

# 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

August 9, 2026

*The Eleventh 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. This morning we follow Joseph as he is betrayed by his brothers and sold into slavery. Where is God when life takes an unexpected turn? And what good news might this ancient story hold for our lives today?

Altar flowers are given today by **Neal Davidge, sons Trevor and Glen and families** to the Glory of God and in memory of a loving Wife, Mother and Grandmother Isobel Davidge. 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 37:1-4, 12-28** This is the beginning of the story of Joseph and how his jealous brothers planned to see the last of him.

**Romans 10:5-15** Paul asks that both Jew and Greek accept the free gift of Christ, the source of salvation for all.

**Matthew 14:22-33** The miracle of Jesus walking on the water is a story loaded with spiritual meaning.

### 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.

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### Next Week: August 16 The Twelfth Sunday after Pentecost

Genesis 45:1-15; Psalm 133; Romans 11:1-2a, 29-32; Matthew 15:21-28

Father Dara preaches.

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Journey*

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# 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 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.**

Almighty God,

**you sent your Holy Spirit to be the life and light of your Church. Open our hearts to the  
riches of your grace, that we may bring forth the fruit of the Spirit in love, joy, and  
peace; through Jesus Christ our Lord, who is alive and reigns with you and the Holy  
Spirit, one God, now and for ever.**

# 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 (37:1-4, 12-28).

Listen for God's Word.

**Our hearts are open.**

Psalms 105

Give thanks to the Lord

and call upon the divine name;

**make known the deeds of the Lord  
among the peoples.**

Sing to the Lord, sing praises,

**and speak of all the marvellous  
works of the Lord.**

Glory in the holy name;

**let the hearts of those  
who seek the Lord rejoice.**

Search for the strength of the Lord;

**continually seek the face of God.**

Remember the marvels the Lord has done,

**the wonders and the judgements  
of the mouth of the Lord,**

O offspring of Abraham the servant of God,

**O children of Jacob**

**the chosen of the Lord.**

Israel came into Egypt,

**and Jacob became a sojourner  
in the land of Ham.**

The Lord made this people

exceedingly fruitful;

**making them stronger  
than their enemies;**

whose heart God turned,

so that they hated this people,

**and dealt unjustly  
with the servants of God.**

O Lord, you sent Moses your servant,

**and Aaron whom you had chosen.**

**Hallelujah!**

Paul's Letter to the Romans (10:5-15).

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 14:122-33*

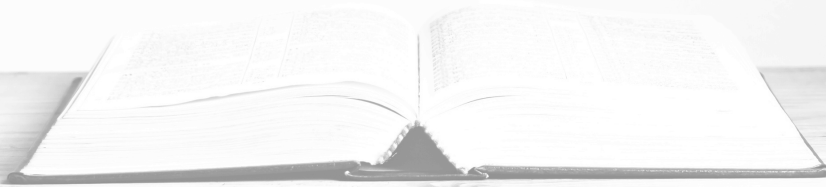
The Gospel of Christ.

**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 415

**All things bright and beautiful,  
all creatures great and small,  
all things wise and wonderful,  
the Lord God made them all.**

**Each radiant flower that opens,  
each vibrant bird that sings,  
God made their glowing colours,  
God made their lively wings.**

**The cold wind in the winter,  
the pleasant summer sun,  
the ripe fruit in the garden,  
God made them every one.**

**The rocky mountain splendour,  
the loon's wild, haunting call,  
the great lakes and the prairies,  
the forest in the fall.**

**God gave us eyes to see them,  
the lips that we might tell  
how great is the Creator,  
who has made all things well.**

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.*

His Eye is on the Sparrow  
*Charles Gabriel & Civilla Martin*

**Why should I feel discouraged?  
Why should the shadows come?  
Why should my heart be lonely  
and long for heaven and home  
when Jesus is my portion?  
My constant friend is he:  
his eye is on the sparrow,  
and I know he watches me.  
His eye is on the sparrow,  
and I know he watches me.**

***I sing because I'm happy,  
I sing because I'm free;  
For his eye is on the sparrow,  
And I know He watches me.***

**"Let not your heart be troubled."  
His tender words I hear;  
and resting on his goodness,  
I lose my doubt and fear.  
Tho' by the path he leadeth  
but one step I may see:  
his eye is on the sparrow,  
and I know he watches me.  
His eye is on the sparrow;  
and I know he watches me.**

Give Me Jesus  
*Spiritual*

**I heard my mother say,  
I heard my mother say,  
I heard my mother say,  
give me Jesus.**

***Give me Jesus.  
Give me Jesus.  
You may have all this world,  
give me Jesus.***

**Dark midnight was my cry,  
Dark midnight was my cry,  
Dark midnight was my cry,  
give me Jesus.**

**Oh, when I come to die,  
Oh, when I come to die,  
Oh, when I come to die,  
give me Jesus.**

We Shall Overcome  
*African American Traditional*

**We shall overcome,  
we shall overcome,  
we shall overcome someday!  
Oh, deep in my heart  
I do believe  
we shall overcome someday!**

**We'll walk hand in hand...**

**We shall live in peace...**

**We are not afraid...**

**God will see us through...**

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 656

***She comes sailing on the wind,  
her wings flashing in the sun;  
on a journey just begun, she flies on.  
And in the passage of her flight,  
her song rings out through the night,  
full of laughter, full of light, she flies on.***

**Silent waters rocking on the morning of  
our birth, like an empty cradle waiting to  
be filled. And from the heart of God the  
Spirit moved upon the earth, like a mother  
breathing life into her child.**

**Many were the dreamers whose eyes were  
given sight when the Spirit filled their  
dreams with life and form. Deserts turned  
to gardens, broken hearts found new  
delight, and then down the ages still she  
flew on.**

**To a gentle girl in Galilee, a gentle breeze  
she came, a whisper softly calling in the  
dark, the promise of a child of peace  
whose reign would never end, Mary sang  
the Spirit song within her heart.  
Flying to the river, she waited circling high  
above the child now grown so full of grace.  
As he rose up from the water, she swept  
down from the sky, and she carried him  
away in her embrace.**

**Long after the deep darkness that fell  
upon the world, after dawn returned in  
flame of rising sun, the Spirit touched the  
earth again, again her wings unfurled,  
bringing life in wind and fire as she flew  
on.**

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

*Lyrics are printed with permission through:  
CCLI 445657, OneLicense A-727134*



### **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 13<sup>th</sup> at  
10am!

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

The Lunch Basket is given this week by **Betty-Ann and Ian Bainbridge** to the glory  
of God and with deep gratitude for all He has given to us and our family.



## Prayer Chain & Sunday Intercessions

If you, or someone you know is in need of prayer, please connect with **Lynne** at [lynnehl@telus.net](mailto: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](mailto:michaele@klaverrealtor.ca), or contact the office.

# News & Events

## This week at the Parish

Wednesday      Holy Communion, 10 am

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## First Fruits Snuday Market

Share the abundance of your garden with our parish! Bring fruits, vegetables, flowers, herbs, preserves, or other homegrown items to either Sunday service, or contact Serena Collins (604-729-2925) if you need items picked up.

Everyone is welcome to "shop" at the First Fruits Sunday Market. If you're able, please consider making a donation. Proceeds will support St. Mark's Winter Outreach Food Program, providing fresh produce to parishioners experiencing food insecurity through our partnership with Odd Bunch. More information about the confidential application process will be shared soon.

**Come, share, and support one another – bring a shopping bag and enjoy the harvest!**

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## Library News

If you have any overdue library books, could you please return them to the library. Thank you!

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## Mental Health Moment: It's Okay Not to Be Okay

We often ask one another, "How are you?" Most of us instinctively reply, "I'm fine," even when we're carrying grief, anxiety, exhaustion, or disappointment.

The truth is that our mental health, like our physical health, changes over time. Some days we flourish. Other days we struggle. Having a difficult season is not a sign of weak faith, poor character, or failure. It is part of being human.

The psalms remind us that God welcomes every emotion. Joy and gratitude are there – but so are fear, anger, confusion, loneliness, and despair. We do not need to pretend before God. Honest prayer is faithful prayer.

This week, notice how you are really doing. If the answer isn't "fine," perhaps tell someone you trust – or simply tell God. Healing often begins with honesty.

The Lord is near to the brokenhearted and saves the crushed in spirit.

*Psalms 34:18*

## Want to Take a First Aid Course?

**Saturday, October 3**

**\$120**

Please let Barb know by August 16 so we can determine interest and finalize arrangements. [barbgrantham@shaw.ca](mailto:barbgrantham@shaw.ca)

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## *A Neighbourhood Fall BBQ!*

**Saturday, September 26<sup>th</sup>**

**5pm to 7pm**

Invite your friends and neighbours to our free Neighbourhood BBQ! Start spreading the word and save the date. Parishioners are invited to bring packaged chips, drinks, or store-bought baking to help welcome our guests. Let's celebrate the beginning of fall together!

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## Library Volunteers Needed

We're looking for volunteers to help in the library 1 day per month. If you have a few hours to spare and would like to support our library, we'd love to have you join our team! Please contact the office for more information.

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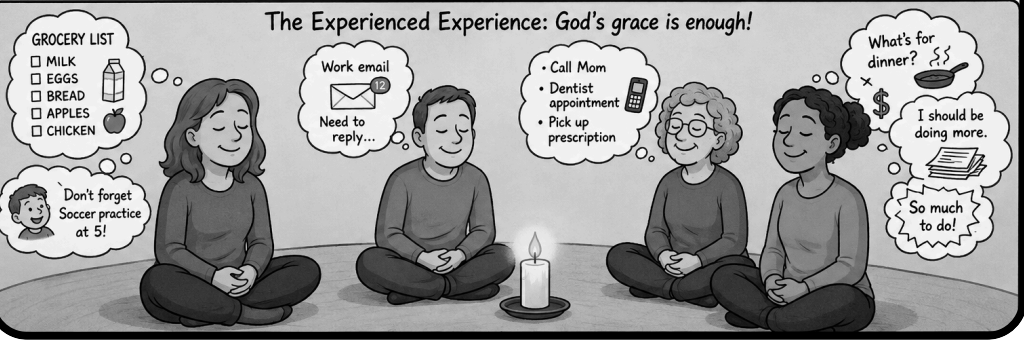
Music This Week

Karen Bengé has been a member of the St. Mark - Ocean Park community for 26 years. She is a member of N. These are a few of her favourite songs.

I like **Now the Green Blade Rises** because of the old French melody and harmonies, coupled with the theme of renewal.

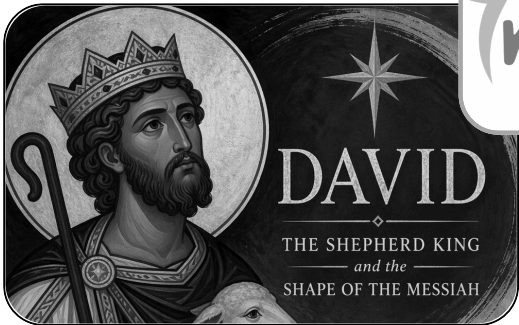
I have loved **All Things Bright and Beautiful** since i was a child because it referred to things I had seen and it described where I lived.

**She Flies On** is a hymn I like because the melody itself seems to fly along with the indomitable Spirit.



**Centering Prayer**  
Begins again on  
**Thursday,**  
**September 10<sup>th</sup>** at  
**7pm** in the  
**library.**

Come expereince  
the grace of God  
in silence and  
community.



**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 the unqualified

Madeleine L'Engle

**In a very real sense not one of us is qualified, but it seems that God continually chooses the most unqualified to do his work, to bear his glory. If we are qualified, we tend to think that we have done the job ourselves. If we are forced to accept our evident lack of qualification, then there is no danger that we will confuse God's work with our own, or God's glory with our own.**

*From Walking on Water: Reflections on Faith and Art, page 54*

Madeleine L'Engle (1918–2007) was a novelist, poet, and Christian thinker best known for *A Wrinkle in Time*. She believed that God rarely calls those who feel fully prepared. Instead, our weakness and inadequacy can become the very places where God's grace is revealed. L'Engle reminds us that faith is not about proving ourselves worthy, but about trusting that God can work through ordinary, imperfect people who are willing to say "yes."

This week pray,

**Lord Jesus Christ, when we feel unequal to the tasks before us, remind us that you delight in working through ordinary and imperfect people. Keep us humble enough to trust your strength more than our own, and faithful enough to follow wherever you lead. May all we say and do reflect your grace and bring glory to your name. Amen.**



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### Daily Bible Readings

Monday John 3:1-21  
Tuesday John 3:22-36

Wednesday John 4:1-26  
Thursday John 4:27-42

Friday John 19:23-27  
Saturday John 5:1-18

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## the Parish of St. Mark - Ocean Park

## STMARKBC.ORG

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### Office Hours:

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

12953 20th Avenue, Surrey B.C. V4A 1Z1

604.535.8841 [office@stmarkbc.org](mailto:office@stmarkbc.org)

the Reverend David Taylor: [dmatthew.taylor@gmail.com](mailto:dmatthew.taylor@gmail.com)

Father Dara Crandall: [fatherdarajoy@gmail.com](mailto:fatherdarajoy@gmail.com)