



Sunday July 14, 2024
Traditional Service 10 AM
Eighth Sunday after Pentecost

Priest: The Reverend Sharon Smith
Assistant Priest: The Reverend Laurel Dykstra
Musician/Choir Director: Rob Gloor
Building/Office Administrator: Natasha Stegemann
Community Engagement Coordinator: Marymil Cabrera
Facilities Coordinator: Ashkon Vahedi
Wardens: Vivian McGie, Rhonda Garton

St. Catherine's Mission, Vision and Values

St. Catherine's Anglican Church, near the heart of Edgemont Village in North Vancouver on the ancestral lands of the Coast Salish peoples, including the Sḵwx̱wú7mesh (Squamish) and səlililwətaʔ (Tsleil-Waututh) Nations, is a contemporary community of Christian seekers.

We welcome you to join us in the journey. We provide a place of spiritual growth through Christ and we respond with gratitude for God's abundance in our lives through service to our brothers and sisters in the world.

Our **Vision** is to:

- Be an inclusive and thriving community of faith for all generations
- Continually invite others to join us in our journey of faith and Christian discipleship
- Honour the strengthening of relationships and development of community, both within our walls and outside them
- Minister to those in need in Christ's name

Our Values:

St Catherine's is a community that aspires to be:

Welcoming, Inclusive, Curious, Creative,
Sustainable, Caring and Humble



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SAINT CATHERINE'S ANGLICAN CHURCH

Anglican Church of Canada - Diocese of New Westminster
Situating on the unceded traditional Coast Salish territory
of the Skwxwú7mesh (Squamish) and səlililwətaʔ (Tseil-
Waututh) First Nations

*As you enter the church, we invite you to light a votive candle to
remember a person or situation that you carry on your heart.
Candles are also available during communion.*

GATHERING

PRELUDE

WELCOME AND INTENTION: Rev Laurel Dykstra

A moment of silent reflection.

Presider: As we gather on the unceded and ancestral
lands of Coast Salish nations, let us pray that
Christ's grace and peace will be with us.

**All: May we be ministers of the reconciling
love of the Risen Christ.
May our hearts be filled with joy.**

Presider: The grace of our Lord Jesus Christ

**All: And the love of God,
and the fellowship of the Holy Spirit
be with us all, evermore.**

GATHERING HYMN: O HEALING RIVER

O healing river, send down your waters,
send down your waters upon this land.
O healing river send down your waters,
and wash the blood from off the sand.

This land is parching, this land is burning,
no seed is growing in the barren ground.
O healing river send down your waters,
O healing river send your waters down.

Let the seed of freedom awake and flourish,
let the deep roots nourish, let the tall stalks rise.
O healing river send down your waters,
O healing river from out of the skies.

PRAYER OF THE DAY:

Presider: Almighty God,

**All: you have made us for yourself,
and our hearts are restless
until they find their rest in you.
May we find peace in your service,
and in the world to come, see you face to
face; through Jesus Christ our Lord.Amen**

PROCLAMATION OF THE WORD

FIRST READING: 2 SAMUEL 6:1-5, 12b-19

The ark of the covenant, long a symbol of God's presence is brought into Jerusalem, the new capital city by King David. The ark is met with great rejoicing and dancing.

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres, harps, tambourines, castanets and cymbals.

So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the LORD had gone six paces, he sacrificed an ox and a fatling. David danced before the LORD with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet.

As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart.

They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

Reader: Hear what the Spirit is saying.

All: Thanks be to God.

PSALM 24

Led by Penny Zuk

Presider: The earth is the LORD's and all that is in it,
the world and those who dwell therein.

**People: For the LORD has founded it upon the seas
and established it up on the rivers.**

Presider: Who may ascend the mountain of the LORD,
and who may stand in God's holy place?

People: **Those of innocent hands and purity of heart, who do not swear on God's being, nor do they pledge by what is false.**

Presider: They shall receive blessing from the LORD and righteousness from the God of their salvation.

People: **Such is the generation of those who seek you, O LORD, of those who seek your face, O God of Jacob.**

Presider: Lift up your heads, O gates; and be lifted up, O everlasting doors, that the King of glory may come in.

People: **Who is this King of glory? The LORD, strong and mighty, the LORD, mighty in battle!**

Presider: Lift up your heads, O gates; and be lifted up, O everlasting doors, that the King of glory may come in.

People: **Who is this King of glory? Truly, the LORD of hosts is the King of glory.**

SECOND READING: EPHESIANS 1:3-14

In Jesus, all of God's plans and purposes have been made known as heaven and earth are united in Christ. Through Jesus, we have been chosen as God's children and have been promised eternal salvation.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to

the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

Reader: Let us hear what the Spirit is saying

All: Thanks be to God.

GOSPEL HYMN:

WASH, O GOD, OUR SONS AND DAUGHTERS

Wash, O God, our sons and daughters,
where your cleansing waters flow.
Number them among your people;
bless as Christ blessed long ago.
Weave them garments bright and sparkling;
compass them with love and light
Fill, anoint them; send your Spirit,
holy dove and heart's delight.

We who bring them long for nurture;
by your milk may we be fed.
Let us join your feast, partaking
cup of blessing, living bread.

God, renew us, guide our footsteps;
free from sin and all its snares,
one with Christ in living, dying,
by your Spirit, children, heirs

Oh, how deep your holy wisdom!
Unimagined, all your ways!
To your name be glory, honor!
With our lives we worship, praise!
We your people stand before you,
water washed and Spirit born.
By your grace, our lives we offer.
Recreate us; God, transform!

GOSPEL READING: MARK 6:14-29

Jesus and his disciples begin to attract attention, and people ask who Jesus is. When e is mistaken for John the Baptist, the Gospel writer tells of John's execution by Herod.

Presider: The Lord be with you.

All: And also with you.

Presider: The Holy Gospel according to Mark,

All: Glory to you, Lord Jesus Christ.

King Herod heard of it for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised."

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod

feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him.

But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter."

The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her.

Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

Presider: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

HOMILY Rev. Laurel Dykstra

Silent Reflection

AFFIRMATION OF FAITH

Presider: We Believe in God,

All: The Source of Life by whom every being in heaven and earth is created, named and sustained.

Presider: We believe in God, the Living Word,

All: Who restores us to relationship and speaks to us through faith.

Presider: We believe in God the Holy Spirit,
**All: Who comforts, guides and strengthens us
to share the good news of grace**

Presider: We believe in God, One, holy, undivided Trinity
**All: Source of Life, Living Word, Comforter:
Mystery. Amen.**

PRAYER

PRAYERS OF THE PEOPLE

We gather together our prayers and concerns.

CONFESSION:

Presider: Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes everyone and invites us to this table. Let us confess our sins, confident in God's forgiveness.

All: Holy One, we long for you. You know our wounding and our broken-heartedness. You know how others have hurt us, and how we have hurt others

All: You alone have the healing we need. Yours is the love that changes Everything.

Presider: May all that is unforgiven in you be released. May your fears yield their deepest tranquilities. May all that is un-lived in you, blossom into a future, graced with love. Amen

THE PASSING OF THE PEACE

Presider: The peace of Christ be always with you.
People: And also with you.

Remembering the gift of peace that Christ offers us we offer that gift to one another, standing at our seats, greet one another saying or gesturing: 'Peace be with you'.

COMMUNION

TABLE PREPARATION: SHALL WE GATHER AT THE RIVER

Shall we gather at the river,
where bright angel feet have trod,
with its crystal tide forever
flowing by the throne of God?

Refrain

Yes, we'll gather at the river,
the beautiful, the beautiful river;
gather with the saints at the river
that flows by the throne of God.

On the margin of the river,
washing up its silver spray,
we will walk and worship ever,
all the happy golden day. (*Refrain*)

Soon we'll reach the shining river,
soon our pilgrimage will cease;
soon our happy hearts will quiver
with the melody of peace. (*Refrain*)

PRAYER OVER THE GIFTS

Presider: Creating God

**All: your word creates in us a yearning for
your kingdom. Receive all we offer you
this day, and keep us in your peace; for
the sake of Jesus Christ the Lord.**

THE EUCHARISTIC PRAYER

Presider: God is with you.

All: And also with you.

Presider: Lift up your hearts.

All: We lift them up to God.

Presider: Let us give thanks to God our Creator.

All: We give our thanks and praise.

Presider: Creator, you made our world beautiful and good. You made us to live in right relationship with you and all creation. You sent Jesus to live among us and show us what you are like. We give all thanks and praise to you, our true and loving God. You laid the foundations of the earth and enclosed the seas. You brought forth all creatures and gave breath to humankind. Wondrous are you, Holy One. All you create is a sign of hope for our journey. And so, we join with the heavenly beings and all of creation as we sing:

Sanctus (Argentina)

Holy, Holy, Holy, my heart, my heart adores you!

My heart is glad to say the words; you are holy Lord.

In God's name is coming the One whom we call blessed.

Hosanna in the highest. Praise and thanks to God.

Holy, Holy, Holy, my heart, my heart adores you!

My heart is glad to say the words; you are holy Lord.

Presider: Glory and honour are yours, Creator of all, your Word has never been silent. Of your grace, you sent Jesus to be human, to share our life, to proclaim the coming of your holy reign, and to give himself for us.

Presider: Through Jesus Christ you have reconciled us to you and restored the glory you intended for us.

On the night before he died, Jesus ate supper with his friends. He took bread, gave thanks, broke it, and gave it to them, saying: "Take and eat. This is my very self, given for you. Do this for the remembrance of me."

Then he took the cup of wine, again he gave thanks, and gave it to them, saying: "Drink it all of you. This cup is a new covenant poured out for you and all people. Do this for the remembrance of me."

And so, we remember: the cross, the tomb, the resurrection and ascension, and longing for Christ's coming again in glory, we present these gifts to you.

Send your Holy Spirit upon us and upon these gifts, so that we who share this bread and wine may be a people of hope, justice and love.

Draw us together in Christ, and, in the fullness of time, gather us with all your people into the joy of your eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator and give you our unending praise. **Amen**

LORD'S PRAYER (*Sung*):

**All: 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.**

FRACTION (Breaking the Bread):

Presider: Creator of all, you gave us golden fields of wheat, whose many grains we have gathered into this one bread.

All: So may your people be gathered from the ends of the earth into your kingdom.

INVITATION TO THE TABLE:

Presider: The gifts of God for the people of God

All: Thanks be to God.

COMMUNION:

All people are welcome to receive Communion of one or both kinds at the Altar or at the front of the church. If you wish to receive the wine, please drink from the cup but do not dip bread or wafer into the cup.

Gluten free wafers are available upon request.

Please sanitize your hands before receiving.

While communion is being administered, we ask you to keep the silence. Candle lighting during this time is welcomed.

COMMUNION MUSIC: LIKE A HEALING STREAM

Like a healing stream in a barren desert, Spirit water bringing life to dusty earth, God is trickling through our lives as in a dream unfolding, promising revival and rebirth ... like a healing stream.

Like a gentle rain on a thirsty garden, Spirit water comes to nourish tiny seed, God is bubbling through the soil to coax a new creation, yearning for an end to want and need ... like a gentle rain.

Like a river strong with a restless current, Spirit water rushing on to distant shore, God is carving out a channel in a new direction, calling for an end to hate and war ... like a river strong.

Like a mighty sea reaching far horizons, Spirit water with a love both deep and wide, God is working in our hearts to shape a new tomorrow: God will always challenge and provide!
Like a mighty sea, like a river strong, like a gentle rain, like a healing stream.

PRAYER AFTER COMMUNION:

Presider: Living God,

All: in this sacrament we have shared in your eternal kingdom. May we who taste this mystery forever serve you in faith, hope, and love. We ask this in the name of Jesus Christ the Lord.

SENDING

ANNOUNCEMENTS: Wardens

Presider: Glory to God,

All: **whose power, working in us,
can do infinitely more
than we can ask or imagine.
Glory to God
from generation to generation,
in the church and in Christ Jesus,
for ever and ever. Amen.**

BLESSING Rev. Laurel

PROCESSIONAL HYMN: GO TO THE WORLD

**Go to the world! Go into all the earth.
Go preach the cross where Christ renews life's worth,
baptizing as the sign of our rebirth. Alleluia!**

**Go to the world! Go into every place.
Go live the word of God's redeeming grace.
Go see God's presence in each time and space. Alleluia!**

**Go to the world! Go struggle, bless and pray;
The night of tears give way to joyous day.
As servant church, you follow Christ's own way. Alleluia!**

**Go to the world! Go as the ones I send,
for I am with you till the age shall end,
when all the hosts of glory cry, "Amen!" Alleluia!**

DISMISSAL

Presider: Go into the world, loving kindness, seeking
 justice and walking humbly.

People: **Thanks be to God.**



***Please join us after the service for coffee
at the back of the church.***

Make use of an envelope provided for Donations of \$20 or more, tax receipts will be issued if name and address are included; OR use of this QR code with your device to donate through Canada Helps, tax receipts are sent by email.



Thank you for ministering this morning:

- | | |
|-------------------------------------|--|
| Presider & Preacher: | Rev. Laurel Dykstra |
| Musician: | Rob Gloor and Choir |
| Greeters: | Gillian Holland and Julia Hadrill |
| Coffee Group: | Penny Zuk, Alison Watt and
Susana Wensley |
| Altar Guild: | Bonnie Grundy |
| Readers: | Janet Benjamin and Penny Zuk |
| Eucharistic
Administers: | Alison Watt, Janet Benjamin |
| Livestream: | Vivian McGie
Ashkon Vahedi |

FIRE SAFETY AT SAINT CATHERINE'S

Text and photo by Shaunti Bains



Where are the emergency exits at St. Catherine's? Where are the fire extinguishers?

St. Catherine's has seven exits that lead outdoors and can be used in an emergency. Each of these exits is indicated by a green sign and has a fire extinguisher nearby.

1. Back of Church (Main Floor)

Note: There is a fire extinguisher on either side of the main aisle and another fire extinguisher upstairs in the sound booth.

2. Lobby (Main Floor)

3. Memorial Garden (Main Floor)

4. Kitchen (Main Floor)

5. Gym (Main Floor)

6. Preschool (Lower Floor)

7. Greig Hall (Lower Floor)

There are additional fire extinguishers in other rooms. Other rooms also have green signs with arrows to direct people to the nearest emergency exit. Fire alarms are bright red and mounted to walls several feet off the ground.

The designated evacuation zone for St. Catherine's is our parking lot.

Check out our website for more information.



LOOKING FOR GARDEN PARTY HOSTS

We're seeking enthusiastic hosts to help make our Summer Garden Parties 2024 a success. If you're passionate about bringing our community together, consider hosting a party yourself. To learn more or sign up, reach out to Marymil at community_engagement@shaw.ca or speak with Vivian. Whether you can offer your home as a venue or assist with preparations and hospitality elsewhere, let's collaborate to create unforgettable summer gatherings for all!

PRAYER, PRAISE AND THANKSGIVING

Save the date: Sunday, July 21st at 10 am
You are invited to a Service of Prayer, Praise, and Thanksgiving, to give thanks to the Music Ministry of Rob Gloor who is leaving us. The service will be followed by a Garden Party. We will also be welcoming back Rev. Sharon Smith from her Sabbatical! Saint Catherine's Anglican Church Sunday, July 21st, 2024, at 10 am. Please bring a plate of savoury sides or sweets to share. Drinks and main dish will be provided.

RSVP: scadmin@shaw.ca by July 16th, 2024



SAINT CATHERINE'S ANGLICAN CHURCH
1058 Ridgewood Dr, North Vancouver, BC, V7R 1H8
T 604.985.0666
| saint-catherines.org

EXTREME HEAT

Some people are more affected by the heat than others. Older adults, infants and young children, those with chronic health conditions, and those taking certain medicines should take extra care.



Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy or Faint
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

Anyone with these signs:

- Move to a cool space.
- Give plenty of water.

Signs of Heat Stroke

- High Body Temperature
- Feel Dizzy or Faint
- Confused
- Less Coordinated
- Very Hot and Red Skin

Anyone with these signs: Call 9-1-1

*This is a medical emergency!
This person needs medical help right away.*



The best ways to prevent illness related to extreme heat:

- ✓ Spend time in a **cool space**.
- ✓ Drink plenty of **water**.



Dress for the heat

- Wear clothing that is loose-fitting, light-colored, and breathable.



Hydrate

- Drink plenty of water.
- Offer water often to those in your care.



Keep the space cool

- Keep the building cool.
- Close blinds to block the sun.
- Open windows at night to let cooler air in.



Check-In

- Notice how you feel.
- Watch for signs of heat illness in those around you.

Plan ahead

- Plan outdoor activities for cooler times of the day so you avoid the heat of the sun.
- Check the latest heat alert information and weather forecast.

Stay informed



Cool Off

- Take breaks from the heat.
- Spend a few hours in a cool place such as a tree-shaded area or an air-conditioned community centre.
- Use water to help cool-off such as wet towels or a cool shower.



Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: fraserhealth.ca/health-topics-a-to-z/sun-safety

APRIL 2021

During the summer months both heat and wildfire smoke can be a health concern. Find out more about air quality: fraserhealth.ca/health-topics-a-to-z/air-quality



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