



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

Twenty-second Sunday after Pentecost

Sunday October 25, 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 Jerusalem, My Happy Home 1 and 2 Hymnal 620

1 Jerusalem, my happy home,
when shall I come to thee?
When shall my sorrows have an end?
Thy joys when shall I see?

2 Thy saints are crowned with glory great;
they see God face to face;

they triumph still, they still rejoice
in that most happy place.

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

Words: from The Book of Common Prayer (1979) of the Episcopal Church USA.
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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.

Almighty and everlasting God, increase in us the gifts of faith, hope, and charity; and, that we may obtain what you promise, make us love what you command; 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 Deuteronomy

Deuteronomy 34:1-12

Moses went up from the plains of Moab to Mount Nebo, to the top of Pisgah, which is opposite Jericho, and the LORD showed him the whole land: Gilead as far as Dan, all Naphtali, the land of Ephraim and Manasseh, all the land of Judah as far as the Western Sea, the Negeb, and the Plain—that is, the valley of Jericho, the city of palm trees—as far as Zoar. The LORD said to him, “This is the land of which I swore to Abraham, to Isaac, and to Jacob, saying, ‘I will give it to your descendants’; I have let you see it with your eyes, but you shall not cross over there.” Then Moses, the servant of the LORD, died there in the land of Moab, at the LORD’s command. He was buried in a valley in the land of Moab, opposite Beth-peor, but no one knows his burial place to this day. Moses was one hundred twenty years old when he died; his sight was unimpaired and his vigor had not abated. The Israelites wept for Moses in the plains of Moab thirty days; then the period of mourning for Moses was ended.

Joshua son of Nun was full of the spirit of wisdom, because Moses had laid his hands on him; and the Israelites obeyed him, doing as the LORD had commanded Moses.

Never since has there arisen a prophet in Israel like Moses, whom the LORD knew face to face. He was unequalled for all the signs and wonders that the LORD sent him to perform in the land of Egypt, against Pharaoh and all his servants and his entire land, and for all the mighty deeds and all the terrifying displays of power that Moses performed in the sight of all Israel.

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

Psalms 90:1-6, 13-17

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

English followed by Spanish below

LECTOR 1 Lord, you have been our refuge *
from one generation to another.

**ALL: 2 Before the mountains were brought forth,
or the land and the earth were born, *
from age to age you are God.**

3 You turn us back to the dust and say, *
"Go back, O child of earth."

**4 For a thousand years in your sight are like yesterday when it is past *
and like a watch in the night.**

5 You sweep us away like a dream; *
we fade away suddenly like the grass.

**6 In the morning it is green and flourishes; *
in the evening it is dried up and withered.**

13 Return, O Lord; how long will you tarry? *
be gracious to your servants.

**14 Satisfy us by your loving-kindness in the morning; *
so shall we rejoice and be glad all the days of our life.**

15 Make us glad by the measure of the days that you afflicted us *
and the years in which we suffered adversity.

**16 Show your servants your works *
and your splendor to their children.**

17 May the graciousness of the Lord our God be upon us; *
prosper the work of our hands;
prosper our handiwork.

ESPAÑOL

LECTOR 1 Señor, tú has sido nuestro refugio, *
en cada generación.

**TODO: 2 Antes que nacieran la montañas,
que dieras a luz la tierra y el planeta, *
desde siempre y por siempre tú eres Dios.**

3 Nos haces volver al polvo de la tierra *
y nos dices: «¡Mortales, vuelvan!».

**4 Para ti, mil años no son más que un ayer, *
una corta vigilia de la noche.**

5 En la noche, nos arrasas como un sueño *
y en la mañana brotamos como hierba.

**6 La hierba germina y crece en la mañana; *
y por la tarde se marchita y se seca.**

13 ¡Vuelve, Señor! ¿Hasta cuándo tardarás? *
Ten misericordia de tus siervos.

**14 Sácianos de amor por la mañana *
y cantaremos, alegres, toda la vida.**

15 Alégranos en la medida que nos afligiste, *
por tantos años de desdichas.

**16 Que tus fieles vean tus proezas *
y sus descendientes admiren tu esplendor.**

17 Señor, que nos cubra tu dulzura; *
establece la obra de nuestras manos;
prospera nuestra labor.

A Reading from the First Letter of Paul to the Thessalonians 1 Thessalonians 2:1-8

You yourselves know, brothers and sisters, that our coming to you was not in vain, but though we had already suffered and been shamefully mistreated at Philippi, as you know, we had courage in our God to declare to you the gospel of God in spite of great opposition. For our appeal does not spring from deceit or impure motives or trickery, but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. As you know and as God is our witness, we never came with words of flattery or with a pretext for greed; nor did we seek praise from mortals, whether from you or from others, though we might have made demands as apostles of Christ. But we were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

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

The Gospel Hymn

Speak, Lord, in the Stillness Vs 1, 3, and 5 Renew 96

Speak, Lord, in the stillness while I wait on Thee;
Hushed my heart to listen in expectancy.

For the words You speak, Lord, they are life indeed;
Living bread from heaven, now my spirit feed!

Fill me with the knowledge of your glorious will;
All your own good pleasure in your child fulfill.

The Gospel

Matthew 22:34-46

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

Glory to you, Lord Christ.

When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets."

Now while the Pharisees were gathered together, Jesus asked them this question: "What do you think of the Messiah? Whose son is he?" They said to him, "The son of David." He said to them, "How is it then that David by the Spirit calls him Lord, saying,

'The Lord said to my Lord,
'Sit at my right hand,
until I put your enemies under your feet'?"

If David thus calls him Lord, how can he be his son?" No one was able to give him an answer, nor from that day did anyone dare to ask him any more questions.

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

Sermon Pastor Cyndi

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 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 I Am the Bread of Life Renew 246

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

God of Grace, and God of Mercy Vs 1 and 4 Hymnal 594

God of grace and God of glory,
on your people pour your power;
crown your ancient Church's story;
bring its bud to glorious flower.
Grant us wisdom, grant us courage,
for the facing of this hour,
for the facing of this hour.

Save us from weak resignation
to the evils we deplore;
let the gift of your salvation
be our glory evermore.
Grant us wisdom, grant us courage,
serving you whom we adore,
serving you whom we adore.

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

Altar of Remembrance | Next **Sunday, November 1** we will celebrate the Feast of All Saints & All Souls/All the Faithful Departed. We will remember our beloved departed with our annual altar of remembrance coordinated by Kathy Thomson. You are invited to bring pictures on 11/1 of your loved ones—including pets—who have gone before us and add them to the altar.

November Potluck | Next Sunday, November 1, please bring a dish to share (as you are able) for our monthly potluck. Plan on joining us after the service for food and fellowship. All are invited and encouraged to attend.

Choir Practice | Next practice is this Tuesday, October 27 @ 6 pm here at St. Mark's.

Vote Faithfully | Election Day is Tuesday, November 3. [The Episcopal Church](#) sees "election engagement as an act of Christian stewardship. Our mandate to care for God's world and people compels us to vote—and to help ensure voting access for others. Election engagement also means we seek to stay informed; critically evaluate information before we share or act on it; and engage in respectful political dialogue even when we disagree."

Tools to help you vote faithfully:

- League of Women Voters [Easy Voter Guide](#) (available in several languages)
- The Episcopal Church [Election Engagement Page](#)
- [Video presentation](#) by Carl Luna at Christ Church Coronado of the CA state propositions.

Note: all hyperlinks are also live in this month's newsletter.

Food Pantry Needs | Our current needs are: clean, reusable **shopping bags, paper bags with handles, small, individually packed snack items, rice, and canned tuna and chicken**. For more info contact Joanna: joannas@stmarks-cityheights.org or Chris: chrisn@stmarks-cityheights.org

Prayer for Migrants Appointed for today in our Diocesan Cycle of Prayer

Lord Jesus, when you multiplied the loaves and fishes, you provided more than food for the body, you offered us the gift of yourself, the gift which satisfies every hunger and quenches every thirst! Your disciples were filled with fear and doubt, but you poured out your love and compassion on the migrant crowd, welcoming them as brothers and sisters. Amen