



THE TWELFTH SUNDAY AFTER PENTECOST

The Holy Eucharist
August 16, 2026 - 10 a.m.

Welcome! We're so glad to have you joining us for worship today.

ST. MARK'S
EPISCOPAL
CHURCH
PALO ALTO

Welcome to Saint Mark's

We are a community dedicated to deepening our relationship with God and embodying the Spirit of Christ through faithful expressions of love, service, compassion, and justice.

All are welcome to join in worship. Assistive listening devices are available—please ask a greeter for more information.

*Newcomers and visitors are encouraged to fill in a Welcome Card or sign the visitor book, which will be on the welcome table. Please see instructions for receiving Communion on p. 16. **All who seek to draw near to Christ are invited.** Music permissions: OneLicense.net A-714107.*

Thank you to Ethan Williams for playing the organ at this service.

PRELUDE “Sing unto God a new song; play skilfully with a loud noise” *Herbert Howells (1892-1983)*

THE WORD OF GOD

OPENING HYMN 410 Praise, my soul, the King of heaven

LAUDA ANIMA

Please stand in body or spirit.



1 Praise, my soul, the King of hea - ven; to his feet thy tri - bute bring;
2 Praise him for his grace and fa - vor to his peo - ple in dis - tress;
3 Fa - ther - like he tends and spares us; well our fee - ble frame he knows;
4 An - gels, help us to a - dore him; ye be - hold him face to face;



ran - somed, healed, re - stored, for - giv - en, ev - er - more his prais - es sing;
praise him still the same as ev - er, slow to chide, and swift to bless;
in his hand he gen - tly bears us, res - cues us from all our foes.
sun and moon, bow down be - fore him, dwell - ers all in time and space.



Al - le - lu - ia, al - le - lu - ia! Praise the ev - er - last - ing King.
 Al - le - lu - ia, al - le - lu - ia! Glo - rious in his faith - ful - ness.
 Al - le - lu - ia, al - le - lu - ia! Wide - ly yet his mer - cy flows.
 Al - le - lu - ia, al - le - lu - ia! Praise with us the God of grace.

OPENING ACCLAMATION

Blessed be the one, holy, and living God.

Glory to God for ever and ever.

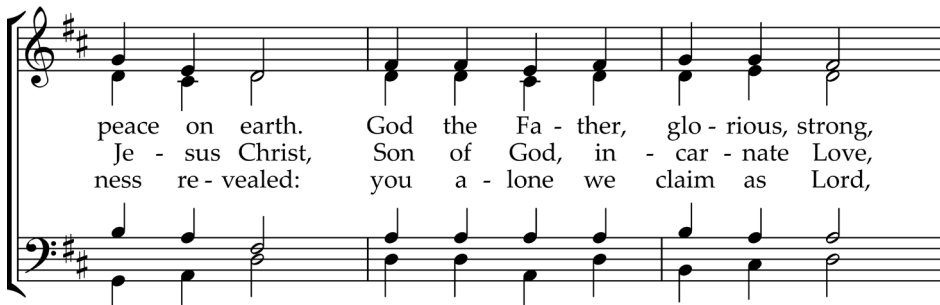
**Almighty God, to you all hearts are open, all desires known,
 and from you no secrets are hid: Cleanse the thoughts of our
 hearts by the inspiration of your Holy Spirit, that we may
 perfectly love you, and worthily magnify your holy Name;
 through Christ our Lord. Amen.**

GLORIA IN EXCELSIS

RATISBON



1. Glo - ry to our bound-less God, who has pro - mised
 2. Let un - ceas - ing praise and prayer come to you, Lord
 3. For in you a - lone we find God's true ho - li -



peace on earth. God the Fa - ther, glo - rious, strong,
 Je - sus Christ, Son of God, in - car - nate Love,
 ness re - vealed: you a - lone we claim as Lord,



hea - ven's Sove - reign, Lord of all: wor - ship, thanks, and
 Lamb who takes our sin a - way. Ri - sen and ex -
 Je - sus Christ, through whom we see God's own full - ness



praise we give when your glo - ry we re - call.
 al - ted Lord, hear with mer - cy when we pray.
 ma - ni - fest in the Ho - ly Tri - ni - ty.

The Gloria in excelsis is an ancient song of praise traditionally sung at masses on Sundays and major feasts. This paraphrase is by Carl Daw (b. 1944)

THE COLLECT OF THE DAY

God be with you.

And also with you.

Let us pray.

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated.

A READING FROM THE BOOK OF ISAIAH

Thus says the Lord:

Maintain justice, and do what is right,
for soon my salvation will come,
and my deliverance be revealed.

And the foreigners who join themselves to the Lord,
to minister to him, to love the name of the Lord,
and to be his servants,

all who keep the sabbath, and do not profane it,
and hold fast my covenant—

these I will bring to my holy mountain,
and make them joyful in my house of prayer;
their burnt offerings and their sacrifices
will be accepted on my altar;

for my house shall be called a house of prayer
for all peoples.

Thus says the Lord God,
who gathers the outcasts of Israel,

I will gather others to them
besides those already gathered.

Hear what the Spirit is saying to God's people.

Thanks be to God.

The Collect of the Day thematically gathers our prayers and readings for the day.

This passage is from the third part of the book of the prophet Isaiah [56:1,6-8], and was likely authored in the post-exilic period, around 500 BC.



Be merciful to us, O / God, and / bless us, *
 show us the light of your / counte-/nance and / come to us.

Let your ways be / known . upon / earth, *
 your saving / health a-/mong all / nations.

Let the peoples / praise you . O / God; *
 let / all the / peoples / praise you.

Let the / nations . be / glad;
 let all the / nations / sing for / joy, *

For you judge the / peoples . with / equity *
 and guide all the / nations / upon / earth.

Let the peoples / praise you . O / God; *
 let / all the / peoples / praise you.

The earth has brought / forth its / increase; *
 may you, our / own God / give us . your / blessing.

May you / give us . your / blessing, *
 and may all the / ends of . the / earth . stand in / awe of you.

A READING FROM THE LETTER OF PAUL TO THE ROMANS

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew. For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient

The Psalm is sung to Anglican Chant. The / marks in the text correspond to the bar lines in the music, and periods or hyphens (where necessary) indicate a change of chord. The diacritical " indicates two chords to one syllable, while ✓ signifies an extra breath within the half-verse. You are welcome to sing in unison or harmony.

Today's epistle (letter) is from that written by Paul to the church in Rome [11:1-2a, 29-32].

in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

Hear what the Spirit is saying to God's people.

Thanks be to God.

SEQUENCE HYMN 533 How wondrous and great thy works LYONS

Please stand in body or spirit.

1 How won - drous and great thy works, God of praise!
2 To na - tions of earth thy light shall be shown;

How just, King of saints, and true are thy ways!
their wor - ship and vows shall come to thy throne;

O who shall not fear thee, and hon - or thy Name?
thy truth and thy judg - ments shall spread all a - broad,

Thou on - ly art ho - ly, thou on - ly su - preme.
till earth's ev - ery peo - ple con - fess thee their God.

THE GOSPEL

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

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

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

Please be seated.

THE SERMON The Reverend Nancy Ross

A period of silent reflection follows.

THE NICENE CREED

Please stand in body or spirit.

**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,**

Today's Gospel passage from Matthew [15:21-28] describes Jesus' healing ministry.

The sermon helps us to reflect on the Scriptures we have heard and to connect them to the Good News present in our lives now.

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,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.

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,
who with the Father and the Son
is worshiped and glorified,
who 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 Nicene Creed comes to us from the Councils of Nicea (325) and Constantinople (381, where they edited it). It is, therefore, an ancient statement of faith that we hold in common with many Christian denominations. As a statement of belief, that is, of communal trust, we recite it collectively as a prayer, ending with "Amen."

PRAYERS OF THE PEOPLE

O God, remembering especially The Church in Wales, we pray for your holy catholic Church;

That we all may be one.

Bless the congregation of St. Mary the Virgin, San Francisco, and grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for Austin, our bishop, and for all bishops, priests, and deacons;

That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;

That our works may find favor in your sight.

Among those in need, we pray especially for: Peter; Liz and Mike; Marina; Rick; Charles; Larry; Paul; Daniel; Julia; Eric; Christine; Louise; Jena and family; Jan; Dolores; Sheila; Lucia; José; Tony; Jose Luis; Joanna, Roanna; Andy; Chris and family; Denise; Jan; Susan; Liz and Marius; Kathleen; Joe; all others on our Prayer List; and those we name now ...

Have compassion on those who suffer from any grief or trouble;

That they may be delivered from their distress.

We commend to your mercy all who have died, remembering especially: Jerry Cann (Chip Camden's brother-in-law), Bob Bamberg; Bud Shuler; and those we name now ...

Give to the departed eternal rest;

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;

May we also come to share in your heavenly kingdom.

The Celebrant adds a concluding Collect:

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will. By your mercy and love grant us all good things, and help us to respond to your grace with the commitment of our whole selves to you. For the sake of Jesus Christ our Savior. **Amen.**

Among those in need, we continue to hold in prayer: Meredith; Vassar; Chung-Ling; Jackie Ray; Emily; Bill; Justin; Mary; Jerry; Ed; Ed; Anna; Lydia; Anna; Danielle; Roma; Malin; Kathy; Yo; Ted; Kathy; Justin; Tony; Kevin; Scott; Martin; Kalia; Jim; Alberto; John; April; Joan; Sujata; Gordon; Patty; Jamie; Jay.

CONFESSION OF SIN

Let us confess our sins to God.

**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.**

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 PEACE

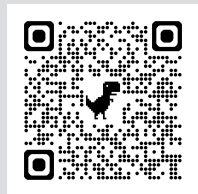
The peace of Christ be always with you.
And also with you.

THE HOLY COMMUNION

OFFERTORY ANTHEM

During the choir's summer break, singers gather at 9:20 a.m. to prepare a simple anthem for the service. All are welcome.

In the Offertory, we offer our lives, labors, and gifts (monetary and those elements of bread and wine to be consecrated) to God's use in the world. We will not pass an offertory (collection) plate today. Please drop your donations in the plate on your way in or out. All cash or undesignated checks will benefit outreach. You can also give online at saint-marks.com/give or using the QR Code below.



DOXOLOGY Praise God, from whom all blessings flow OLD 100TH

Please stand in body or spirit.

Praise God, from whom all bless - ings flow; sing
 praise, all crea - tures here be - low; praise God a - bove, ye
 heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

THE GREAT THANKSGIVING

You are invited to add your thanksgivings—aloud, held silently in your heart, or via the chat.

Celebrant May God be with you. *People* And al - so with you.
Celebrant Lift up your hearts. *People* We lift them to the Lord.
Celebrant Let us give thanks to the Lord our God.
People It is right to give our thanks and praise.

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

SANCTUS

LAND OF REST

Ho - ly, ho - ly, ho - ly Lord, God of power and might,
 heaven and earth are full of your glo-ry. Ho - san - na in the high - est.
 Bless - ed is he who comes in the name of the Lord. — Ho -

The Sanctus, "Holy," is the song of the angels (Isaiah 6 and Rev. 4). It has been an acclamation of the congregation since around the 4th century.



Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, 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. Again, he gave thanks to you, 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."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with Mary, Mary Magdalene, Mark, and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

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.

The **Great Amen** is the people's consent to and affirmation of the Eucharistic prayer.

THE LORD'S PRAYER

Ambrosian Chant, adapt. Mason Martens

Celebrant

As our Sa - vior Christ has taught us, we now pray,

Celebrant and People

Our Fa - ther in hea - ven, hal - lowed be your Name,

your king - dom come, your will be done, on earth as in hea - ven.

Give us to - day our dai - ly bread.

For - give us our sins as we for - give those who sin a - gainst us.

Save us from the time of tri - al, and de - liv - er us from e - vil.

For the king - dom, the power, and the glo - ry are yours,

now and for ev - er. A - men.

The Gospels of both Matthew and Luke record Jesus teaching this, commonly called the "Our Father" or the "Lord's Prayer," to his disciples when they asked to learn how to pray.

The Presider breaks the consecrated Bread. A period of silence is kept.



1 O Lamb of God, you bear the sin of all the world a - way;
 2 O Lamb of God, you bear the sin of all the world a - way;
 3 O Lamb of God, you bear the sin of all the world a - way;



you suf-fered death our lives to save: have mer-cy now, we pray.
 you set us free from guilt and grave: have mer-cy now, we pray.
 e - ter-nal peace with God you made: give us your peace, we pray.

POST-COMMUNION PRAYER

Please stand in body or spirit.

Let us pray.

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

BLESSING

Please be seated.

ANNOUNCEMENTS

All who seek God and are drawn to Christ are **welcome** at this, Christ's table, to receive the bread and the wine, if desired. Gluten-free wafers are available. In addition to the consecrated bread, wine (or grape juice in the glass chalice) is available to those who wish to receive it. Please drink directly from the cup, guiding it to your mouth, and do not intinct (dip) the bread. Healing prayer is available in St. Nicholas chapel— all are welcome.

A blessing recognizes and asks for God's presence with us.

CLOSING HYMN 371 Thou, whose almighty word

MOSCOW

Please stand in body or spirit.



1 Thou, whose al - might - y word cha - os and dark - ness heard,
 2 Thou who didst come to bring on thy re - deem - ing wing
 3 Spi - rit of truth and love, life - giv - ing, ho - ly Dove,
 4 Ho - ly and bless - ed Three, glo - ri - ous Trin - i - ty,

and took their flight; hear us, we hum - bly pray, and, where the
 heal - ing and sight, health to the sick in mind, sight to the
 speed forth thy flight! Move on the wa - ters' face bear - ing the
 wis - dom, love, might; bound - less as o - cean's tide, roll - ing in

Gos - pel day sheds not its glo - rious ray, let there be light!
 in - ly blind, now to all hu - man - kind, let there be light!
 gifts of grace, and, in earth's dark - est place, let there be light!
 full - est pride, through the world, far and wide, let there be light!

DISMISSAL

Let us go forth in the name of Christ.

Thanks be to God.

The dismissal sends us out to do our work in the broader world.

POSTLUDE Rhapsody No. 4: "Sing to God with a loud voice" *Herbert Howells*

Stubborn Blessing

a poem by Jan Richardson

Don't tell me no.
I have seen you
feed the thousands,
seen miracles spill
from your hands
like water, like wine,
seen you with circles
and circles of crowds
pressed around you
and not one soul
turned away.

Don't start with me.

I am saying
you can close the door
but I will keep knocking.
You can go silent
but I will keep shouting.
You can tighten the circle
but I will trace a bigger one
around you,
around the life of my child
who will tell you
no one surpasses a mother
for stubbornness.

I am saying
I know what you
can do with crumbs
and I am claiming mine,
every morsel and scrap
you have up your sleeve.
Unclench your hand,
your heart.
Let the scraps fall
like manna,
like mercy
for the life
of my child,
the life of
the world.

Don't you tell me no.

COMMUNITY FAIRE 2026

Sunday August 30

Hear ye, hear ye, hear ye: you are ALL cordially invited to attend St. Mark's Community Faire on 30th August. Here is a sampling of our Food, Fun and Fellowship:

- Randy Smith and his amazing Big Band are keeping the mood lively.
- Games and Prizes: Our family ministers and our fun captains, Michele Maia and Virginia Rock, will lead us in bubbles, cornhole, and gift card prizes.
- Sign-Up Boards on Tables; Look for Groups to join: Outreach, Inreach, Building and Grounds, Finance, Liturgy Support – where you will meet parishioners who love these ministries so you can join them or just get to know what's going on.
- Viva Sanchos Taqueria: ¡Que Sabor! Taco Bar followed by ice cream sundae station and rootbeer floats.

What to do right now: Community Faire is the culmination of our efforts to communicate nearly everything going on at St. Mark's. So we hope you will:

- Learn and Pray: how would you like to get involved and share your time and talent to build Church...check out the sign up sheets that are already being offered at Agape on Sundays.
- Sign up: we have a wide spectrum of activities that range from joining a commission or committee to providing help for a specific one-off event (e.g. setting up chairs). This is the one big opportunity of the year to help us resource our entire parish and, of course, you are volunteering and 'life happens' – so you can always change your mind if it doesn't work out.
- Help us decorate by making a pennant flag to be part of the Community Faire decorations. Supplies are available at Agape and the Children's Ministry table after church.
- Feel the Spirit: our most important goal is to develop your spiritual growth by community engagement. Jesus taught us to love one another, gather together, and serve as part of the family of God.

SERVING AT THIS SERVICE

ALTAR GUILD: Ann Mendenhall

FLOWER GUILD: Sunny Toy

BREAD BAKER: Anne Vosti

GREETERS: David Kennedy, Bill Newsome

LECTORS: Janis Wick, Jessica Shambora

CHALICE BEARERS: David Kennedy, Jessica Shambora

TECH VOLUNTEER: Don Bennett

COUNTERS: Ron Hodges, David Kennedy

Liturgy is the work of the people. Please prayerfully discern how you might serve, and speak with Reverend Nancy <nancy@saint-marks.com> or Reverend Kirsten <kirsten@saint-marks.com> about which ministry would be a good fit for your gifts.

ST. MARK'S EPISCOPAL CHURCH

600 Colorado Ave • Palo Alto, CA 94306

saint-marks.com | 650.326.3800

RECTOR: The Rev. Kirsten Snow Spalding

ASSOCIATE RECTOR: The Rev. Nancy Ross

CURATE: The Rev. Debie Thomas

ASSISTING CLERGY: The Rev. Prof. Rebecca Lyman, The Rev. Liz Milner

DIRECTOR OF MUSIC: Matthew Burt

FAMILY MINISTER: Michele Maia

PARISH ADMINISTRATOR: Wenjing Li

SEXTON: Olegário Neves

WARDENS: Tom Jenkins, Stuart Sailer

TREASURER: Susan Pines

