

J E S U S'
greatest hits

according to
J O H N

On the traditional land of the Semiahmoo

the Parish of St. Mark

O C E A N  P A R K

March 8, 2026
Third Sunday in Lent



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 we listen to a wonderful encounter of Jesus and the Samaritan Woman. Jesus uses the ancient metaphor of thirst to describe our longing for community, wholeness and God's presence in our lives. This world is thirsty, and we, like the Woman at the Well get to offer the living water of Jesus. We welcome the Venerable **Andrew Halladay**, Vicar of the Parish of St. Andrew, Langley and Archdeacon of Golden Ears as our preacher.



Today's Scripture

From Introductions to the Lessons by Bill Bennett.

Exodus 17:1-7 The desert wanderings of the Hebrews after the Exodus event mean that water was in short supply. Moses' leadership is again challenged.

Romans 5:1-11 Paul continues to emphasise that Christ's death is for all humanity, no matter what our status or ethical values.

John 4:5-42 Jesus' encounters a Samaritan woman at a well. The gospel explores not only her lifestyle but the essential nature of true worship.

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: March 15

Lent 4

1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

Father Dara preaches. Wear pink for Laetere Sunday!

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the Gathering of the Community

Over Lent we will begin our service with soft music to prepare our hearts for worship. Once the choir and altar party have processed, we confess our sins using the Trisagion; an ancient prayer for God's mercy.

Common Praise 707

**Holy God,
holy and mighty,
holy immortal one,
have mercy upon us.**

The cantor leads the congregation in the verses.

We confess to you, O God,
all the harm we have inflicted on our neighbours,
all the harm we have inflicted on the world,
all the harm we have inflicted on our selves.

We confess to you, O God,
all the fear that has divided us from neighbours,
all the fear that brings destruction to your world,
all the fear that turns our hearts away from love.

We confess to you, O God,
all the faith we place in Jesus' way of healing,
all the hope we have for healing for this world,
all our love by which our hearts are also loved.

The Absolution

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.

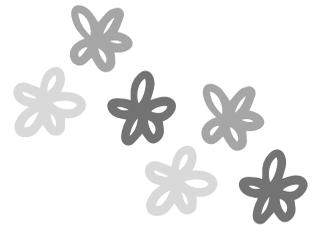
The peace of the Lord be always with you.

And also with you!

The 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.

Lord of the wellspring,
**source of life and truth: give us the
courage of the Samaritan woman,
so that we may receive living
water, and worship you in spirit
and in truth; through Jesus Christ
who quenches our thirst with
eternal life. Amen.**



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 Exodus 17 :1-7

Listen for God's Word.

Our hearts are open.

Come Let Us Worship And Bow Down

Dave Doherty

**Come, let us worship and bow down,
let us kneel before the Lord,
our God, our Maker.**

**For he is our God,
and we are the people of his pasture,
and the sheep of his hand,
just the sheep of his hand.**

Paul's Letter to the Romans 5:1-11

Listen for God's Word.

Our hearts are open.

Common Praise 179

**Tree of Life and awesome mystery,
in your death we are reborn;
though you die in all of history,
still you rise with every morn,
still you rise with every morn.**

**Seed that dies to rise in glory,
may we see ourselves in you;
if we learn to live your story
we may die to rise anew,
we may die to rise anew.**

**We remember truth once spoken,
love passed on through act and word;
every person lost and broken
wears the body of our Lord,
wears the body of our Lord.**

**Gentle Jesus, mighty Spirit,
come inflame our hearts anew.
We may all your joy inherit
if we bear the cross with you,
if we bear the cross with you.**

**Christ, you lead and we shall follow,
stumbling though our steps may be;
one with you in joy and sorrow,
we the river, you the sea,
we the river, you the sea.**

**From the dawning of creation
you have loved us as your own;
stay with us through all temptation,
make us turn to you alone,
make us turn to you alone.**

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ

John 4:5-42

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Sermon



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 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.

Wade in the Water
African American Spiritual

**Wade in the water,
wade in the water, children,
wade in the water.
God's gonna trouble the water.**

**See that host all dressed in white,
God's gonna trouble the water.
The leader looks the Israelite.
God's gonna trouble the water.**

**See that band all dressed in red...
Looks like the band that Moses led...**

**If you don't believe I've been redeemed...
Just follow me down to Jordan's stream..**

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.

Sanctus

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes
in the name of the Lord.
Hosanna in the highest.**

The priest continues in prayer.

The Lord's Prayer

**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,

communion in Christ's body once broken.

Let your church be the wheat which bears
its fruit in dying.

**If we have died with him, we shall live
with him; if we hold firm, we shall reign
with him.**

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.*

When Peace Like A River Hymn

Horatio Gates Spafford

**When peace, like a river,
attendeth my way,
when sorrows like sea billows roll;
whatever my lot,
thou hast taught me to say,
It is well, it is well with my soul.**

*It is well with my soul,
it is well, it is well with my soul.*

**Though Satan should buffet,
though trials should come,
let this blest assurance control,
that Christ has regarded
my helpless estate,
and hath shed his own blood
for my soul.**

**My sin, oh, the bliss
of this glorious thought!
My sin, not in part but the whole,
is nailed to the cross,
and I bear it no more,
praise the Lord, praise the Lord,
O my soul!**

**And, Lord, haste the day
when my faith shall be sight,
the clouds be rolled back as a scroll;
the trumpet shall sound,
and the Lord shall descend,
even so, it is well with my soul.**

Shall We Gather at the River

Robert Lowry

**Shall we gather at the river,
where bright angel feet have trod;
with its crystal tide forever
flowing by the throne of God?**

*Yes, we'll gather at the river,
the beautiful, the beautiful river;
gather with the saints at the river
that flows by the throne of God.*

**On the margin of the river,
washing up its silver spray,
we will walk and worship ever,
all the happy golden day.**

**Ere we reach the shining river,
lay we ev'ry burden down;
grace our spirits will deliver,
and provide a robe and crown.**

**Soon we'll reach the shining river,
soon our pilgrimage will cease;
soon our happy hearts will quiver
with the melody of peace.**

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

Down By The Riverside
African American Spiritual

**I'm gonna lay down my burden,
down by the riverside...**

**I'm gonna lay down my burden,
down by the riverside,
down by the riverside.**

***I ain't gonna study war no more,
ain't gonna study war no more,
ain't gonna study war no more!***

**I'm gonna lay down my sword and shield,
down by the riverside...**

**I'm gonna lay down my sword and shield,
down by the riverside,
down by the riverside.**

**I'm gonna try on my long white robe,
down by the riverside...**

**I'm gonna try on my long white robe,
down by the riverside,
down by the riverside.**

**I'm gonna try on my starry crown,
down by the riverside...**

**I'm gonna try on my starry crown,
down by the riverside,
down by the riverside.**

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 Friend Ophelia the the Donkey will join us again on March 29th for Palm Sunday!!

She and her handler will be here from 930-1030! This is a wonderful opportunity to come and grab a few pictures and enjoy wonderful start to Holy Week.

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 yministryrsvp@gmail.com with any inquiries.



The Lunch Basket is given this week by Elli Mitchell and Nick Timms to the Glory of God and with thanksgiving for a loving family and kind friends.



Prayer Chain & Sunday Intercessions

If you, or someone you know is in need of prayer, please connect with **Lynne** at lynneh1etelus.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 michaieleklaverrealtor.ca, or contact the office.

Library News

The Final Race: The Incredible World War II Story of the Olympian Who Inspired Chariots of Fire by Eric T. Eichinger

An award-winning biography of a man whose faith and resilience continues to inspire. On July 19, 1924, Eric Liddell was on top of the world. He was the most famous Briton at the time, having just won the gold in the Olympic 400-meter race. The story of that race—and the one he didn't run—was told in the popular movie classic Chariots of Fire.



News & Events

This week at the Parish

Tuesday	ACW meeting 2pm Men's Club Dinner 6pm
Wednesday	Holy Communion, 10 am
Thursday	Contemplative Prayer 7 pm Choir Practice 7:30 pm
Friday	Sr. Youth Group 7:00 pm

Men's Club Dinner Meeting

Tuesday, March 10, 6pm

Guest speaker: **Barney Ong** of St. Mark's, an engineering professional in the international LNG industry. Please RSVP to Brian Walks

Lenten Lunch

Thursday, March 12, 12pm

Mt. Olive Lutheran Church (2350 148 St.) hosts the annual peninsula Lenten lunch. Drop by for a time of community, great food and prayer.

Mark your calendars:

March 19th at Star of the Sea Roman Catholic

March 26 at St. John's Presbuterian Church



Spiritual Practice Workshops

Sunday, March 22nd 7pm

\$20 registration fee

The Spiritual Practice of Mindful Eating with Pastor Sarah. We will explore mindful eating using the Last Supper as our model.

Holy Week Services

Holy Week begins on Sunday, March 29th. This is the holiest week of the Christian Calendar as followers of Jesus around the world remember the last week of Jesus' life as he went to the cross. Please consider participating in these services as a way to enrich your spirit and give you courage in your faith.

Maundy Thursday

Thursday, April 2, 7pm

The anniversary of the institution of the Lord's Supper. In imitation of Jesus, we will wash each other's feet and ceremoniously empty the church as a sign of his arrest.

Good Friday

Friday, April 3, 10am

We recall the crucifixion and death of Jesus. We will spend some time before the cross and share communion.

Holy Saturday Vigil

Saturday, April 4, 7pm

This is the first service of Easter. We will listen to several stories from Scripture describing God's saving love for his children.

Exploring Licensed Lay Ministry

Saturday, April 11, 2026

10am to 12:30pm

at the Parish of St. Cuthbert, Delta

The diocese has recently expanded the possibilities for licensed lay ministry. Are you discerning whether you are called to one of them? Or wondering if this might be a good thing in your parish? Come for a day of discernment, information, and conversation.

- Learn more about the different ministries and what they entail.
- Hear from lay leaders with long experience of licensed lay ministry as well as from VST (Vancouver School of Theology) and the certificate programs available.
- Get the details on what you and the parish need to do to make an application for licenses from the diocesan Missioner for Christian Formation.
- Have small group conversation to discern what your next steps in LLM (Licensed Lay Ministry) may be.

If you are interested in participating, visit the parish website and look under Calendar.



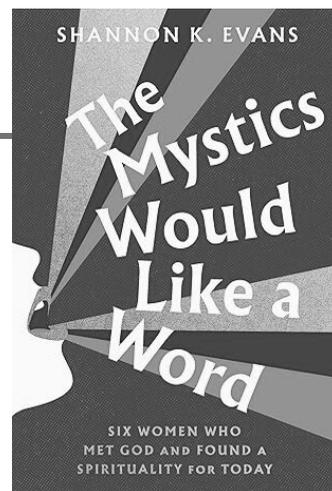
Internet Safety Tip

The internet helps us stay connected with family, friends, and our church community—but it also requires caution. Be careful about emails, messages, or phone calls asking for personal information, passwords, or money. If something seems urgent or suspicious, pause and check with a trusted person before responding. When in doubt, don't click—delete the message instead. Staying cautious helps keep you and your information safe.

Lent/Easter Book Study with Father Dara Thursday at 6pm

The Mystics Would Like a Word:
Six Women Who Met God and Found a Spirituality for Today

This Week: Chapters 1 & 2, Theresa of Avila



the Prayer Corner

Lenten Devotions: Fasting

Fasting is an ancient spiritual practice that reminds us who truly sustains our life. God calls us to fast to remember that we do not live by bread alone, but by every word that comes from the mouth of God. As human beings, we live with many dependencies. We depend on food and water—good and necessary gifts. But we also form other dependencies: on comfort, distraction, busyness, or control. Over time, these can quietly take the place of trust in God. Fasting invites us to loosen our grip on what we rely on and to create space for God.

This Lent, consider a simple, prayerful fast that helps turn your attention back to the One who gives us life. Here's how:

1

Make a spiritual goal. Would you like to pray more? Would you like to discern a difficult decision? Would you like to stop a harmful habit? Would you like to start a helpful habit? Would you like to deepen your trust in God and your attentiveness to God's presence in your daily life?

2

Carve out time. To meet your spiritual goal, dedicate a specific and intentional time to it. Perhaps during lunch, instead of eating, you might fast and spend time in prayer or spiritual reflection. Instead of watching TV, you could fast from it and use that time to focus on your goal. If you are trying to change a harmful habit, fast from it and intentionally replace it with a healthier one.

3

Practice instant forgiveness. Fasting is not easy, and you may not succeed right away. Do not be hard on yourself. If you stumble, receive God's grace, get back up, and keep going.

Daily Bible Readings

Monday Mark 5:21-43
Tuesday Mark 6:1-13

Wednesday Mark 6:13-29
Thursday Mark 6:30-46

Friday Mark 6:47-56
Saturday Mark 7:1-23



the Parish of St. Mark - *Ocean Park*
STMARKBC.ORG

Office Hours:

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

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