



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



**Welcome To
PARISH OF CENTRAL SAANICH
St. Stephen 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

Ken Pedlow, 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: ***His Love*** – David Ruis © 1992 CCLI# 915163

Welcome and Land Acknowledgement

Gathering Song: *Above All* – Lenny LeBlanc and Paul Baloche
© 1995 CCLI# 2672885

**Above all powers, above all kings,
Above all nature and all created sings;
Above all wisdom and all the ways of man,
You were here before the world began.**

**Above all kingdoms, above all thrones,
Above all wonders the world has ever known;
Above all wealth and treasures of the earth,
There's no way to measure what You're worth.**

**Crucified, laid behind the stone;
You lived to die, rejected and alone;
Like a rose, trampled on the ground
You took the fall and thought of me
Above all.**

**Above all powers, above all kings,
Above all nature and all created sings;
Above all wisdom and all the ways of man,
You were here before the world began.**

**Above all kingdoms, above all thrones,
Above all wonders the world has ever known;
Above all wealth and treasures of the earth,
There's no way to measure what You're worth.**

**Crucified, laid behind the stone;
You lived to die, rejected and alone;
Like a rose, trampled on the ground**

**You took the fall and thought of me
Above all.**

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: *I Will Enter His Gates* – Leona von Brethorst ©1976

CCLI# 1493

**I will enter His gates with thanksgiving in my heart,
I will enter His courts with praise,
I will say this is the day that the Lord has made,
I will rejoice for He has made me glad.**

**He has made me glad, He has made me glad,
I will rejoice for He has made me glad.
He has made me glad, He has made me glad,
I will rejoice for He has made me glad.**

**I will enter His gates with thanksgiving in my heart,
I will enter His courts with praise,
I will say this is the day that the Lord has made,
I will rejoice for He has made me glad.**

**He has made me glad, He has made me glad,
I will rejoice for He has made me glad.
He has made me glad, He has made me glad,
I will rejoice for He has made me glad.**

THE PROCLAMATION OF THE WORD

First Reading – Deuteronomy 18:15-20 – Sandra Scarth

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 – Sandra Scarth

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 – Deb Butler

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.’ ⁹ We 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: *They'll Know We Are Christians*

— Peter Scholtes (c) 1966 CCLI# 26997

**We are one in the Spirit,
We are one in the Lord;
We are one in the Spirit,
We are one in the Lord.
And we pray that all unity
May one day be restored,**

**And they'll know we are Christians
By our love, by our love,
Yes they'll know we are Christians
By our love.**

**We will walk with each other,
We will walk hand in hand;
We will walk with each other,
We will walk hand in hand.
And together we'll spread the news
That God is in our land.**

**And they'll know we are Christians
By our love, by our love,
Yes they'll know we are Christians
By our love.**

Maria: God be with you.

People: And also with you.

Maria: The Gospel of our Lord Jesus Christ according to Mark

People: 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.

Maria: The Gospel of Christ

People: Praise to you, Lord Jesus Christ.

They'll Know We Are Christians (con't)

**We will work with each other,
We will work side by side;
We will work with each other,
We will work side by side.
And we'll guard each man's dignity
And save each man's pride.**

**And they'll know we are Christians
By our love, by our love,
Yes they'll know we are Christians
By our love.**

**All praise to the Father,
From whom all things come;
And all praise to Christ Jesus,
His only Son;
And all praise to the Spirit,
Who makes us one.**

**And they'll know we are Christians
By our love, by our love,
Yes they'll know we are Christians
By our love.**

The Reflection – Ken Pedlow

AFFIRMATION OF FAITH

Hear O Israel: *Love the Lord Your God*

– Graeme Stewart © 1974 Graeme Stewart

**Love the Lord your God
With all your heart and all your soul
And all your mind and
Love all of mankind
As you would love yourself, and
Love
The Lord your God
With all your heart,
And all your soul and mind and love all mankind.**

**We've got Christian lives to live,
We've got Jesus' love to give,
We've got nothing to hide,
Because in Him we abide**

**Love the Lord your God
With all your heart and all your soul
And all your mind and
Love all of mankind
As you would love yourself, and**

**Love
The Lord your God
With all your heart,
And all your soul and mind and love all mankind.**

**We've got Christian lives to live,
We've got Jesus' love to give,
We've got nothing to hide,
Because in Him we abide
Love!**

INTERCESSIONS AND THANKSGIVINGS

Prayers of the People – Maria King

Maria: *(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.

Maria: 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.

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

All: Lord, have mercy.

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

All: Lord, have mercy.

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

All: Lord, have mercy.

Maria: 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.

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

All: Lord, have mercy.

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 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.

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.**

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: *You Raise Me Up*

- Brendan Graham and Rolf Lovland © 2002 CCLI# 4434612

**When I am down and oh, my soul, so weary;
When troubles come and my heart burdened be;**

**Then I am still and wait here in the silence,
Until you come and sit a while with me.**

**You raise me up so I can stand on mountains;
You raise me up to walk on stormy seas.
I am strong when I am on your shoulders.
You raise me up to more than I can be.**

**There is no life, no life without its hunger.
Each restless heart beats so imperfectly.
But when you come and I am filled with wonder,
Sometimes I think I glimpse eternity.**

**You raise me up so I can stand on mountains;
You raise me up to walk on stormy seas.
I am strong when I am on your shoulders.
You raise me up to more than I can be.**

**You raise me up so I can stand on mountains;
You raise me up to walk on stormy seas.
I am strong when I am on your shoulders.
You raise me up to more than I can be.
You raise me up - - - to more - than I - - can be.**

Dismissal:

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

All: Thanks be to God. Alleluia!

Postlude: ***God So Loved*** - Ed Cash, Franni Cash, Martin Cash,
Scott Cash & Andrew Berghold © 2019 CCLI# 7138599

CCLI# 245534

Please join us for lunch and 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

SHROVE TUESDAY PANCAKE SUPPER – February 13th, serving beginning at 5:00 p.m. until 6:30 p.m. (or until we run out). Suggested Minimum Donation: \$10 per person/\$25 per family. Please register by February 5th by emailing lpedlow@parishcs.ca or signing the list at each parish. We will be purchasing enough supplies for those who indicate the will attend. If for some reason you are unable to attend, please fulfill your commitment by making a donation.

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 Saanich**; 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

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.

CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego
His Cell Phone: (250) 208-9949
His email: ltowstego@bc.anglican.ca

***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.*

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