



The Lord is risen!
Alleluia!

On the traditional land of the Semiahmoo

the Parish of St. Mark

O C E A N  P A R K

May 17, 2026
Ascension 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 - one more week of it. On Ascension Sunday, we proclaim that Jesus reigns. In a world that can feel uncertain or out of control, this is good news: Christ is in charge, and there is hope. In this Year of Invitation, you are invited - to rest in that hope and to follow where he leads.

The Flowers today were given by **Kathryn and family** to the Glory of God and in Loving memory of Hilda and Les Smith (parents and grandparents) and Michelle (daughter and sister). To dedicate flowers, please sign up on the flower chart in the hall.



Today's Scripture

From Introductions to the Lessons by Bill Bennett.

Daniel 7:9-14 Confronted with the greek desecration of the temple in 175 BC and the rebellion that followed, the writer declares that ultimate power and judgement belong to God, the Ancient One.

Ephesians 1:15-23 The Ephesian Christians are encouraged in their faith. For Paul this is a faith based on the life, death, resurrection and ascension of Christ.

Luke 24:44-53 The risen Christ again appears to the disciples and explains how recent events fulfill the Old Testament Scriptures. In Luke's eyes Christ's ascension signals a new chapter in the life of the church.

Kids Club

If we have enough volunteers, 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 24

The Day of Pentecost

Acts 2:1-21; Psalm 104; 1 Corinthians 12:3b-13; John 20:19-23

the Reverend David Taylor Preaches.



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.**

Common Praise 237

**Now the green blade rises
from the buried grain,
wheat that in dark earth
many days has lain;
love lives again, that
with the dead has been;
love is come again
like wheat arising green.**

**In the grave they laid him,
Love by hatred slain,
thinking that he would
never wake again,
laid in the earth
like grain that sleeps unseen;
love is come again
like wheat arising green.**

**Forth he came at Easter,
like the risen grain,
he that for three days
in the grave had lain;
raised from the dead,
my living Lord is seen;
love is come again
like wheat arising green.**

**When our hearts are wintry,
grieving, or in pain,
your touch can call us
back to life again,
fields of our hearts
that dead and bare have been;
love is come again
like wheat arising green.**

Lord I Lift Your Name on High

Rick Founds

**Lord, I lift your name on high;
Lord, I love to sing your praises.
I'm so glad you're in my life;
I'm so glad you came to save us.**

**You came from heaven to earth
to show the way,
from the earth to the cross
my debt to pay;
from the cross to the grave,
from the grave to the sky;
Lord, I lift your name on high.**

Almighty God,

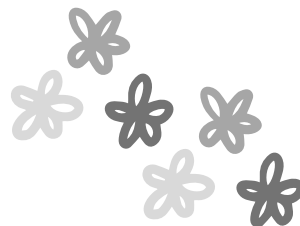
**your Son Jesus Christ ascended to the
throne of heaven that he might rule
over all things as Lord. Keep the church
in the unity of the Spirit and in the
bond of his peace, and bring the whole
of creation to worship at his feet, who
is alive and reigns with you and the
Holy Spirit, one God, now and for ever.
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 Daniel (7:9-14).

Listen for God's Word.

Our hearts are open.

Psalm 24

Lift up your heads, O gates;
lift them high, O everlasting doors;

**and the One who reigns in glory
shall come in.**

"Who is this glorious One?"

**"The Lord, strong and mighty,
the Lord, mighty in battle."**

Lift up your heads, O gates;
lift them high, O everlasting doors;

**and the One who reigns in glory
shall come in.**

"Who is this glorious One?"

**"The Lord of hosts,
the Lord who reigns in glory."**

Paul's Letter to the Ephesians (1:15-23).

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 Luke.

**Glory to you,
Lord Jesus Christ**

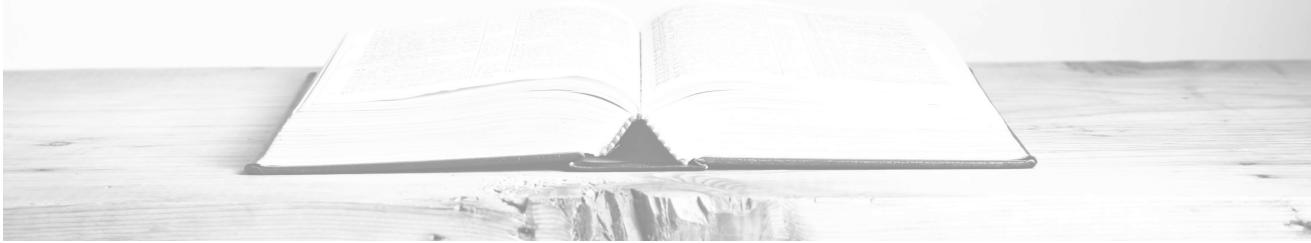
Luke 24:44-53

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 1 from the BAS.***

Common Praise 247

We sing Alleluia! after each line.

**Hail the day that sees him rise,
to his throne beyond the skies;
Christ, the Lamb for sinners given,
enters now the highest heaven!**

**There for him high triumph waits;
lift your heads, eternal gates;
he hath conquered death and sin;
take the King of glory in. Alleluia!**

**Highest heaven its Lord receives,
yet he loves the earth he leaves;
though returning to his throne,
still he calls the world his own.**

**See! He lifts his hands above,
See! He shows the prints of love;
Hark! His gracious lips bestow,
blessings on his church below.**

**Still for us he intercedes;
his prevailing death he pleads,
near himself prepares our place,
he the first-fruits of our race.**

**Lord, though parted from our sight,
far above the starry height,
grant our hearts may thither rise,
seeking thee above the skies.**

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

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.

Common Praise 619

**Fairest Lord Jesus, ruler of all nature,
O thou the Godhead's human son:
thee will I cherish, thee will I honour,
thou my soul's glory, joy, and crown.**

**Fair are the meadows,
fairer still the woodlands,
robed in the blooming garb of spring;
Jesus is fairer, Jesus is purer,
who makes the troubled heart to sing.**

**Fair is the sunshine,
fairer still the moonlight,
and fair the twinkling, starry host;
Jesus shines brighter, Jesus shines purer,
than all the angels heaven can boast.**

**All fairest beauty
heavenly and earthly,
wondrously, Jesus, is found in thee;
none can be nearer, fairer or dearer,
than thou, my Saviour, art to me.**

Here I am To Worship

Tim Hughes

**Light of the world,
you stepped down into darkness,
opened my eyes, let me see.
Beauty that made this heart adore you,
hope of a life spent with you.**

*So, here I am to worship,
here I am to bow down,
here I am to say that you're my God.
And you're altogether lovely,
altogether worthy,
altogether wonderful to me.*

**King of all days, oh so highly exalted,
glorious in heaven above.
Humbly you came to the earth you created,
all for love's sake became poor.**

*And I'll never know how much it cost
to see my sin upon that cross.*

Our God Reigns

Leonard E. Smith Jr.

**How lovely on the mountains
are the feet of him
who brings good news, good news;
announcing peace,
proclaiming news of happiness:
our God reigns, our God reigns.**

Our God reigns!

**He had no stately form,
he had no majesty;
that we should be drawn to him.
He was despised
and we took no account of him.
Yet now he reigns with the Most High.**

**It was our sin and guilt
that bruised and wounded him.
It was our sin that brought him down.
When we like sheep
had gone astray, our Shepherd came;
and on his shoulders bore our shame.**

**Meek as a lamb
that's led out to the slaughter-house;
Dumb as a sheep before its shearer.
His life ran down,
upon the ground like pouring rain,
That we might be born again.**

**Out of the tomb
he came with grace and majesty.
He is alive, he is alive.
God loves us so
see here his hands, his feet, his side;
Yes, we know he is alive.**

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

Common Praise 425

**Joyful, joyful we adore thee,
God of glory, Lord of love;
hearts unfold like flowers before thee,
opening to the sun above.
Melt the clouds of sin and sadness,
drive the dark of doubt away;
giver of immortal gladness,
fill us with the light of day.**

**All thy works with joy surround thee,
earth and heaven reflect thy rays;
stars and angels sing around thee,
centre of unbroken praise.
Field and forest, vale and mountain,
flowery meadow, flashing sea,
chanting bird and flowing fountain
call us to rejoice in thee.**

**Thou art giving and forgiving,
ever blessing, ever blest.
well-spring of the joy of living,
ocean depth of happy rest!
Thou our Father and our Mother,
all who live in love are thine;
teach us how to love each other,
lift us to the joy divine.**

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:
CCLI 445657, OneLicense A-727134*



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

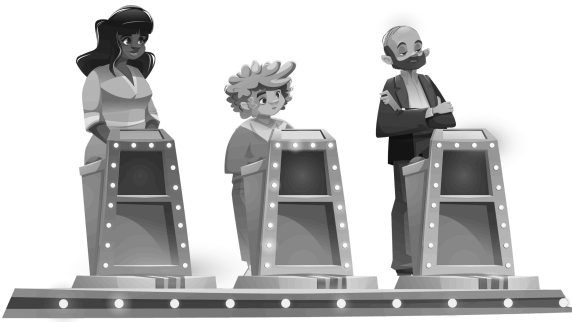
Youth News

Youth Group
Grades 8 - 12
Fridays from 7 - 9 pm

This Week:

Quiz Night!

Amazing prizes for the one
who knows it aaaaaa!!!!!!
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

Kids Club

Are you interested in helping facilitate
Kids Club?

Please come talk to David!



The Lunch Basket is given this week by **Maryellen Gallo** to the Glory of God and in memory of my mom, Irene Gallo and my nephew, Frank Gallo, loved and missed but not forgotten.



Prayer Chain & Sunday Intercessions

If you, or someone you know is in need of prayer, please connect with **Lynne** at lynneh1@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

The Bible Tells Me So: Why Defending Scripture Has Made Us Unable to Read It

by Peter Enns (Author)

The Bible Tells Me So by Peter Enns reexamines how we understand the Bible, encouraging readers to embrace its complexity and humanity while discovering a deeper, more meaningful faith.



News & Events

This week at the Parish

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

New-Comers Gathering

May 24 (NEXT WEEK!)

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!

Baptism Sunday

We will celebrate the new life of Jesus through baptism at the 10am service on **June 28**. If you would like to be baptized, or know someone who might be, please get in touch with David.



THE CENTRE FOR

**SPIRITUAL
RENEWAL**

Pathways to Peace

Saturday, June 20, 9:30am to 3:30pm

the Parish of St. Dunstan, Aldergrove

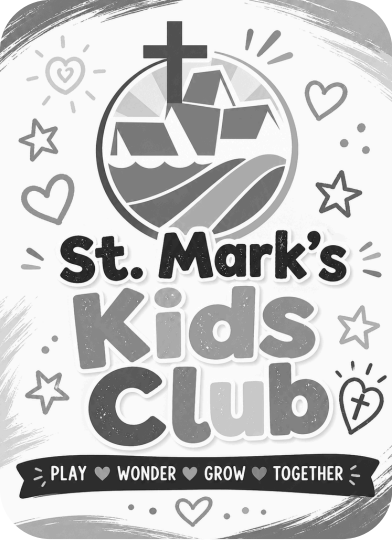
Facilitated by Katherine Murray, with music by the Reverend David Taylor

Come join in this **retreat day** as we explore the ways that make for peace in our hearts and into our lives and world. This facilitated day will include group sessions, stations of engagement, contemplative worship, spiritual practices, and an opportunity to connect in community.

Registration \$50

(lunch and snacks included)

thecentreforspiritualrenewal.org



Kids Club Training!

Are you interested in becoming a trained volunteer for our new Sunday morning children's program?

We will be offering Kids Club training on two Sundays after the 10am service: **May 31** and **June 7**. You only need to attend **one session** to become a volunteer! Simply **sign up for the date that works best for you**.

At the training, we will explore the vision for St. Mark's Kids Club, review volunteer requirements, and offer practical hands-on training for working with children. And of course, there will be pizza!

Come discover how joyful, meaningful, and fun this ministry can be – you may just find yourself wanting to become a Kids Club leader!

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.

Who can you invite to experience the peace of Christ in this place?

Mission Conference of the Diocese of New Westminster

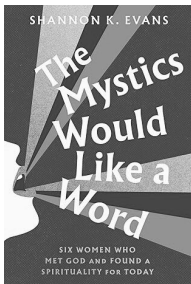
Friday to Saturday, May 29 & 30

The Diocese of New Westminster is excited to be hosting Mission Conference 2026 on Saturday, May 30. The theme this year is "Moving in Mission, Guided by Spirit." **Archbishop Michael Curry**, former presiding bishop of the Episcopal Church, will be keynote speaker.

Registration is **FREE** and Childcare will be available.

Friday night @ Christ Church Cathedral beginning at 7:30pm

Saturday @ the Synod Offices 9am to 4pm



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 Study This Week



Loving Our Neighbour through Forgiveness

Loving our neighbour is beautiful in theory, but in real life it can be difficult. People disappoint us. Relationships become strained. Words are spoken that cannot easily be taken back.

This is why forgiveness lies at the heart of Christian love.

Jesus teaches us to forgive not because wrong actions do not matter, but because **mercy has the power to break cycles of resentment and bitterness**. Forgiveness opens the possibility of healing where hurt once lived.

Spiritual Practice #2: Holy Mercy

The spiritual practice of forgiveness does not mean ignoring injustice or pretending that pain is small. Instead, it means **releasing the desire for revenge** and entrusting our wounds to God.

Sometimes forgiveness happens slowly. It may require prayer, time, and courage. Yet when forgiveness begins to grow, it frees both the giver and the receiver.

When we forgive, we reflect the mercy we ourselves have received from God.

Merciful God, you have forgiven us more than we can measure. Help us release resentment and grow in mercy. Heal the places where relationships are broken and teach us to walk in the freedom of forgiveness. Amen.

Daily Bible Readings

Monday Matthew 8:5-17
Tuesday Matthew 8:18-27

Wednesday Matthew 8:28-34
Thursday Matthew 9:1-8

Friday Matthew 9:9-17
Saturday Matthew 9:18-26



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

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