



Anglican Parish of Central Saanich

St. Mary Church      St. Stephen Church

*Faith - Family - Friendship*



ANGLICAN DIOCESE  
OF BRITISH COLUMBIA

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



**AUGUST 14, 2022– FEAST OF ST. MARY**

**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*

**St. Mary's Service:**

Sunday Service: 9:00 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**

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

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**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.

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 – *Cathy Quicke*

Welcome & Land Acknowledgement

**Gathering Song: *Tell Out, My Soul* (Cp #362)**

*Text: Luke 1:46-56*

*para. Timothy Dudley-Smith (b. 1936)*

*Music: [WOODLANDS] Walter Groatorex (1877-1949)*

**Tell out, my soul, the greatness of the Lord!  
unnumbered blessings, give my spirit voice;  
Tender to me the promise of his word;  
in God my Saviour shall my heart rejoice.**

**Tell out, my soul, the greatness of his name!  
Make known his might, the deeds his arm has done;  
His mercy sure, from age to age the same;  
His holy name the Lord, the mighty one.**

**Tell out, my soul, the greatness of his might!  
Powers and dominions lay their glory by;  
proud hearts and stubborn wills are put to flight,  
the hungry fed, the humble lifted high.**

**Tell out, my soul, the glories of his word!  
Firm is his promise, and his mercy sure.  
Tell out, my soul, the greatness of the Lord  
to children's children and forever more!**

*The Gathering of the People:*

Lon: 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.**

Lon: 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.**

Lon: 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.**

Lon: In this time and place together, one people in Jesus Christ.

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

### **The Gloria** (*Ashgrove*)

**Sing glory to God in the heights of the heavens  
Salvation and peace to God's people on earth  
Our Sovereign, our Saviour, our God, our Creator  
We worship and praise you and sing of your worth.**

**Creation unites in the power of the Spirit  
In praise of the Father, through Jesus the Son  
So complex, so simple, so clear, so mysterious  
Our God ever three yet eternally one.**

**This Lord Jesus Christ, only Son of the Father  
The lamb who has carried the burden of shame  
Now seated on high in the glory of heaven  
Have mercy upon us who call on your name.**

**For you, only you, we acknowledge as holy  
We name you alone as our Saviour and Lord  
You only, O Christ, with the Spirit exalted,  
Are one with the Father, forever adored.**

**Creation unites in the power of the Spirit  
In praise of the Father, through Jesus the Son  
So complex, so simple, so clear, so mysterious  
Our God ever three yet eternally one.**

### **Centering Stillness:**

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

**The Prayer of the Day: O God, you have taken to yourself the blessed Virgin Mary, mother of your incarnate Son. May we who have been redeemed by his blood, share with her the glory of your eternal kingdom; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.**

## THE STORY OF FAITH IS PROCLAIMED

**Isaiah 7:10-15 NRSV** – *Nancy Choat*

<sup>10</sup> Again the Lord spoke to Ahaz, saying, <sup>11</sup> Ask a sign of the Lord your God; let it be deep as Sheol or high as heaven. <sup>12</sup> But Ahaz said, I will not ask, and I will not put the Lord to the test. <sup>13</sup> Then Isaiah said: “Hear then, O house of David! Is it too little for you to weary mortals, that you weary my God also? <sup>14</sup> Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel. <sup>15</sup> He shall eat curds and honey by the time he knows how to refuse the evil and choose the good.

Hear what the Spirit of God is saying.

**Thanks be to God**

**Responsive Psalm 132:6-10, 13-14 BAS** – *Nancy Choat*

6 “The Ark! We heard it was in Ephratah; **\* we found it in the fields of Jearim.**

7 Let us go to God’s dwelling place; **\* let us fall upon our knees before his footstool.”**

8 Arise, O Lord, into your resting-place, **\* you and the ark of your strength.**

9 Let your priests be clothed with righteousness; **\* let your faithful people sing with joy.**

10 For your servant David’s sake, **\* do not turn away the face of your anointed.**

13 If your children keep my covenant and my testimonies that I shall teach them, **\* their children will sit upon your throne for evermore.”**

14 For the Lord has chosen Zion, **\* he has desired her for his habitation**

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.**

**Galatians 4:4-7 NRSV** – *Ken Pedlow*

<sup>4</sup> But when the fullness of time had come, God sent his Son, born of a woman, born under the law, <sup>5</sup> in order to redeem those who were under the law, so that we might receive adoption as children. <sup>6</sup> And because you are children, God has sent the Spirit of his Son into our hearts, crying, “Abba! Father!” <sup>7</sup> So you are no longer a slave but a child, and if a child then also an heir, through God.

Hear what the Spirit of God is saying.

**Thanks be to God**

**Gradual: Heavenly Message (CP #269)**

*Text: Paul Gibson (b. 1932)*

*Music: [PIED-de-PORT] Basque Trad;*

*Harm Patrick Wedd (1948-2019)*

**Heavenly message, brought by an Angel,  
coming to lift the hopes of the earth;  
bringing to Mary humble and lowly,  
God's invitation to give the Christ birth.**

***Refrain:***

***Mary we hail you, full of gods favour,  
blessed are you, and blessed your son;  
He will be called the child of the highest,  
Savior of all, the holy one.***

**Mary replied to Gabriel's message,  
"I am the servant, maid of the Lord.  
Let it be done just as you have spoken.  
My soul rejoices in God's saving word." (*Refrain*)  
in the beginning, when God had spoken,  
through God's own Word all things came to be;  
Now by that Word, embodied through Mary,  
God's glory blazes, that our eyes may see. (*Refrain*)**

**Ken:** May God be with you.

**People:** And also with you.

**Ken:** The Gospel of our Lord Jesus according to Luke

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

**Luke 1:46-55 NRSV**

<sup>46</sup> And Mary said,

"My soul magnifies the Lord,

<sup>47</sup> and my spirit rejoices in God my Savior,

<sup>48</sup> for he has looked with favor on the lowliness of his servant.

Surely, from now on all generations will call me blessed;

<sup>49</sup> for the Mighty One has done great things for me,  
and holy is his name.

<sup>50</sup> His mercy is for those who fear him  
from generation to generation.

<sup>51</sup> He has shown strength with his arm;  
he has scattered the proud in the thoughts of their hearts.

<sup>52</sup> He has brought down the powerful from their thrones,  
and lifted up the lowly;

<sup>53</sup> he has filled the hungry with good things,  
and sent the rich away empty.

<sup>54</sup> He has helped his servant Israel,  
in remembrance of his mercy,  
<sup>55</sup> according to the promise he made to our ancestors,  
to Abraham and to his descendants forever.”

**Ken:** The Gospel of Christ

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

**Song:** *Told of God's Favour*

*text, Richard Leach music, Russell Schulz Selah Publishing*

Sung by an ensemble with the congregation joining  
in on the following last verse

**Praise to the Spirit, praise to the Most High  
sending the word that Mary was told.  
Praise to Christ Jesus, who was made welcome  
into our world when Mary said "yes".**

### **RESPONDING TO THE WORD**

Sermon – The Ven. Dr. Lon Towstego

**Song:** *By Faith*

*Words & Music: Keith Getty, Kristyn Getty, Stuart Townend  
CCLI # 5469291*

**By faith we see the hand of God  
in the light of creation's grand design,  
in the lives of those who prove His faithfulness,  
who walk by faith and not by sight.**

**By faith our fathers roamed the earth  
with the pow'r of His promise in their hearts  
of a holy city built by God's own hand,  
a place where peace and justice reign.**

**By faith the prophets saw a day  
when the longed for Messiah would appear  
with the pow'r to break the chains of sin and death,  
and rise triumphant from the grave.**

**By faith the church was called to go  
in the pow'r of the Spirit to the lost,  
to deliver captives and to preach good news  
in every corner of the earth.**

**By faith this mountain shall be moved  
and the pow'r of the gospel shall prevail,  
for we know in Christ all things are possible  
for all who call upon His name.**

**Chorus:**

*We will stand as children of the promise;  
We will fix our eyes on Him, our soul's reward.  
Till the race is finished and the work is done,  
we'll walk by faith and not by sight.*

**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:**

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: *For the Bread that You have Broken* (CP #74)**

*Text: Louis Fitzgerald Benson (1855-1930)*

*Tune: Omni Die Dic Maria*

**For the bread which you have broken,  
for the wine which you have poured,  
for the words which you have spoken,  
now we give you thanks, O Lord.**

**By these pledges that you love us,  
by your gift of peace restored,  
by your call to realms above us,  
consecrate our lives, O Lord.**

**In your service, Lord, defend us;  
help us to obey your word;  
in the world to which you send us  
let your kingdom come, O Lord.**

*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.**

*(CP#666) Text: Thomas Ken (1637-1710)*

## **THE SACRED MEAL IS SHARED**

**(Eucharist Prayer B)**

**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:** Holy and eternal One, in whom we live and move and have our being. You are our origin and our fulfillment; we praise and thank you for drawing us to this sacred meal. From the ocean of your primal love, you fashioned the marvel of creation, and beauty of human life. From this land of towering forests and mist laden coastlines, you humble us and affirm the sacred gift of all creation, calling us to care for everything given and received.

**All:** **Glory to you, source of all life**



Presider: From the earliest days the peoples of these islands and inlets learned their dependence on your provision, salmon and deer, song and ceremony, dance and painted cedar, hallowed these sacred relationships with all life.

**All: Glory to you, source of all life**

Presider: In Jesus Christ, you came into our world to reveal your glory, reconcile all peoples to yourself, and make all things new in him. Now, gathered from many places, and joining with the saints of every time and place, we raise our thankful voices in songs of unending praise.

### **Sanctus and Benedictus**

*words, William Kervin and Paul Stott Tune, Kingsfold*

**O Holy, Holy, Holy Lord,  
O God of time and space.  
All earth and sea and sky above  
bear witness to your grace.  
Hosanna in the highest heav'n,  
creation sings your praise.  
And blessed is the one who comes  
and bears your name always.**

Presider: Blessed are you, most holy One: For on the night before he died Jesus took bread, gave you thanks, broke it, gave it to all gathered, and said: "Take, eat, this is my body which is given for you, do this in remembrance of me."  
After supper, he took the cup, gave you thanks, and gave it to them saying: "Drink this, all of you. This is my blood of the new covenant which is given for you, do this in remembrance of me."

**All: "Behold, I am with you to the end of the age".**

Therefore, God of all creation, we lift this Bread of Life, and this Cup of Salvation. Send your Holy Spirit on these gifts, and upon us, that we may know Jesus in the breaking of the bread, and follow him in lives of selfless service and courageous love.

**All: Glory to you, source of all life**

In the fullness of time reconcile all things in Christ, and bring us to that heavenly table, where every tear will be wiped away and we will feast anew. Blessing, praise and thanksgiving be to you, Holy and Eternal One, Undivided Trinity, One God, now and forever.

**All: Amen**

Presider: As our Saviour taught us, let us pray (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 power and the glory are yours,  
now and forever. Amen.**

### **Breaking of the Bread #2**

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.**

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.*

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

#### **Prayer after Communion:**

#### **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: *Canticle of the Turning***

*text, para Rory Cooney / Tune, Star of the County Down Irish Trad.*

**My soul cries out with a joyful shout  
that the God of my heart is great,**

**And my spirit sings of the wondrous things  
that you bring to the ones who wait.**

**You fixed your sight on your servant's plight,  
and my weakness you did not spurn,  
So from east to west shall my name be blest.  
Could the world be about to turn?**

***Refrain:***

***My heart shall sing of the day you bring.***

***Let the fires of your justice burn.***

***Wipe away all tears,***

***For the dawn draws near,***

***And the world is about to turn.***

**Though I am small, my God, my all,  
you work great things in me.**

**And your mercy will last from the depths of the past  
to the end of the age to be.**

**Your very name puts the proud to shame,**

**and to those who would for you yearn,**

**You will show your might, put the strong to flight,  
for the world is about to turn.**

**From the halls of power to the fortress tower,  
not a stone will be left on stone.**

**Let the king beware for your justice tears  
every tyrant from his throne.**

**The hungry poor shall weep no more,  
for the food they can never earn;**

**There are tables spread, ev'ry mouth be fed,  
for the world is about to turn. (*Refrain*)**

**Though the nations rage from age to age,  
we remember who holds us fast:**

**God's mercy must deliver us  
from the conqueror's crushing grasp.**

**This saving word that our forebears heard  
is the promise that holds us bound,**

**'Til the spear and rod can be crushed by God,  
who is turning the world around. (*Refrain*)**

**Dismissal:**

**One:** Go in peace to love and serve the Lord

**People:** Thanks be to God.

CCLI# 245534

One License A-738941

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**THE ALTAR FLOWERS** are given by Heather Geddes  
to the Glory of God and in memory of loved ones.

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**FLOWER CALENDAR** – There are spots available on October 16 and 23. If you would like to donate flowers in celebration or in remembrance, please sign up on the chart on the bulletin board in the narthex.

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**WORSHIP SERVICE ON AUGUST 21, 2022** – There will be a combined Parish service at 10:00 a.m service at St. Stephen.

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**BLESSING OF THE ANIMALS** – also on August 21 at 1:30 p.m. on the grounds at St. Stephen.

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**WE TOGETHER 2022:** Registration is now open for this biennial event. This year **We Together** is Sept. 30-Oct. 1, 2022 and will take place at St Paul Anglican Church in Nanaimo. The theme this year is “here in this place” where we will be exploring questions of what faithfulness looks like in these islands and inlets. To learn more about this event and register, please visit the diocese website at [www.bc.anglican.ca](http://www.bc.anglican.ca), under Events.

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**2023 CANADIAN CHURCH CALENDARS – ORDER DEADLINE EXTENDED.** So that an order might placed for a reasonably accurate number of calendars, please pre-order by emailing Leslie at [lpedlow@parishcs.ca](mailto:lpedlow@parishcs.ca) or by leaving a message at 250-652-1611. The cost will be between \$5 and \$6 each depending on how many we purchase.

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**Please Pre-order Before August 23rd!**

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**READINGS FOR AUGUST 21, 2022**

Jeremiah 1:4-10; Psalm 71:1-6;

Hebrews 12:18-29; Luke 13:10-17

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## **ST. MARY'S MUSIC MINISTRY**

Cathy Quicke, St. Mary's Music Director has asked that a Music Ministry Support Group be established. The representatives (of the congregation) will meet with her periodically. The purpose of these meetings is to give her feedback and offer suggestions about the music offered during the Sunday services.

Since the COVID pandemic over 2 years ago, there has been no regular choir rehearsals. Without the choir, Cathy was feeling she wasn't able to discuss music issues and ideas with anyone. Nancy Choat, and Lynn Fallan have formed (at Cathy's request) the support team and will work together with Cathy. So far, we have met together once, in May. We all felt it was important to notify the members of St Mary's congregation that this is active and we are looking to receive your input.

Should a parishioner want to discuss music, they can contact the committee:

### **Lynn Fallan's contact information:**

email: [lynnfallan@shaw.ca](mailto:lynnfallan@shaw.ca)

Her landline is: 250 652 5555.

### **Nancy Choat's contact information:**

email: [nchoat2@telus.net](mailto:nchoat2@telus.net)

Her landline is: 250 544 2249.

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## **OUTREACH**

**ST. MARY'S 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.

Apr.	<b>Primate's World Relief and Development Fund</b>
May	<b>Saanich Peninsula Lions Food Bank</b>
June	<b>ORCCA Dental Clinic</b>
July	<b>General Outreach</b>
Aug.	<b>Anglican Appeal</b>
Sept.	<b>Saanich Peninsula Hospital &amp; Health Found.</b>

**ST. STEPHEN'S 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.

Apr.	<b>Street Hope</b>
May	<b>South Island Centre for Counseling &amp; Training</b>
June	<b>Youth for Christ Blue Bus Ministry</b>
July	<b>Precious Jewels</b>
Aug.	<b>Victoria Humane Society</b>
Sept.	<b>Children's Charities in Africa</b>

## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for the Extra-Provincial Churches; for the Archbishop of Canterbury Justin; the Anglican Church of Canada – Linda and Lynne. Pray for Bishop Sidney and the Anglican Council of Indigenous Peoples.

**Diocesan Cycle of Prayer:** We pray for Anna, our bishop; Alastair, Stephanie and John and the Parish of St. John the Divine, Victoria, and Lesley and the Diocese of Yukon. For the Roman Catholic Saanich Peninsula Parish.

**Our Parish Ministers:** Lon, Logan, Brett, Bob, and Gil

**In our Parish:** We pray for Melanie Bolster and Pamela and Chris Brambell and their families

**For those ill or in need of prayer:** Neville W., Alan, Margaret P., Sharon B., Derek, Margery, Henry, Mark

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

**For friends beyond the parish:** Jennifer, Shelia & Candice, Amanda, Val, Sharon, Donna, Jo-Jo, Virginia, Health Care and Frontline workers, Nicholas, Shelby, Donna & Bob Brandle, Margot & Bruce, John K., Helen, Jeannie, Kasia and family, Andrew, Bill G & Ann, Dimas, Cheryl Hayward-Brown.

**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:**

#### **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

#### **St. Mary’s Anglican Church**

1973 Cultra Avenue

Saanichton, B.C. V8M 1L7

Office: 250-652-1611

stmarys.saanichton@shaw.ca

#### **St. Stephen’s Anglican Church**

PO Box 162

Saanichton, B.C. V8M 2C3

Office: 250-652-4311

St.Stephens.Church@outlook.com