



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



Welcome To PARISH OF CENTRAL SAANICH St. Mary Church



JANUARY 23, 2022 – EPIPHANY 3

Join us as we worship the living Christ!

Rejoice in the Lord always; again I will say, Rejoice.
Philippians 4:4

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

Alternating:

Sunday Service	7:45 a.m.
(Book of Common Prayer)	

St. Mary's Service:

Sunday Service:	9:00 a.m.
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St. Stephen's Service:

Sunday Service:	11:15 a.m.
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Continue to monitor our website - ParishCS.ca

The Ven. Dr. Lon Towstego, Incumbent

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

Leslie Flynn, Theological Student Intern

Retired Clergy: The Ven. Bob Baillie; The Rev. Dr. Brett Cane
The Rev. Canon Lorry Harrison, The Rev. Gil Shoesmith, deacon

7:45 a.m. Holy Eucharist at St. Stephen

Book of Common Prayer

The Rev. Dr. Brett Cane, Presiding & Preaching

The service begins on page 67

Today's readings are: Nehemiah 8:1-3, 5-6 & 8-1; Psalm 19;

1 Corinthians 12:12-31a; Luke 4:14-21

The text of the readings may be found in the service outline below

9:00 a.m. HOLY EUCHARIST

Vancouver Island Liturgy

The Ven. Dr. Lon Towstego, Presider

A Warm Welcome to all who worship with us, especially visitors.

The congregation says or sings the items in **bold** typeface.

Prelude

Welcome & Land Acknowledgement

Gathering Song: All Beautiful the March of Days – CP #427

Text: Frances Whitmarsh Wile (1878-1939)

Tune: [FOREST GREEN] English trad.

Harm: Ralph Vaughan Williams (1872-1958)

All beautiful the march of days as seasons come and go;
the hand that shaped the rose hath wrought the crystal of the snow,
hath sent the hoary frost of heaven, the flowing waters sealed,
and laid a silent loveliness on hill and wood and field.

O'er white expanses, sparkling pure, the radiant morns unfold;
the solemn splendours of the night burn brighter through the cold;
life mounts in every throbbing vein, love deepens round the hearth,
and clearer sounds the angel hymn, "Good will and peace on earth."

O thou, from whose unfathomed law the year in beauty flows,
thyself the vision passing by in crystal and in rose;
day unto day doth utter speech, and night to night proclaim
in everchanging words of light the wonder of thy name.

The gathering of the people:

Presider: In this time and place we gather on the ancestral lands of the WSÁNEĆ and Coast Salish peoples.

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

Presider: 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.**

- Presider: 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.**
- Presider: 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.**
- Presider: 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.**
- Presider: In this time and place together, one people in Jesus Christ.
- All:** **In the name of God, Creator, Saviour and Holy Spirit.**
Amen.

Gloria (*Schubert*)

Glory, glory to God in the highest
and peace to his people on earth.

Lord- God- heavenly King; Almighty God and father.
We worship you; we give you thanks.

We praise you for your glory; we praise you for your glory.

Lord, Lord, Jesus Christ, only son of the Father.

Lord, God, Lamb of God, you take away the sin of the world,
Have mercy on us

You are seated at the right hand of the Father

Receive our pray'r; receive our pray'r.

For you alone are the Holy One; you alone are the Lord.

You alone are the most- high Jesus Christ

With the Holy Spirit in the glory of God the Father.

Amen.

Centering Stillness:

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

Prayer of the Day: God of all mercy, your Son proclaimed good news to the poor, release to the captives, and freedom to the oppressed: anoint us with your Holy Spirit, so that all people may be free to praise you in Christ our Lord. **Amen.** *Common Worship: Additional Collects* (2004)

THE STORY OF FAITH IS PROCLAIMED

Nehemiah 8:1-3, 5-6 & 8-10 NRSV – *Lindsay Pedlow*

¹ all the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the LORD had given to Israel. ² Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. ³ He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law.

⁵ And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. ⁶ Then Ezra blessed the LORD, the great God, and all the people answered, “Amen, Amen,” lifting up their hands. Then they bowed their heads and worshiped the LORD with their faces to the ground.

⁸ So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading.

⁹ And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, “This day is holy to the LORD your God; do not mourn or weep.” For all the people wept when they heard the words of the law. ¹⁰ Then he said to them, “Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our LORD; and do not be grieved, for the joy of the LORD is your strength.”

Hear what the Spirit is saying

Thanks be to God.

Psalm 19 BAS – *Lindsay Pedlow*

1 The heavens declare the glory of God, * **and the firmament shows his handiwork.**

2 One day tells its tale to another, * **and one night imparts knowledge to another.**

3 Although they have no words or language, * **and their voices are not heard,**

4 Their sound has gone out into all lands, * **and their message to the ends of the world.**

5 In the deep has he set a pavilion for the sun; * **it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.**

*6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; * nothing is hidden from its burning heat.*

*7 The law of the Lord is perfect and revives the soul; * the testimony of the Lord is sure and gives wisdom to the innocent.*

*8 The statutes of the Lord are just and rejoice the heart; * the commandment of the Lord is clear and gives light to the eyes.*

*9 The fear of the Lord is clean and endures for ever; * the judgements of the Lord are true and righteous altogether.*

*10 More to be desired are they than gold, more than much fine gold, * sweeter far than honey, than honey in the comb.*

*11 By them also is your servant enlightened, * and in keeping them there is great reward.*

*12 Who can tell how often he offends? * cleanse me from my secret faults.*

*13 Above all, keep your servant from presumptuous sins; let them not get dominion over me; * then shall I be whole and sound, and innocent of a great offense.*

*14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, * O Lord, my strength and my redeemer.*

*Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now and will be for ever. Amen.*

1 Corinthians 12:12- 31a NRSV – Lindsay Pedlow

12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.

13 For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

14 Indeed, the body does not consist of one member but of many. 15 If the foot would say, “Because I am not a hand, I do not belong to the body,” that would not make it any less a part of the body. 16 And if the ear would say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body. 17 If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? 18 But as it is, God arranged the members in the body, each one of them, as he chose. 19 If all were a single member, where would the body be? 20 As it is, there are many members, yet one body.

21 The eye cannot say to the hand, “I have no need of you,” nor again the head to the feet, “I have no need of you.” 22 On the contrary, the members of the body that seem to be weaker are indispensable,²³ and

those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect;²⁴ whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member,²⁵ that there may be no dissension within the body, but the members may have the same care for one another.²⁶ If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

²⁷ Now you are the body of Christ and individually members of it.²⁸ And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues.²⁹ Are all apostles? Are all prophets? Are all teachers? Do all work miracles?³⁰ Do all possess gifts of healing? Do all speak in tongues? Do all interpret?³¹ But strive for the greater gifts. And I will show you a still more excellent way.

Hear what the Spirit is saying

Thanks be to God.

Gradual: *Ancient Words*

Words and Music: Lynn Deshazo

**Holy words long preserved for our walk in this world;
They resound with God's own heart,
O, let the ancient words impart;
Words of life, words of hope,
give us strength, help us cope;
In this world where'er we roam,
ancient words will guide us home.**

(chorus)

**Ancient words, ever true,
changing me, changing you;
We have come with open hearts,
O, let the ancient words impart.**

**Holy words of our faith handed down to this age,
came to us through sacrifice;
O, heed the faithful words of Christ;
Holy words long preserved
for our walk in this world;
They resound with God's own heart;
O, let the ancient words impart. (chorus)**

Please stand for the Gospel as you are comfortable

Ken: May God be with you.

People: **And also with you.**

Ken: The Good News of Jesus according to Luke

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

Luke 4:14-21 NRSV

¹⁴ Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. ¹⁵ He began to teach in their synagogues and was praised by everyone.

¹⁶ When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, ¹⁷ and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

¹⁸ “The Spirit of the Lord is upon me,
because he has anointed me

to bring good news to the poor.

He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,

¹⁹ to proclaim the year of the Lord’s favor.”

²⁰ And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. ²¹ Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

Ken: The Gospel of Christ.

All **Praise to you, Lord Jesus Christ.**

Alleluia – Taize Community

Alleluia, Alleluia, Alleluia x4

RESPONDING TO THE WORD

The Sermon – Leslie Flynn

Song: *Imagine* - words and music by Keith and Kristyn Getty 2004

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 – Ken Pedlow

Confession & Absolution

Presider: Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his 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 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 contactless peace to one another.

Offertory Song: *Like the Murmur of the Dove's Song* – CP #635

Text: Carl P. Daw / Music Peter Cutts / ©1982 Hope Publishing

**Like the murmur of the dove's song,
like the challenge of her flight,
like the vigour of the wind's rush,
like the new flame's eager might:
come, Holy Spirit come.**

**To the members of Christ's body,
to the branches of the vine,
to the church in faith assembled,**

to her midst as gift and sign:
come, Holy Spirit come.

With the healing of division,
with the ceaseless voice of prayer,
with the power to love and witness,
with the peace beyond compare:
come, Holy Spirit come.

Prayer over the Gifts: Loving God, before the world began you called us. Make holy all we offer you this day, and strengthen us in that calling. We ask this in the name of Jesus Christ the Lord. **Amen.**

THE SACRED MEAL IS SHARED

(Eucharist Prayer A)

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: Great Creator, with wit and wisdom you formed the universe. In expectation, your Spirit brooded over all: the midwife of transformation.

At your Word, the skies, the seas, the lands and all life came to be.

In you, all created things shared life with one another.

In ceremony and song, dance and art, these relationships were portrayed and honoured by the first peoples of these Islands and Inlets.

The plants, the cedars, the creatures of forest, sea and air revealed your wonder and majesty.

When we turned from you, connections were broken and creation suffered. Still, you continued to bring light from night, freedom from slavery, and life from death. Therefore, together with our ancestors in faith and with your beloved creation we sing:

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.

Presider: We praise you, Source of all, for the living Word: Jesus Born in poverty; a child refugee, a worker with his hands. He gathered disciples and taught and healed the people. He freely shared our sorrow, joy, and pain. In vulnerability, he showed power over sin and triumphed over death.

On the night before Jesus died, he feasted with his companions. He took bread, gave thanks, broke it and gave it to them saying, “Take, eat, this is my body which is given for you, do this to remember me.”

After supper he took the cup and when he had given thanks, he gave it to his companions saying,

“Drink this, all of you; this is the new covenant in my blood, shed for you and the world for the forgiveness of sins. Whenever you drink it, do this to remember me. Entering into the mystery of faith we call:

**All: Come Source of life. Come, transforming Word.
Come, Creator Spirit.**

Presider: With his sacred presence unbounded by space and time, we offer to you this bread and cup. Send your Breath of Life, like wind, blowing where it will, north, east, south and west. May your Spirit brood over these gifts and all who feast at this table offering a foretaste of the eternal feast to come.

May all who share your abundant gifts be incorporated as one body and one holy people, joined in the offering of Jesus’ birth, life, death and resurrection for the reconciliation of all things.

Reveal the unity of your Church and the mystery of our communion with our holy forebears and those yet to be born, that we may be guided in faith and walk gently on the earth.

Glory and honour to you Triune God, dynamic of love, complete and perfect unity, now, and in all ages. **Amen.**

Presider: As our Saviour taught us, let us say:

**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.**

Breaking of the Bread:

Presider: He whose table was open to all is now present in this bread.
He whose word welcomed friend and stranger offers
friendship through this cup.

People: With people everywhere we affirm God's goodness at the heart of humanity, Planted more deeply than all that is wrong . Wild Goose Publishing

Administration of Communion

All are invited to share in the Bread or a Blessing

*Please cross your arms at the rail if you would prefer a blessing only.
At this time, the sacrament will be administered under the form of
Bread only. The Church has always taught that receiving in one kind
(bread or wine) conveys the fulness of Christ's sacramental presence
Gluten Free Wafers are available upon request.*

During Communion: One Bread, One Body, One Lord of All – CP #73
text and music by John B Foley

refrain:

**One bread, one body, one Lord of all.
One cup of blessing which we bless.
And we, though many throughout the earth.
We are one body in this one Lord.**

**Many the gifts.
Many the works.
One in the Lord of all. (refrain)**

WE ARE SENT INTO THE WORLD

Prayer after Communion: Gracious God, our hands have taken holy things; our lives have been nourished by the body of your Son. May we who have eaten at this holy table be strengthened for service in your world. 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 God from whom All Blessings Flow* - CP #666
Text: Thomas Ken (1637-1710)

**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.**

Dismissal

Leader: Go into the world that God so loves.
People: **We go bearing the light of Christ.**

Postlude

CCLI# 245534
One License A-738941

READINGS FOR JANUARY 30, 2022

Jeremiah 1:4-10; Psalm 71:1-6; 1 Corinthians 13:1-13; Luke 4:21-30

SUNDAY, FEBRUARY 27 – There will be a combined service. The format is yet to be determined.

THE ANNUAL GENERAL MEETING is scheduled for Sunday, February 27, 2022 at 1:00 p.m. via Zoom Platform. Please begin preparing your reports for submission to Leslie (stmarys.saanichton@shaw.ca) by January 26th. We will continue with a condensed version of the Annual Report. Reports are expected from:

The Incumbent

The Wardens

Outreach

Cemetery - Report, Financial statements & draft 2022 budget
2021 Church Financial Statements and 2022 draft budgets

MID-WEEK COMMUNION SERVICES

Wednesdays, 10:00 a.m. at St. Mary

7:45 A.M. BOOK OF COMMON PRAYER EUCHARISTS

January 30 at St. Mary

February 13 at St. Mary

February 6 at St. Stephen

February 20 at St. Stephen

**For all services, please remember to dress warmly;
the worship spaces will be well-ventilated and may be chilly**

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Church Hong Kong Sheng Kung Hui; for the Archbishop of Canterbury Justin; the Anglican Church of Canada – Linda, Lynne and Mark.

Diocesan Cycle of Prayer: We pray for Anna, our bishop; Meagan, Matt & Rob and the congregations Village Team Ministry and Lesley and Territory of the People Steering Committee. For Father Rolf and people of the Roman Catholic Saanich Peninsula Parish.

Our Parish Ministers: Lon, Logan, Brett, Bob, Lorry, Gil and Leslie, our VST intern.

In our Parish: We pray for our Parish Leadership Team as they prepare for the Annual General Meeting

For those ill or in need of prayer: Neville W., Alan, Margaret, Sharon B., Mark, Margaret S, Pat S.

For Those with Long-Term Needs: Erica, Cheryl, Sharie, Lise, Ted, Doreen H., Brenda, Louise, Liz, Cathy and John, Ken B., Jillian S.

For friends beyond the parish: Jennifer, Dimas & Violeta, Shelia & Candice, Amanda, Val, Sharon, Donna, Jo-Jo, Virginia, Health Care and Frontline workers, Nicholas, Shelby, Donna & Bob Brandle, Margot & Bruce, Sr. Brenda.

Message conveyed by Brett Cane from Jane Broadbent, wife of Hugh:

I received a Christmas card from Jane Broadbent, wife of Hugh, for whom we were praying and who died a year ago. She sends her appreciation and love to "your church family who were so supportive of us."

UPCOMING BIBLE STUDY OPPORTUNITIES

WOMEN IN THE BIBLE

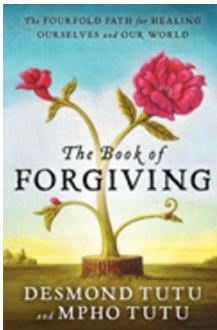
A Bible Study for Women

Thursday, February 3, 10, 17 & 24, 2022 - 2:00-3:30 on Zoom

Women in the bible are often silenced, overlooked or misunderstood. However, when we dive deeper into the biblical text, we learn that many extraordinary women were called to be part of God's story!

All women are invited to join a four-week exploration of women in the Bible, led by women in the parish including Leslie our VST student intern.

No book is required for this study, only your questions and wonderings! Please email Leslie Flynn lflynn@parishcs.ca to sign up and receive the Zoom link.



2022 LENTEN BIBLE STUDY

**Thursdays - March 3, 10, 17, 24
at 10:00 a.m. on Zoom**

Based on "*Understanding Forgiveness*" - a book written by the late Archbishop Desmond Tutu and his daughter the Rev. Mpho Tutu.

The study is based on the book which is required. The link to one source is through Indigo https://www.chapters.indigo.ca/en-ca/books/product/9780062203564-item.html?s_campaign=goos-Shopping_Smart_Books&gclid=EAIIaIQobChMIXNenorqv9QIV-D6tBh1vIQ7GEAYYBCABeLXTvD_BwE&gclsrc=aw.ds

There are numerous other sources including our local Christian Book and Music Store at <https://www.christianbookandmusic.com/>

Please RSVP to ltowstego@bc.anglican.ca to register for the Zoom Invite. If the cost of the book is a barrier for you please be in touch privately and we will get you one.

I suggest that we prepare by reading the Introduction and Part one. I pray that it be a great addition to our Lenten Journey.

Lon+

THANK YOU to everyone for continuing your offerings. Your dedication to your church is heartwarming. If you would like to contribute to the work of our Parish,

- You may place your offering in the collection plate at the back of the church when you attend services.
- You may donate to either congregation on-line by going to the parish website (**ParishCS.ca**) and clicking the “DONATE” tab on the top line. From there, follow the instructions to indicate where your donation should be applied. May be used for Outreach donations as well.
- There are secure mail slots in the office doors at St. Mary and St. Stephen for drop off.
- You may send a cheque (made payable to either St. Mary’s Church or payable to St. Stephen’s Church) and mail it to the respective address on the back of the bulletin.

The Wardens

CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

His Cell Phone: (250) 208-9949

His email: ltowstego@bc.anglican.ca

Office Hours:

Staff may still spend time working from home. Please call your respective office for information or to make an appointment.

St. Mary Church Office:

8:30 am to 12:30 pm on Tuesday to Thursday

St. Stephen Church Office:

9:00 am to 1:00 pm on Monday, Tuesday and Friday

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