

E-PULSE
Newsletter of St. Mark, Ocean Park

OCTOBER 29, 2023

Readings for Sunday, November 5, All Saints Sunday

Isaiah 25:6-9, Psalm 24, Revelation 21:1-6a, John 11:32-44

Flowers for the Altar are given today by Margot McDermott to all those diligently working for peace throughout the world. May God bless them and keep them safe. **Flowers are also offered** to the Glory of God and in Thanksgiving for God's generous gifts of Grace, of time & of the many skills mentored & offered by Doris McKellar's years of commitment to making St. Mark's an ever more beautiful place of worship.

A Lunch Basket for Hungry Children is given today by Barbara and Jamie Grantham to the Glory of God, in gratitude, for all His many Blessings.



NOVEMBER 14 MEN'S CLUB DINNER & SPECIAL GUEST:

We are gathering in the hall for the November 14 meeting at 6 pm for Happy Hour; 6:30 for dinner & 7:15 for our guest speaker Mark Davies. Before our dinner, Percy Smith will bring us together for a short Remembrance Day time."

Looking Ahead for Your Calendar:

- 1) **Wednesday, November 1** - - 10am Mid-Week celebration of Holy Communion
- 2) **Wednesday, November 1** – 7:30pm Choir Practice
- 3) **Thursday, November 2** – 1pm Pain Management Group in the Family Room
- 4) **Friday, November 3** – 4pm Junior Youth and 7 pm Senior Youth
- 5) **Saturday, November 4** – Messy Church – 4pm to 6pm
- 6) **Sunday, November 5** - All Saints Sunday
- 7) **Saturday, November 11** – Remembrance Day Concert in the Sanctuary at 2pm on Nov. 11th

Youth and Children Ministries:

- We have our next **Messy Church** on Saturday November 4th from 4pm to 6pm, in the Church Hall. There is a poster attached. The event is open to all families to please come and enjoy a time of fellowship, lesson, and supper together.
- Please reach out to Sarah Autio if you are able to volunteer OR help with set up and clean up OR kitchen duties needed: ymautio@gmail.com
- **Youth groups** continue to gather weekly (Fridays): Jr Youth 4-5:30pm and Senior Youth 7-9pm (in the Youth Room).
- **Footprints to Faith & Sr Youth Program Sundays during the 10am Service:** Senior Programs on Sunday also run during the 10am Service, grades 8 to 12. If you find that you are feeling called to volunteer on Sunday morning with the “Footprints to Faith” program, please speak with Sarah after the 10am Service, and she will be happy to walk you through the process.
- We have been invited to join **Christmas on the Peninsula** this year, Sat. November 25, and we are in need of volunteers to help at the craft table during the day, and participants in the parade. There are 3 positions available to volunteer for the parade AND time slots available for the crafting table. Please reach out to Sarah if you wish to be on the contact list for this event. Thank you to all who have signed up to help with the event.

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.

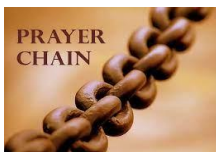
Also needed are stocking stuffers such as toiletries (toothpaste, toothbrush, razors, shaving cream, face cream, lotion etc.) and small soft toys.

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 until Sunday 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.

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



Library News

Johnny Cash The Redemption of an American Icon by Greg Laurie

dives deep into the singer's inner demons, triumphs, and gradual return to faith. Through interviews of Cash's family, friends, and business associates it is revealed how the singer's true success came through finding God whose star was bigger than his own.



+++++ PRAYER CORNER – October 29 +++++

Steadfast in Hope

Why? So that we can fulfill the ancient call of God to his people **“All peoples on earth will be blessed through you and your offspring.” Genesis 28:14**

How? By keeping our eyes firmly and steadfastly fixed on the ancient promises of God that are being fulfilled and will be wholly fulfilled through Christ Jesus, our Lord and Saviour.

“I am with you and will watch over you wherever you go.” Genesis 28:15

“Then I saw a new heaven and a new earth ... Now the dwelling of God is with men ... He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” Revelation 21:3-4

Suggested Contemplative Prayer:

Spend 5 minutes each day in solitude and silence contemplating the verses above, which come from the first and last books of Scripture.

Begin by slowing your breath.

Invite the wisdom of God to guide you in this time of contemplation.

Imagine yourself in the company of Jesus or being held in the palm of Abba Father's hand as you read and soak in the verses.

Notice what thoughts arise in your mind.

Notice what sensations you feel in your body.

End your time asking God to seal the promises in your heart, mind, body and soul.

Consider reading these same verses from different translations on different days of the week. Notice if/how your experience changes or is enriched.

Suggested Intercessory Prayer:

Loving, faithful God we pray for our new rector, David and his family. Be with them as they transition to their new life in this community. Give them courage, wisdom, energy and a strong sense of belonging.

God, source of life, we thank you for Doris McKellar and Jack Blachford. They lived out your call to be a blessing. Reward them now as they come home to you. Be with us as we grieve the loss of their bodily presence in our community. Send angels to minister in a deep and tender way to their families and friends who will feel this loss most. Help us to continue their good work in the name of Jesus.

Jesus said, "Let the little children come". We thank you, God, for the children in our community. It is our desire to see them grow in faith, hope, love and joy. It is also our desire to see them grow in numbers. Thank you for Sarah and all those adults who are supporting her as she leads the children. Bless the upcoming Messy Church and Christmas on the Peninsula events. Let no barrier stand in the way.

+++++

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.

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

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>