

GOD'S INVITATION

4

Live in the Spirit



On the traditional land of the Semiahmoo

the Parish of St. Mark

O C E A N  P A R K

February 8, 2026

The Fifth Sunday after the Epiphany



Welcome!

We are so glad you have come to St. Mark's today!

In this place we do two primary things: we give thanks to God and pray for the world. If there is something on your heart you need to share with God, this is the right place to share it.

*You are God's Beloved Child, and you belong **here**.*

This morning in worship...

Today, as part of our **Year of Invitation**, we continue our sermon series, **God's Invitation**. God is inviting us to **Live in the Spirit**. That is, to breathe in the sustainable and renewable life of God every day.

The altar flowers are given this week by **Margo McDermott**, to the glory of God and in blessing for my family, Michael and Helen, on their birthdays. To dedicate flowers, please sign up on the flower chart in the hall.



Today's Scripture

From Introductions to the Lessons by Bill Bennett.

Isaiah 58:1-9a The prophet challenges the shallowness of religious observance by the exiled Jews. They are soon to return to their homeland. He calls for compassion and social justice.

I Corinthians 2:1-12 Paul urges the Corinthian Christians to discern the hidden wisdom of God, guided by the Spirit of God.

Matthew 5:13-20 Jesus uses striking metaphors of mission, namely salt and light. The observance of the Jewish Law was an issue much discussed by Jewish and Gentile Christians.

Junior Church

Children will gather after the opening songs for a commissioning and then return for communion. All of our staff and volunteers have had a criminal record check and have been approved for ministry with vulnerable people. **Teens** that are interested in volunteering as a helper or in any Sunday service ministry role all are welcome to reach out to Pastor Sarah.

Coffee Hour

Please gather in the hall for coffee and refreshment following the service.

Next Week: February 15

The Last Sunday after the Epiphany

God's Invitation: Be Transformed

Exodus 24:12-18; Psalm 2; 2 Peter 1:16-21;
Matthew 17:1-9

The Reverend David Taylor preaches.



the Gathering of the Community

The grace of our Lord Jesus Christ and the love of God, and the communion of the Holy Spirit be with you all.

And also with you.

Almighty God,
to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

Your Love is Amazing

Brown and Doerksen

**Your love is amazing,
steady and unchanging.
Your love is a mountain,
firm beneath my feet.
Your love is a mystery,
how you gently lift me.
When I am surrounded,
your love carries me.**

***Hallelujah, hallelujah, hallelujah,
your love makes me sing.***

**Your love is surprising,
I can feel it rising,
all the joy that's growing
deep inside of me.
Every time I see you
all your goodness shines through.
I can feel this God song
rising up in me.**

Holy Spirit, Come with Power

Ann Neufeld Rupp

**Holy Spirit, come with power:
breathe into our aching night.
We expect you this glad hour,
waiting for your strength and light.
We are joyful, we are eager,
yearning for your gracious deed;
rest upon your congregation;
give us power of God, we plead.**

**Holy Spirit, come with fire.
Burn us with your presence new.
Let us as one mighty choir
sing our hymn of praise to you.
Burn away our wasted sadness
and enflame us with your love;
burst upon our congregation.
Give us gladness from above.**

**Holy Spirit, bring your message;
burn and breathe each word anew
deep into our tired living
till we strive your work to do.
Teach us love and trusting kindness;
bare our arms to those who hurt;
breathe upon your congregation
and inspire us with your Word.**

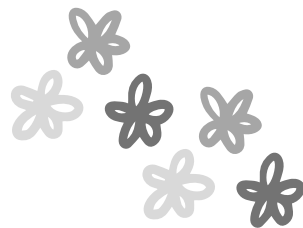
O God of light,
**your Spirit reveals and illumines your
presence in creation. Shine your
radiant holiness into our lives, so that
we may offer our hands and hearts to
your work: to heal and shelter, to feed
and clothe, to break every yoke and
silence evil tongues. Amen.**

Commissioning of the Children

*We have a wonderful program for your child this morning. They will return for Communion.
Please note that all our children's workers have had a criminal record check
and are approved by the Diocese of New Westminster to work with vulnerable people.*

The peace of the Lord be always with you.

And also with you!



the Proclamation of the Word

We have large-print versions of the Scripture available for those who need one. Please ask a greeter for one.

The Book of the Prophet Isaiah (58:1-9a).

Listen for God's Word.

Our hearts are open.

Psalms 112

Hallelujah! Happy are they who fear the Lord

and have great delight in the divine commandments!

Their descendants will be mighty in the land;

the generation of the upright will be blessed.

Wealth and riches will be in their house,

and their righteousness will last for ever.

Light shines in the darkness for the upright;

the righteous are merciful and full of compassion.

It is good for them to be generous in lending

and to manage their affairs with justice.

For they will never be shaken;

the righteous will be kept in everlasting remembrance.

They will not be afraid of any evil rumours;

their heart is right; they put their trust in the Lord.

Their heart is established and will not shrink,

until they see their desire upon their enemies.

They have given freely to the poor,

and their righteousness stands fast for ever;

they will hold up their head with honour.

The wicked will see it and be angry;

they will gnash their teeth and pine away;

the desires of the wicked will perish.

Paul's First Letter to the
Corinthians (2:1-12).

Listen for God's Word.

Our hearts are open.

Alleluia

Jerry Sinclair

Alleluia!

The Lord be with you.

And also with you.

The Holy Gospel
of our Lord Jesus Christ
according to Matthew.

Glory to you,

Lord Jesus Christ

Matthew 5:13-20

The Gospel of Christ.

Praise to you,

Lord Jesus Christ.

Sermon

Sermon Notes



The Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord; who was conceived by the power of the Holy Spirit and born of the Virgin Mary; who suffered under Pontius Pilate, was crucified, died, and was buried; who descended to the dead; who, on the third day, rose again; who ascended into heaven, and is seated at the right hand of the Father; who will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Prayers of the People

While we have chiefly come to give thanks to God, our second purpose for gathering is to intercede for the world. We know that "the prayer of the righteous is powerful and effective" (James 5:16).

The Confession & Absolution

Almighty God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

the Celebration of the Eucharist

Please be seated as we gather our offering to present to God. You can give using an envelope, by signing up to our Pre-Authorized Debit program, or by using the terminal in the foyer. Today we use a Eucharistic Prayer 2 in the Book of Alternative Services, page 196.

Longing for Light

Bernadette Farrell

Longing for light, we wait in darkness.

Longing for truth, we turn to you.

**Make us your own, your holy people,
light for the world to see.**

Christ, be our light! Shine in our hearts.

Shine through the darkness.

Christ, be our light!

Shine in your church gathered today.

Longing for peace, our world is troubled.

Longing for hope, many despair.

Your word alone has pow'r to save us.

Make us your living voice.

Longing for food, many are hungry.

Longing for water, many still thirst.

**Make us your bread, broken for others,
shared until all are fed.**

Longing for shelter, many are homeless.

Longing for warmth, many are cold.

**Make us your building, sheltering others,
walls made of living stone.**

**Many the gifts, many the people,
many the hearts that yearn to belong.**

**Let us be servants to one another,
making your kingdom come.**

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

The priest continues in prayer.

Holy Holy Holy Lord

Peter Scholtes

Holy, holy, holy Lord,

God of pow'r and might.

Heaven and earth are filled

with your glory.

Hosanna, hosanna, In the highest.

Blessed is the one who comes

in God's holy name.

Hosanna in the highest.

The priest continues in prayer.

The Lord's Prayer

the Right Reverend Gordon Light

**Our Father in heaven, hallowed be your
name, your kingdom come, your will be
done, on earth as in heaven. Give us
today our daily bread. Forgive us our
sins as we forgive those who sin
against us. Save us from the time of
trial, and deliver us from evil. For the
kingdom, the power, and the glory are
yours, now and for ever. Amen.**

We break this bread

to share in the body of Christ.

We, being many, are one body,

for we all share in the one bread.

The gifts of God for the Children of God.

Thanks be to God.

All are invited to receive Communion.

*If you would like to learn more about baptism, please connect with the minister.
Prayer for healing is offered during communion on the right side of the sanctuary.*

Common Praise 647

**Spirit of the living God,
move among us all;
Make us one in heart and mind,
make us one in love:
Humble, caring, selfless, sharing -
Spirit of the living God,
fill our lives with Love!**
**Spirit of the living God,
fall afresh on me;
Spirit of the living God,
fall afresh on me;
break me, melt me, mould me, fill me -
Spirit of the living God,
fall afresh on me!**

Common Praise 649

**Breathe on me, Breath of God,
fill me with life anew,
that I may love what thou dost love,
and do what thou wouldst do.**
**Breathe on me, Breath of God,
until my heart is pure;
until my will is one with thine,
to do and to endure.**
**Breathe on me, Breath of God,
till I am wholly thine;
until this earthly part of me
glows with thy fire divine.**
**Breathe on me, Breath of God:
so shall I never die,
but live with thee the perfect life
of thine eternity.**

Spirit Open My Heart

Ruth Duck

***Spirit, open my heart
to the joy and pain of living.
As you love may I love,
in receiving and in giving,
Spirit, open my heart.***

**God, replace my stony heart
with a heart that's kind and tender.
All my coldness and fear
to your grace I now surrender.**

**Write your love upon my heart
as my law, my goal, my story.
In each thought, word, and deed,
may my living bring you glory.**

**May I weep with those who weep,
share the joy of sister, brother.
In the welcome of Christ,
may we welcome one another.**

Announcements

Glory to God,

**whose power, working in us, can do
infinitely more than we can ask or
imagine. Glory to God from generation to
generation, in the Church and in Christ
Jesus, for ever and ever. Amen.**

Blessing

The Power of Your Love

Geoff Bullock

**Lord I come to you,
let my heart be changed, renewed;
flowing from the grace
that I found in you.**

**And Lord I've come to know
the weaknesses I see in me
will be stripped away
by the pow'r of your love.**

***Hold me close,
let your love surround me,
bring me near,
draw me to your side.
And as I wait,
I'll rise up like the eagle,
and I will soar with you,
your Spirit leads me on
in the pow'r of your love.***

**Lord, unveil my eyes,
let me see you face to face;
the knowledge of your love,
as you live, in me.
Lord, renew my mind
as your will unfolds in my life,
in living ev'ry day
by the pow'r of your love.**

**Go in peace to live the gospel,
extending God's invitation to all.
Thanks be to God.**

*Lyrics are printed with permission through:
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Financial Support

We are grateful for your stewardship of this place through your tithes and offerings. They ensure that St. Mark - Ocean Park will be a centre and a light to the community for generations to come.

If you would like to become a regular steward of the ministry of this place, please fill out a welcome card and give it to the greeter, or the priest.

Donations can be made
by **cash** or **cheque**

(made out to the Parish of St. Mark - Ocean Park),

by **Pre-Authorized Debit** (PAD),
at the **Electronic Donation Station** (EDS) in
the foyer (please ask the usher for assistance),
by **e-Transfer** at

stmark.op.treasurer@gmail.com, or
through **CanadaHelps** on our website.

If you would like donation **envelopes**, please
connect with the office.

All donations will receive a tax-receipt in
February of the following year.



The Pulse

Children Youth & Family Ministry

Did You Know!!

Our Youth Refundable Drive is ongoing!

Please bring your returnables to the church and Pastor Sarah will return them and funds will go to the Youth Program.

**Sunday Junior Church Program
Come and explore the Gospel with us!**

Group 1: Grades K to 7

Group 2: Grades 8-12

A sensory space is available for all those who would like to use it.

Youth Group Fridays

Grades 8 - 12, 7 - 9 pm

All are welcome!

email yministrysvp@gmail.com with any inquiries.



The Lunch Basket is given lovingly this week to the Glory of God and in thanksgiving for his many blessings.

Prayer Chain & Sunday Intercessions

If you, or someone you know is in need of prayer, please connect with **Lynne** at lynnehl@telus.net. She will share your request with a community of faithful intercessors!

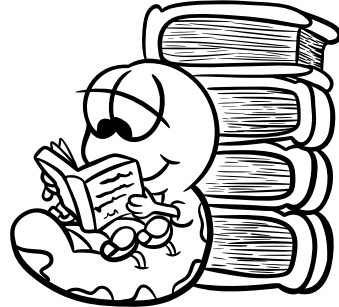
To have a name mentioned in the Sunday Intercessions, please write their name on the sheet at the back of the sanctuary, connect with **Michael** at michael@klaverrealtor.ca, or contact the office.

Library News

Always Looking Up: The Adventures of an Incurable Optimist by

Michael J. Fox

There are many ways to describe Michael J. Fox: Star. Husband. Father. Activist. But one word says it all. Optimist. Struck with Parkinson's-- a debilitating, degenerative disease-- he turned it into a beacon of hope.



News & Events

This week at the Parish

Tuesday	ACW Meeting 2pm
Wednesday	Holy Communion, 10 am
Thursday	Contemplative Prayer 7 pm Choir Practice 7:30 pm
Friday	Sr. Youth Group 7:00 pm

Souper Sunday is Next Week!!

Your Community Outreach Ministry is back in the kitchen! COUNTRY CHICKEN VEGETABLE is the soup for the month \$10.00 per Litre and \$5.00 ½ Litre. All the funds raised will go to the Community Outreach Ministry.



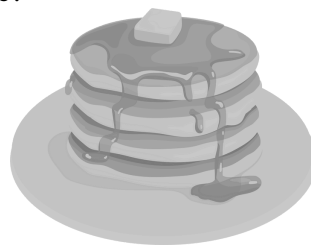
"Caregivers" Group Sunday, February 15th After the Sunday Service

There will be a meeting for anyone who identifies as a "caregiver" (someone who supports an ill relative or a dependent family member) in the Family Room after Church after the 10am service on February 15th.

If you can't make it and want to be involved, please email father dara at fatherdara@joy@gmail.com

Shrove Tuesday Pancake Supper Tuesday, February 17th, 5:30

Start the Lenten season right with a Mardis Gras of pancakes, sausages and all the fixings. Children under 5 eat free.



Ash Wednesday Services

Wednesday,
February 18th
10am and 7pm



Living a Healthy Life with Chronic Pain

**Thursdays, February 19 - March 26,
1:00 - 3:30 PM**

St. Mark's - Family Room
All are welcome to this free workshop series. For more information, please contact Barb Grantham.



ATTENTION

To the members of the Parish of St. Mark – Ocean Park,
You are invited to the
Annual General Meeting (Vestry)
on **Sunday, February 22nd**
following the 10am Service

At this meeting we will
Receive the ministry and financial reports of 2025,
Elect members to Parish Council
and the Board of Trustees, and
Approve the budget for 2026.

All people 15 years or older who have attended the parish of St. Mark – Ocean Park and whose names are written on our roll for the last 3 months are members of Vestry. All persons 16 years or older who in the past 12 months have provided an identifiable commitment of time, talents or financial resources to the parish or who been in receipt of the ministrations of the Parish because of illness or other incapacity shall have the right to vote.

Mental Health Moment

Good mental health isn't a luxury—it's how we live well. It's asking for help, resting without guilt, and speaking kindly to yourself.

Here's a mental health tip:

When stress rises, pause and take three slow, deep breaths. Caring for your mind is strength.



Sunday Bouquet Ministries

1. Want to **dedicate** flowers for Sunday morning? Sign up on the flower chart in the Hall!

2. Want to **create bouquets** for church? Contact the Altar Guild!

3. Want to **deliver** Sunday flowers to people in need? contact
lindaodee@hotmail.com.



inspire
CHRISTIAN
FORMATION
Every Friday

This week: **The 5 Foundational Stories**
Part 6: God Will Fully Heal This Good World

God has a good future for this world. It may be tough to see sometimes, but all of creation is groaning for its healing.

Go to STMARKBC.ORG and click on the Weekly Video & Guide Button for this week's video.



Developing a Spirituality of Invitation

How to Invite Someone to Live in the Spirit

In some ways, we do not invite people to live in the Spirit. It is the Spirit who invites people. But the Holy Spirit is gracious enough to employ us in its ministry. We might even say, the Holy Spirit *in us* calls forth the Holy Spirit *in the people* around us. When we live in the Spirit we become contagious, almost compelling people to live in a new way. If you want to invite someone to live in the Spirit, but do not know how, consider the following.

1

Bear Fruit

The evidence of God's Spirit in us is in the *fruit* we bear. That is, how we live our lives is the result of God's Spirit in us. Paul describes some of this fruit as **love, joy, peace, patience, kindness, goodness, gentleness, faithfulness** and **self-control**. Work on these qualities in your own life and watch the Holy Spirit spread!

2

Become Contagious

Not literally, but spiritually. Here are some examples.

Stand up for someone who is being mistreated – maybe a homeless person, or someone from a different country. Bear Love and see Love of the Spirit spread in others!

Retell inspiring stories you have read or hear – stories of people overcoming obstacles or getting back up after falling down. Bear Joy and watch the Joy of the Spirit spread!

Wave a person in who is trying to cut you off on the road, or budging in line at a coffee shop. Bear Patience and watch the Patience of the Spirit spread.

Admit when you have made a mistake. Bear Gentleness and watch the Gentleness of the Spirit spread. You get the idea!

Daily Bible Readings

Monday John 7:37-52
Tuesday John 7:53-8:11

Wednesday John 8:12-20
Thursday John 8:21-32

Friday John 8:33-47
Saturday John 8:47-59



the Parish of St. Mark - Ocean Park

STMARKBC.ORG

Office Hours:

Monday, Wednesday, Thursday, Friday, 9am to 2pm

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