

The beginning of the
Good News of
Jesus Christ



On the traditional land of the Semiahmoo

the Parish of St. Mark

O C E A N  P A R K

April 26, 2026

The Feast of St. Mark & Vocations Sunday



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...

It is still Easter – four more weeks of it. On this Feast of St. Mark, we give thanks for the one who first wrote down the story of Jesus' life, death, and resurrection. In this Year of Invitation, you are invited—to listen, to be renewed by the good news, and to share it with others.

The altar flowers are given today by Elli Mitchell to the glory of God and in loving memory of Nick Timms. 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 52:7-10 This passage affirms for Jews their return from Exile in the late 6th century BC and that God has brought them salvation and hope, something that all the world can witness to.

Ephesians 4:7-8, 11-16 Christ gives gifts to each believer. Apostles and prophets, build up the body of Christ. Each member contributes working together in love under Christ.

Mark 1:1-15 Mark begins his gospel by launching straight into the story of John the Baptist, the forerunner to Jesus' ministry.

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 David.

Coffee Hour

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

Next Week: May 3 Fifth Sunday of Easter

Acts 7:55-60; Psalm 31; 1 Peter 2:2-10; John 14:1-14

Father Dara Preaches.

Happy
Easter!

the Gathering of the Community

Alleluia! Christ is risen.

The Lord is risen indeed. Alleluia!

May his grace and peace be with you.

May he fill our hearts with joy.

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.**

Better Is One Day

Matt Redman

**How lovely is your dwelling place,
O Lord Almighty.**

For my soul longs and even faints for you.

For here my heart is satisfied

within your presence.

I sing beneath the shadow of your wings.

*Better is one day in your courts,
better is one day in your house,
better is one day in your courts
than thousands elsewhere.*

One thing I ask and I would seek:

to see your beauty,

to find you in the place your glory dwells.

*My heart and flesh cry out
for you, the living God.*

Your Spirit's water for my soul.

I've tasted and I've seen.

Come once again to me.

I will draw near to you,

I will draw near to you.

Open The Eyes Of My Heart

Paul Baloche

**Open the eyes of my heart, Lord,
open the eyes of my heart;
I want to see you, I want to see you.**

**To see you high and lifted up,
shining in the light of your glory.
Pour out your power and love;
as we sing holy, holy, holy.**

**Holy, holy, holy,
I want to see you.**

Almighty God,

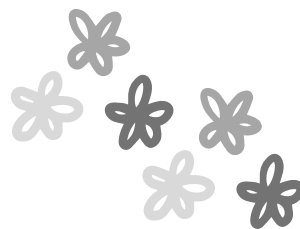
**by the hand of Mark the evangelist you
gave to your Church the gospel of
Jesus Christ, the Son of God. We thank
you for his witness, and pray that we
may be grounded firmly in its truth;
through Jesus Christ our Lord, who is
alive and reigns with you and the Holy
Spirit, one God, now and for ever.**

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 (52:7-10).

Listen for God's Word.

Our hearts are open.

Psalm 2

Let me announce the decree of the Lord,

**who said to me, "You are my heir;
this day have I begotten you.**

Ask of me, and I will give you
the nations for your inheritance

and the ends of the earth

for your possession.

You shall crush them with an iron rod

and shatter them like a piece of pottery."

And now, you monarchs, be wise;

be warned, you rulers of the earth.

Submit to the Lord with fear,

and bow with trembling

before the presence of the Lord;

lest God be angry and you perish;

for the divine wrath is quickly kindled.

Happy are they all

who take refuge in God!

Paul's Letter to the Ephesians (4:7-8, 11-16).

Listen for God's Word.

Our hearts are open.

Celtic Alleluia

Christopher Walker, Fintan O'Carroll

Alleluia!

The Lord be with you.

And also with you.

The Holy Gospel

of our Lord Jesus Christ

according to Mark.

Glory to you,

Lord Jesus Christ

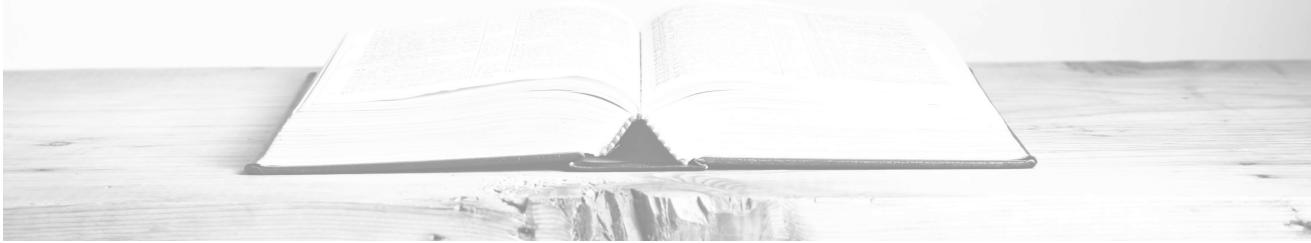
Mark 1:1-15

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Sermon

Sermon Notes



The Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father; through whom all things were made; who, for us and for our salvation came down from heaven; who by the power of the Holy Spirit became incarnate from the Virgin Mary, and was made human; who for our sake was crucified under Pontius Pilate; who suffered death and was buried; who, on the third day, rose again in accordance with the scriptures; who ascended into heaven and is seated at the right hand of the Father; who will come again in glory to judge the living and the dead, and whose kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father; who with the Father and the Son is worshipped and glorified; who has spoken through the prophets; we believe in one holy catholic and apostolic Church; we acknowledge one baptism for the forgiveness of sins; we look for the resurrection of the dead, and the life of the world to come. 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

*We collect our tithes and offerings and present them to the Lord. We give thanks to God for your generosity to the ministry of this community. 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 Eucharistic Prayer 3 from the BAS.***

On Christ, the Solid Rock, I Stand

Edward Mote

**My hope is built on nothing less
than Jesus' blood and righteousness;
I dare not trust the sweetest frame,
but wholly lean on Jesus' name.**

***On Christ, the solid rock, I stand;
all other ground is sinking sand.
All other ground is sinking sand.***

**When clouds and darkness veil his face,
I rest on his unchanging grace;
in every high and stormy gale
my anchor holds within the veil.**

**His oath, his covenant, his blood,
support me in the whelming flood;
when all around my soul gives way,
he then is all my hope and stay.**

**When he shall come with trumpet sound,
O may I then in him be found
clothed in his righteousness alone,
faultless to stand before the throne!**

Sanctus

Per Harling

You are holy, you are whole.

**You are always ever more
than we ever understand.**

You are always at hand.

Blessed are you coming near.

**Blessed are you coming here
to your church in wine and bread,
raised from soil, raised from dead.**

You are holy,

you are wholeness, you are present.

Let the cosmos praise you, Lord!

Sing hosanna in the highest!

Sing hosanna! Sing hosanna to our God!!

The priest continues in prayer.

The Lord's Prayer

Mallotte

**Our Father, which art in heaven, hallowed
by thy name. Thy kingdom come, thy will
be done on earth as it is in heaven. Give
us this day our daily bread, and forgive us
our debts, as we forgive our debtors. And
lead us not into temptation but deliver us
from evil; for thine is the kingdom, and
the power, and the glory, forever. Amen.**

Lord, we died with you on the cross.

Now we are raised to new life.

We were buried in your tomb.

Now we share in your resurrection.

Live in us, that we may live in you.

Alleluia! Alleluia! Alleluia!

The gifts of God for the Children of God.

Thanks be to God.

All are invited to receive Communion.

Prayer for healing is offered during communion on the right side of the sanctuary.

Sanctuary

John W. Thompson and Randy Scruggs

**Lord, prepare me to be a sanctuary,
pure and holy, tried and true;
with thanksgiving, I'll be a living
sanctuary for you.**

Common Praise 63

***Eat this bread, drink this cup,
come to me and never be hungry.
Eat this bread, drink this cup,
trust in me and you will not thirst.***

**I am the bread of life,
the true bread sent from the Father.**

**Your ancestors ate manna in the
desert. but this is the bread come
down from heaven.**

**Eat my flesh and drink my blood,
and I will raise you up on the last day.**

**Any one who eats this bread,
will live forever.**

**If you believe and eat this bread,
you will have eternal life.**

Let There be Light

David Taylor

**At creation there was
hov'ring over emptiness,
breathing life into dust,
Holy Spirit gentleness.
The light shone in the dark
and darkness drifted far away**

***Let there be light
and let the whole world see
that we can be
children living free
From fear and filled
with Jesus' living breath.
Let there be light;
life has conquered death.***

**In the shadow of death,
even there we will not fear.
For the maker of breath
is a friend who's always near.
There light shines in the dark
the darkness drifts so far away.**

**At the time of Christ's death
light was laid inside a tomb,
and the earth held its breath
as all joy gave way to gloom.
But light shone in the dark
And darkness drifted far away.**

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

Shout To The Lord

Darlene Zschech

**My Jesus, my Saviour,
Lord, there is none like you;
all of my days I want to praise
the wonders of your mighty love.
My comfort, my shelter,
tower of refuge and strength;
let ev'ry breath, all that I am,
never cease to worship you.**

**Shout to the Lord,
all the earth, let us sing.
power and majesty, praise to the King.
Mountains bow down
and the seas will roar
at the sound of your name.
I sing for joy at the work of your hands,
forever I'll love you, forever I'll stand,
nothing compares to the
promise I have in you.**

Alleluia! Alleluia! Go forth into the world,
rejoicing in the power of the Spirit!
Thanks be to God! Alleluia! Alleluia!

*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 greeter for assistance),

by **e-Transfer** at

stmark.op.treasurer@gmail.com, or

through **CanadaHelps** on our website, or giving **Appreciated Securities** through the

Diocesan office.

If you would like donation **envelopes**, please connect with the office. To start or stop PAD Donations, please contact the Donations Secretary.

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



The Pulse

Youth News

Youth Group

Grades 8 - 12

Fridays from 7 - 9 pm

This Week:

Day Night!

or is it *Night Day*?

or day day...night night?

Bring a friend!



News for Kids & Families

Sunday Videos!

Check out our YouTube channel each Sunday for great videos to watch with your children!

est.mark-oceanparkanglicanc3043

Sunday School

Are you interested in helping facilitate Sunday School?

Please come talk to David!



The Lunch Basket for Hungry Children is given this week by **Chris and Leslie Ann Hebb** with joy and gratitude for the blessing of our children and grandchildren. May God bless them - and the children our gift will help provide for.



Prayer Chain & Sunday Intercessions

If you, or someone you know is in need of prayer, please connect with **Lynne** at lynne1@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 michaieleklaverrealtor.ca, or contact the office.

Library News

Exploring the Gospel of Mark: An Expository Commentary

by *John Phillips*

The John Phillips Commentary Series offers everyone practical, doctrinally sound insights into Scripture based on the King James Version. It includes helpful commentary, outlines, illustrations, and quotations, making it a valuable resource for deeper understanding, teaching, and personal study.



News & Events

This week at the Parish

Tuesday	Parish Council Meeting 7 pm
Wednesday	Holy Communion, 10 am Savvy Seniors 1 pm
Thursday	Contemplative Prayer 7 pm Choir Practice 7:30 pm
Friday	Sr. Youth Group 7:00 pm

Children & Youth Ministry Gathering - TODAY!

Join us this Sunday after the 10am service for a pizza lunch as we gather to talk about the future of our Sunday School program. Parents, children, teens, and anyone interested in supporting this ministry are warmly invited. This will be a time to share ideas, ask questions, and help shape a welcoming and faith-filled space for our young people.

Centering Prayer

Thursdays at 7pm in the Parish Library

Looking for a spiritual practice to ground you amidst the pulls of the world around you? Consider Centering Prayer—20 minutes of silence as you rest in God's presence, followed by a time of *lectio divina*.

You are invited to nourish your heart this Easter season.

New-Comers Gathering

May 24, following the 10am service

New to St. Mark's, or feeling new? Join us for a simple lunch on Pentecost Sunday. It's a relaxed chance to meet others, share a bit of your story, and learn more about our community — no pressure, just connection.

Sign up on the table in the entry!

Donations for ACW Place

It's that time of year when **ACW Place** prepares baby bales for new mothers in communities in northern BC/YT. We are collecting **NEW layette items for infants up to 12 months**.

ACW Place is also looking for **donations of travel size toiletries**.

Recycle with Purpose

Thank you for supporting our church through your refundables — every return makes a difference!

Please take bottles and cans directly to a Return-It depot. Pre-tagged bags and instructions are available in the hall, or use your own bag and enter 604-535-8841 at the kiosk to print a sticker.

Be sure to check the **Community Bulletin Board** in the hall for upcoming events at and around the Parish!

Loon Lake Retreat May 15-17

Facilitated by: the Reverends **Peter Elliott, Lorie Martin** and textile artist Mr. **Thomas Roach**.

The Centre's annual retreat at Loon Lake offers exquisite space to come away and enter a sacred time of silence, nature, spiritual practice, community connecting, learning, and creative expression.

Visit thecentreforspiritualrenewal.org for registration details!

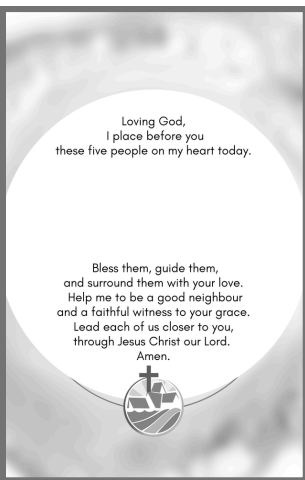
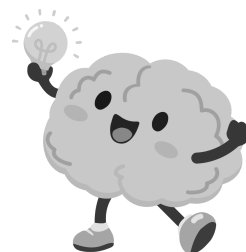


The Spirituality of Invitation

Take a copy of this booklet and begin exploring how God is inviting you to live, pray, and reach out to others in this Year of Invitation.

Mental Health Moment

Good mental health means noticing what's going on inside and responding with care. You don't have to carry everything alone. Tip: try writing down three things you're grateful for each day—it gently shifts your focus and builds resilience over time.

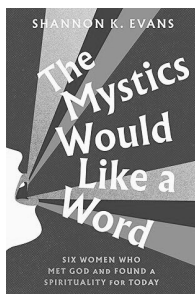


Pray for 5

As part of our Year of Invitation, you are invited to pick up a "Pray for 5" card from the entryway. Write down the names of five people in your life and commit to praying for them regularly—that they may know God's love, peace, and presence.

This is a simple but powerful practice. Prayer opens hearts—ours and theirs—and prepares the way for invitation, relationship, and grace.

Pick up a card this Sunday and begin.



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

No Book Study this week



Throughout Scripture, God's people are called to practice hospitality. Abraham welcomed strangers by the oak trees of Mamre. Jesus ate meals with people others avoided. The early church gathered around shared tables.

Hospitality is more than entertaining guests. It is **the spiritual practice of making space for others** - especially those who might otherwise feel alone.

Spiritual Practice #2: Holy Welcoming

Loving our neighbour often begins with simple gestures: **an invitation for coffee, a shared meal, a warm greeting, or asking for and remembering someone's name.** These small acts communicate a deep truth: you belong here.

In a world where many people feel isolated or invisible, hospitality becomes a powerful witness to the love of God. When we welcome others, we reflect the heart of the God who welcomes us.

You don't need a perfect home or elaborate plans to practice hospitality. Sometimes the most meaningful welcome is a simple invitation: **"Would you like to join us?"** The table has always been a place where relationships grow and grace is shared.

*God of welcome, you have opened your heart and your kingdom to us. Teach us to open our homes, our tables, and our lives to others. May our hospitality reflect your generous love.
Amen.*

Daily Bible Readings

Monday Matthew 5:1-10
Tuesday Matthew 5:11-16

Wednesday Matthew 5:17-20
Thursday Matthew 5:21-26

Friday John 12:20-26
Saturday Matthew 5:38-48



the Parish of St. Mark - Ocean Park

STMARKBC.ORG

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