



**St. Mark's City Heights
Episcopal Church**
MANOS DE DIOS - WE ARE GOD'S HANDS

Fourth Sunday after Pentecost Sunday June 21, 2026

Join online at 9:45 am tinyurl.com/stmarkszoom

If this is your first time worshipping at St. Mark's, we welcome you! Wherever you are on your journey of faith we are glad you are here, and we invite you to join us in all that we do. If you are joining us online today and would like to have Holy Communion brought to your home please email Fr. Richard at fr.richard@stmarks-cityheights.org

The in-person service is being streamed live and pictures may be taken during the service. If you don't wish to be seen on camera or to be photographed, please ask someone at the welcome table for appropriate seating.

Welcoming Prayer

Holy Spirit living within us, guide our hearts and minds as we welcome today all those who worship with us as part of the St. Mark's family. Give us discerning hearts so that everyone who worships with us feels welcomed in the spirit of your love. Help us to recognize each person as an individual sent by you who will enrich our lives. And most of all, O God, let this community be a place of love and acceptance of all your children; in the name of your child, our Savior Jesus Christ. Amen.

Gathering Hymn Rejoice, Ye Pure In Heart Vs 1,2, and 4 Hymnal 556

1. Rejoice, ye pure in heart! Rejoice, give thanks, and sing!
Your glorious banner wave on high, the cross of Christ your King.

Rejoice, rejoice, rejoice, give thanks, and sing.

2. With all the angel choirs, with all the saints of earth,
pour out the strains of joy and bliss, true rapture, noblest mirth.

Rejoice, rejoice, rejoice, give thanks, and sing.

4. Yes, on through life's long path, still chanting as ye go,
from youth to age, by night and day, in gladness and in woe.

Rejoice, rejoice, rejoice, give thanks, and sing.

The Introduction

Presider Blessed be the one, holy, and living God.

People **Glory to God for ever and ever.**

Presider Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: 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.

Kyrie Eleison

Ky-ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri -
Chri - ste e - le - i - son. Chri - ste e - le - i - son. Chri -

A7 Dm G7 C
e e - le - i - son. Ky - ri - e e - le - i - son!
ste e - le - i - son. Chri - ste e - le - i - son!
repeat Kyrie

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Confession of Sin

Presider Let us confess our sins to God.

Silence may be kept.

People **God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us, the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us through our Savior Jesus Christ,
that we may abide in your love and serve only your will. Amen.**

Absolution

Presider Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

The Collect

Presider God be with you.
People **And also with you.**
Presider Let us pray.

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

The Readings

A Reading from the Book of Genesis

Genesis 21:8-21

The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, "Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac." The matter was very distressing to Abraham on account of his son. But God said to Abraham, "Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named for you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring." So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba.

When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, "Do not let me look on the death of the child." And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, "What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him." Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink.

God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

The Word of the Lord. **Thanks be to God.**

Psalm 86:1-10, 16-17 Read responsively by reading the **bold** text (in English).

English followed by Spanish below

LECTOR: 1 Bow down your ear, O Lord, and answer me, *
for I am poor and in misery.

**ALL: 2 Keep watch over my life, for I am faithful; *
save your servant who puts his trust in you.**

3 Be merciful to me, O Lord, for you are my God; *
I call upon you all the day long.

**4 Gladden the soul of your servant, *
for to you, O Lord, I lift up my soul.**

5 For you, O Lord, are good and forgiving, *
and great is your love toward all who call upon you.

**6 Give ear, O Lord, to my prayer, *
and attend to the voice of my supplications.**

7 In the time of my trouble I will call upon you, *
for you will answer me.

**8 Among the gods there is none like you, O Lord, *
nor anything like your works.**

9 All nations you have made will come and worship you, O Lord, *
and glorify your Name.

**10 For you are great;
you do wondrous things; *
and you alone are God.**

16 Turn to me and have mercy upon me; *
give your strength to your servant;
and save the child of your handmaid.

**17 Show me a sign of your favor,
so that those who hate me may see it and be ashamed; *
because you, O Lord, have helped me and comforted me.**

SPANISH

LECTOR: 1 ¡Ay Dios, inclina tu oído y respóndeme, *
porque soy pobre y desamparada!

**TODO: 2 Guarda mi vida, mi Dios, que soy tu sierva; *
rescátame, que en ti confío.**

3 Ten misericordia, Señor, *
porque te clamo todo el día.

**4 Alegra la vida de tu sierva, *
porque a ti, Señor, se eleva mi alma.**

5 Porque tú eres bueno y perdonador, *
y bondadoso con quienes te invocan.

**6 Préstale oído, Dios, a mi oración *
y atiende la voz de mis ruegos.**

7 En el día de mi angustia te invocaré *
porque tú me respondes.

**8 Señor, no hay otros dioses como tú *
ni obras iguales a las tuyas.**

9 Toda nación que creaste vendrá a adorarte *
y glorificará tu nombre.

**10 Porque eres grande
y haces maravillas; *
solo tú eres Dios.**

16 Vuélvete hacia mí y apiádate; *
fortalece a tu sierva
y salva a la hija de tu sierva.

**17 Dame una muestra de tu amor para que, al verla,
se avergüencen los que me aborrecen, *
pues tú, Señor, me ayudaste y consolaste.**

A Reading from the Letter of Paul to the Romans

Romans 6:1b-11

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

The Word of the Lord. **Thanks be to God.**

The Gospel Hymn The King of Love My Shepherd Is Vs 1 and 6 Hymnal 645

1. The King of love my shepherd is,
whose goodness faileth never.
I nothing lack if I am his,
and he is mine forever.

6. And so through all the length of day
Thy goodness faileth never.
Good Shepherd, may I sing Thy praise
Within Thy house forever.

The Gospel

Matthew 10:24-39

The Holy Gospel of our Lord Jesus Christ according to Matthew.
Glory to you, Lord Christ.

Jesus said to the twelve disciples, "A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

"So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

"Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

"Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father,
and a daughter against her mother,
and a daughter-in-law against her mother-in-law;
and one's foes will be members of one's own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it."

The Gospel of the Lord. **Praise to you, Lord Christ.**

Sermon **Fr Richard**

The Nicene Creed

People **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 him all things were made.

For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate of the Virgin Mary, and was made man.

For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshiped and glorified. He 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: the response to each bidding is: **Hear our prayer.**

The Peace

Presider **The peace of the Lord be always with you.**

People **And also with you.**

Announcements, Blessings for birthdays and anniversaries.

For a Birthday

O God, we come before you with hearts full of gratitude and joy as we celebrate this/these birthday(s). Thank you for this special day, for the gift of life, and for the opportunity to celebrate another year together. In your Holy name we pray. Amen.

For an Anniversary

O God, we thank and praise You for the gift of this anniversary and the love and joy that it brings. Pour out we pray, Your love, joy, grace and peace into the hearts of all who are celebrating this day. We pray that in this remembrance, that you join each of us closer, to each other, and to You. Amen.

The Offering of Gifts

The Table is prepared

The Doxology

Hymnal 380 Vs 3 Tune Old Hundredth

Praise God, from whom all bless - ings flow: Praise Him all crea-tures
here be - low; Praise Him a - bove ye heav - 'nly
host; Praise Fa - ther, Son, and Ho - ly Ghost! A - men

The Great Thanksgiving

Enriching Our Worship Eucharistic Prayer 1

Presider The Lord be with you.
People **And also with you.**
Presider Lift up your hearts.
People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.
People **It is right to give our thanks and praise.**

Presider It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body.

Through your Spirit you replenish us and call us to fullness of life. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

Sanctus *Argentine Santo, Santo, Santo WLP 785*



San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

People **Christ has died.**
 Christ is risen.
 Christ will come again.

Remembering his death and resurrection, we now present to you from your creation this bread and this wine.

By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world.

Bring us into the everlasting heritage of your daughters and sons, that with St. Mark and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **Amen.**

As our Savior Christ has taught us, we now pray, in the language of our own heart.

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 forever. Amen.

The Breaking of the Bread

Presider We break this bread to share in the Body of Christ.

People **We who are many are one body, for we all share in the one bread.**

The Invitation

Presider This is the table, not of the Church, but of the Lord. It is made ready for those who love him, and for those who want to love him more. So, come, those who have much faith and those who have little, those who have been here often and those who have not been here long, those who have tried to follow and those who have failed. Come, not because the Church invites us; it is Christ, and he invites us to meet him here.

Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

The Prayer of Spiritual Communion For Those On Zoom

Presider We know that some of us are joining this morning on zoom, and although they can not physically receive the holy sacraments, they can receive in their hearts.

People In union, Blessed Jesus, with the faithful gathered at every altar of Your Church where Your blessed body and blood are offered, I long to offer you praise and thanksgiving. I believe that You are truly present in the Holy Sacrament. And since I cannot at this time receive communion, I pray you to come into my heart, my soul, and my mind. I unite myself to You, and embrace You with all the affections of my soul. Let nothing separate me from You; let me serve You in this life until, by Your grace, I join You in Your reign of unending peace. Amen.

All are invited and welcome to receive communion. We will be offering communion in both kinds: bread & wine. As you come forward to receive communion the priest will be standing in the center, in front of the altar and will give you the bread into your hand. If you would like to also receive the wine, you can either drink from the chalice (in which case, after receiving the bread, go to the altar server on the left) or have the bread intincted (dipped) into the wine and given to you (in which case go to the altar server on the right after receiving the bread.) If you would like to receive the bread only please return to your seat after receiving it. If you would prefer not to receive the bread and wine but receive a blessing, please cross your hands over your chest.

If you would like to receive gluten free bread please tell the priest.

Communion Hymn For the Bread which You Have Broken Hymnal 341

Post Communion Prayer

People God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

Sending Out of Eucharistic Ministers with Home Communion

Presider In the name of God, we send you forth to share communion with those who are not able to be with us today.

People **As you have been fed, now feed others.**

Presider Our prayers are with you, go in peace.

People **Thanks be to God.**

The Blessing

Sending Hymn Ye Watchers and Ye Holy Ones Vs 1 and 4 Hymnal 618

1 Ye watchers and ye holy ones,
bright seraphs, cherubim, and thrones,
raise the glad strain, Alleluia!
Cry out, dominions, principedoms, powers,
virtues, archangels, angels' choirs:

Refrain:

Alleluia! Alleluia!
Alleluia! Alleluia! Alleluia!

4 O friends, in gladness let us sing,
supernal anthems echoing,
Alleluia! Alleluia!
To God the Father, God the Son,
and God the Spirit, Three in One:

Refrain:

Alleluia! Alleluia!
Alleluia! Alleluia! Alleluia!

Dismissal

Priest Our worship service this morning has ended, our service to the world continues. Go in peace to love and serve the Lord

People **Thanks be to God. Alleluia, Alleluia, Alleluia!**

ANNOUNCEMENTS

Back To School Bash #14 is coming on August 1 | How you can help:

- ❑ Bash ideas and activity proposals are appreciated and should be proposed during the upcoming planning at the outreach meeting on Wednesday, July 8 @ 6 pm via Zoom, along with two other July planning meetings (exact dates/times TBA).
- ❑ Monetary donations are also appreciated. \$60 sponsors one child. You can make [an online donation via our website](#) or write a check & mail it in (PO Box 5788, San Diego, CA. 92165) or give it to the treasurer Richard Thomson. In either instance please designate for B2SB.
- ❑ A

Choir | Next June rehearsal is Tuesday June 30 at 6 pm, here at St. Mark's. **ALL** are invited!

A Message From Joanna Smith, Pantry Manager | Our current needs:

- ❑ It's summer time which means that our regular pantry volunteers are taking vacation and/or traveling. Joanna would be happy if you could step in (even if just for one or two weeks). Please contact her if you're available on Wed and/or Thu mornings. Talk to her in person or email: jonnas@stmarks-cityheights.org
- ❑ Current items needed for the pantry are: reusable **cloth bags** (no paper or plastic), **rice, canned tomato products** and **chewy snack bars**.
- ❑ Also needed: a volunteer or two who can go to the Food Bank on Tuesday morning to pick up the produce and dry goods for our weekly distributions. Robin, Robert and Howard do a great job, but we desperately need a backup or two.