

E-PULSE
Newsletter of St. Mark, Ocean Park

OCTOBER 8, 2023

Readings for Sunday, October 15, the 20th Sunday After Pentecost

Exodus 32:1-14, Psalm 106:1-6, 19-23, Philippians 4:1-9; Matthew 22:1-14

Please be advised that the Office will not be open on Monday, October 9, Thanksgiving Day, a Statutory Holiday

Today's Flowers for the Altar are given today by Barbara & Jamie Grantham to the Glory of God and in loving memory of Barbara's Father, Herbert Emerson White.



SOUPER SUNDAY IS BACK !!

Your Community Outreach Ministry is back in the kitchen!

We will be taking orders in the Narthex today, October 8th and Sunday 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.

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

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 Sunday, October 15 to: sinder@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.

Looking Ahead for Your Calendar:

- 1) **Monday, October 9** – Office Closed
- 2) **Tuesday, October 10** – 2pm ACW meeting in the Family Room
- 3) **Tuesday, October 10** – Evening Meeting of the Men’s Club in the Hall
- 4) **Wednesday, October 11** - 10am Mid-Week celebration of Holy Communion
- 5) **Wednesday, October 11** – Savvy Seniors meet in the Hall at 1pm
- 6) **Wednesday, October 11**– 7:30pm Choir Practice
- 7) **Thursday, October 12** – 1pm Pain Management Group meets
- 8) **Friday, October 13**– 4pm Junior Youth Group and 7pm Senior Youth Group
- 9) **Saturday, October 14** – Messy Church in the Hall – doors open at 3:45pm

+ + + + + Prayer Corner October 8, 2023+ + + + +

Thanksgiving - It comes quietly without a lot of hoopla and leaves behind the blessing of time shared with loved ones. For me, Gratitude is like that. When I quiet my mind to look for the good in my life – in this world - it works the mystery of adding blessing to the blessing that God has already poured out. I encourage each of us to welcome and practice Gratitude each day this coming week. Maybe we will find such an oasis of joy and hope in the practice that it will become one we carry forward with the help of The Holy Spirit.

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 –

Our readings this week lead me to recount a few of the innumerable blessings God so freely gives:

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

A Response to Gratitude – Father God, we gratefully receive the good gifts you have given and continue to give. Through the power of The Holy Spirit, may we **press on towards the goal for the prize of your heavenly call of God in Christ Jesus.** (Philippians 3:14)

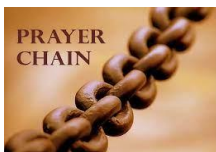
Footnote 1: Music has a way of entering our souls like nothing else. Shortly after writing these communal prayers I was listening to one of my playlists on Spotify. It seemed appropriate to pass the version of Psalm 23 sung by “Girl Named Tom” along to you, my church family. Here is a YouTube link

<https://www.google.com/search?q=girl+named+tom+psalm+23&og=girl+name&ags=chrome.0.69i59j69i57j46i67i131i433i650j0i67i433i650j46i67i650j0i67i650l3j46i67i650l2.4759j0j15&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>