



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



Living Water
Season of Creation 2026
Immersion in Living Water
Ezekiel 47:9, 12

Season of Creation Care Holy Eucharist*

Sixteenth Sunday after Pentecost

Sunday September 13, 2026

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

**Parts of this liturgy were taken from *Season of Creation: A Celebration Guide for Episcopal Services 2026*, approved for use in our diocese. While the wording of some prayers may be different from the expected, we invite you to pray with renewed attention by way of these creation care inspired prayers of the season.*

If this is your first time worshiping 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 let your desires be known to our tech person & ask 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 The God of Abraham Praise vs 1, 3 & 4 Renew 51

1 The God of Abraham praise, who reigns enthroned above,
Ancient of everlasting days, and God of love.

3 The God who reigns on high the great archangels sing,
And “Holy, holy, holy” cry, “Almighty King!
Who was and is the same, and evermore shall be:
Eternal Father, great I AM, we worship thee.”

4. The whole triumphant host give thanks to God on high;
“Hail, Father, Son and Holy Ghost!” they ever cry.
Hail, Abraham’s God and mine! With heaven our songs we raise;
All might and majesty are thine, and endless praise.

Presider This is the day the Creator has made.

People **Let us rejoice and be glad in it.**

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.

MHSO 13

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

Words: from The Book of Common Prayer (1979) of the Episcopal Church USA.
Music: Paraguayan © 1995 World Council of Churches, 475 Riverside Dr., New York, NY 10027.
All rights reserved. Used by permission.

Presider Let us confess our sins to God.

Silence may be kept.

People **Holy and merciful God,**
we confess our failure to love you, our God,

and that we have failed to honor you
by rightly claiming our kinship with all your creatures.

We have walked heavily on your earth,
overused and wasted its resources,
taken for granted its beauty and abundance,
and treated its inhabitants unjustly,
holding future generations hostage to our greed.
Have mercy on us and forgive us our sins.

Renew in us the resolve to keep and conserve your earth
as you desire and intend,
to love our neighbors as ourselves,
and to live in harmony with our neighbors.
To do all of this with grateful and compassionate hearts,
through your Son, our Savior Jesus Christ. 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.

Salutation

Presider The Creator be with you.

People And also with you.

Presider Let us pray.

The Collect

O God, because in our ignorance and selfishness we so often fail to care
rightly for your Creation, mercifully grant that your Holy Spirit may soften and
unite our hearts with all living beings who suffer; through Jesus Christ the
Wisdom of Creation, who lives and reigns with you and the Holy Spirit, now
and for ever. Amen.

The Lessons/Readings

A Reading from the Book of Exodus

Exodus 14:19-31

The angel of God who was going before the Israelite army moved and went behind
them; and the pillar of cloud moved from in front of them and took its place behind
them. It came between the army of Egypt and the army of Israel. And so the cloud was
there with the darkness, and it lit up the night; one did not come near the other all night.
Then Moses stretched out his hand over the sea. The LORD drove the sea back by a
strong east wind all night, and turned the sea into dry land; and the waters were
divided. The Israelites went into the sea on dry ground, the waters forming a wall for
them on their right and on their left. The Egyptians pursued, and went into the sea after
them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the

LORD in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, "Let us flee from the Israelites, for the LORD is fighting for them against Egypt."

Then the LORD said to Moses, "Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers." So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the LORD tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

Thus the LORD saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the LORD did against the Egyptians. So the people feared the LORD and believed in the LORD and in his servant Moses.

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

Psalm 114

Read responsively by reading the **bold** text.

1 ¡Aleluya! Cuando salió Israel de Egipto, * la casa de Jacob de entre un pueblo de idioma ajeno, 2 Judá vino a ser el santuario de Dios, * e Israel su dominio. 3 El mar lo vio, y huyó: * el Jordán se volvió atrás. 4 Los montes saltaron como carneros, * y como corderos las colinas. 5 ¿Qué te afligió, oh mar, que huiste, * y a ti, oh Jordán, que te volviste atrás? 6 Oh montes, ¿por qué saltaron como carneros, * y como corderos, oh colinas? 7 Tiembla, oh tierra, a la presencia de mi Soberano, * a la presencia del Dios de Jacob, 8 Quien cambió la peña en estanque de aguas, * y el pedernal en manantiales.	1 Hallelujah! When Israel came out of Egypt, * the house of Jacob from a people of strange speech, 2 Judah became God's sanctuary * and Israel his dominion. 3 The sea beheld it and fled; * Jordan turned and went back. 4 The mountains skipped like rams, * and the little hills like young sheep. 5 What ailed you, O sea, that you fled? * O Jordan, that you turned back? 6 You mountains, that you skipped like rams? * you little hills like young sheep? 7 Tremble, O earth, at the presence of the Lord, * at the presence of the God of Jacob, 8 Who turned the hard rock into a pool of water * and flint-stone into a flowing spring.
---	---

A Reading from the Letter of Paul to the Romans

Romans 14:1-12

Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. Those who observe the day, observe it in honor of the Lord. Also those who eat, eat in honor of the Lord, since they give thanks to God; while those who abstain, abstain in honor of the Lord and give thanks to God. We do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, so that he might be Lord of both the dead and the living.

Why do you pass judgment on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgment seat of God. For it is written,

"As I live, says the Lord, every knee shall bow to me,
and every tongue shall give praise to God."

So then, each of us will be accountable to God.

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

The Gospel Hymn

Change My Heart, O God

Renew 143

**Change my heart, O God, make it ever true:
Change my heart, O God, may I be like You.
You are the Potter, I am the clay;
Mold me and make me, this is what I pray.
Change my heart, O God, make it ever true;
Change my heart, O God, may I be like You.**

The Gospel

Matthew 18:21-35

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

Glory to you, Lord Christ.

Peter came and said to Jesus, "Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?" Jesus said to him, "Not seven times, but, I tell you, seventy-seven times.

"For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. So the slave fell on his knees before him, saying, 'Have patience with me, and I will pay you everything.' And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow slaves who owed him a hundred denarii; and seizing him by the throat, he said, 'Pay what you owe.' Then his fellow slave fell down and

pleaded with him, 'Have patience with me, and I will pay you.' But he refused; then he went and threw him into prison until he would pay the debt. When his fellow slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, 'You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow slave, as I had mercy on you?' And in anger his lord handed him over to be tortured until he would pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart."

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

Sermon Fr. Richard

Nicene Creed

Please stand as you are able

**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.**

Prayers of the People

The Peace

Presider Peace with yourself.
Peace with Creation.

Peace with one another.

People And also with you.

Announcements and Offerings

stmarks-cityheights.org/giving-online

Sunday School Sharing

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 Doxology

Methodist Hymnal 94

Unison

Praise God, from whom all bless-ings flow; praise

Harmony

God, all crea-tures here be - low: Al - le - lu - ia! Al - le -

Unison

lu - ia! Praise God, the source of all our gifts! Praise

Harmony

Je - sus Christ, whose power up - lifts! Praise the Spir - it, Ho - ly Spir - it!



The Great Thanksgiving

Eucharistic Prayer C - Expansive Language Passed at General Convention 2024

- Presider* May God 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* God of all power, Source and Sustainer of the Universe, you are worthy of glory and praise.
People **Glory to you for ever and ever.**
- Presider* At your command all things came to be: shining light and enfolding dark; the vast expanse of interstellar space, galaxies, suns, and this fragile earth, our island home.
People **By your will they were created and have their being.**
- Presider* From the primal elements you brought forth the human race, and blessed us with the capacity for memory, reason, and skill. You made us the stewards of your creation. But we turned against you, and betrayed your trust; and we turned against one another.
People **Have mercy, Lord, for we are sinners in your sight.**
- Presider* Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your eternal Word, born of your servant Mary, to fulfill your Law, opening for us the way of freedom and peace.
People **By his blood, he reconciled us. By his wounds, we are healed.**
- Presider* And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

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.

Presider On the night he was betrayed Jesus took bread, said the blessing, broke the bread, 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."

After supper, Jesus took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Presider Remembering now his work of redemption and offering to you this sacrifice of thanksgiving,

People We celebrate Christ's death and resurrection as we await the day of his coming.

Presider Therefore, O God, we who have been redeemed by Jesus Christ, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Savior.

Presider Sanctify us also, and let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People Risen Lord, be known to us in the breaking of the Bread.

Presider God of our ancestors; Redeemer and Mother of Israel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only and not for strength; for pardon only and not for renewal.

Presider Accept these prayers and praises, Almighty God, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

People **AMEN.**

The Lord's Prayer

Presider As the Wisdom before Creation teaches us, we pray.

**Holy One,
our only Home,
hallowed be your name.
May your day dawn,
your will be done, here as in heaven.
Feed us today, and forgive us as we forgive each other.
Do not forsake us at the test, but deliver us from evil.
For the glory, the power, and the mercy are yours,
now and for ever. Amen.**

The Breaking of the Bread

Presider This is Living Bread, given for all Creation.

People **All who eat this bread share in Christ's Body.**

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.

The Prayer of Spiritual Communion For Those Online

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.**

We will be offering communion in both kinds: bread & wine.

- *If you would like to receive the **bread and wine** please **hold out both hands**. You can either drink from the chalice (in which case, after receiving the bread, go to the altar server on your right) or have the bread intincted (dipped) into the wine and given to you (in which case go to the altar server on your left after receiving the bread.)*
- *If you would like to receive the **bread only** please **hold out one hand**.*
- *If you would prefer not to receive the body and bread but **receive a blessing**, please **cross your hands over your chest**.*
- *If you would like to receive gluten free bread please let the priest know.*

Communion Hymn Immortal, Invisible God Only Wise

Hymnal 423

Post Communion Prayer

People Holy One,
 you feed us with bread from heaven
 and the gifts of mother earth.
 In this communion, you have drawn us into your embrace
 and you call us to friendship with one another.
 You have given us the gift of reconciliation.
 May we who have tasted that gift from you,
 offer ourselves in peace and humility to one another.
 And may you always walk among us as friend. Amen.

Blessing

Sending Hymn

Here I Am, Lord Vs 1,2, and 3 Renew 149

1. 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?

Refrain: 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.

2. 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? **[Refrain]**

3. 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? **[Refrain]**

Dismissal

Presider

Let us go forth into the world, rejoicing in the power of the Spirit.

People

Alleluia, Alleluia, Alleluia!

Thanks be to God. Alleluia, Alleluia, Alleluia!

Thank you for joining us today!

Donations to St. Mark's can be made via our website:

stmarks-cityheights.org/giving-online

or use the QR Code below:



ANNOUNCEMENTS

Community Clean Up | Thank you to those who helped with yesterday's clean up.

Season of Creation | A BIG thank you to Kathy Thomson for sharing her vision and talents in setting up a Season of Creation display. Kathy's work helps us to enter into the annual Season of Creation, when faith communities around the world pray and act together to honor and protect the earth, our common home. This year's theme is: **LIVING WATER**. St. Mark's will observe the Season of Creation next Sunday through October 4, the Feast of St. Francis of Assisi, patron saint of ecology and animals. Learn more about the Season of Creation: <https://seasonofcreation.org/>

Face Painting How To | In anticipation of our presence at the Talmadge Block Party Community Event on 10/10 (see more on this event below), the fabulous Elanor Bulatao will conduct a **How-to-Face-Painting Workshop**, next week, **Sept 20 after church**. If you're willing to facepaint at this event, plan on attending or consult Elanor's how-to in this week's St. Mark's email or contact Elanor directly: elanorsievers@gmail.com

Choir Practice | September is a great time to start or restart your involvement with St. Mark's choir. Practices this month are: next Sunday, September 20 following the service & Tuesday, September 29 at 6 pm.

Interfaith Procession Sept 27 | This *All Are Sacred* event is on *World Day of Migrants and Refugees Sunday, Sept 27 at 2 pm*. Stand with migrants and refugees—and with neighbors of many faiths—at this interfaith procession, honoring the dignity of migrants and refugees by lifting

up a shared commitment to welcome, compassion, and justice. **The procession gathers at 6th Avenue and Laurel Street in Balboa Park.** All are welcome and encouraged to participate and stand alongside our neighbors from across San Diego's diverse faith communities.

St. Bart's Rummage Sale | Last call for volunteers. Our ministry partner and supporter, **St. Bartholomew's, Poway** is in need of volunteers to help with their Rummage Sale on **September 23, 25 & 26 for various tasks, including "unhanging" clothes on the 26th.** If you are still interested in **signing up** please contact [Chris Nolan](#) and help them help us!

Safe Church Safe Communities Training | Need to complete the required *Safe Church, Safe Communities* training? Tried it online and had difficulties doing so? Join the Episcopal Diocese of San Diego for an **in-person Safe Church, Safe Communities** training on **Thursday, September 24, from 1:00–4:00 p.m. here at St. Mark's!** This is the training required of volunteers and lay leaders to build safer, healthier communities by strengthening awareness, appropriate boundaries, and practices that protect everyone in our churches. Participants will have the opportunity to complete required training in a supportive, in-person setting. [Register via this link](#), or find the link in the St. Mark's September newsletter.

Mass on the Grass & Blessings of the Animals | On Sunday October 4 we conclude our annual Season of Creation by celebrating the Feast of St. Francis with an outdoor Sunday service at [Jeremy Henwood Memorial Park](#) by the City Heights library across the street from the police station and facing Fairmount Ave. 4 blocks due south from St. Mark's. You can park at St. Mark's & walk, or find parking closer by. The service includes a Blessing of the Animals, so please bring your pets!

Talmadge Block Party Community Event | Help introduce our neighbors North of El Cajon Blvd to the good news of St. Mark's on Saturday, October 10 by volunteering to staff the St. Mark's booth at the annual Talmadge Block party community event. We often mention the need for St. Mark's to go out into the community and becoming better known, here is a chance to make that happen!! Let Fr. Richard know if you are willing to sign up for one of the three Oct 10 shifts: **1:30-3 pm; 2:30-4:30 pm, 4-6 pm.** The event is at the intersection of Adams Ave, Miracle Drive & Euclid Ave in Talmadge.

Food Pantry | As we get settled back into our fall routine, and our regular volunteers come back from vacation, we thank the parishioners who pitched in to keep us fully staffed. We hope that some of those volunteers will be willing to make an ongoing commitment to the Pantry. Our **needs** for September are: clean, reusable **shopping bags, paper bags with handles, small, individually packed snack items, rice, and canned tuna and chicken.** please contact Joanna: joannas@stmarks-cityheights.org or Chris: chrisn@stmarks-cityheights.org