



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



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



JANUARY 28, 2024 – EPIPHANY 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. (Sept. to May)

St. Stephen's Service:

Sunday Service: 11:15 a.m.

Continue to monitor our website - ParishCS.ca

The Ven. Dr. Lon Towstego, Incumbent

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

Associated Clergy:

The Ven. Bob Baillie,
The Rev. Dr. Brett Cane,
The Rev. Paul Schumacher,
The Rev. Canon Richard Stetson,
The Rev. Gil Shoesmith, deacon

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

MORNING PRAYER
Book of Alternative Services

Ian Stuart, Presiding

A Warm Welcome to all who worship with us, especially visitors.
With thanks, please mute your cell phones during the service.
The congregation says or sings the items in **bold** typeface.

Prelude – *Joanne Lambert*

Welcome and Land Acknowledgement

Gathering Song: *Sing a New Song* (CP #312)

Refrain:

***Sing a new song unto the Lord
let your song be sung from mountains high.
Sing a new song unto the Lord,
singing alleluia.***

Yahweh's people dance for joy.

O come before the Lord.

**And play for him on glad tambourines,
and let your trumpet sound. (*Refrain*)**

**Rise, O children, from your sleep
your Savior now has come.**

**He has turned your sorrow to joy,
and filled your soul with song. (*Refrain*)**

**Glad my soul for I have seen
the glory of the Lord.**

The trumpet sounds the dead shall be raised.

I know my Savior lives. (*Refrain*)

Presider: Lord, open our lips,

People: And our mouth shall proclaim your praise.

Presider: O God, make speed to save us.

People: O Lord, make haste to help us.

All: 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. Alleluia!

Jubilate (*said together*)

Psalm 100

**Be joyful in the Lord, all you lands; *
serve the Lord with gladness
and come before his presence with a song.
Know this: The Lord himself is God; *
he himself has made us, and we are his;
we are his people and the sheep of his pasture.
Enter his gates with thanksgiving;
go into his courts with praise; *
give thanks to him and call upon his name.
For the Lord is good;
his mercy is everlasting; *
and his faithfulness endures from age to age.**

THE PROCLAMATION OF THE WORD

First Reading – Deuteronomy 18:15-20 – Irene Feir

¹⁵ The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet ¹⁶ This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: ‘If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.’ ¹⁷ Then the Lord replied to me: ‘They are right in what they have said. ¹⁸ I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. ¹⁹ Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. ²⁰ But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.’

Hear what the Spirit of God is saying.

Thanks be to God

Responsive Psalm 111 BAS – Irene Feir

¹ Hallelujah! I will give thanks to the Lord with my whole heart, *
in the assembly of the upright, in the congregation.

² Great are the deeds of the Lord! * **they are studied by all who
delight in them.**

³ His work is full of majesty and splendour, * **and his righteousness endures for ever.**

⁴ He makes his marvellous works to be remembered; * **the Lord is gracious and full of compassion.**

⁵ He gives food to those who fear him; * **he is ever mindful of his covenant.**

⁶ He has shown his people the power of his works * **in giving them the lands of the nations.**

⁷ The works of his hands are faithfulness and justice; * **all his commandments are sure.**

⁸ They stand fast for ever and ever, * **because they are done in truth and equity.**

⁹ He sent redemption to his people; he commanded his covenant for ever; * **holy and awesome is his name.**

¹⁰ The fear of the Lord is the beginning of wisdom; * **those who act accordingly have a good understanding; his praise endures for ever.**

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.

Second Reading – 1 Corinthians 8:1-13 – Ken Pedlow

Now concerning food sacrificed to idols: we know that ‘all of us possess knowledge.’ Knowledge puffs up, but love builds up. ² Anyone who claims to know something does not yet have the necessary knowledge; ³ but anyone who loves God is known by him.

⁴ Hence, as to the eating of food offered to idols, we know that ‘no idol in the world really exists’, and that ‘there is no God but one.’ ⁵ Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—⁶ yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

⁷ It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience,

being weak, is defiled. ⁸ ‘Food will not bring us close to God.’ ¹We are no worse off if we do not eat, and no better off if we do. ⁹ But take care that this liberty of yours does not somehow become a stumbling-block to the weak. ¹⁰ For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? ¹¹ So by your knowledge those weak believers for whom Christ died are destroyed. ¹² But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³ Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Hear what the Spirit of God is saying.

Thanks be to God

Gradual: *How Sweet the Name of Jesus Sounds* (CP #620)

**How sweet the name of Jesus sounds
in a believer's ear!**

**It soothes our sorrows, heals our wounds,
and drives away our fear.**

**It makes the wounded spirit whole
and calms the troubled breast;
'tis manna to the hungry soul,
and to the weary, rest.**

**Dear name! The rock on which I build,
my shield and hiding place,
my never-failing treasury, filled
with boundless stores of grace.**

Lynn: The Holy Gospel of our Lord Jesus Christ according to
Mark

All: Glory to you, Lord Jesus Christ

Mark 1:21-28

¹ They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²² They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³ Just then there was in their synagogue a man with an unclean spirit, ²⁴ and he cried out, ‘What have you to do with us,

Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.’ ²⁵ But Jesus rebuked him, saying, ‘Be silent, and come out of him!’ ²⁶ And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. ²⁷ They were all amazed, and they kept on asking one another, ‘What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.’ ²⁸ At once his fame began to spread throughout the surrounding region of Galilee.

The Gospel of Christ.

Praise to you, Lord Jesus Christ

How Sweet the Name of Jesus Sounds (con’t)

**Jesus, my shepherd, brother, friend,
my prophet, priest, and king,
my Lord, my life, my way, my end,
accept the praise I bring.**

**Weak is the effort of my heart,
and cold my warmest thought;
but when I see thee as you are,
I’ll praise thee as I ought.**

The Reflection – Ian Stuart

AFFIRMATION OF FAITH

Hear, O Israel

**Hear, O Israel,
the Lord our God, the Lord is one.**

**Love the Lord your God
with all your heart,
with all your soul,
with all your mind,
and with all your strength.**

This is the first and the great commandment.

The second is like it:

Love your neighbour as yourself.

There is no commandment greater than these.

INTERCESSIONS AND THANKSGIVINGS

Prayers of the People – Lynn Schumacher

Lynn: (Let us pray to the Lord, saying, “Lord, have mercy.”)
Let us ask the Lord for a day of fulfilment and peace.

All: Lord, have mercy.

Lynn: Let us pray for the Anglican Church of Southern Africa; the Anglican Church of Canada – Archbishops Linda, Lynn and Chris.

Let us pray for Anna, our Bishop; for the Church of the Advent, Colwood, for the Parish of Holy Trinity, North Saanich and the people of the Saanich Peninsula Catholic Parish.

All: Lord, have mercy.

Lynn: We pray for our Parish Ministers – Lon, Logan, Brett, Bob, Paul, Richard and Gil.

All: Lord, have mercy.

Lynn: Let us ask the Lord to teach us to love others as he has loved us.

All: Lord, have mercy.

Lynn: Let us ask the Lord for peace and justice in the world.

All: Lord, have mercy.

Lynn: Let us ask the Lord to strengthen and relieve those who are in Need, especially those listed in the bulletin. If there are others who are on your heart, please name them now, either silently or aloud.

All: Lord, have mercy.

Lynn: Let us ask the Lord to renew the Church through the power of his life-giving Spirit.

All: Lord, have mercy.

Offertory Song: *Sister Let me be Your Servant* (CP #500)

**Sister 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 the journey
We are travellers 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.**

**Brother, 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 to.**

Prayer over the Gifts: Holy and mighty God, we give you thanks for the triumph of Christ in the lives of all his saints. Receive all we offer you this day, and help us, like them, to run our course with faith, that we may come to your eternal kingdom. We ask this in the name of Jesus Christ our Lord. **Amen.**

The Prayer of the Day: God our creator, who in the beginning commanded the light to shine out of the darkness: we pray that the light of the glorious gospel of Christ may shine into the hearts of all your people, and reveal the knowledge of your glory in the face of Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**
Common Worship (2000) alt.

The Lord's Prayer (*said*)

Presider: Gathering our prayers and praises into one, let us pray
as our Saviour taught us.

**All: 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.**

Doxology

Presider: Glory to God

**All: whose love, working in us, can do infinitely more
than we can ask or imagine. Glory to God from
generation to generation, in the Church and in
Christ Jesus, for ever and ever, Amen.**

Blessing

Sending Song: *Guide Me O Thou Great Jehovah* (CP #565)

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

**Open now the crystal fountain,
Whence the healing stream doth flow;
Let the fire and cloudy pillar
Lead me all my journey through.
Strong Deliverer, Strong Deliverer,
Be Thou still my Strength and Shield;
Be Thou still my Strength and Shield.**

**When I tread the verge of Jordan,
Bid my anxious fears subside;
Death of death and hell's Destruction,**

**Land me safe on Canaan's side.
Songs of praises, songs of praises,
I will ever give to Thee;
I will ever give to Thee.**

Dismissal:

Lynn: Let us go in peace to love and serve God.

All: **Thanks be to God. Alleluia!**

CCLI# 245534

Please join us for coffee & conversation in the Parish Hall

READINGS FOR FEBRUARY 4, 2024

Isaiah 40:21-31; Psalm 147:1-12, 21c;

1 Corinthians 9:16-23; Mark 1:29-39

THE ALTAR FLOWERS are given by Judi Clark to the Glory of God and in loving memory of her husband, John.

TODAY – St. Stephen will have a potluck lunch in the hall after the 11:15 a.m. service. All are welcome. Please only bring finger foods to share. Oven warming is possible.

PALM CROSSES – Could you please bring your crosses from last year to church so that we might burn them to use on Ash Wednesday. The Ash Wednesday services will be at 10:00 a.m. at St. Mary and 7:00 p.m. at St. Stephen on February 14th.

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

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

SHROVE TUESDAY PANCAKE SUPPER

February 13, 2024

**Cooper Hall at St. Mary Church
Corner of Cultra Ave & East Saanich Rd.**



Suggested Minimum Donation:

\$10 per person/\$25 per family

Supper served continuously.

from 5:00pm – 6:30pm (or until we run out!)

- Pancakes w/ syrup or molasses
- dairy free pancakes available by request
- pork sausages
- coffee, tea, juice

Please Register by February 5 by emailing lpedlow@parishcs.ca

or signing the list at each parish church St. Stephen/St. Mary

We will be purchasing enough supplies for those who indicate they will attend.

If for some reason you are unable to attend, please fulfill your commitment by making a donation.



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



CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

His Cell Phone: (250) 208-9949

His email: ltowstego@bc.anglican.ca

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Anglican Church of Southern Africa; the Anglican Church of Canada – Archbishops Linda, Lynn and Chris and the Anglican Council of Indigenous Peoples.

Diocesan Cycle of Prayer: We pray for Anna, our bishop; for Church of the Advent, Colwood. For the people of the Saanich Peninsula Catholic Parish.

Regional Cycle of Prayer: We pray for the **Parish of Holy Trinity, North Sanich**; for the Rev. Denise Doerksen and the people of the parish and neighbourhood.

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

In our Parish: We pray for Nancy Choat and for Margaret Pollard and for their families.

For those ill or in need of prayer: Neville & Patricia W.

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

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, Warwick, Sheila, Lynn W., Jim C., David F., Courtney, Dani R. & family, Hayden, Carlos, Mario, Derek and Betty

In the greater community: 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. We pray for Chief Coroner Lisa Lapointe as she transitions into retirement.

Note: Worshipers 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
1973 Cultra Avenue
Saanichton, B.C. V8M 1L7
Office: 250-652-1611
stmarys.saanichton@shaw.ca

St. Stephen's Anglican Church
7921 St. Stephens Road
Saanichton, B.C. V8M 1S2
Office: 250-652-4311
St.Stephens.Church@outlook.com