

E-PULSE
Newsletter of St. Mark, Ocean Park

NOVEMBER 5, 2023

Readings for Sunday, November 12, All Souls

Wisdom 3:1-9, Psalm 116:1-8, 1 Peter 1:3-9, John 6:37-40

NOVEMBER 14 MEN'S CLUB DINNER & SPECIAL GUEST:

We are gathering in the hall for the November 14 meeting at 6pm 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 8** - 10am Mid-Week celebration of Holy Communion
- 2) **Wednesday, November 8** – 1pm Savvy Seniors in the Hall
- 3) **Wednesday, November 8** – 7:30pm Choir Practice
- 4) **Thursday, November 9** – 1pm Pain Management Group in the Family Room
- 5) **Friday, November 10** – 4pm Junior Youth and 7pm Senior Youth
- 6) **Saturday, November 11**– Remembrance Day Concert in the Sanctuary at 2pm
- 7) **Sunday, November 12** - All Souls Sunday

Youth and Children Ministries: Welcoming all parishioners to participate in the Christmas on the Peninsula event November 25th 11-3pm for the craft table, and 330 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 please 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.

Footprints to Faith!

Footprints to Faith is in need of volunteers on Sunday mornings. We run 3/4 Footprints to Faith sessions a month, on the 4/5 Sunday we offer a family service where youth and children are encouraged to stay during the service. If you feel called to help support this important ministry for young youth and children I would be happy to speak with you and guide you through the process. Please note all of the lessons, and activities and crafts are prepared and supplied for you by the Youth and Family Ministries Coordinator, Sarah Autio.

Youth Groups!

Youth programs continue to meet on Fridays Jr program runs from 4-530 pm in the youth room.

And 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 Messy Church program continues this week with our first session on Hope! All are welcome to our Messy Church, 4-6pm come for story, song and prayer and stay for dinner, friendship and faith.

I look forward to welcoming you all! Stay tuned for further updates on our next Messy Church.

Look Out for upcoming opportunities for youth, for the Christmas and Advent Season from our Youth and Families Ministries Coordinator!!! Starting November 6th!!

MISSION TO SEAFARERS

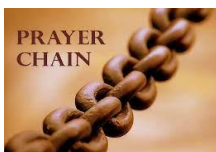
The time has come to collect for the Seafarers. The items needed are socks (must have some wool in them), warm work gloves, toques and snug fitting cowls.

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 from October 15 to 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

Finally in the Library, Extreme Measures Part 4, **Countdown** by **Lynette Eason**. Finding fugitives and protecting people is US Marshall Vincent Covelli's job. It is a shock when Raina, who is trying to escape a dangerous stalker, is almost killed in front of him. Will they find the stalker before he finds Raina? A real page turner that will have you up to the wee hours of the night.

+++++ PRAYER CORNER – November 5 +++++

What follows is an Invitation. It is made with trust that The Holy Spirit will guide you to the prayer practice(s) that will nourish you in mind, body and soul.

Steadfast in Hope

The truth for me is that sometimes it is hard to hold onto hope. When I am feeling that way it is good for me to spend time in Scripture, in holy song, and in the company of Jesus. I invite you to spend time with what sewed hope in my heart as I contemplated the readings of this Sunday. I also encourage you to intentionally carve out time to soak in other verses of scripture or other songs that The Holy Spirit will bring to you as you look for Jesus in your daily life.

In that vein, I share with you what I believe to be a holy encounter from my recent days. Last Saturday I attended a summit at our Diocesan Synod offices. We began in the outdoor courtyard with a time of prayer. One particular line of prayer has stayed with me: “to be truly wise is to understand that knowing and not knowing are one. Each has the power to transform.” (Richard Wagamese as quoted by the prayer leader). It has encouraged me, and I pray it encourages you, to welcome both our knowing and our not knowing. Let them be gateways to transforming encounters with God through Jesus.

Grounding Scripture –

And the one who was seated on the throne said, “See, I am making all things new.”
(Revelation 21:5)

It will be said on that day -

Lo, this is our God; we have waited for him, so that he might save us. This is the Lord for whom we have waited; let us be glad and rejoice in his salvation. (Isaiah 25:6)

As you read these verses, does hope rise in you? Do you have questions? Take whatever thoughts, emotions and bodily sensations you have to Jesus in prayer.

Consider memorizing the verse that gives you the most peace, encouragement and hope.

Inspiring Song –

This link will take you to a video with lyrics for the Song “In His Time” as performed by Maranatha <https://www.youtube.com/watch?v=aJeNUINY7lw>. If you find the link difficult to use, you can simply type “Maranatha in his time” into your search engine. Note: Often YouTube videos begin with an ad that can be skipped by clicking on the box in the lower right hand corner of the video

Sit quietly. Breathe deeply. As you listen to this song, what emotions rise in you? Is there a specific person or circumstance that gives you concern? Offer these to Jesus in prayer. Your prayer can be worded or not. Remember, ***the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*** (Romans 8:26)

Time with The Son – Prayer of Imagination

God has gifted us with imagination, Scripture, and The Holy Spirit. Guided by The Spirit we can use our imagination to put ourselves into a gospel story. This can be a way for us to encounter Jesus more intimately and to develop our personal relationship with him. I invite you to engage in Prayer of Imagination with this week’s Gospel Story, set in its full context **John 11:1-45**

Method:

- Set aside 15-30 minutes to be in a quiet place of solitude.
- Begin with some deep breathing and a prayer such as “*Dear God, I offer this time to you. I thank you for the Gospel and ask that The Holy Spirit guide my heart, mind and body as I step into this Gospel story. Enlighten me, teach me, heal me that I may know you and love you and serve you better. Amen*”
- Read the passage slowly three or four times. Let the gospel scene ignite your imagination.
- Use your five senses to help you enter the story. Feel free to interact with the people in the story.

- Don't worry about getting distracted. When you notice your mind wandering, gently bring yourself back to the story.
- Focus on what most draws your attention and feel free to let your encounter unfold
- End your time in the Gospel story with a prayer of thanksgiving or The Lord's Prayer
- Consider writing down what struck you as significant.

Guiding Questions:

- What is it like to be in that place and time?
- What do you hear, smell, taste, touch, intuit?
- Which part of the story draws your attention the most?
- Where are you / Who are you in the scene?
- What feelings and bodily sensations emerge as you read and engage with the story?
- Do you have questions for Jesus? For the other people in the story?
- Is there anything you want from Jesus?
- Is there anything you hear Jesus saying to you?

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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>

ST MARK'S OCEAN PARK

November 4th

MESSY CHURCH!

Welcoming families to participate along with their parents and caregivers for 'Messy Church' all happening Saturday, November 4th from 4 to 6pm, in St Mark's Parish Hall.



3:45pm Doors open.

4:00pm THE BIG WELCOME!

Our Theme -Season of Hope!!

- We will enjoy a variety of activities and fun together with our families learning about God's creation.
- We will bring all we have done together by way of story, song, and prayer.
- We will enjoy supper together.

6:00 pm Fond Farewell

- Filled with food, joy, friendship, and laughter we will go on our way to be a blessing to God's creation and people in our lives.

Please RSVP to yministryrsvp@gmail.com to confirm your attendance

WE LOOK FORWARD TO WELCOMING YOU!

We are located at 12953 20 Avenue, in South Surrey

THE LANGLEY FIRST CAPITAL CHORUS PRESENTS
It's Been a Long, Long Time

A REMEMBRANCE DAY MUSICAL TRIBUTE

WITH SPECIAL GUESTS
THE LANGLEY UKULELE ENSEMBLE

THURSDAY, NOVEMBER 9, 2023 7PM

WILLOUGHBY CHRISTIAN REFORMED CHURCH

20525 72ND AVE LANGLEY, BC

TICKETS AVAILABLE ON EVENTBRITE -

[HTTPS://BIT.LY/FCCNOV9](https://bit.ly/fccnov9)

OR BY SCANNING THIS QR CODE



SATURDAY, NOVEMBER 11, 2023 2PM

ST. MARK'S ANGLICAN CHURCH

12953 20 AVE, SURREY, BC

TICKETS AVAILABLE ON EVENTBRITE -

[HTTPS://BIT.LY/FCCNOV11](https://bit.ly/fccnov11)

OR BY SCANNING THIS QR CODE



PAPER TICKETS ARE AVAILABLE FOR PURCHASE AT
PELICAN ROUGE CAFE

15142 NORTH BLUFF RD, WHITE ROCK, BC

COMPLIMENTARY ADMISSION FOR VETERANS AND PEACEKEEPERS