

E-PULSE
Newsletter of St. Mark, Ocean Park

OCTOBER 15, 2023

Readings for Sunday, October 22, the 21th Sunday After Pentecost

Exodus 33:12-23; Psalm 99; Thessalonians 1:1-10; Matthew 22:15-22

LADIES GUILD - We would like to invite the ladies of the Parish to our meeting on Tuesday, October 17 at 2pm. We will have special guests with us from the Patricia Hope House. The house is a women's recovery house in our area. There will also be an opportunity purchase some of the crafts they create. Refreshments will be served. RSVP to lindaodee@hotmail.com

Flowers for the Altar are given today by Hilda Smith to the Glory of God and in Loving Memory of her husband Les and her Son Derrick.



!SOUPER SUNDAY IS BACK!

Your Community Outreach Ministry is back in the kitchen!

We will be taking orders in the Narthex Sunday, October 15th.

Pick up next Sunday October 22nd

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

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

AED INQUIRY

We would like to compile a list of our parishioners who have experience and are qualified to use an **AED -- Automated External Defibrillator**. Please email Warden Isabel at isabelchernoff@telus.net if you do. If you would like to take part in a learning session of how to use this life-saving device, please reply with that information and we will consider hosting a class.

MISSION TO SEAFARERS

The time has come to collect for the Seafarers. The items needed are socks (must have some wool in them), warm work gloves, toques and snug fitting cowls.

Also needed are stocking stuffers such as toiletries (toothpaste, toothbrush, razors, shaving cream, face cream, lotion etc.) and small soft toys.

Candy is also appreciated; maybe you have leftover Halloween candy that you don't want to eat. To help pass the time; things like magazines; any sports magazines, or others like National Geographic, Canadian Geographic, and any representing B.C. and Canada, also new puzzles, (used puzzles, if you are sure that all pieces are in the box), or decks of cards. Display for the collection of items will be out from October 15 to November 19. For further information on the Mission to Seafarers go to

www.flyingangel.ca/about

Thank you in advance for your support of this very valuable project.

SPECIAL EVENT! – St Marks Savvy Seniors invite you to a *SITAR RECITAL – Sharanjeet Singh Mand, Sitar Virtuoso, and his students.* All are Welcome. Admission by donation.

WHEN? Wed. Oct. 25 at 1pm to 2:30pm, in the St. Mark's Sanctuary. Please RSVP no later than TODAY, Sunday, October 15 to: sinder@shaw.ca



Library News

Once again we have a lot of books that are **Missing in Action**. They seem to leap off the shelves and forget how to get back so I need your help in rounding them up and getting them home to their shelves. As a reminder, books can be taken out for 3 weeks, and DVD's for 2 weeks. They can also be renewed if you don't get them finished in that amount of time, just let us know you need more time. Please be sure to sign them out if you are in the library during the week when there is no Librarian, Name and phone number on the card. It is the only way that we know the book is being used and if to our knowledge it has not left the shelf in 5 years it will be culled and replaced with a newer or more popular book. Look on the bulletin board in the Library for these delinquent books, some have been out for a year or more and some were not signed out but were not on the shelf when asked for. Please look on your shelves, desks, coffee tables, night tables, under the beds, in the car, anywhere that a book might hide.

Thanks for your help. -- Charlie Bookworm and the Librarians

Have You Seen . . .

Out Live Your Life by Max Lucado
The Unfinished Gift by Dan Walsh
Cleaning Up Your Mental Mess by Caroline Leaf
Shades of Light by Sharon Garlough Brown
So Long Insecurity by Beth Moore
Resilient by John Eldredge
The Mountain Between Us by Charles Martin
The Call of the Wrens by Jenni Walsh

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 8 single mothers and 14 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 \$75 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.

Looking Ahead for Your Calendar:

- 1) **Tuesday, October 17** – Ladies Guild meeting at 2pm in the Family Room
- 2) **Wednesday, October 18** - 10am Mid-Week celebration of Holy Communion
- 3) **Wednesday, October 18** – 7:30pm Choir Practice
- 4) **Thursday, October 19**– 1pm Pain Management Group min the Family Room
- 5) **Friday, October 20** – 4pm Junior Youth Group and 7pm Senior Youth Group
- 6) **Saturday, October 21** – in the Kitchen, preparation for Souper Sunday
- 7) **Sunday, October 22** - Souper Sunday

+++++ Prayer Corner October 15, 2023 +++++

Staying with Gratitude –

The Thanksgiving holiday is over but the practice of Gratitude is one that is so life-giving I thought it would be good to linger here another week. So, below you will find a repeat of last week's Prayer Corner with a few adjustments. Maybe there is a prayer that you would like to go deeper with. Maybe there is a prayer that you did not have time for last week; this week may provide the opportunity. My hope is that for each one of us – with the help of The Holy Spirit - the Practice of Gratitude will become ingrained in our lives.

Beginning with Your Gifted Life –

ONE: Take time this week to think over your life and record the blessings you have received. If certain people come to mind, consider expressing your gratitude and giving them the gift of letting them know what they have given you. What can you do that would be received as a special “thank you”?

- send a hand-written note card? or flowers?
- walk over a bouquet picked from your garden or some baked goods
- have a phone or video chat
- invite them to share a meal.

TWO: As you go about your week take time to pause throughout each day to be attentive to what your senses are receiving. What blessing do your eyes see – your ears hear? Are you delighting in a certain taste or smell? What is coming to you through touch - a hug - the fur of your pet - the fresh wind or warm sun on your face? Finally, what about that sixth sense we have of intuition? Is your gut filled with the warm glow of a memory or an experience you are having right now? Slow down to soak in the wonder of it all.

If any of you are inspired to create a piece of art (song, poem, drawing or painting) we would gratefully receive it and pass it along to our church family in future editions of The Pulse.

Beginning with Scripture –

Scripture records how God, The Creator – Our Father and Provider – Our Refuge and Redeemer, gives so much to us so freely. Take time this week to meditate on these verses below, and others that The Holy Spirit may bring to mind. What stands out to you? What is most precious to you? Pray your thanks back to God.

God created a world of immense beauty and wonder – **“The heavens declare the glory of God; the skies proclaim the work of his hands.”** (Psalm 19:1)

God battles for His people to free them from oppression – **“Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery”** (Exodus 20:1-2) and gives them instruction to that they may avoid the pitfalls common to humanity (Exodus 20: 3-17)

Knowing that we will make mistakes and be wayward, God – in infinite grace and mercy – gives us the gifts of repentance and forgiveness and righteousness embodied in Jesus, our Good Shepherd – **“The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.”** (John 10:10)¹

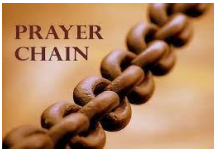
Beginning with a Song (Psalm) –

Music has a way of entering our souls like nothing else. Here is a link to a version of Psalm 23 sung by a family trio (“Girl Named Tom”) for you to soak in <https://www.google.com/search?q=girl+named+tom+psalm+23&oq=girl+name&aqs=chrome.69i59j69i57j46i67i131i433i650j0i67i433i650j46i67i650j0i67i650i3j46i67i650i2.4759j0i15&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:82c548bc,vid:0b1zK4xpsZQ,st:0>

If you are not receiving the Pulse via e-mail, the song can be found on YouTube, Spotify and other music services by searching for “Girl Named Tom Psalm 23”

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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

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>