

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

---

**AUGUST 27, 2023**

**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, September 3 – 14th Sunday after Pentecost**

Exodus 3:1-15, Psalm 105:1-6, 23-26, 45b, Romans 12:9-21, Matthew 16:21-28

**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,*

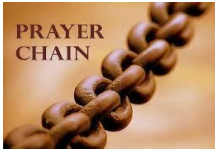
**Flowers for the Altar** are provided this week by the McQuarrie family in memory of our son and brother Kerry.

**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 30** - 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 27, 2023**

The theme from last week continues: God has a good plan. God can bring good out of troubled times. Christ - the Messiah - the unique Son of God makes all the difference. Praise Father, Son and Holy Spirit: Our Creator, Refuge, Redeemer, Guide!

### **Suggested Prayer – One – Hide It In Your Mind and Heart**

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

*If God hadn't been for us*

*If the Lord had not been with us*

*We would have lost our lives.*

*Our help is in the name of the Lord, the Maker of heaven and earth.*

*- Based on Psalm 124 (NIV, The Message)*

*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 (NIV)*

**Consider memorizing one or more of these holy phrases to have ready to repeat to yourself or share with others when encouragement and courage is needed.**

### **Suggested Prayer – Two – Lament and Listen**

This Sunday we read the story of Moses' birth and rescue from the destructive plans of Pharaoh. His name means "Pulled Out" (The Message) or "Drew Out" (NIV). He was pulled out of the river into the safety of Pharaoh's daughter's arms. He would grow to lead his people, Israel, as God "drew them out" of slavery in Egypt.

*What do you want to be "pulled out" of?*

*What do you want a loved one to be "drawn out" of?*

*What do you want our community, our country, our world "pulled/drawn out" of?*

**Spend time being honest with God about your sorrows and fears - your hopes and dreams.**

**Spend time in quiet stillness listening for what God may have to tell you.  
Consider journaling your experience of this prayer time.**

**Suggested Prayer – Three - A Morning Prayer based on St. Patrick's prayer:**

I arise today through a mighty strength, the invocation of the Trinity, belief in the Threeness, confession of the Oneness of the Creator of creation.

I arise today through  
God's strength to pilot me,  
God's might to uphold me,  
God's wisdom to guide me,  
God's eye to look before me,  
God's ear to hear me,  
God's word to speak for me,  
God's hand to guard me,  
God's shield to protect me,  
God's host to save me

I arise today through the strength of Christ  
Christ be with me,  
Christ beside me, on my right and on my left,  
Christ behind me and before me,  
Christ above me and beneath me,  
Christ when I lie down,  
Christ when I sit down,  
Christ within me,  
Christ to win me,  
Christ to comfort and restore.

**Consider saying this prayer at the start of each day this week.**