



Anglican Parish of Central Saanich

St. Mary Church St. Stephen Church

Faith - Family - Friendship



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

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



OCTOBER 2, 2022– ST. FRANCIS OF ASSISI

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.

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

Retired Clergy: The Ven. Bob Baillie, The Rev. Dr. Brett Cane,
The Rev. Canon Richard Stetson,
The Rev. Gil Shoesmith, deacon

Francis of Assisi, Memorial Day October 4

We celebrate Francis of Assisi, the thirteenth-century Italian whose greatest honour was to be known as il Poverello, “the little poor one of Christ.” He grew up in a very wealthy family and seemed to have not a care in the world until he was twenty years old, when a chance encounter with a leper left him appalled by his own uselessness. Soon afterwards he heard Jesus speaking to him from a painting of the crucifixion over the altar of a local church. He threw away his wardrobe and renounced his father’s wealth in order to care for the poor and the crippled.

In 1208 he heard the commission which the risen Lord gave to his apostles, “Go, make all nations my disciples,” and knew that it was also addressed to him. Francis began to train his followers for the task of making Jesus truly known and loved among the ordinary people of Italy.

Out of this movement developed the Order of the Lesser Brethren, commonly called the Franciscans. Francis cared deeply for his new Order, but he also grew restless as it became an established institution of the Church. He distanced himself from its day-to-day life and eventually went his own way as he strove to imitate Christ’s total obedience to God.

Two years before his death he was granted a sign which manifested this desire. One September day in 1224, he had a vision of the Crucified borne on the wings of a seraph. As the vision withdrew, the wounds of Jesus appeared in Francis’s own flesh — the scars like nailwounds on his hands and feet, and in his right side a scar like a spear-wound. These marks, called the stigmata, remained on Francis’s body until his death two years later.

Among other thing Francis was a proponent of Peace and is still associated with peace, justice and reaching out to the poor and otherwise marginalized people of God.

From ConneXion 44

A friendly reminder, **we continue to strongly recommend wearing of masks** for worship and especially while singing from the congregation. This is the most loving act of Christian kindness that we can extend to each other and visitors at this time.

11:15 a.m. HOLY EUCHARIST

Book of Alternative Services

The Ven. Dr. Lon Towstego, Presider & Preacher

Jackie Kolson, Liturgical Assistant

Rachel Moss, Music

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

Welcome & Land Acknowledgement

Gathering Song: *Praise the Lord with the Sound of Trumpet*

– Natalie Sleeth © 1976

**Praise the Lord with the sound of trumpet,
Praise the Lord with the harp and lute,
Praise the Lord with the gentle sounding flute.**

**Praise the Lord in the field and forest,
Praise the Lord in the city square,
Praise the Lord anytime and anywhere.**

**Praise the Lord in the wind and sunshine,
Praise the Lord in the dark of night,
Praise the Lord in the rain or snow
Or in the morning light.**

**Praise the Lord in the deepest valley,
Praise the Lord on the highest hill,
Praise the Lord; never let your voice be still.**

**Praise the Lord with the crashing cymbal,
Praise the Lord with the pipe and string,
Praise the Lord with the joyful songs you sing.**

**Praise the Lord on a weekday morning,
Praise the Lord on a Sunday noon,
Praise the Lord by the light of sun or moon.**

**Praise the Lord in the time of sorrow,
Praise the Lord in the time of joy,
Praise the Lord every moment;
Nothing let your praise destroy.**

**Praise the Lord in the peace and quiet,
Praise the Lord in your work or play,
Praise the Lord everywhere in every way.**

The Gathering of the Community *All stand.*

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

People: **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.**

Gloria – Mass for the King of Glory

Betty Carr Pulkingham © 1973 (arr. for one voice by Daisy Essery)

**Glory to God,
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.
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 prayer.
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.**

Silence

Centering Stillness:

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

The Prayer of the Day: Grant us, **Almighty God, after the example of your holy servant Francis, to do what you would have us do, and always to desire what is pleasing in your sight, that cleansed by your**

love, enlightened by your truth, and kindled with the fire of your Holy Spirit, we may follow in the footsteps of your beloved Son and make our way to you, O God most High; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen *For All the Saints*

THE STORY OF FAITH IS PROCLAIMED

Responsive Psalm 148:7-14 BAS – Sue Smith

1 Hallelujah!

Praise the Lord from the heavens; * **praise him in the heights.**

2 Praise him, all you angels of his; * **praise him, all his host.**

3 Praise him, sun and moon; * **praise him, all you shining stars.**

4 Praise him, heaven of heavens, * **and you waters above the heavens.**

5 Let them praise the name of the Lord; * **for he commanded, and they were created.**

6 He made them stand fast for ever and ever; * **he gave them a law which shall not pass away.**

7 Praise the Lord from the earth, * **you sea-monsters and all deeps;**

8 Fire and hail, snow and fog, * **tempestuous wind, doing his will;**

9 Mountains and all hills, * **fruit trees and all cedars;**

10 Wild beasts and all cattle, * **creeping things and wingèd birds;**

11 Kings of the earth and all peoples, * **princes and all rulers of the world;**

12 Young men and maidens, * **old and young together.**

13 Let them praise the name of the Lord, * **for his name only is exalted, his splendour is over earth and heaven.**

14 He has raised up strength for his people and praise for all his loyal servants, * **the children of Israel, a people who are near him.**
Hallelujah!

Glorify 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 6:14-18 NRSV – Greg Robinson

¹⁴ May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. ¹⁵
For neither circumcision nor uncircumcision is anything, but a new

creation is everything! ¹⁶ As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God.

¹⁷ From now on, let no one make trouble for me, for I carry the marks of Jesus branded on my body.

¹⁸ May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

Hear what the Spirit of God is saying.

Thanks be to God

Gradual: *I Heard the Voice of Jesus Say*

– *Horatius Bonar tune: Kingsfold*

**I heard the voice of Jesus say,
“Come unto Me and rest;
Lay down, thou weary one,
Lay down thy head upon My breast.”
I came to Jesus as I was,
Weary and worn and sad:
I found in Him a resting place,
And He has made me glad.**

**I heard the voice of Jesus say,
“Behold I freely give
The living water; thirsty one,
Stoop down and drink, and live.”
I came to Jesus and I drank
Of that life giving stream:
My thirst was quenched, my soul revived,
And now I live in Him.**

**I heard the voice of Jesus say,
“I am this dark worlds Light;
Look unto Me, thy morn shall rise,
And all thy day be bright.”
I looked to Jesus and I found
In Him my Star, my Sun:
And in that light of life I'll walk
Till travelling days are done.**

Jackie: May God be with you.

People: And also with you.

Jackie: The Gospel of our Lord Jesus Christ according to Matthew

People: Glory to you, Lord Jesus Christ.

Matthew 11:25-30 NRSV

²⁵ At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.

³⁰ For my yoke is easy, and my burden is light.’

Jackie: The Gospel of Christ

People: Praise to you, Lord Jesus Christ.

RESPONDING TO THE WORD

Sermon – The Ven. Dr. Lon Towstego

The Apostles’ Creed (*said*)

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

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

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

Prayers of the People – *Greg Robinson*

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 *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: The Servant Song

— Richard Gillard © 1977 CCLI# 72673

**Brother, let me be your servant,
Let me be as Christ to you;
Pray that I might have the grace to
Let you be my servant, too.**

**We are pilgrims on a journey,
We are brothers on the road;
We are here to help each other
Walk the mile and bear the load.**

**I will hold the Christ-light for you
In the nighttime of your fear;
I will hold my hand out to you,
Speak the peace you long to hear.**

**I will weep when you are weeping,
When you laugh I'll laugh with you;
I will share your joy and sorrow
Till we've seen this journey through.**

**When we sing to God in heaven,
We shall find such harmony;
Born of all we've known together,
Of Christ's love and agony.**

**Sister, let me be your servant,
Let me be as Christ to you;
Pray that I may have the grace to
Let you be my servant, too.**

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

(Eucharist Prayer 3)

Eucharistic Prayer #3

Presider: May 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: Blessed are you, gracious God, creator of heaven and earth;
we give you thanks and praise through Jesus Christ our Lord,
who was tempted in every way, yet did not sin.

By his grace we are able to triumph over every evil, and to
live no longer for ourselves alone, but for him who died for
us and rose again.

Therefore with angels and archangels and all who have
served you in every age, we raise our voices
to proclaim the glory of your name.

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 give thanks to you, Lord our God, for the goodness and
love you have made known to us in creation; in calling Israel
to be your people; in your Word spoken through the
prophets; and above all in the Word made flesh, Jesus your
Son. For in these last days you sent him to be incarnate from
the Virgin Mary, to be the Saviour and Redeemer of the
world. In him, you have delivered us from evil, and made us
worthy to stand before you. In him, you have brought us

out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and 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, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

All: Therefore, Father, according to his command,
we remember his death, we proclaim his resurrection,
we await his coming in glory;

Presider: and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. **Amen.**

Lord's Prayer: *Our Father in Heaven*

Daisy Essery ©2000 CCLI# 3310933

**Our Father in Heaven,
Your name is Holy.
May Your will be done here;
May Your Kingdom come.
You supply all we need.
Lord, forgive our transgressions,
As we forgive others
Who trespass against us.**

**And lead us, dear Father,
Not into temptation;
Deliver us, Lord,
From the evil one's snare.
For Yours is the Kingdom,
And Yours is the power,
And Yours is the glory,
Forever and ever.
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.**

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.*

Music During Communion

WE ARE SENT INTO THE WORLD

Prayer after Communion: God of all goodness, who gave to your servant Francis a will to be the servant of all, grant us in our service of your gospel to hold back nothing of ourselves for ourselves, that Christ may receive the whole of our lives into the habitations of light and glory; through the same Jesus Christ our 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 Hymn: *The Church's One Foundation*

– Dave Bilbrough © 1985 CCLI# 527946

The church's one foundation is Jesus Christ the Lord
And on that revelation each one of us is call'd
To taste His full salvation, to know His life within;
A pure and holy nation to glorify the King.

Hallelujah, how great You are,
Reigning in glory, enthron'd in pow'r;
Bright Morning Star, how great You are;
Reigning in glory, enthron'd in pow'r.

This time of preparation eventually will yield
The fruit of all His labours; His heart will be fulfilled.
From every tribe and nation His people shall be known;
Drawn to be His kingdom, made out of living stones.

Hallelujah, how great You are,
Reigning in glory, enthron'd in pow'r;
Bright Morning Star, how great You are;
Reigning in glory, enthron'd in pow'r.

See Him and be radiant, taste the Lord and know
He wants to take us deeper, for what we are we sow;
With streams of living water He longs to overflow,
That out to all creation His glory He will show.

Hallelujah, how great You are,
Reigning in glory, enthron'd in pow'r;
Bright Morning Star, how great You are;
Reigning in glory, enthron'd in pow'r.

Dismissal

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

All: Thanks be to God.

Postlude: *Dancing On the Waves*

– Andrew Berghold, Ed Cash, Franni Cash, Kyle Briskin,
Martin Cash & Scott Cash © 2019 CCLI# 7135561

Please join us for coffee and conversation in the Church Hall

READINGS FOR OCTOBER 9, 2022

Deuteronomy 26:1-11; Psalm 100;
Philippians 4:4-9; John 6:25-35

DECORATING FOR THANKSGIVING – This year we will be accepting non-perishable groceries for donation to the Saanich Peninsula Lions Food Bank. Please bring your items with you to church on Sunday, October 9th by 11:00 a.m. The donations will be placed at the Altar prior to the start of the service.

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.

June	ORCCA Dental Clinic
July	General Outreach
Aug.	Anglican Appeal
Sept.	Saanich Peninsula Hospital & Health Found.
Oct.	Rector's Discretionary Fund
Nov.	South Island Centre for Counselling & Training
Dec.	General Outreach

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.

June	Youth for Christ Blue Bus Ministry
July	Precious Jewels
Aug.	Victoria Humane Society
Sept.	Children's Charities in Africa
Oct.	General Outreach
Nov.	Christmas Hampers
Dec.	Primate's World Relief and Development Fund

INTERCESSIONS

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

Diocesan Cycle of Prayer: We pray for Anna, our bishop; Clara, Lynn and St. Paul, Nanaimo; David and the Diocese of Caledonia; Friendship Community Church.

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

In our Parish: We pray for Christa Cowie, David Cooper and for their families.

For those ill or in need of prayer: Neville W., Alan, Margaret P., Derek and Betty, Margery, Diana

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

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, Gil & Cheryl's son-in-law, Matt, Leatrice.

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

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