

Guides for the Journey

Learning Faith from
Our Spiritual Ancestors

On the traditional land of the Semiahmoo

the Parish of St. Mark

O C E A N  P A R K

July 19, 2026

The Eighth Sunday after Pentecost



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...

We continue our summer sermon series exploring the stories of the Hebrew Scriptures and the wisdom our spiritual ancestors still have to share with us today. This morning we encounter Jacob fleeing from his past and uncertain of his future. There he dreams of a ladder reaching between heaven and earth and discovers that God is closer than he imagined. What good news might we discover in this ancient story?

Altar flowers are given today by **Brenda Horner and Ron Henze** to the Glory of God and in gratitude for His many blessings as they celebrate 25 years since they were married here at St. Mark's. "To dedicate flowers, please sign up on the flower chart in the hall and let the office know your dedication.



Today's Scripture

From Introductions to the Lessons by Bill Bennett.

Genesis 28:10-19a Jacob has a vivid dream, a revelation of God's promise to him and his descendants. The place, Bethel, means 'house of God.'

Romans 8:12-25 Paul brings together ideas relating to spiritual adoption and the suffering that even creation undergoes.

Matthew 13:24-30, 36-43 The meaning of the parable of the weeds in the wheat is later explained allegorically.

Summer for Kids

Over the summer, we encourage our children to stay in church to hear the stories, sing the songs, and join in the prayers. We know little ones need to wiggle, so please make use of the colouring table and family room as needed. We love having God's youngest children worship with us!

Coffee Hour

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

Next Week: July 26

The Ninth Sunday after Pentecost

Genesis 29:15-28; Psalm 128; Romans 8:26-39;
Matthew 13:31-33, 44-52

Father Dara Preaches

*Guides for the
Journey*

Learning Faith from Our Biblical Ancestors

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.

Common Praise 3

**Morning has broken like the first morning,
blackbird has spoken like the first bird.**

**Praise for the singing! Praise for the morning!
Praise for them, springing fresh from the Word!**

**Sweet the rain's new fall sunlit from heaven,
like the first dew fall on the first grass.
Praise for the sweetness of the wet garden,
sprung in completeness where God's feet pass.**

**Mine is the sunlight! Mine is the morning!
born of the one light Eden saw play!
Praise with elation, praise ev'ry morning,
God's recreation of the new day!**

O God of Jacob,

**you speak in the light of day and in the dark of night when our sleeping is filled with
dreams of heaven and earth; may we be open and watchful to your presence in our
midst; through Jesus Christ, your dream made flesh. 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 Genesis (28:10-19a).

Listen for God's Word.

Our hearts are open.

Psalm 139

Lord, you have searched me out and known me.

You know my sitting down and my rising up;

you discern my thoughts from afar.

You trace my journeys and my resting-places

and are acquainted with all my ways.

Indeed, there is not a word on my lips,

but you, O Lord, know it altogether.

You press upon me behind and before

and lay your hand upon me.

Such knowledge is too wonderful for me;

it is so high that I cannot attain to it.

For you yourself created my inmost parts;

you knit me together in my mother's womb.

I will thank you because I am marvellously made;

your works are wonderful, and I know it well.

Paul's Letter to the Romans (8:12-25).

Listen for God's Word.

Our hearts are open.

Alleluia

Norah Duncan

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 13:24-30, 36-43

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Sermon

Sermon Notes



The Affirmation of our Faith

**Hear, O Israel,
the Lord our God, the Lord is one.
Love the Lord your God
with all your heart,
with all your soul,
with all your mind,
and with all your strength.**

This is the first and the great commandment.

The second is like it:

Love your neighbour as yourself.

There is no commandment greater than these.

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 peace of the Lord be always with you.

And also with you.

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 2 from the BAS.***

Common Praise 531

**You who dwell in the shelter of the Lord,
who abide in his shadow for life,
say to the Lord: "My refuge,
my rock in whom I trust!"**

***And he will raise you
up on eagle's wings,
bear you on the breath of dawn,
make you to shine like the sun,
and hold you in the palm of his hand.***

**Snares of the fowler
will never capture you,
and famine will bring you no fear:
under his wings your refuge,
his faithfulness your shield.**

**You need not fear the terror of the night,
nor the arrow that flies by day;
though thousands fall about you,
near you it shall not come.**

**For to his angels he's given a command
to guard you in all of your ways;
upon their hands they will bear you up,
lest you dash your foot against a stone.**

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
the one 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.**

"I am the bread of life," says the Lord.

"Whoever comes to me

will never be hungry;

whoever believes in me will never thirst."

**Taste and see that the Lord is good;
happy are they who trust in him!**

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.

Surely The Presence of the Lord
Lanny Wolfe

**Surely the presence
of the Lord is in this place,
I can feel his mighty power
and his grace.
I can hear the brush of angel's wings,
I see glory on each face;
Surely the presence
of the Lord is in this place.**

Common Praise 538

**Nearer, my God, to thee,
nearer to thee!
Even though it be a cross
that raiseth me,
still all my song would be:
"Nearer my God to thee,
nearer, my God to thee,
nearer to thee!"**

**Though, like the wanderer,
the sun gone down,
darkness be over me, my rest a stone,
yet in my dreams I'd be
nearer, my God, to thee,
nearer, my God to thee, nearer to thee!**

**There let the way appear,
steps unto heaven;
all that thou sendest me, in mercy given;
angles to beckon me
nearer, my God, to thee,
nearer, my God to thee, nearer to thee!**

**Then with my waking thoughts
bright with thy praise,
out of my stony griefs Bethel I'll raise,
so by my woes to be
nearer, my God, to thee,
nearer, my God to thee, nearer to thee!**

**Or, if on joyful wing cleaving the sky,
sun, moon, and stars forgot, upwards I fly,
still all my song shall be
"Nearer, my God, to thee,
nearer, my God to thee, nearer to thee!"**

We Will Walk On
the Reverend David Taylor

***We will walk on
knowing God is always with us.
The wilderness is holy ground.
And through uncertainty
there's so much possibility to be found.***

**Like Abraham and Sarah,
who wandered far and wide,
we make our pilgrim journey
with God's fam'ly at our side.
Through deserts of injustice,
like Hagar, cast away,
God will reveal a fountain
to refresh us on the way.
That's why we can say that...**

**Like Israel's descendants,
set free from Pharaoh's hand,
we walk through dangerous deserts
to attain the promised land.
We may not see the outcome.
We may not understand.
Still, God reveals fresh water
strengthening our feeble hands.
That's why we will stand and...**

**We walk within the footprints
of those who've gone before.
We journey with the outcast,
crossing deserts with the poor.
Refreshing hearts that wander
with water from the well
that springs up in the desert
giving life to all who dwell
in the path of hell. So...**

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.**

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

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Financial Support

Thank you for your faithful stewardship through your tithes and offerings. Your generosity helps St. Mark – Ocean Park continue its ministry and serve our community.

If you would like to become a regular giver, please complete a welcome card and give it to a greeter or the priest.

Ways to Give:

- Cash or cheque (payable to The Parish of St. Mark – Ocean Park)
- Pre-Authorized Debit (PAD)
- Electronic Donation Station (EDS) in the foyer (ushers are happy to help)
- e-Transfer to **give@stmarkbc.org**
- CanadaHelps through our website

If you would like donation envelopes, please contact the parish office.

Tax receipts are issued each February for donations made during the previous calendar year.



The Pulse

Youth News

Youth Group

Grades 8 to 12

Fridays from 7 to 9 pm

Beginning again on September 11th



Kids Club Crew

Kids Club will begin on Sunday,
September 13

Get ready to help the young ones have
a fun time at church! Become a Crew
Member!

News for Kids & Families

Sunday Videos!

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

@st.mark-oceanparkanglicanc3043

**St.
Mark's
Kids
Club**

Begins on Sunday,
September 13th at
10am!

Get ready for
games, songs,
stories and new
friends!

The Lunch Basket is provided this week by **June Verrett** to the Glory of God and in
loving memory of her godmother and aunt, Nora Thompson.



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 michaele@klaverrealtor.ca, or contact the office.

News & Events

This week at the Parish

Wednesday Holy Communion, 10 am
Savvy Seniors 1 pm

Guess Who's Coming for Dinner July 24-25

Our annual Guess Who's Coming to Dinner is this month! Join us for a fun summer evening of fellowship and the chance to meet new people.

We are looking for both hosts and guests. Hosts may choose to gather indoors or outdoors. For more info, see the church bulletin board. I'll be at both Sunday services for a couple weeks to answer questions/take registrations. Cory Paige 604-536-2789

First Fruits

Are you a gardener with more than enough? Consider bringing some of your produce to the church to share your abundance!

Altar Flower Sponsorships

Would you like to help beautify our worship space? You are invited to sponsor the altar flowers in memory of a loved one, in thanksgiving, or to celebrate a special occasion such as a birthday or anniversary. A sign-up sheet is available in the hall. Thank you for helping make our worship space beautiful.

Donate through e-transfers

We have a New e-transfer email:
give@stmarkbc.org



Have you visited our website lately?

It's full of parish news, **stmarkbc.org/news** upcoming events, and wonderful photos capturing the life of our St. Mark's community. Whether you're looking for the latest announcements, want to revisit a recent celebration, or simply stay connected with what's happening around the parish, there's always something new to discover. Be sure to check back often—we're updating it regularly!

Lunch Baskets for Hungry Children

While school is out, the Lunch Basket for Hungry Children is a year-round program supporting school-age children in our community. Please check the sign-up sheet in the Church Hall to see how you can help. Your support is greatly appreciated!

Interested in Taking a First Aid Course including AED at St. Mark's?

If you're interested in participating in a First Aid course at St. Mark's, please contact Barb Grantham by August 16.

Course Details:

- Date: Saturday, October 3
- Duration: One-day course
- Cost: Approximately \$120 per person

Please let Barb know by August 16 so we can determine interest and finalize arrangements. barbgrantham@shaw.ca

Music This Week

Barb has been a member of the St. Mark community since September 1991. When asked to choose music for today's service, this is what she decided.

I like *Morning Has Broken* by Eleanor Parjeon, made famous by Cat Stevens. It's about God's wonderful creation of a new day, especially a summer's day. Every day is a new start on the gift of life.

I chose *You Who Dwell in the Shelter of the Lord (On Eagles Wings)* by Michael Joncas because it tells us of God's great love and power. God gives strength and cares for all of creation. In times of trouble God has been my source of hope, protection and support

Finally I chose *Joyful, Joyful We Adore Thee (Ode to Joy)* by Beethoven because it celebrates the unity and joy of all; transcending time.



Thank you to everyone who donates through the Return-It program!

Simply take your clear bag of recyclable bottles and cans to any Return-It depot, enter 604-535-8841 at the kiosk, attach the printed label to your bag, and place it in the drop-off bin. Thank you!

Think Before You Click! July 2026

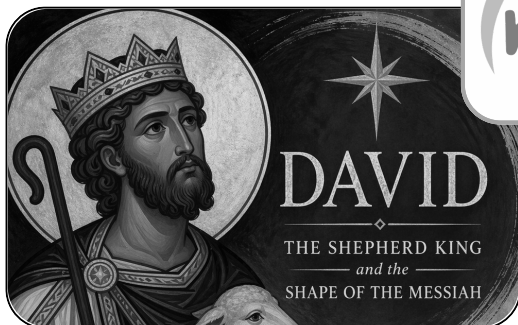
This Month: Vacation Scams

Scammers monitor social media for vacation posts. Avoid sharing travel plans until you're home, ask a trusted neighbour to watch your place.

Watch Out for Fake Church Emails

If you receive an email or text claiming to be from the clergy or parish office asking for gift cards, money, or personal information, don't respond. Contact the parish office using a trusted phone number or email to verify the request.

Remember: If something feels unusual or too good to be true, Verify the request through a trusted source before clicking, or sending money.



Beginning in September

Join us this fall as we explore the story of David, one of the most beloved and complicated figures in the Bible. Through stories of courage, faith, failure, forgiveness, and hope, we will discover how David points beyond himself to Jesus, the true Shepherd King.

the Prayer Corner

Words from our Spiritual Ancestors

Over the summer, we will explore wisdom from the Christian tradition that helps us imagine the kind of community Christ is calling us to become—and the kind of community we are inviting others to discover.

We are invited to be a community of healing

Julian of Norwich

"Our courteous Lord does not want his servants to despair because they fall often and grievously; for our falling does not hinder him from loving us."

Revelations of Divine Love, Long Text, Chapter 39

Julian of Norwich (c. 1343–after 1416) was an English mystic whose visions of Christ's love became one of the great spiritual classics of the Christian tradition. In a time of plague and uncertainty, she proclaimed God's unfailing compassion and the hope that "All shall be well, and all shall be well, and all manner of thing shall be well." Julian believed that God's love is stronger than fear and that nothing can separate us from God's care. Her writings continue to offer comfort, courage, and hope.

This week pray,

**Lord Jesus Christ, thank you for meeting us with mercy when we fall.
Heal what is broken in us, strengthen what is weak, and make us
instruments of your healing love for others. Amen.**



Daily Bible Readings Daily Bible Readings

Monday Matthew 26:36–46
Tuesday Matthew 26:47–56

Wednesday Mark 15:37–16:7
Thursday Matthew 26:69–75

Friday Matthew 27:1–10
Saturday Matthew 27:11–23



the Parish of St. Mark - Ocean Park

STMARKBC.ORG

Office Hours:

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

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