give us increased gifts of faith, hope, love and the peace of Christ that passes understanding. May our lives be a testimony to you - Father, Son and Holy Spirit - that we may bring faith, hope, love and peace to those whose lives we touch.

Be with the people in places recovering from natural disasters, places of war and terrorism, places of extreme poverty. Empower those who are working to bring health, healing and peace to them.

International: Maui, Myanmar, Ukraine, Russia, Afghanistan, Yemen, Syria, South Sudan, Somalia, Pakistan, Colombia, Mexico, Guatemala, Haiti

BC: Osoyoos, Cranbrook and Donnie Creek, BC that have experienced major wildfires; the downtown Eastside of Vancouver

Personal: Other people and places The Holy Spirit brings to your mind.