

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 30, 2026

The Fourteenth 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...

Today we conclude our summer sermon series exploring the stories of the Hebrew Scriptures and the wisdom of our spiritual ancestors. This morning we stand with Moses before the burning bush, where God calls him by name and ordinary ground becomes holy. Where might God be meeting us today?

Altar flowers are given today to the Glory of God and the beauty of His creation, and in honour of all those whose faith, love, and service have helped build our parish. 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.

Exodus 3:1-15 God speaks to Moses in the vision of a burning bush and calls on him to deliver fellow Hebrews from their slavery in Egypt.

Romans 12:9-21 Paul expands on how love or agape should be exhibited in the lives of the Christians in Rome.

Matthew 16:21-28 Jesus' prediction of his own death astounds the disbelieving disciples.

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: September 6

**The Feast of Creation
Outdoor Wonder Sunday**

Matthew 18:15-20

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.

Here I Am, Lord

Daniel L. Schutte

I, the Lord of sea and sky, I have heard my people cry.

All who dwell in dark and sin my hand will save.

I who made the stars of night, I will make their darkness bright.

Who will bear my light to them? Whom shall I send?

Here I am, Lord. Is it I, Lord?

I have heard you calling in the night.

I will go, Lord, if you lead me.

I will hold your people in my heart.

I, the Lord of snow and rain, I have borne my people's pain.

I have wept for love of them. They turn away.

I will break their hearts of stone, Give them hearts for love alone.

I will speak my word to them. Whom shall I send?

I, the Lord of wind and flame, I will tend the poor and lame.

I will set a feast for them. My hand will save.

Finest bread I will provide till their hearts be satisfied.

I will give my life to them. Whom shall I send?

O God,

in the flaming bush you promised deliverance to your people. In the cross of Jesus you embraced our suffering and pain. As we take up the cross, show us the transforming power of your love, so that we may know the hope of your glory. 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 (3:1-15).

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.

that they might keep your statutes

and observe your laws. Hallelujah!

Paul's Letter to the Romans (12:9-21).

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.

Glorify to you, Lord Jesus Christ

Matthew 16:21-28

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Sermon

Sermon Notes

Earth's crammed with heaven,
And every common bush afire with God;
But only he who sees, takes off his shoes,
The rest sit round it and pluck blackberries,
And daub their natural faces unaware
More and more from the first similitude.

-Elizabeth Barrett Browning



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.***

In the Garden

Charles Austin Miles

**I come to the garden alone,
while the dew is still on the roses;
and the voice I hear, falling on my ear,
the Son of God discloses.**

***And he walks with me,
and he talks with me,
and he tells me I am his own;
and the joy we share as we tarry there
none other has ever known.***

**He speaks, and the sound of his voice
is so sweet the birds hush their singing;
and the melody that he gave to me
within my heart is ringing.**

**I'd stay in the garden with him
tho' the night around me be falling;
but he bids me go, thro' the voice of woe;
his voice to me is calling.**

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.

Break Thou the Bread of Life

Mary Artemesia Lathbury

**Break thou the bread of life, dear Lord, to me,
as thou didst break the loaves beside the sea;
beyond the sacred page I seek thee, Lord;
my spirit pants for thee, O living Word.**

**Thou art the bread of life, O Lord, to me,
thy holy Word the truth that saveth me;
give me to eat and live with thee above;
teach me to love thy truth, for thou art love.**

**Oh, send thy Spirit, Lord, now unto me,
that he may touch my eyes, and make me see;
show me the truth concealed within thy Word,
and in thy book revealed I see the Lord.**

**Bless thou the truth, dear Lord, to me, to me,
as thou didst bless the bread by Galilee;
then shall all bondage cease, all fetters fall,
and I shall find my peace, my all in all.**

O Lord, You're Beautiful

Keith Green

**O Lord, you're beautiful,
your face is all I seek.
For when your eyes are on this child,
your grace abounds to me.**

**I want to take your word
and shine it all around,
but first help me just to live it, Lord!
And when I'm doing well,
help me to never seek a crown,
for my reward is giving glory to you.**

There Is A Redeemer

Melody Green

**There is a Redeemer,
Jesus, God's own Son;
precious Lamb of God,
Messiah, holy One.**

***Thank you, O my Father,
for giving us your Son,
and leaving your Spirit till
the work on earth is done.***

**Jesus, my Redeemer,
name above all names;
precious Lamb of God, Messiah,
O for sinners slain.**

**When I stand in glory,
I will see his face;
there I'll serve my King forever
in that holy place.**

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 565

**Guide me, O thou great Jehovah,
pilgrim through this barren land.
I am weak, but thou art mighty;
hold me with thy powerful hand.
Bread of heaven, bread of heaven,
feed me till I want no more.**

**Open now the crystal fountain
whence the healing stream doth flow;
let the fire and cloudy pillar
lead me all my journey through.
Strong deliverer, strong deliverer,
be thou still my strength and shield.**

**When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs of praises, songs of praises,
I will ever give to thee.**

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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

**September 11th is
Brouhaha Night**
Grab your boots,
do-si-do,
cut a rug,
and click those heels —
Youth Group is back!

Remember:
Bring a friend!!



News for Kids & Families

**St.
Mark's
Kids
Club**

Sunday, September
13th at 10am!

it's **Food Sunday!**

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

Sunday Videos!

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

@**st.mark-oceanparkanglicanc3043**

The Lunch Basket is given this week by **Lynne and Lawrence Hurd** to the glory of
God and in gratitude for the many friends and family members the Lord has given
us.



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.

News & Events

This week at the Parish

Wednesday

Holy Communion, 10 am

Next Sunday at 10am

Weather permitting, we will worship in the Outdoor Chapel next Sunday as we begin our celebration of the Season of Creation. Come and worship with us in the beauty of God's creation!

St. Mark's 60th Anniversary Celebration September 20

Join us after the 10am service as we celebrate 60 years of St. Mark's on this property. Enjoy cake, share memories, write on the Wall of History, and give thanks as we celebrate this special milestone together!

A Neighbourhood Fall BBQ!

Saturday, September 26th

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!



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

Where's David?

The Reverend David is away this morning as he is moving. He will be in the office this week and at church on Sunday, September 6th.



Cancer: Thriving and Surviving — A Toolkit for Active Living

Beginning **September 24**

(six weekly sessions)

1 to 3:30pm

Are you living with cancer or have you been affected by cancer? Join this free small-group workshop designed to support participants in building skills for healthier, more active living. To register, please contact Barb Grantham or sign up online at [Self-Management BC](#). Presented by the University of Victoria Institute on Aging and Lifelong Health.

Kids Club Invitations

Kids Club invitations are on the Welcome Table in the entrance. **Please take one and give it to a family member, friend, or neighbour so they know the fun that is beginning on September 13th!**

Hymns This Week.

Denny has been a member of St. Mark's for 44 years. Here are a few of his favourite songs.

Here I Am, Lord takes me back to an old friend whom I sang with. His wife was the organist at their church and made a CD of her favourite hymns before she died. Here I Am, Lord was the title. My friend, who has also now passed, would play the CD every night when he went to bed, in memory of her.

In the Garden, by C. Austin Miles, Inspired by John 20, Miles imagines the garden on the first Easter morning, where Mary stands weeping. This is one of my favourites, which I have been honoured to sing at different services.

Break Thou the Bread of Life is inspired by Jesus' words, "I am the bread of life." This hymn takes me back to the early days of St. Mark's, when Peter Milledge was rector, 43 years ago. We would sing it during communion.

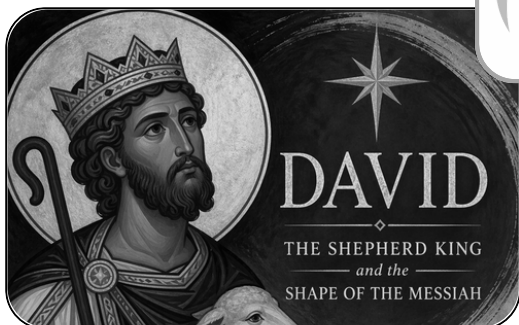
Guide Me, O Thou Great Jehovah. Isaiah 43:2: "When you pass through the waters, I will be with you." One of my favourite memories of this hymn was being in a little seaside village pub in Wales, close to St. David's. A lady stepped up to the piano and began playing this tune. The whole pub erupted in song. A room full of Welsh voices singing as they know how – it was truly magical.



Heads UP!

Next week we begin the Season of Creation, a time when Christians around the world give particular thanks for God's gift of creation. The season begins September 1 with the Feast of the Creator, and at St. Mark's we will continue our celebration through Thanksgiving on October 11.

As the season begins, I wonder where you notice God's life-giving water around you – and who might be thirsting for the hope, love, and new life we have found in Christ.



Available September 9

Join us this fall as we explore the story of David, one of the Bible's most beloved—and most complicated—figures. Beginning September 9, pick up a study booklet at church or download a copy from our website as we begin our first study, **David: The Unexpected 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 Wonder

Moses

Show me your glory, I pray.

Exodus 33:18

Moses led God's people from slavery into freedom, yet his deepest desire was not simply to reach the Promised Land—it was to know God more fully. After all he had seen—the burning bush, the plagues, the crossing of the sea, and God's presence on Mount Sinai—Moses still prayed to see God's glory.

His life reminds us that faith is more than believing in God or serving God. It is a lifelong desire to draw nearer to the One who first draws near to us. Moses teaches us that the greatest journey is not across the wilderness, but into a deeper knowledge of God's presence and love.

This week pray,

God of glory, awaken in us a deeper longing to know you.

Open our eyes to your beauty, shape our hearts by your

presence, and lead us ever closer to you; through Jesus

Christ our Lord. Amen.



Daily Bible Readings

Monday John 8:21-30

Tuesday John 8:31-47

Wednesday John 8:47-59

Thursday John 9:1-17

Friday John 9:18-41

Saturday John 10:1-18



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

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