

E-PULSE
Newsletter of St. Mark, Ocean Park

NOVEMBER 19, 2023

Readings for Sunday, November 26 – The Reign Of Christ

Ezekial 34:11-16, 20-24, Psalm 100, Ephesians 1:15-23, Matthew 25:31-46

POTLUCK LUNCH this Sunday for Sheila Please plan to stay after the 10 am service this Sunday, November 19, for Potluck Lunch. Bring something to share and join in as we honour Sheila Johnston's ministry among us here at St. Mark's. Let's send her on to her retirement with a happy celebration of her 10 years with us.

Flowers for the Altar-are given today by Doug and Joy French to the Glory of God and in and in loving memory of their daughter Jill. **Flowers are also given for the Altar** by Lynne and Lawrence Hurd, with thanksgiving for family, friends and all the blessings in this life.

A QUICK LOOK AHEAD

Fri. Dec. 1 9 am Holly Berry Fair set-up

Sat. Dec. 2 11 am-2 pm Holly Berry Fair

Tue. Dec. 5 & Wed. Dec. 6 9 am: Decorating in the hall including bringing in the Christmas trees, decorating the trees, put up the stage, the wreaths, decorations and lights.

Fri. Dec. 15 7 pm Crescendo Concert "Gloria"

Sun. Dec. 17 10 am Lessons & Carols

Fri. Dec. 22 7:30 pm Concert for the Sources Food Bank with Chris Simmons, Debra daVaughn & Casandra Simmons.

Sun Dec. 24 8 & 10 am Advent 4: Love. Holy Communion

7 & 11 pm Christmas Eve Communion

Mon. Dec. 25 10 am Christmas Day Communion

Sun. Dec. 31 10 am (no 8 am) Morning Prayer & Carols

**More details as these events get closer. Mark these dates on your calendars.

The Lunch Basket for Hungry Children is given by Lynne and Lawrence Hurd with thanksgiving for family, friends and all the blessings in this life.

SUBMITTING INFORMATION TO THE PULSE – Please use the following two email addresses:

- 1) office@stmarkbc.org
- 2) dmatthew.taylor@gmail.com

Refugee Sponsorship Ministry Update Syrian Family: We are delighted to share that Immigration, Refugees and Citizenship Canada (IRCC) has approved our Sponsorship Documents for both Syrian applicants, Leeda and May. The process now moves on to the overseas stage of approval of the refugees' applications for permanent residence, including medical examinations and interviews. Reem reports that Leeda, her husband Samir's sister, and May, their mother are encouraged by this news.

Afghan Family: We are pleased to share that IRCC has also approved our Sponsorship Documents for the Afghan refugee family Bibi, Mohammad and Fatima. The process now moves on to the overseas stage of approval of the family's application for permanent residence, including medical examinations and interviews. Bibi's brother, Ali, reports that this news has brought the family some hope.

What Can We Do As We Wait? *Pray* The Refugee Applicants and their extended family members in Canada are requesting that we continue to hold them in our hearts and prayers for their safety, health and well-being while they wait. Let us pray that both families will soon be safely re-united with their family members here. Each of us can be a vessel of God's Hope by taking time each day for a breath prayer. Breathe in God's Hope and breathe out Hope to enfold Leeda, May, Bibi, Mohammad and Fatima. Repeat this breath prayer slowly and mindfully for each individual.

Consider a Donation Towards Our Sponsorship Costs We have raised \$44,000 of the \$50,000 needed to sponsor the Afghan family. Of that \$44,000, a total of \$37,000 has been received to date, with the remaining funds being pledged over a given time period. We are now appealing to parishioners and their friends to help us raise the remaining \$6,000 needed to support the Afghan refugee family throughout the first year of their life in Canada. Together, we can be a small sign of hope in a world desperately needing it. With gratitude for your support, Janet Scott, Patrick Aiken and Brenda Horner

HOLLY BERRY FAIR TIME!

The Holly Berry Fair is just around the corner. This event will take place on December 2, 2023, from 11am to 2pm. The Ladies Guild and ACW would be grateful for any donations of new or good condition items for the Treasures table, Antiques and Collectibles table and Jewellery Table. We will be accepting donations on the upcoming Sundays. Please see Linda O'Donovan in the Hall before or after the 10am Service, or email lindaodee@hotmail.com for more information.

Library News



Are you looking for a thriller, page turner, can't put it down even though it is 2am, then **Break of Day** by **Colleen Coble** is for you. Law enforcement officer Annie Peterson is kept busy with an escaped criminal, hikers lost in the remote woods, and a deadly game with her in the crosshairs. This action-packed, thought provoking, high octane story will keep you going to the last page.

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.

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.

+++++ PRAYER CORNER – November 19 +++++

Steadfast in Hope

Eugene Peterson, in his introduction to Paul's letters to the Thessalonians in "The Message" writes: "From the day Jesus ascended into heaven, his followers have lived in expectancy of his return. He told them he was coming back. They believed he was

coming back. ... For Christians, it is the most important thing to know and believe about the future.”

The second coming is a source of hope when everything around us seems to say there is no hope - nothing ever changes – evil is pervasive. As we approach the seasons of Advent and Christmas it seems good to pray in such a way that the eyes of our hearts are open to fully and deeply receiving Jesus’ promise. The hope, peace, love and joy that were heralded on the first Christmas will come in fullness one day. What a promise! What a hope! What good news to share!

Suggested Daily Prayer:

Awaken me, Lord. Open the eyes of my heart to your promise to return. Grow my faith in that promise. Inspire and guide me to live prepared for that day. May my life be a witness to you and all your promises. May it fill others with hope and encourage them to walk with you in joyful expectation of your return.

Suggested Lectio Divina:

Set aside 15 to 20 minutes to read and reflect on *1 Thessalonians 5*

Begin with a prayer of gratitude and request for guidance. (Example: Thank you, O God for Holy Scripture. I believe its words have the power of The Holy Spirit in them. As I read, please quicken my spirit to the truths that will help me grow in faith and live in accordance with your will.)

Read the passage and take note of the words and/or phrases to which you have a strong attraction or aversion – both places are holy ground.

Read the passage a second time asking God to clarify and/or confirm the sense you had on first reading.

Read the passage a third time with these questions in mind:

“What is God inviting me to?”

“In what way might God be calling me to repent?”

(Remember forgiveness is assured. Repentance is a gift that helps us grow in Christlikeness.)

With gratitude, ask The Holy Spirit to seal the gift you have received in your soul.

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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

