

E-PULSE
Newsletter of St. Mark, Ocean Park

OCTOBER 1, 2023

Readings for Sunday, October 8, 20th Sunday After Pentecost

Exodus 20:1-4, 7-9, 12-20; Psalm 19; Philippians 3:4b-14; Matthew 21:33-46

THANK YOU – to all of you who generously supported our youth during the bake sale on September 17!! We are happy to announce that we raised over \$200 from your generosity. We sincerely thank you all, and hope that you enjoyed our treats!! We look forward to hosting another Bake Sale soon.

WORK BEE Saturday Sept. 30 at 9 am at the Rectory. Hopefully this will be the last one needed so please come if you can and we will blitz the tasks and try to get them all done by noon.

Greeting Team members -- reminder of gathering today at noon in the Family Room with Rev. David. Please also come if you might consider joining this ministry.

Please be advised - the Office will be closed on Monday, October 2, National Day for Truth and Reconciliation, a Statutory Holiday

Further...

Please be advised - the Office will be closed on Monday, October 9, Thanksgiving Monday, a Statutory Holiday



Thank you for your donations!

The Thanksgiving Food Drive with the Interfaith Outreach Ministry of the Peninsula was a great success! Did you know800 families are accessing the local Food Bank on a weekly basis? The local Food Bank needs your support.



SOUPER SUNDAY IS BACK !!

Your Community Outreach Ministry is back in the kitchen!

We will be taking orders in the Narthex Sundays October 8th and October 15th

Pick up Sunday October 22nd

\$10.00 per Litre and \$5.00 for Half Litre.

All the funds raised will go to the Community Outreach Ministry.

A Lunch Basket for Hungry Children is given today by Brenda Horner and Ron Henze in



thanksgiving to God for the safe arrival of their grandson, Lincoln Kurt Bourdeau, and for the hospital staff that provided such wonderful care to him and our daughter Ashley.

Men's Club Meeting will gather on Tuesday, October 10th. Appetizers at 6pm, dinner at 6:30. Please let Ken know that you can come: kenmiles@telus.net

Today's Flowers for the Altar are given by Barbara and Charles Carington Smith to the Glory of God and in Thanksgiving for the abundance of Blessings of Family and Friends, yesterday, today and tomorrow.

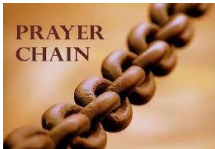
Looking Ahead for Your Calendar:

- 1) Wednesday, October 4** - 10am Mid-Week celebration of Holy Communion
- 2) Wednesday, October 4** – 7:30pm Choir Practice
- 3) Thursday, October 5** – Outreach Committee Meeting in the Hall
- 4) Thursday, October 5** – 1pm Pain Management Group meeting in Family Room

The flower chart is in need of people to donate flowers, we have some spots for October, but November and December are open. Your donation of flowers brightens up the church for services. Flowers are enjoyed by people who are sick, housebound or celebrating a milestone. You can sign up on the chart in the hall, or by phoning, or emailing me: Kathryn: 778-549-0858 hkmasmith@shaw.ca

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

+++++ Prayer Corner October 1, 2023 +++++

This week's Sunday readings got me thinking about the battles in our world, and the battles in my life – ones I have had, ones I am currently facing, ones that those dear to me are facing. Are there battles that are heavy on your heart and mind? Let us lift them up to Our Lord encouraged by the words of our ancestors in faith --

Moses: **The Lord Is My Banner** ¹ (Exodus 17:15)

St. Paul: **it is God who is at work in you, enabling you both to will and to work for his good pleasure** (Philippians 2:13)

King David: **the battle is the Lord's** (1 Samuel 17:47)

King Solomon: **Let him lead me to the banquet hall, and let his banner over me be love.**

(Song of Songs 2:4)

Suggested Prayers:

Father God, I am burdened by (*name the battles in your life or ones you are witnessing that trouble you*). I believe that in the name of Christ Jesus and the power of The Holy Spirit this battle can be won. Show me how to entrust this battle to you. Give me the will and the skill to do whatever you would have me do. I look forward to the victory, peace and reconciliation you will bring.

Father God, I thank you for the protection and provision you have given/are giving (*name the person or people or nation in a battle*). Help me/them to see your hand in my/their circumstances. May I/they know how deeply you care for me/them and be encouraged to persevere through me/their struggles with you going before, beside and behind me/them.

Father God, I desire to be a witness to your love, grace and power. Holy Spirit, bring to my mind the stories of victory in Christ Jesus that I have, and open opportunities for me to share them with those who would be blessed by hearing. Use my witness to bring honour and glory to Jesus and build The Father's kingdom.

Jesus said, "Everything is possible for one who believes" (Mark 9:23)
And "If you believe, you will receive whatever you ask for in prayer."
(Matthew 21:22)

Father God, forgive me for the times I have become hopeless; the times I have doubted. Be gracious to me as Jesus was gracious both to Thomas (in his doubt of the resurrection) and the father who begged healing for his son. Like that father I pray, "I do believe; help my unbelief." (Mark 9:24)

Father God, forgive me and all your people at St. Marks for the times we have forgotten that "our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." (Ephesians 6:12) Give us eyes to clearly see the battles we are burdened by with your heart of compassion and love for all of creation. Show us the path you have planned for us to walk under your banner of love and keep us confident

in the knowledge that Christ Jesus has already won the victory. Send a fresh and full outpouring of The Holy Spirit to us as we begin a new season of witness and work under the leadership of Rev. David. We thank you for him and his family. Grant that, together with them in unity through The Holy Spirit, we will use all the gifts you have given us to build your kingdom until Christ Jesus comes again.

Footnote 1: According to Strong's Hebrew lexicon, the word "banner" in this verse refers to "a flag, a sail, a flag staff, a signal, a token." While other nations' armies would go into battles with their rallying flag, the Israelites would go with God's presence as their Banner.

Ref. Simply Vine Blog <https://simplyvineblog.com/home/gods-banner-over-us#:~:text=According%20to%20Strong's%20Hebrew%20lexicon,God's%20presence%20as%20their%20Banner.>

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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

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>

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>