

E-PULSE
Newsletter of St. Mark, Ocean Park

SEPTEMBER 3, 2023

Prayer Corner September 3, 2023

Scripture Verses from our Readings:

From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life. Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns." - Matthew 16:21-23

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. - Romans 12:2

Be joyful in hope, patient in affliction, faithful in prayer. - Romans 12:12

Look to the Lord and his strength; seek his face always. - Psalm 105:4

Prayer of Confession and Petition:

Oh God, Your written and living WORD teaches us that all things come from you and are created for your glory; that you are good, loving, powerful, faithful and trustworthy. YET – We, like Peter, are challenged to fully trust you. We are confused by and afraid of suffering. We are tempted to try to control the future. We are distracted by human concerns of the here and now, and influenced by the ways of the world in which we live. We confess and desire to repent. We acknowledge that only through the gifts of Christ and The Holy Spirit can we walk in your ways, giving you the central place in our lives. Help us persevere through our failings to grow in Christ-like surrender. Give us (individually and as a community) a fresh and full gifting of The Holy Spirit that we may know and do your good and pleasing will.

Prayer of Surrendered Presence:

It is good to spend time in God's presence without agenda. Set aside 10 – 15 minutes to sit in quiet with The Lord receiving The Holy Spirit. You may want to set a timer to begin. Sit still with eyes closed and repeat these words from Psalm 46:10 to enter into a time of communing with God:

“Be Still and Know that I AM God”

“Be Still and Know that I AM”

“Be Still and Know”

“Be Still”

“Be”

Thoughts will come into your mind, try to just let them float on by as you would a boat or duck in a river. Bring yourself back to the presence of God with one or more of the words from the verse above (e.g. I AM | Be | Still).

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Youth and Children Ministries: I would like to invite you all to prayerfully consider giving of your time once a month on a rotating basis to be a facilitator for the Sunday Footprints to Faith program or as a Safe Adult in one of our other programs, youth groups or Messy Church.

The roles are as follows:

Footprints to Faith program: To facilitate the prepared program (prepared by myself, Sarah, and made available to you via email and hard copy for Sunday morning) to the children grades K to 6. In the education centre down stairs on Sunday mornings during the 10am service.

Youth Group Safe Adult: In this role you would be present during one of the youth gathering times, Fridays between 4-5:30 for Jr youth or 7-9pm for Sr youth. And you would be an active participant in discussions and activities supporting the growth and joy of connection with our youth.

Messy Church: In Messy Church, there are lots of roles to participate in from helping in the kitchen, to prepare and serve dinner for families, to participating in helping with activities and crafts.

All of our roles do require that we observe the Safe Church protocol, which entails modules to be completed online, as well as a CRC through the RCMP.

I would be happy to connect you with our Safe Church leader when you are ready to begin participating in this very exciting ministry, alongside me.

Sincerely, Sarah Autio



Readings for Sunday, September 10 – 15th Sunday after Pentecost

Exodus 12:1-14, Psalm 149, Romans 13:8-14, Matthew 18:15-20

The Lunch Basket for Hungry Children is provided this week by Chris and Leslie Ann



Hebb to the Glory of God with gratitude to Father God for the blessing of our children and grandchildren. As the school year approaches we pray safety and sound education for all children and for all to come to know how wide, long, high and deep is the love of God through

Christ Jesus.

St. Mark's Men's Club 32nd Annual Salmon BBQ - Come one, come all to a seasonal favourite which is scheduled for **Sat. Sept. 16 at 5:30 pm**. Enjoy Bar BQ salmon, corn, scalloped potatoes, Caesar salad and coleslaw with fruit & ice cream for dessert. Cost: \$20 each with kids 11 & under FREE. Tickets are on sale at 9:15am & 11:30 am on Sunday morning. Buy early so that we can purchase the right amount of food. Come meet our new rector, The Reverend David Taylor.

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 9am until we are done! There are jobs to suit all skill levels and ages so please come if you can -- OR come on your own any time during the week. Just drop into the office to get the key. Supplies are there, and there is a list of required tasks in the office. AND of course, financial contributions would be very helpful and welcomed.

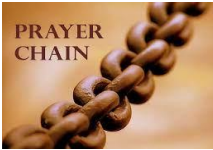
Flowers for the Altar are given with gratitude by Janet Scott in loving memory of her parents, Doug and Connie Johnston.

Savvy Seniors Update – We meet next on Wed. September 13 from 1pm to 3:30pm in the Church Hall for games, scintillating conversation and refreshments. All Seniors are welcome. Upcoming dates are: and September 27 and October 11.

Looking Ahead for Your Calendar:

- 1) **Wednesday, September 6** - 10am Mid-Week celebration of Holy Communion
- 2) **Wednesday, September 13** – 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 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>

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.