



Anglican Parish of Central Saanich

St. Mary Church St. Stephen Church

Faith - Family - Friendship



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

Welcome To PARISH OF CENTRAL SAANICH St. Mary Church



JULY 14, 2024 – PENTECOST 8

Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Isaiah 40:31

We acknowledge that we gather to worship on the traditional lands of the WSÁNEĆ and Coast Salish peoples

Continue to monitor our website - ParishCS.ca

**Summer – One Service only at 10:00 a.m.
alternating as below:**

St. Stephen Services:

July 7, July 21, August 4 & August 18

St. Mary Services:

July 14, July 28, August 11 & August 25

Continue to monitor our website - ParishCS.ca

The Ven. Dr. Lon Towstego, Incumbent

The Rt. Rev. Dr. Logan McMenamie, Honorary Assistant

Associated Clergy: The Ven. Bob Baillie
The Rev. Dr. Brett Cane
The Rev. Paul Schumacher,
The Rev. Gil Shoemsmith, deacon

*Please practice Health protocols that make you feel comfortable.
Please be sensitive to the comfort level of others.*

**10:00 a.m. - HOLY EUCHARIST
Book of Alternative Services**

The Ven. Dr. Lon Towstego, Presiding & Preaching

A Warm Welcome to all who worship with us, especially visitors.
With thanks, please mute your cell phones during the service.
The congregation says or sings the items in **bold** typeface.

Prelude – *Carolyne Solberg, Harp*

Welcome and Land Acknowledgement

Processional Hymn: *O Worship the King* (CP #380) Verses. 1, 2, 3 & 6

**O worship the King all glorious above,
and gratefully sing his power and his love:
our shield and defender, the Ancient of Days,
pavilioned in splendour and girded with praise.**

**O tell of his might, O sing of his grace,
whose robe is the light, whose canopy space;
his chariots of wrath the deep thunderclouds form,
and dark is his path on the wings of the storm.**

**The earth, with its store of wonders untold,
Almighty, thy power hath founded of old;
hath established it fast by a changeless decree,
and round it hath cast, like a mantle, the sea.**

**O measureless Might, ineffable Love,
while angels delight to hymn thee above,
the humbler creation, though feeble their lays,
with true adoration shall sing to thy praise!**

The Gathering of the Community

Presider: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all.

All: And also with you.

Presider: Almighty God,

All: to you all hearts are open, all desires known, and from you no secrets are hidden. 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.

Glory to God on High CP (#365)

Glory to God on high,
and peace to all on earth.
We worship you, we give you thanks,
our heavenly King.
We give you praise,
almighty God and Father blessed
in glory bright.

Our Saviour, Jesus Christ,
the Father's only son,
The sacrificial Lamb,
who saves the world from sin,
have mercy Lord.
Beside the Father's hand enthroned,
now hear our prayer.

You only are the Lord.
You only are most high.
You only are the holy one,
Lord Jesus Christ.
And now you reign
with Father and with Spirit one
in glorious light.

Centering Stillness:

Let us hold this moment open to the Spirit of God. (Silence)

The Prayer of the Day: God of the prophets, **whose word cuts through the webs of power and holds the tyrant to account: be with all who raise their voice against oppression and misrule, who are imprisoned and abused for freedom's sake; help us to stand and speak with them and witness to your kingdom now; through Jesus Christ, the name above all others. Amen.**

Prayers for an Inclusive Church (2009)

The Readings

Nichola Wade: A reading from the second Book of Samuel

2 Samuel 6:1-5, 12b-19

David again gathered all the chosen men of Israel, thirty thousand. ² 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. ³ 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 ⁴ with the ark of God; and Ahio went in front of the ark. ⁵ David and all the house of Israel were dancing before

the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

¹² It was told King David, ‘The Lord has blessed the household of Obed-edom and all that belongs to him, because of the ark of God.’ So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; ¹³ and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. ¹⁴ David danced before the Lord with all his might; David was girded with a linen ephod. ¹⁵ So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet.

¹⁶ 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.

¹⁷ 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. ¹⁸ 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, ¹⁹ 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.

Hear what the Spirit of God is saying.

Thanks be to God.

Responsive Psalm 24 BAS – Nichola Wade

1 The earth is the Lord’s and all that is in it, * **the world and all who dwell therein.**

2 For it is he who founded it upon the seas * **and made it firm upon the rivers of the deep.**

3 “Who can ascend the hill of the Lord? * **and who can stand in his holy place?”**

4 “Those who have clean hands and a pure heart, * **who have not pledged themselves to falsehood, nor sworn by what is a fraud.**

5 They shall receive a blessing from the Lord * **and a just reward from the God of their salvation.”**

6 Such is the generation of those who seek him, * **of those who seek your face, O God of Jacob.**

7 Lift up your heads, O gates; lift them high, O everlasting doors; * **and the King of glory shall come in.**

8 “Who is this King of glory?” * **“The Lord, strong and mighty, the Lord, mighty in battle.”**

9 Lift up your heads, O gates; lift them high, O everlasting doors; * **and the King of glory shall come in.**

10 “Who is he, this King of glory?” * **“The Lord of hosts, he is the King of glory.”**

Glory be to the Father and to the Son and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Marcia McMenamie: A reading from St. Paul’s letter to the Ephesians

Ephesians 1:3-14

³ 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, ⁴ just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. ⁵ He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, ⁶ to the praise of his glorious grace that he freely bestowed on us in the Beloved. ⁷ In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace ⁸ that he lavished on us. With all wisdom and insight ⁹ he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, ¹⁰ as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. ¹¹ 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, ¹² so that we, who were the first to set our hope on Christ, might live for the praise of his glory. ¹³ 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; ¹⁴ this is the pledge of our inheritance towards redemption as God’s own people, to the praise of his glory.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *Amazing Grace* (CP #352)

**Amazing grace how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind but now I see.**

**'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed!**

**The Lord has promised good to me,
His word my hope secures
He will my shield and portion be
As long as life endures.**

Ian: God be with you.

People: And also with you.

Ian: The Holy Gospel of our Lord Jesus Christ according
to Mark

People: Glory to you, Lord Jesus Christ.

Mark 6:14-29

¹⁴ 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.'¹⁵ But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.'¹⁶ But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

¹⁷ 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. ¹⁸ For John had been telling Herod, 'It is not lawful for you to have your brother's wife.'¹⁹ And Herodias had a grudge against him, and wanted to kill him. But she could not, ²⁰ 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. ²¹ But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. ²² 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.'²³ And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.'²⁴ She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.'²⁵ 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.'²⁶ The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. ²⁷ Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, ²⁸ brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. ²⁹ When his disciples heard about it, they came and took his body, and laid it in a tomb.

Ian: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Amazing Grace (Con't.)

Through many dangers, toils, and snares
I have already come
This grace that brought me safe thus far
And grace will lead me home.

When we've been there ten thousand years,
bright shining as the sun
we've no less days to sing God's praise
than when we'd first begun.

Praise God, praise God, praise God, praise God
Praise God, praise God, Praise God.
Praise God, praise God, Praise God, praise God,
Praise God, praise God, praise God.

RESPONDING TO THE WORD

Sermon – The Ven. Dr. Lon Towstego

The Apostles' Creed (*said*)

Presider: Let us confess the faith of our baptism, as we say,

All: I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen

Prayers of the People – *Ian Stuart*

The Peace *All stand*

Presider: The peace of the Lord be always with you.

People: And also with you.

The members of the community offer a sign of peace to one another in a manner that feels safe for you.

Please be sensitive to the comfort level of others.

Offertory: *God of Grace and God of Glory* (CP #577)

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.**

**Lo, the hosts of evil round us
scorn your Christ, assail his ways.
Fears and doubts that long have bound us
free our hearts to work and praise.
Grant us wisdom, grant us courage
for the living of these days,
for the living of these days.**

**Cure your children's warring madness;
bend our pride to your control;
shame our wanton, selfish gladness,
rich in goods and poor in soul.
Grant us wisdom, grant us courage
lest we miss your kingdom's goal,
lest we miss your kingdom's goal.**

**Set our feet on lofty places
Gird our lives that they might be
Armoured with all Christ-like graces
In the fight for liberty
Grant us wisdom, grant us courage,
Lest we fail ourselves and thee,
Lest we fail ourselves and thee.**

Prayer over the Gifts: Father, 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. **Amen.**

THE SACRED MEAL IS SHARED

(Eucharist Prayer 2)

Presider: 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: We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things.

By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all.

In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence.

Now with all creation we raise our voices to proclaim the glory of your name. (*singing*)

Sanctus & Benedictus – *music, Land of Rest, American traditional tune*

**Holy, holy, holy Lord,
God of power and might
Heaven and earth are full of your glory
Hosanna in the highest.
Blessed is the one who comes
in the name of the Lord.
Hosanna in the highest; Hosanna in the highest.**

Presider: Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, “Take, and eat: this is my body which is broken for you.” In the same way he took the cup, saying, “This is my blood which is shed for you. When you do this, you do it in memory of me.”

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you.

We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ.

All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

Presider: As our Saviour taught us, let us pray: (*said*)

The Lord’s Prayer:

**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 pow'r and the glory are yours,
Now and for ever. Amen.**

Breaking of the Bread:

Presider: We break this bread to share in the body of Christ.

**All: We, being many, are one body,
For we all share in the one bread.**

Presider: The Gifts of God for the People of God

All: Thanks be to God.

Administration of Holy Communion

(Nichola Wade – second Chalice)

All are welcome to join us at the Lord's Table.

*If you prefer not to receive communion but wish to receive a blessing,
please cross your arms over your chest.*

Gluten-free bread is available upon request.

Instrumental music during Communion – *Carolyne Solberg, Harp*

WE ARE SENT INTO THE WORLD

Prayer after Communion: Living God, 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. **Amen.**

Doxology

Presider: Glory to God

**All: whose love, 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

Sending Song: *Praise My Soul* (CP #381)

**Praise, my soul, the King of heaven;
to his feet your tribute bring;
ransomed, healed, restored, forgiven,
evermore his praises sing.
Alleluia, alleluia!
praise the everlasting King.**

**Praise him for his grace and favour
to our forebears in distress.
praise him, still the same forever,**

**Slow to chide, and swift to bless;
Alleluia, alleluia!
glorious in his faithfulness!**

**Fatherlike he tends and spares us;
well our feeble frame he knows.
in his hand he gently bears us,
rescues us from all our foes.
Alleluia, alleluia!
Widely as his mercy flows!**

**Frail as summer's flower we flourish;
blows the wind, and it is gone;
but, while mortals rise and perish,
God endures unchanging on:
Alleluia, alleluia!
Praise the high eternal One!**

**Angels, help us to adore him;
You behold him face to face.
Sun and moon, bow down before him,
Dwellers all in time and space.
Alleluia, alleluia!
Praise with us the God of grace!**

Dismissal

Leader: Go in peace to love and serve the Lord.

All: **Thanks be to God.**

Postlude

CCLI# 245534

Please join us for coffee and conversation in the parish hall

THE ALTAR FLOWERS are given by Carol and Dennis Watkins, to the Glory of God and in loving memory of their parents and siblings.

A WARM WELCOME to Carolyne Solberg who will be blessing us with her gift of harp music today. It is wonderful to have you with us again, Carolyne!

THE JULY 21st SERVICE will be held outdoors at St. Stephen with the Praise Band. Please bring your own chair or blanket and join us near the St. Francis Pet Memorial Pathway.

READINGS FOR JULY 21, 2024

2 Samuel 7:1-15a; Psalm 89:20-37;

Ephesians 2:11-22; Mark 6:30-34, 53-56

INTERCESSIONS

Anglican Cycle of Prayer: We pray for The Church of Ireland; the Archbishop of Canterbury, Justin; the Anglican Church of Canada – Archbishops Linda, Lynn and Chris and the Anglican Council of Indigenous Peoples.

Diocesan Cycle of Prayer: We pray for Anna, our bishop; for St. Mark, Qualicum Beach; for the people of the Central Saanich United Church.

Regional Cycle of Prayer: We pray for the Parish of Pender and Saturna Islands, The Rev. Blair Haggart and the clergy that are rotating, and the people of the parish and neighbourhood.

Our Parish Clergy: Lon, Logan, Brett, Bob, Paul, Gil and all who minister.

In our Parish: We pray for Melanie Bolster and Rainy Macleod and Ian Macleod and for their families.

For those ill or in need of prayer: Neville & Patricia, Roche, Diana A., Sharon B., Fern & Mark, Don C., Ron H.

For Those with Long-Term Needs: Cheryl, Ted, Jillian S., Paul J., Phil J., Natalie, Jamie, Jane & Paul, Margery

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, Warwick, Sheila, Lynn W., Jim C., David F., Courtney, Dani R. & family, Hayden, Carlos, Bryan, Karen & family, Drew, Sheila P., Amy, Anna

In the greater community: We pray for those impacted or endangered by the toxic drug supply crisis and also for their loved ones who are, or have been, impacted.

CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

His Cell Phone: (250) 208-9949

His email: ltowstego@bc.anglican.ca

Note: Worshippers may be photographed or recorded as part of the service. If this is of concern to you, please talk to the Minister or Wardens.

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