



Anglican Parish of Central Saanich
St. Mary Church St. Stephen Church
Faith - Family - Friendship



**Welcome To
PARISH OF CENTRAL SAANICH
St. Mary Church**



FEBRUARY 16, 2025 – EPIPHANY 6

***To act justly and to love mercy and to walk
humbly with your God.*** Micah 6:8b

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

St. Mary's Service:

Sunday Service: 9:00 a.m.

Wednesday Communion 10:00 a.m.

St. Stephen's Service:

Sunday Service: 11:15 a.m.

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 Shoosmith, deacon

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

HOLY EUCHARIST

Diocese of Islands and Inlets Liturgy (*V. I. Liturgy*)

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 – *Joanne Lambert*

Welcome and Land Acknowledgment

Gathering Hymn: *Praise My Soul, the King of Heaven* (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!

The Gathering of the Community

Lon: 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.**

Lon: In this time and place we gather on the ancestral lands of the W̱SÁNEĆ and Coast Salish Peoples.

All: **From many places and Peoples we come to this house in prayer.**

Ken: In this time and place we are not alone for we meet in the presence of the living God.

All: For we meet in the presence of the living God.

Lon: In this time and place we are not alone for the Risen Jesus stands in our midst.

All: The Risen Jesus stands in our midst.

Ken: In this time and space we are not alone for the wind of the Spirit moves in and through us.

All: The wind of the Spirit moves in and through us.

Lon: In this time and space we are not alone for we gather with the whole company of heaven. In this time and in this space heaven and earth are one.

All: In this time and in this space heaven and earth are one.

Ken: In this time and place together, one People in Jesus Christ.

**All: In the name of God, Creator, Saviour and Holy Spirit.
Amen.**

Act of Praise: *Spirit, Open my Heart*

Chorus:

Spirit, open my heart to the joy and pain of living.

As you love, may I love in receiving and in giving.

Spirit, open my heart.

**God, replace my stony heart
with a heart that's kind and tender.**

**All my coldness and fear
to your grace I now surrender. (*chorus*)**

**Write your love upon my heart
as my law, my goal, my story.
In each thought, word and deed,
may my living bring you glory. (*chorus*)**

**May I weep with those who weep,
share the joy of sister, brother.
In the welcome of Christ,
may we welcome one another. (*chorus*)**

Centering Stillness:

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

The Prayer of the Day: Almighty and everliving God, whose Son Jesus Christ healed the sick and restored them to wholeness of life, look with compassion on the anguish of the world, and by your power make whole all peoples and nations; through Jesus Christ our

**Lord, who lives and reigns with you and the Holy Spirit, one God,
now and for ever. Amen**

The Readings

Don Campbell - A reading from Jeremiah

Jeremiah 17:5-10

⁵ Thus says the LORD:

Cursed are those who trust in mere mortals
and make mere flesh their strength,
whose hearts turn away from the LORD.

⁶ They shall be like a shrub in the desert,
and shall not see when relief comes.

They shall live in the parched places of the wilderness,
in an uninhabited salt land.

⁷ Blessed are those who trust in the LORD,
whose trust is the LORD.

⁸ They shall be like a tree planted by water,
sending out its roots by the stream.

It shall not fear when heat comes,
and its leaves shall stay green;
in the year of drought it is not anxious,
and it does not cease to bear fruit.

⁹ The heart is devious above all else;
it is perverse—
who can understand it?

¹⁰ I the LORD test the mind
and search the heart,
to give to all according to their ways,
according to the fruit of their doings.

Hear what the Spirit of God is saying.

Thanks be to God.

Responsive Psalm 1 BAS – Don Campbell

I Happy are they who have not walked in the counsel of the wicked, *
**nor lingered in the way of sinners, nor sat in the seats of the
scornful!**

2 Their delight is in the law of the Lord, * **and they meditate on his law
day and night.**

3 They are like trees planted by streams of water, bearing fruit in due
season, with leaves that do not wither; * **everything they do shall
prosper.**

4 It is not so with the wicked; * **they are like chaff which the wind blows away.**

5 Therefore the wicked shall not stand upright when judgement comes, * **nor the sinner in the council of the righteous.**

6 For the Lord knows the way of the righteous, * **but the way of the wicked is doomed.**

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.

Lynn Schumacher - A reading from First Corinthians

1 Corinthians 15:12-20

¹² Now if Christ is proclaimed as raised from the dead, how can some of you say there is no resurrection of the dead? ¹³ If there is no resurrection of the dead, then Christ has not been raised; ¹⁴ and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain. ¹⁵ We are even found to be misrepresenting God, because we testified of God that he raised Christ—whom he did not raise if it is true that the dead are not raised. ¹⁶ For if the dead are not raised, then Christ has not been raised. ¹⁷ If Christ has not been raised, your faith is futile and you are still in your sins. ¹⁸ Then those also who have died in Christ have perished. ¹⁹ If for this life only we have hoped in Christ, we are of all people most to be pitied.

²⁰ But in fact Christ has been raised from the dead, the first fruits of those who have died.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *Seek Ye First* (CP #458)

**Seek ye first the Kingdom of God
And His righteousness,
And all these things shall be added unto you,
Allelu, alleluia.**

Alleluia, alleluia, alleluia.

Allelu, alleluia.

Ken: God be with you.

People: And also with you.

Ken: The Holy Gospel of our Lord Jesus Christ according to Luke

People: Glory to you, Lord Jesus Christ.

Luke 6:17-26

¹⁷ He came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. ¹⁸ They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. ¹⁹ And all in the crowd were trying to touch him, for power came out from him and healed all of them.

²⁰ Then he looked up at his disciples and said:

“Blessed are you who are poor,
for yours is the kingdom of God.

²¹ “Blessed are you who are hungry now,
for you will be filled.

“Blessed are you who weep now,
for you will laugh.

²² “Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. ²³ Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.

²⁴ “But woe to you who are rich,
for you have received your consolation.

²⁵ “Woe to you who are full now,
for you will be hungry.

“Woe to you who are laughing now,
for you will mourn and weep.

²⁶ “Woe to you when all speak well of you, for that is what their ancestors did to the false prophets.

Ken: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Gradual: Seek Ye First (Con't)

**Ask, and it shall be given unto you;
Seek and you shall find;
Knock and the door shall be opened unto you
Allelu, alleluia.**

**Alleluia, alleluia, alleluia.
Allelu, alleluia.**

**We do not live by bread alone
But by every word
That proceeds from the mouth of God
Allelu, alleluia**

**Alleluia, alleluia, alleluia.
Allelu, alleluia.**

Sermon – The Ven. Dr. Lon Towstego

Anthem: *Allelu*

The Apostle's Creed:

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.

The Prayers of the People – Ken Pedlow

Confession & Absolution:

Dear friends in Christ, God is steadfast in love and infinite in mercy and welcomes sinners and invites them to the table. Let us confess our sins, confident in God's forgiveness.

Silence is kept.

Presider: Most merciful God,

All: We confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

Presider: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

The Peace

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 Hymn: *The Servant King* – words & music by Graham Kendrick

**From heaven you came helpless babe
Entered our world, your glory veiled
Not to be served but to serve
And give Your life that we might live**

*This is our God, The Servant King
He calls us now to follow Him
To bring our lives as a daily offering
Of worship to The Servant King*

**Come see His hands and His feet
The scars that speak of sacrifice
Hands that flung stars into space
To cruel nails surrendered**

*This is our God, The Servant King
He calls us now to follow Him
To bring our lives as a daily offering
Of worship to The Servant King*

**So let us learn how to serve
And in our lives enthrone Him
Each other's needs to prefer
For it is Christ we're serving**

*This is our God, The Servant King
He calls us now to follow Him
To bring our lives as a daily offering
Of worship to The Servant King*

**We bring our lives to you
A sacrifice for you
In view of love so true
We are changed, renewed**

*This is our God, The Servant King
He calls us now to follow Him
To bring our lives as a daily offering
Of worship to The Servant King*

Prayer over the Gifts: Eternal God, you are the strength of the weak and the comfort of sufferers, receive all we offer you this day; turn our sickness into health and our sorrow into joy. We ask this in the name of Jesus Christ the Lord. **Amen.**

THE SACRED MEAL IS SHARED

(Eucharist Prayer C)

Presider: God is here

People: The Spirit is with us.

Presider: Lift up your hearts and minds.

People: We lift them to God.

Presider: Let us give thanks to God the Creator.

People: It is right to give our thanks and praise.

Presider: It is indeed right that we should praise you, God of love, our source and our fulfillment, for you create all things and in you we live and move and have our being. Your wonder is manifest in land and sea and sky. You made us in your image. And even though we turn from you, again and again you call us to yourself, and in every age, promise liberation.

As a mother gathers her children, you embraced a people as your own, to nurture them in the way of compassionate love. You sent Jesus among us, incarnate of the Holy Spirit and born of Mary. Jesus revealed your love for all Creation, and showed us the way of reconciliation.

Having lived among us - Jesus suffered the cross, Died, And in rising again became the firstborn of the renewed family. And so as we gather around your table, With saints of every age and your beloved creation we raise our voices and sing:

Sanctus & Benedictus (*CP #735*) – *Schubert*

**Holy, holy, holy Lord,
God of power and might
Holy, holy, holy Lord,
God of power and might
heaven and earth are full
full of your glory.
Hosanna in the highest,
Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.
Hosanna in the highest,
Hosanna in the highest.**

Presider: To you be glory, almighty God, because on the night before he died, Jesus took bread, when he had given thanks, he broke it, gave it to his disciples, and said: Take, eat, this is my body which is given for you; do this to remember me. After supper he took the cup; 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, Poured out for you and for many; do this to remember me.

Great is the mystery of faith.

**All: Christ has died,
Christ is risen,
Christ will come again.**

Presider: Recalling Christ's death and resurrection, we ask you to accept this, our sacrifice of praise. Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine that we may be fed with the body and blood of your Son. When all of creation groans, unite us in Christ and give us your hope that we might be strengthened to do your work, as your body in the world. Through Christ our Redeemer, in the power of the Spirit, all praise and glory be yours, Almighty God, now and forever. **Amen.**

The Lord's Prayer *(said)*

**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

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.

Communion: *Lord of All Hopefulness* (CP #506)

**Lord of all hopefulness, Lord of all joy,
whose trust, ever childlike, no cares could destroy:
Be there at our waking, and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.**

**Lord of all eagerness, Lord of all faith,
whose strong hands were skilled at the plane and the lathe,
be there at our labours and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.**

**Lord of all kindness, Lord of all grace,
your hands swift to welcome, your arms to embrace,
be there at our homing, and give us, we pray,
your love in our hearts, Lord, at the eve of the day.**

**Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm:
Be there at our sleeping, and give us, we pray,
your peace in our hearts, Lord, at the end of the day.**

Prayer after Communion: God of tender care, in this eucharist we celebrate your love for us and for all people. May we show your love in our lives and know its fulfilment in your presence. 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: *Guide Me O Thou Great Jehovah* (CP #565)

**Guide me, O Thou great Jehovah,
Pilgrim through this barren land;
I am weak, but Thou art mighty,
Hold me with Thy powerful hand.
Bread of heaven, Bread of heaven,
Feed me till I want no more;
Feed me till I want no more.**

**Open now the crystal fountain,
Whence the healing stream doth flow;
Let the fire and cloudy pillar**

**Lead me all my journey through.
Strong Deliverer, Strong Deliverer,
Be Thou still my Strength and Shield;
Be Thou still my Strength and Shield.**

**When I tread the verge of Jordan,
Bid my anxious fears subside;
Death of death and hell's Destruction,
Land me safe on Canaan's side.
Songs of praises, songs of praises,
I will ever give to Thee;
I will ever give to Thee.**

Dismissal:

Leader: Let us go in peace to love and serve the Lord.

People: **Thanks be to God.**

Postlude

CCLI# 245534

Please join us for coffee and conversation in the parish hall

READINGS – FEBRUARY 23, 2025

Genesis 45:3-11; Psalm 37:1-12, 41-42;

1 Corinthians 15:35-38; Luke 6:27-38

THE ALTAR FLOWERS are given to the Glory of God.

**SPECIAL SERVICE AT ST. STEPHEN ANGLICAN CEMETERY
TODAY AT 1:00 P.M.**

**DEDICATION OF THE WHIMS MEMORIAL
and RECOGNITION OF BLACK HISTORY MONTH**

British Columbia Black Pioneers, who along with many other Blacks searching for a freer life emigrated to Victoria from San Francisco, California in the late 1850's

REMINDER – NEXT SUNDAY – FEBRUARY 23 – There will be one combined service at St. Mary at 10:00 a.m. followed by a light lunch. We will then proceed with our Annual General Meeting at approximately 11:30. Please bring finger foods for sharing.

SHROVE TUESDAY PANCAKE SUPPER – March 4th, serving beginning at 5:00 p.m. until 6:30 p.m. (or until we run out). Suggested Minimum Donation: \$10 per person/\$25 per family. Please register by March 2nd by emailing lpedlow@parishcs.ca or signing the list at either church. We will be purchasing enough supplies for those who indicate the will attend. If for some reason you are unable to attend, please fulfill your commitment by making a donation.

PALM CROSSES – Could you please bring your crosses from last year to church in the next Sunday or two so that we might burn them to use on Ash Wednesday. The Ash Wednesday services will be at 10:00 a.m. at St. Mary and 4:00 p.m. at St. Stephen on March 5th.

THE BLUE BUS has had a number of changes over the past few months. They are still meeting on Tuesdays, but they now meet at Tsawout and young people from any of the 4 communities gather at the same place and same time. We are now only a group of 3 trying to supply snacks for the youth. If anyone is willing to supply fruit, cookies, (no cakes with icing please) please let me know. We really need at least 3 more people, and they do not need to be from the parish, in case you know someone interested in supporting this worthwhile ministry. Contact Lynda Clifford 250 655-6478

ST. MARY’S OUTREACH – In your offering envelope package you will find special monthly outreach envelopes. For those who do not have offering envelopes, you may bring your outreach offering in a plain envelope, marked “Outreach for Month of ____” with your name and address. You may also use the Donate button on our website and choose St. Mary Outreach from the pull-down menu.

Jan.	Rector’s Discretionary Fund
Feb.	Threshold Housing Society

SEMINARIAN SUPPORT FUND –Lon mentioned at the our February 2nd Church Services that it was the anniversary of his ordination as a Curate (?) in our Diocese. In his sermon he recognized those who had been ordained with him and spoke about the joys and challenges of being a seminarian. He mentioned that our parish currently has a seminarian in Gary Moss and encouraged Gary on the second half of his journey. Lon also spoke about creating a fund that could support current and future seminarians with the cost of their educational pursuits, books, etc. While he cautioned that prudent stewardship of our day-to-day operating costs was vital and he didn’t want to impact that giving, he also invited people to donate to a new **Seminarian Support Fund**. You may do so by clearly marking your donation with this name and putting your Envelope number or contact information so that you would receive a tax receipt.

WORLD DAY OF PRAYER 2025 – Please join us for World Day of Prayer, a prayer movement that invites us to enrich our faith experience with the experience of Christians from other countries and cultures and to bring hope to women touched by injustice. The service was written by the World Day of Prayer Committee of Cook Islands. **Friday, March 7th, 2:00 p.m. at St. Andrew’s Anglican Church, Sidney.**

St. Mary's Church Hall, Wednesday, February 26, 2025, at 7:00 p.m.

Slide Show and Dessert Evening with Brett Cane:



"BALTIC CITIES CRUISE"

All are welcome

Please bring a small dessert item



Anglican Parish of Central Spanish

St. Mary Church St. Stephen Church

Worship - Family - Friendship



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Church of Bangladesh. In the Anglican Church of Canada we pray for Archbishop Anne, our Acting Primate. John Stephens, Metropolitan of The Province of B.C and Yukon We also pray for Archbishop Chris and the Anglican Council of Indigenous Peoples.

Diocesan Cycle of Prayer: We pray for Anna, our bishop; for Holy Trinity, Sooke

Regional Cycle of Prayer: We pray for the Parish of St. Mary of the Incarnation, Metchosin. For Rev. Lynn Mills, Priest and the people of the parish and neighbourhood. We also pray for the people of Friendship Community Church.

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

In our Parish: We pray for Lon & Marian Towstego and for Carol & Dennis Watkins and for their families.

For those ill or in need of prayer: Neville & Patricia, Roche, Diana A., Fern & Mark, Lynn S.

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

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, Warwick, Sheila, Lynn W., Jim C., David F., Dani R. & family, Hayden, Carlos, Bryan, Karen & family, Drew, Sheila P., Amy, Anna, Betty O., Betty E., Alysha, Sue P., Mike D., Michelle, Rudi, Bishop Geoff Woodcroft, Cassidy, Carl G., Don C., Melanie

In the greater community: We pray for all victims of sexual misconduct and abuse. May we all be called to create communities where all children of God are safe and respected.

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.

Thank you to all who are assisting today

Music	Joanne Lambert
Readers	Don Campbell, Lynn Schumacher, Ken Pedlow
Liturgical Assistant	Ken Pedlow
2nd Chalice	Brett Cane
Sidesperson	Carl Schwazer
Sound Tech/Bell	Ian & Matty Stuart
Altar Guild	Carol Watkins
Flower Guild	Nancy Choat
Coffee Host	Lon & Marian Towstego

NOTICE OF ANNUAL VESTRY MEETING

Notice is hereby given that the Annual Meeting of the Parish of Central Saanich will be held on Sunday, February 23rd, 2025 at St. Mary's Church, 1973 Cultra Avenue, Saanichton, at approximately 11:45 a.m., for the purpose of:

- Receiving reports & financial statements
- Approving the budgets for 2025
- Appointing and electing officers

The meeting will follow a combined Worship Service at 10:00 a.m. at St. Mary

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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