

**E-PULSE**  
**Newsletter of St. Mark, Ocean Park**  

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**NOVEMBER 26, 2023**

**Readings for Sunday, December 3 – First Sunday in Advent**

Isaiah 64:1-9, 1 Corinthians 1:3-9, Mark 13:24-37

“Listen, God is Calling: Keep Awake!!”

**CHRISTMAS LUNCH for our Super Seniors** will be held again this year and is scheduled for Wednesday December 13 at noon. If you have attended previously, you will be given an invitation today. If you have not been invited before, and would like to attend please speak to Barb Grantham. Please RSVP by Wednesday, December 6.

**HOLLY BERRY FAIR TIME!**

The Holly Berry Fair is just around the corner. This event will take place on Saturday, December 2 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](mailto:lindaodee@hotmail.com) for more information.

**The tradition of White Gift Sunday** continues this year on Sunday December 3.

Please bring your gifts of toys, books, puzzles, or electronics for youth and children. Wrap the gifts in white paper so they are anonymous, and place them under the tree in the Sanctuary. They will be donated to the Salvation Army to distribute to needy families in the community.

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

- 1) [office@stmarkbc.org](mailto:office@stmarkbc.org)
- 2) [dmatthew.taylor@gmail.com](mailto:dmatthew.taylor@gmail.com)

**Flowers for the Altar** - are given today by Neal Davidge and family and are dedicated to the memory of Isobel Davidge. Neal also gives flowers today to acknowledge with thanks the work done in the Church Office since 2013 by Sheila Johnston.

## **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 provided this week by Joy Prior: "The eyes of your understanding enlightened: that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints and what is the exceeding greatness of his power to us-ward, who believe, according to the working of his mighty power (Ephesians 1:23) which is his body, the fulness of him that filleth all in all. – King James Version Bible, Ephesians 1:18-19

## **Library News**



If you are an **Angela Hunt** fan, try **What a Wave Must Be**, her newest book. Taking place in modern day this is a powerful story of a family's journey towards healing and hope after the father takes his own life. A real page turner that will have you reading into the wee hours to see how God can bring light into utter darkness.

## **Youth and Children Ministries:**

### **Christmas on the Peninsula!**

We welcome all families to come and enjoy the festivities this weekend, November 25 11am-5pm, as we participate in the event, stop by and say hi and perhaps stick around for the parade!

### **Youth Groups!**

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

And the Sr youth program runs from 7pm-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!

**Sunday Footprints to Faith and Sr youth programs continue Sunday December 3rd during the 10am Service.**

### **Messy Church!**

Our next Messy Church will be happening 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: [yautio@gmail.com](mailto:yautio@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. To donate please speak with Sarah or see the notice posted in the Narthex. Donations to be delivered by Thursday, December 21.
- **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 24 after the Church Service. (Donations for this project will be ready to be received on Friday, December 1)

- **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 are being accepted now.)

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.

**A message from Donations Secretary Brenda Horner:  
Giving Tuesday And Beyond...A Financial Request**

Please Pray and Consider as we approach Advent.

***If you are already investing in St. Mark's...***

Reflect on how your life has been enriched by the life of the community. After you have counted your blessings, then consider whether this is the time to increase your financial support.

***If you haven't given in the past year...***

Consider whether this is the year for you to make a financial commitment to support the ministries that we as Christ's disciples in this place undertake to proclaim the good news. When you have, then give as you are able.

***If you are reviewing your Will...***

Remember how this community has been upheld by the generous gifts of Parish members who have gone before us. Please make a provision for the Parish so that our ministry may continue in the decades ahead.

If you have questions about donating via Pre-Authorized Donation (PAD); our Electronic Donation Station (EDS); eTransfer; or envelopes please contact our Donations Secretary Brenda Horner: email [bhenze@shaw.ca](mailto:bhenze@shaw.ca) or contact the church office.

## **Did you know?**

It costs \$1700/donor annually to cover operating expenses for St. Mark's.  
(approximately \$142/donor per month or \$33/donor per week).

**For all things come from you, and of your own have we given you.** 1 Chronicles 29:14

**++++ PRAYER CORNER – November 26, 2023++++**

## **The Feast of Christ The King | The Last Sunday of the Year**

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.”*

*Ephesians 1:17-19*

Today we celebrate that Christ is Lord of All. His reign will never end. His full and complete reign is still to come. What a wellspring of hope! Today is also the final Sunday in the church year. Next Sunday we will begin a new year by lighting the first Advent candle: the candle of HOPE. So - we end in hope and begin in hope. At least that is what our tradition says. But how is your personal hope level?

Is hope what you felt as you heard Jesus' words about the sheep and the goats in our Gospel reading today? (Matthew 25:31-46) If so, name that hope and pray with thanksgiving.

If you – like me – find this parable extremely unsettling, I invite you into my musings. This parable has, for most of my life, haunted me. Being honest with myself I know there are times I have behaved like a sheep; other times I have behaved like a goat. The contrast between eternal punishment and eternal life could not be greater and so, the

thought that I (and/or my loved ones) may be counted among the goats rather than the sheep terrifies me. How do I make sense of this? What will Jesus do with us?

- Putting this parable in the context of Jesus' life of healing ministry I wonder if Jesus plans to heal each of us so that we become fully sheep. That is a hopeful thought. It reduces my fear. Am I kidding myself or am I seeing truth? These words of Scripture come to mind: "The fear of the Lord is the *beginning* of wisdom" (Proverbs 9:10); "perfect love drives out fear" (1 John 4:18); "Whoever does not love does not know God, for *God is love*" (1 John 4:8) – and finally Jesus' words to the paralytic, "Do you want to be made well?" (John 5:6). My soul responds, "Yes, Lord" & "Please plant this desire in all."
- Pondering this parable along with all Jesus says in Matthew 24-25 and what Paul wrote to the Thessalonians in 1 Thess. 5, I wonder if God is both exhorting us to wake up & get busy building His kingdom AND promising us that judgement day will mean the end of the human battle with sin. There is Challenge in the exhortation and Hope in the vision of what life will be like without sin. These seem to me, good companions for "New Years Eve".

### **Suggested Prayer Practice: The EXAMEN.**

Take time this week to review your actions over the past year by prayerfully asking The Holy Spirit to bring to your mind specific answers to these questions:

- Where/When did I behave like the sheep in Matthew 25? How do I feel remembering this?
- Where/When did I behave like a goat in Matthew 25, ignoring the call or nudge of The Holy Spirit to act in response to a need that I was able/gifted to meet? How do I feel remembering this?
- Thinking back on these experiences, can I now see Jesus – in me? In others?
- Do I notice any barriers to my seeing Jesus?
- How do I rightly understand the relationship between my identity and my behaviour?
- Is there a pattern of thought and/or action that I desire to change with God's help?
- Is Jesus inviting me to something new?

Talk honestly with God about what you have been shown: your feelings, questions, desires and hopes.

### **Suggested Prayer Practice: Contemplate and Memorize Scripture**

We have covered much ground in our series on hope. You may have found that certain verses of Scripture continue to hold a strong attraction or aversion for you. Consider those to be places of holy ground. Sit with the words in the presence of God and listen for his voice.

**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](mailto: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](mailto: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](mailto:klaverfamily@shaw.ca)

