

E-PULSE
Newsletter of St. Mark, Ocean Park

NOVEMBER 12, 2023

Readings for Sunday, November 19, All Souls

Judges 4:1-7, Psalm 123, 1 Thessalonians 5:1-11, Matthew 25:14-30

NOVEMBER 14 MEN'S CLUB DINNER & SPECIAL GUEST:

The monthly Men's Club meeting will be held on Tues. Nov. 14. Appies will be served at 6pm and the dinner will be served at 6:30pm. Our guest speaker will be Mark Davies and his topic will be announced when he starts to speak. If you are coming please let Brian know (brian.walks@gmail.com) or Ken (kengmiles@telus.net)

Flowers for the Altar are given today by Ken and Pat Miles in loving memory of their fathers; Gunner K.A. Miles, 2nd CEF, and Capt. H.A. Firth, R.A.S.C.

Flowers are also given today by Linda Zeal, to the Glory of God in loving memory of Kerry Zeal.

Looking Ahead for Your Calendar:

- 1) **Tuesday, November 14** – 6pm - Men's Club Dinner in the Hall
- 2) **Wednesday, November 15** – 10am Worship Service in Sanctuary
- 3) **Wednesday, November 15** – 7:30pm Choir Practice
- 4) **Friday, November 17** – 4pm Junior Youth and 7pm Senior Youth
- 5) **Saturday, November 18** – Souper Sunday preparation in the Kitchen
- 6) **Sunday, November 19** - Souper Sunday

Youth and Children Ministries:

Christmas on the Peninsula!

Welcoming all parishioners to participate in the Christmas on the Peninsula event Sat. November 25th 11am-3pm for the craft table, and 3:30 for the Christmas parade. We are to be Mary and Joseph coming to the Inn where there is no room! We still need participants to help in the parade, we need an Innkeeper, Joseph, and sign holder.

Please reach out to Sarah, if you are able to help in the parade and or the craft table. Please know that I will be happy to accommodate your availability, and split up the day to help you out.

Youth Groups!

Youth programs continue to meet on Fridays - Jr program runs from 4-5:30 pm in the youth room.

And the Sr youth program runs from 7-9pm in the youth room. All are welcome to attend our program. Come for fellowship and faith and connection with like minded youth and leaders. A warm welcome awaits you!

Messy Church!

Our next Messy Church will be happening Saturday, December 16th on the theme of JOY from 4 to 6pm in the Church Hall.

Please note, if you are able to help support this program by volunteering for the afternoon, please see the sign up sheet in the Hall. Reach out to Sarah via email if you have questions: ymautio@gmail.com.

Christmas opportunities!

As Christmas approaches so do the opportunities to help support our community. The youth are launching a few projects this Christmas to help support our Community.

Gift Bags for Patricia Hope House: The goal is to fill 12 bags for the women who utilize this space. (Donations list for this project will be ready for November 17th)

Reverse Advent is an advent where we donate food for every day during the Month of December, and then items will be donated to the Sources Food Bank on December 24th after the Church Service. (Donations for this project will be ready to be received on Fri. December 1st)

Holly Berry Fair The youth will be hosting a table at the Holly Berry Fair this year, with gently used books, games, and toys. (Donations for this project will be ready to be received on Fri. November 10th)

If you are able to help support any of the programs we have going this Christmas please reach out to Sarah Autio and I would be happy to help support you, in your support of our Youth.

Library News



Do you mean well but struggle? Are you having breakdowns as well as break throughs? Then **God Never Gives Up On You** by **Max Lucado** is the book for you. Using the story of Jacob, we are shown how you can count on God's grace to always be there helping you become the person God wants you to be.

+++++++ PRAYER CORNER – November 12 ++++++

Steadfast in Hope

As I write these prayers I am mindful that on Saturday we will observe Remembrance Day. I am anticipating that, for me, it will be a particularly sorrowful one. Yet, I have hope that as people gather to reflect and pray good will be seeded; possibly we will have good news to give thanks for on that day.

It is difficult to live with a divided heart: part lamenting over what I witness unfolding in our world and part rejoicing with gratitude in the beauty, grace, and love of God and the life I have through Jesus Christ. I wonder if any of this resonates with your spirit.

As I have pondered how to stay steadfast in hope, The Holy Spirit has encouraged me to practice a version of the "Breath Prayer" that Rev. David has been using when opening our Sunday services this week. It is my intention to engage this practice when I awaken for the day, at midday, at the close of my day and whenever I find myself becoming

stressed or despondent. I invite you to join me. Let The Holy Spirit lead you to the times that what would best nurture HOPE in your soul.

Breath Prayer

Remembering that God is Love (1 John 4:8) and the source of life, take a deep breath. Breathe in love.

Remembering that Jesus conquered death and lives to intercede for us (Hebrews 7:25), exhale.

Breathe out your sorrow and your fear.

Repeat 3 to 5 times in succession.

Consider modifying your inhale to breathe in the vision of life after the second coming (Rev 21).

Consider modifying your exhale to breathe into God's hands those who are hurting or suffering.

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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

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>

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

