



Anglican Parish of Central Saanich

St. Mary Church      St. Stephen Church

*Faith - Family - Friendship*



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



**MARCH 23, 2025 – LENT 3**

*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](http://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.*

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## **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.

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Prelude – ***Come As You Are*** – Ben Glover, David Crowder & Matt Maher

© 2014 CCLI# 017790

Welcome

**Gathering Song: *All Who Are Thirsty*** – Brenton Brown and

*Glenn Robertson* © 1998 CCLI# 2489542

**Come, Lord Jesus, come.**

**Come, Lord Jesus, come.**

**All who are thirsty, all who are weak,**

**Come to the fountain; dip your heart in the stream of life.**

**Let the pain and the sorrow be washed away**

**In the waves of His mercy as deep cries out to deep.**

**Holy Spirit, come.**

**Holy Spirit, come.**

**All who are thirsty, all who are weak,**

**Come to the fountain; dip your heart in the stream of life.**

**Let the pain and the sorrow be washed away**

**In the waves of His mercy as deep cries out to deep.**

**Abba, Father, come.**

**Abba, Father, come.**

**All who are thirsty, all who are weak,**

**Come to the fountain; dip your heart in the stream of life.**

**Let the pain and the sorrow be washed away**

**In the waves of His mercy as deep cries out to deep.**

**Come, Lord Jesus, come.**

**Holy Spirit, come.**

**Abba, Father, come.**

### **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.**

**Trisagion - composer unknown, arr. Daisy Essery**

**Holy God, Holy and mighty,  
Holy Immortal One, have mercy on us.  
Holy God, Holy and mighty,  
Holy Immortal One, have mercy on us.  
Holy God, Holy and mighty,  
Holy Immortal One, have mercy on us.**

**Centering Stillness:**

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

**Collect for Ash Wednesday: Almighty and everlasting God, You despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen**

**The Prayer of the Day: Father of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; through Jesus Christ our Lord. Amen.**

**THE STORY OF FAITH IS PROCLAIMED**

**The Readings**

Gary Moss – A Reading from the Book of Isaiah

**Isaiah 55:1-9**

55 Ho, everyone who thirsts,  
come to the waters;  
and you that have no money,  
come, buy and eat!  
Come, buy wine and milk  
without money and without price.

<sup>2</sup> Why do you spend your money for that which is not bread,

and your labour for that which does not satisfy?

Listen carefully to me, and eat what is good,  
and delight yourselves in rich food.

<sup>3</sup> Incline your ear, and come to me;  
listen, so that you may live.

I will make with you an everlasting covenant,  
my steadfast, sure love for David.

<sup>4</sup> See, I made him a witness to the peoples,  
a leader and commander for the peoples.

<sup>5</sup> See, you shall call nations that you do not know,  
and nations that do not know you shall run to you,  
because of the Lord your God, the Holy One of Israel,  
for he has glorified you.

<sup>6</sup> Seek the Lord while he may be found,  
call upon him while he is near;

<sup>7</sup> let the wicked forsake their way,  
and the unrighteous their thoughts;

let them return to the Lord, that he may have mercy on them,  
and to our God, for he will abundantly pardon.

<sup>8</sup> For my thoughts are not your thoughts,  
nor are your ways my ways, says the Lord.

<sup>9</sup> For as the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.

Hear what the Spirit of God is saying.

**Thanks be to God**

**Responsive Psalm 63:1-8 BAS – Gary Moss**

O God, you are my God; eagerly I seek you; \* **my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.**

2 Therefore I have gazed upon you in your holy place, \* **that I might behold your power and your glory.**

3 For your loving-kindness is better than life itself; \* **my lips shall give you praise.**

4 So will I bless you as long as I live \* **and lift up my hands in your name.**

5 My soul is content, as with marrow and fatness, \* **and my mouth praises you with joyful lips,**

6 When I remember you upon my bed, \* **and meditate on you in the night watches.**

7 For you have been my helper, \* **and under the shadow of your wings I will rejoice.**

8 My soul clings to you; \* **your right hand holds me fast.**

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.**

Marian Towstego – A Reading from First Corinthians

### **1 Corinthians 10:1-13**

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, <sup>2</sup> and all were baptized into Moses in the cloud and in the sea, <sup>3</sup> and all ate the same spiritual food, <sup>4</sup> and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. <sup>5</sup> Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

<sup>6</sup> Now these things occurred as examples for us, so that we might not desire evil as they did. <sup>7</sup> Do not become idolaters as some of them did; as it is written, ‘The people sat down to eat and drink, and they rose up to play.’ <sup>8</sup> We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. <sup>9</sup> We must not put Christ to the test, as some of them did, and were destroyed by serpents. <sup>10</sup> And do not complain as some of them did, and were destroyed by the destroyer. <sup>11</sup> These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. <sup>12</sup> So if you think you are standing, watch out that you do not fall. <sup>13</sup> No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Hear what the Spirit of God is saying.

**Thanks be to God**

**Gradual: *Step By Step*** – David (Beaker) Strasser & Rich Mullins

© 1991 CCLI# 696994

**O God, You are my God  
And I will ever praise You.  
O God, You are my God  
And I will ever praise You.**

**I will seek You in the morning,  
And I will learn to walk in Your ways,  
And step by step You'll lead me  
And I will follow You all of my days.**

Maria: God be with you.

**People: And also with you.**

Maria: The Gospel of our Lord Jesus according to Luke

**People: Glory to you, Lord Jesus Christ.**

### **Luke 13:1-9**

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. <sup>2</sup>He asked them, ‘Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? <sup>3</sup>No, I tell you; but unless you repent, you will all perish as they did. <sup>4</sup>Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? <sup>5</sup>No, I tell you; but unless you repent, you will all perish just as they did.’ <sup>6</sup>Then he told this parable: ‘A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. <sup>7</sup>So he said to the gardener, “See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?” <sup>8</sup>He replied, “Sir, let it alone for one more year, until I dig round it and put manure on it. <sup>9</sup>If it bears fruit next year, well and good; but if not, you can cut it down.”’

Maria: The Gospel of Christ

**People: Praise to you, Lord Jesus Christ.**

### ***Step By Step (cont.)***

**O God, You are my God  
And I will ever praise You.  
O God, You are my God  
And I will ever praise You.**

**I will seek You in the morning,  
And I will learn to walk in Your ways,  
And step by step You'll lead me  
And I will follow You all of my days.**

**I will seek You in the morning,  
And I will learn to walk in Your ways,  
And step by step You'll lead me  
And I will follow You all of my days.**

## RESPONDING TO THE WORD

Sermon – The Ven. Dr. Lon Towstego

### 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.**

Prayers of the People – *Maria King*

### 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: *You Are Holy (Prince of Peace)* – Marc Imboden and Tammi Rhoton © 1994 CCLI# 2332149**

Verse – call and response

### **LOW VOICES** (Gary)

**You are holy.**

**You are mighty.**

**You are worthy,**

**Worthy of praise.**

**I will follow.**

**I will listen.**

**I will love You,**

**All of my days.**

### **HIGHER VOICES** (Rachel)

**You are holy.**

**You are mighty.**

**You are worthy.**

**Worthy of praise.**

**I will follow.**

**I will listen.**

**I will love You,**

**All of my days.**

Chorus – parts 1 & 2 sung together

**LOW VOICES** (Gary)

I will sing to  
And worship  
The King who  
Is worthy. And  
I will love and  
Adore Him, and  
I will bow down  
Before Him. And  
I will sing to  
And worship  
The King who  
Is worthy. And  
I will love and  
Adore Him, and  
I will bow down  
Before Him.  
You're my Prince of Peace  
And I will live my life for You.

**HIGHER VOICES** (Rachel)

You are Lord of lords,  
You are King of kings,  
You are mighty God,  
Lord of everything.  
You're Emmanuel,  
You're the Great I Am,  
You're the Prince of Peace  
Who is the Lamb.  
You're the Living God,  
You're my saving grace.  
You will reign forever;  
You are Ancient of Days.  
You are Alpha, Omega,  
Beginning and End.  
You're my Saviour, Messiah,  
Redeemer and Friend.  
You're my Prince of Peace  
And I will live my life for You.

Verse – call and response

**LOW VOICES** (Gary)

You are holy.  
You are mighty.  
You are worthy,  
Worthy of praise.  
I will follow.  
I will listen.  
I will love You,  
All of my days.

**HIGHER VOICES** (Rachel)

You are holy.  
You are mighty.  
You are worthy.  
Worthy of praise.  
I will follow.  
I will listen.  
I will love You,  
All of my days.

Chorus – parts 1 & 2 sung together

**LOW VOICES** (Gary)

I will sing to  
And worship  
The King who  
Is worthy. And  
I will love and  
Adore Him, and  
I will bow down  
Before Him. And

**HIGHER VOICES** (Rachel)

You are Lord of lords,  
You are King of kings,  
You are mighty God,  
Lord of everything.  
You're Emmanuel,  
You're the Great I Am,  
You're the Prince of Peace  
Who is the Lamb.



**I will sing to  
And worship  
The King who  
Is worthy. And  
I will love and  
Adore Him, and  
I will bow down  
Before Him.  
You're my Prince of Peace  
And I will live my life for You.  
You are my Prince of Peace  
And I will live my life for You.**

**You're the Living God,  
You're my saving grace.  
You will reign forever;  
You are Ancient of Days.  
You are Alpha, Omega,  
Beginning and End.  
You're my Saviour, Messiah,  
Redeemer and Friend.  
You're my Prince of Peace  
And I will live my life for You.  
You are my Prince of Peace  
And I will live my life for You.**

*After the offering is placed on the Lord's Table, all sing:*

**Praise God from whom all blessings flow;  
praise him, all creatures here below;  
Praise him above, ye heavenly host;  
praise Father, Son, and Holy Ghost. Amen**

*Jimmy Owens ©1972 Lexicon Music, Inc*

## **THE SACRED MEAL IS SHARED**

### **Eucharistic 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, saying

**Sanctus and 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.  
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: (*sung*)

**Lord's Prayer** - *Jodi Page © 1974 Celebration Services*

**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 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.**

**Agnus Dei** - *Betty Pulkingham* © 1974

**Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, Redeemer of the world, give us Your peace.  
Give us Your peace.  
Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, Redeemer of the world, give us Your peace**

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 Hymn: O You, Yahweh** – *Tim Manion*

© 1976 *New Dawn Music/OCP*

**To You, Yahweh, I lift up my soul, O my God.  
To You, Yahweh, I lift up my soul, O my God.  
Yahweh, show your ways to me.  
Teach me Your paths and  
Keep me in the ways of Your truth,  
For You are the God that saves me.  
To You, Yahweh, I lift up my soul, O my God.  
To You, Yahweh, I lift up my soul, O my God.  
The Lord is so good, so holy.  
Sinners find the way,  
And in all that is right He guides the humble.  
The poor he leads in His pathways.**

**To You, Yahweh, I lift up my soul, O my God.**

**To You, Yahweh, I lift up my soul, O my God.**

**All day long I hope in Your goodness.**

**Remember Your love,**

**The love that You promised long ago.**

**And the kindness that you gave from of old.**

**To You, Yahweh, I lift up my soul, O my God.**

**To You, Yahweh, I lift up my soul, O my God.**

**Prayer after Communion:** God of mercy and forgiveness, may we who share this sacrament live together in unity and peace, in the name of Jesus Christ the Lord. **Amen.**

## **WE ARE SENT INTO THE WORLD**

### **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 Hymn: *All Of Creation* – Barry Graul, et al. 2010 CCLI# 5760756**

**Separated, until the veil was torn,  
The moment that hope was born,  
And guilt was pardoned once and for all.**

**Captivated, but no longer bound by chains,  
Left at an empty grave,  
The sinner and the sacred resolved.**

**And all of creation, sing with me now,  
Lift up your voice and lay your burden down;  
And all of creation, sing with me now,  
Fill up the heavens, let His glory resound.**

**When time has faded,  
And we see Him face to face,  
Every doubt erased,  
Forever we will worship the King.**

**And all of creation, sing with me now,  
Lift up your voice and lay your burden down;  
And all of creation, sing with me now,  
Fill up the heavens, let His glory resound.**

**Oh-oh, oh-oh-oh, oh-oh-oh,  
Oh-oh, oh-oh-oh, oh-oh-oh,  
Oh-oh-oh,  
And the reason we breathe is to sing of His glory;  
And for all He has done, praise the Father,  
Praise the Son, and the Spirit in One.**

**And all of creation, sing with me now,  
Lift up your voice and lay your burden down;  
And all of creation, sing with me now,  
Fill up the heavens, let His glory resound.**

**And all of creation, sing with me now,  
Lift up your voice and lay your burden down;  
And all of creation, sing with me now,  
Fill up the heavens, let His glory resound.**

**And every knee will bow,  
Oh, and every tongue, praise the Father,  
Praise the Son, and the Spirit in One.**

**Dismissal**

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

All: **Thanks be to God.**

Postlude: *Living Hope* – Brian Johnson & Phil Wickham © 2017

CCLI # 7106807

CCLI# 245534

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***Please join us for a potluck lunch in the parish hall***

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**READINGS FOR MARCH 30, 2025**

Joshua 5:9-12; Psalm 32;

2 Corinthians 5:16-21; Luke 15:1-3 & 11b-32

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**MARCH POTLUCK LUNCHEON TODAY** - There will be a potluck lunch in the hall after the 11:15 service. All are welcome. Please bring finger foods to share. Oven warming is possible.

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## **UPDATED CONTACTS FOR ST. STEPHEN**

If you have a Pastoral Concern, please call The Ven. Dr. Lon Towstego at **250-208-9949**

For Building, Site-specific and other matters please call one of the Church Wardens:

**Bob Buchanan, Rector's Warden – 778-440-1701**

**Maria King, People's Warden – 250-889-2802**

Facilities Use/Rentals:

**Lynda Clifford – 250-655-6478** is retaining administrative responsibility for this function as well as Envelope Secretary duties.

For General inquiries leave a message at **250-652-4311**

*We suggest clipping this out and posting it on your refrigerator*

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**ST. STEPHEN OUTREACH** – 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 and, if applicable, your Electronic Collection Plate number.

Feb.	<b>Saanich Peninsula Health &amp; Hospital Foundation</b>
Mar.	<b>Rector's Discretionary Fund</b>

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## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for Iglesia Anglicana de Region Central de America. 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 the Parish of St. Anne & St. Edmund, Parksville and the people of the parish and neighbourhood.

**Regional Cycle of Prayer:** We pray for our Parish of St. Andrew, Sidney, the Rev. Kelly Duncan and those in their 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 Brian Wood and for Don & Susie Wilson and for their families.

**For those ill or in need of prayer:** Neville & Patricia, Roche, Diana A., Fern & Mark, Ian, Dennis

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

**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, Keith & Lillian

**In the greater community:** We pray for the leadership of this Country, both Federally and Provincially at this time of challenge and concern.

We pray for all victims of sexual misconduct and abuse. We are all 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.

**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.*

**St. Mary's Anglican Church**

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**St. Stephen's Anglican Church**

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