



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

Seventh Sunday after Pentecost Sunday July 12, 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 Holy, Holy, Holy! Lord God Almighty Vs 1,2, and 4 Hymnal 362

Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to thee:
Holy, holy, holy! Merciful and mighty,
God in three Persons, blessed Trinity.

Holy, holy, holy! All the saints adore thee,
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert, and art, and evermore shalt be.

Holy, holy,
 holy! Lord God Almighty!
 All thy works shall praise thy Name, in earth, and sky, and sea;
 Holy, holy, holy! Merciful and mighty,
 God in three Persons, blessed Trinity.

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, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

The Readings

A Reading from the Book of Isaiah

Isaiah 55:10-13

For as the rain and the snow come down from heaven,
and do not return there until they have watered the earth,

making it bring forth and sprout,
giving seed to the sower and bread to the eater,

so shall my word be that goes out from my mouth;
it shall not return to me empty,

but it shall accomplish that which I purpose,
and succeed in the thing for which I sent it.

For you shall go out in joy,
and be led back in peace;

the mountains and the hills before you
shall burst into song,
and all the trees of the field shall clap their hands.

Instead of the thorn shall come up the cypress;
instead of the brier shall come up the myrtle;

and it shall be to the Lord for a memorial,
for an everlasting sign that shall not be cut off.

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

Psalm 119:105-112 Read responsively by reading the **bold** text.

English followed by Spanish below

LECTOR: 1 You are to be praised, O God, in Zion; *
to you shall vows be performed in Jerusalem.

**ALL: 2 To you that hear prayer shall all flesh come, *
because of their transgressions.**

3 Our sins are stronger than we are, *
but you will blot them out.

**4 Happy are they whom you choose
and draw to your courts to dwell there! *
they will be satisfied by the beauty of your house,
by the holiness of your temple.**

5 Awesome things will you show us in your righteousness,
O God of our salvation, *
O Hope of all the ends of the earth
and of the seas that are far away.

**6 You make fast the mountains by your power; *
they are girded about with might.**

7 You still the roaring of the seas, *
the roaring of their waves,
and the clamor of the peoples.

**8 Those who dwell at the ends of the earth will tremble at your marvelous signs; *
you make the dawn and the dusk to sing for joy.**

9 You visit the earth and water it abundantly;
you make it very plenteous; *
the river of God is full of water.

**10 You prepare the grain, *
for so you provide for the earth.**

11 You drench the furrows and smooth out the ridges; *
with heavy rain you soften the ground and bless its increase.

**12 You crown the year with your goodness, *
and your paths overflow with plenty.**

13 May the fields of the wilderness be rich for grazing, *
and the hills be clothed with joy.

**14 May the meadows cover themselves with flocks,
and the valleys cloak themselves with grain; *
let them shout for joy and sing.**

SPANISH

LECTOR: 1 En Sion, Dios, te alabaremos; *
a ti cumpliremos nuestros votos.

**TODO: 2 A ti, que escuchas la oración, *
acudirá toda persona.**

3 Nuestros pecados son abrumadores, *
pero tú los perdonas.

**4 ¡Dichosos quienes tú eliges
para vivir en tus atrios! *
Se llenarán con los bienes de tu casa
y con los dones de tu santo templo.**

5 Nos mostrarás maravillas en tu justicia,
Dios de nuestra salvación, *
refugio de los cabos de la tierra
y de los mares más remotos.

**6 Con tu fuerza, afirmaste las montañas *
ceñido de poder.**

7 Tú sosiegas el rugido de los mares, *
el estruendo de las olas
y el tumulto de los pueblos.

**8 Tus obras asombran a los pueblos más remotos; *
haces cantar de gozo el alba y el ocaso.**

9 Visitas la tierra y la riegas;
la enriqueces sin medida; *
tus arroyos se colman de agua.

**10 Preparas los cultivos *
para abastecer la tierra.**

11 Empapas los surcos y aras el terreno; *
con lluvias lo ablandas y bendices los brotes.

**12 Coronas el año con tus bienes; *
y tus sendas se colman de abundancia.**

13 Rebosan los pastos del desierto *
y las colinas se visten de alegría.

**14 Las praderas se visten de rebaños
y los valles se cubren de grano; *
gritan y cantan de alegría.**

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

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

The Gospel Hymn The Servant Song Vs 1,2,3,4, and 6 Renew 148

Brother, let me be your servant.
Let me be as Christ to you.
Pray that I might have the grace
To let you be my servant, too.

We are pilgrims on a journey.
We are brothers on the road.
We are here to help each other
Walk the mile and bear the load.

I will hold the Christ-light for you
In the night time of your fear.
I will hold my hand out to you;
Speak the peace you long to hear.

I will weep when you are weeping.
When you laugh, I'll laugh with you.
I will share your joy and sorrow
Till we've seen this journey through.

Sister, let me be your servant.
Let me be as Christ to you.

Pray that I might have the
grace
To let you be my servant,
too.

The Gospel

Matthew 13:1-9,18-23

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

Glory to you, Lord Christ.

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

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

Sermon Debbie Kistler

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 Offertory *The Table is prepared*

The Doxology *Hymnal 380 Vs 3 Tune Old Hundredth*

Praise God, from whom all blessings flow: Praise Him all creatures
 here below; Praise Him above ye heavenly
 host; Praise Father, Son, and Holy Ghost! Amen

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 *Let Us Break Bread Together on our Knees* **Hymnal 325**

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 *The Spacious Firmament on High* **Vs 1 and 3 Hymnal 409**

1 The spacious firmament on high,
with all the blue ethereal sky,
and spangled heavens, a shining frame,
their great Original proclaim.
The unwearied sun from day to day
does his Creator's power display,
and publishes to every land
the work of an almighty hand.

3 What though in solemn silence all
move round the dark terrestrial ball;
what though nor real voice nor sound
amid their radiant orbs be found;
in reason's ear they all rejoice,
and utter forth a glorious voice,
for ever singing as they shine,
'The hand that made us is divine.'

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

Today's Preacher | Thank you to **Debbie Kistler** for breaking the Word open today! BTW: did you read Debbie's "My Story" (the second in a St. Mark's Newsletter series) in this month's newsletter? Or [find it on our website](#), where you can also [read Ed Gowens' story](#). Thank you Debbie & Ed for sharing your story. If you are interested in sharing your story, talk to Thérèse.

Pride Week

Light Up the Cathedral for Pride. Interfaith Prayer Service at St. Paul's Cathedral this Wednesday, July 15 @ 7 pm. Info: <https://stpaulcathedral.org/pride/>

Pride Parade this Saturday, July 18. Walk with St. Mark's crew and other EDSD churches under the St. Paul's Cathedral banner! Arrive at St. Paul's Cathedral by **8 a.m.** (6th Ave side) to walk to the staging area for a 9 am 'street eucharist' followed by the parade and barbeque lunch at St. Paul's. Let Fr. Richard know if you'll join in! Wear your St. Mark's t-shirt. Need a t-shirt? Talk to Chris, Joanna or Thérèse.

Pride Sunday Service next Sunday, July 19. In collaboration with **Unity Fellowship Church Movement** we will celebrate our annual pride liturgy here at St. Mark's (to be confirmed).

July Potluck | Our July potluck will be next Sunday, July 19 in conjunction with our Pride Sunday Service. A friendly reminder that there will be guests!

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 at one of the two upcoming planning meetings: **Fri, July 10 @ 6 pm & Fri, July 24 @ 5 pm all via Zoom.**

☐ Monetary donations are also appreciated. \$60 sponsors one child. Partial sponsorships welcome and appreciated. 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.

☐ To volunteer or help in any other way, contact Chris Nolan:
chrisn@stmarks-cityheights.org

July Choir Rehearsals | Come sing with Maestro Kirk and other parishioners on Tuesday: July 14 & 21, 6-7 pm at St. Mark's. Remember the saying: "Singing is praying twice."

Food Pantry | 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