



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



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



MAY 25, 2025 – EASTER 6

***To act justly and to love mercy and to walk
humbly with your God.*** Micah 6:8b

*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

Associated Clergy: The Ven. Bob Baillie,
The Rev. Dr. Brett Cane,
The Rev. Paul Schumacher,
The Rev. Gil Shoesmith, deacon

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

HOLY EUCHARIST

Diocese of Islands and Inlets Liturgy (V. I. Liturgy)

The Ven. Dr. Lon Towstego, Presiding & Preaching

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 – *Carolyn Solberg*

Welcome & Land Acknowledgement

Gathering Song: *Wind Upon the Waters* (CP #408)

**Wind upon the waters, voice upon the deep,
rouse your sons and daughters, wake us from our sleep,
breathing life into all flesh, breathing love into all hearts,
living wind upon the waters of my soul.**

**Showers from the heavens, water from the earth,
gift so wholly given, source of every birth,
joy of every living thing, making all creation sing,
shower down upon the dry earth of my soul.**

**Rock and hill and garden, wood and desert sand,
prairie, field, and meadow shaped by Love's own hand,
Love that fills the world around, springing up from barren
ground,
grow your love within the garden of my soul.**

**Blazing light of wonder, flame that pierces night,
burst the dark asunder, fill our souls with light.
Lord of glory, fill the skies, make an end to hatred's cries,
be the blazing sun of justice in our lives.**

**Wind upon the waters, rains upon the sand,
grace your sons and daughters, new-born by your hand.
Come, O Spirit, and renew all the life that comes from you,
send your winds upon the waters of my soul.**

The Gathering of the Community

Presider Alleluia! Christ is risen.

People The Lord is risen indeed. Alleluia!

Presider May his grace and peace be with you.

People May he fill our hearts with joy.

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.

Lon: In this time and place we gather on the ancestral lands of the
W̱SÁNEĆ and Coast Salish Peoples.

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

Gil: 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.**

Gil: 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.**

Gil: In this time and place together, one People in Jesus Christ.

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

Act of Praise:

Spirit, Open my Heart

Chorus:

Spirit, open my heart to the joy and pain of living.

As you love, may I love in receiving and in giving.

Spirit, open my heart.

**God, replace my stony heart
with a heart that's kind and tender.**

**All my coldness and fear
to your grace I now surrender. (*chorus*)**

**Write your love upon my heart
as my law, my goal, my story.
In each thought, word and deed,
may my living bring you glory. (*chorus*)**

**May I weep with those who weep,
share the joy of sister, brother.
In the welcome of Christ,
may we welcome one another. (*chorus*)**

Centering Stillness:

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

The Prayer of the Day: Holy One, you breathe the word of love and the promise of new creation into the secret places of our lives. Teach us the costly way of fearless love and priceless peace; through Jesus Christ, who dwells in us. Amen.

Prayers for an Inclusive Church (2009) alt.

The Readings

Don Campbell - A reading from Deuteronomy

Deuteronomy 34:1-12

Then Moses went up from the plains of Moab to Mount Nebo, to the top of Pisgah, which is opposite Jericho, and the LORD showed him the whole land: Gilead as far as Dan, ² all Naphtali, the land of Ephraim and Manasseh, all the land of Judah as far as the Western Sea, ³ the Negeb, and the Plain—that is, the valley of Jericho, the city of palm trees—as far as Zoar. ⁴ The LORD said to him, ‘This is the land of which I swore to Abraham, to Isaac, and to Jacob, saying, “I will give it to your descendants”; I have let you see it with your eyes, but you shall not cross over there.’ ⁵ Then Moses, the servant of the LORD, died there in the land of Moab, at the LORD’s command. ⁶ He was buried in a valley in the land of Moab, opposite Beth-peor, but no one knows his burial place to this day. ⁷ Moses was one hundred and twenty years old when he died; his sight was unimpaired and his vigour had not abated. ⁸ The Israelites wept for Moses in the plains of Moab for thirty days; then the period of mourning for Moses was ended.

⁹ Joshua son of Nun was full of the spirit of wisdom, because Moses had laid his hands on him; and the Israelites obeyed him, doing as the LORD had commanded Moses.

¹⁰ Never since has there arisen a prophet in Israel like Moses, whom the LORD knew face to face. ¹¹ He was unequalled for all the signs and wonders that the LORD sent him to perform in the land of Egypt, against Pharaoh and all his servants and his entire land, ¹² and for all the mighty deeds and all the terrifying displays of power that Moses performed in the sight of all Israel.

Hear what the Spirit of God is saying.

Thanks be to God.

Responsive Psalm 109:21-31 – Don Campbell

21 For I am poor and needy, * **and my heart is wounded within me.**

22 I have faded away like a shadow when it lengthens; * **I am shaken off like a locust.**

23 My knees are weak through fasting, * **and my flesh is wasted and gaunt.**

24 I have become a reproach to them; * **they see and shake their heads.**

25 Help me, O Lord my God; * **save me for your mercy's sake.**

26 Let them know that this is your hand, * **that you, O Lord, have done it.**

27 They may curse, but you will bless; * **let those who rise up against me be put to shame, and your servant will rejoice.**

28 Let my accusers be clothed with disgrace * **and wrap themselves in their shame as in a cloak.**

29 I will give great thanks to the Lord with my mouth; * **in the midst of the multitude will I praise him;**

30 Because he stands at the right hand of the needy, * **to save his life from those who would condemn him.**

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.

Nancy Choat - A reading from the Book of Revelation

Revelation 21:10 & 21:22 to 22:5

¹⁰ And in the spirit he carried me away to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God.

²² I saw no temple in the city, for its temple is the Lord God the Almighty and the Lamb. ²³ And the city has no need of sun or moon to shine on it, for the glory of God is its light, and its lamp is the Lamb. ²⁴ The nations will walk by its light, and the kings of the earth will bring their glory into it. ²⁵ Its gates will never be shut by day—and there will be no night there. ²⁶ People will bring into it the glory and the honour of the nations. ²⁷ But nothing unclean will enter it, nor anyone who practises abomination or falsehood, but only those who are written in the Lamb's book of life.

22 Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb ² through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations. ³ Nothing accursed will be found there any more. But the throne of God and of the Lamb will be in it, and his servants will worship him; ⁴ they will see his face, and his name will be on their foreheads. ⁵ And there will be no more

night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign for ever and ever.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *We Cannot Measure How You Heal* (CP #292)

**We cannot measure how You heal
Or answer every sufferer's prayer
Yet we believe Your grace responds
Where faith and doubt unite to care
Your hands though bloodied on the cross
Survive to hold and heal and warn
To carry all through death to life
And cradle children yet unborn**

**The pain that will not go away
The guilt that clings from things long past
The fear of what the future holds
Are present as if meant to last
But present too is love which tends
The hurt we never hoped to find
The private agonies inside
The memories that haunt the mind**

Gil: God be with you.

People: **And also with you.**

Gil: The Holy Gospel of our Lord Jesus Christ according to John

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

John 5:1-9

After this there was a festival of the Jewish people, and Jesus went up to Jerusalem.

² Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. ³ In these lay many invalids—blind, lame, and paralysed. ⁵ One man was there who had been ill for thirty-eight years. ⁶ When Jesus saw him lying there and knew that he had been there a long time, he said to him, ‘Do you want to be made well?’ ⁷ The sick man answered him, ‘Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.’ ⁸ Jesus said to him, ‘Stand up, take your mat and walk.’ ⁹ At once the man was made well, and he took up his mat and began to walk.

Now that day was a sabbath.

Gil: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Gradual: *We Cannot Measure How You Heal* (con't.)

**So some have come who need Your help
And some have come to make amends
As hands which shaped and saved the world
Are present in the touch of friends
Lord let Your Spirit meet us here
To mend the body mind and soul
To disentangle peace from pain
And make Your broken people whole**

Sermon – The Ven. Dr. Lon Towstego

Anthem: *The Prayer*

The Apostle's Creed:

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.

The Prayers of the People – The Rev. Gil Shoesmith, deacon

Memorial Prayers for Mary Stella Mariampillai - Lon

Officiant: Merciful Father and Lord of all life, we praise you that we are made in your image and reflect your truth and light. We thank you for the life of Mary Stella, for the love and mercy received from you and showed among us. Above all we rejoice at your gracious promise to all your servants, living and departed: that we shall rise again at the coming of Christ. And we ask that in due time we may share with our sister Mary Stella, that clearer vision, when we shall see your face in the same Christ our Lord. **Amen.**

Officiant: Lord of life, look in mercy on the family and friends of Mary Stella and all who mourn. Give them patient faith in times of darkness; strengthen them with the experience of your love. Give us the wisdom and grace to make good use of the time that is left to us here on this earth, to turn to Christ and follow in his footsteps in the way that leads to everlasting life. **Amen.**

As people of the Resurrection, we are redeemed sinners.

The Peace

Presider: The peace of the Lord be always with you.

People: And also with you.

*The members of the community offer a sign of peace to one another in a manner that feels safe for you.
Please be sensitive to the comfort level of others.*

Offertory: For the Healing of the Nations (CP #576)

**For the healing of the nations,
God, we pray with one accord;
for a just and equal sharing
of the things that earth affords.
To a life of love in action
help us rise and pledge our word,**

**Lead us, Father, into freedom;
from despair your world release,
that, redeemed from war and hatred,
all may come and go in peace.
Show us how through care and goodness
fear will die and hope increase.**

**All that kills abundant living,
let it from the earth be banned:
pride of status, race, or schooling,
dogmas that obscure your plan.
In our common quest for justice
may we hallow life's brief span**

**You, Creator God, have written
your great name on humankind;
for our growing in your likeness
bring the life of Christ to mind;
that by our response and service
earth its destiny may find.**

Prayer over the Gifts: God of glory, accept all we offer you this day, and bring us to that eternal city of love and light, where Christ is King. We ask this in his name. **Amen.**

THE SACRED MEAL IS SHARED

(Eucharistic 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 have formed the universe.

Your Spirit brooded over all in expectation, midwife of transformation. At your Word, the skies, the seas and the lands and all life came to be.

The winds and breezes, waters, fresh and salt, calm or gale swept, beaches and tides, mountains, rain and snow, are the setting of life and teach respect for the forces of nature.

In this land the People learned to depend upon the plants, the cedars, the sea creatures, the deer, the wolves, the bears of the forest, the sea birds, ravens and eagles for daily needs and signs of what is to come.

In ceremony and song, in dance and art, these relationships are portrayed and honoured.

All created things shared life with one another, sensing connection with one other.

When connections were dishonoured and broken, creation suffered.

Creation continues and brings light from night, freedom from slavery, and life from death.

Sanctus *(Steve Bell)*

**Holy, Holy, Holy, Lord, God of power and might
Heaven and earth of Your glory are full
Hosanna, Hosanna. Hosanna in the highest**

**Blessed is he who comes in the name of the Lord.
Blessed is he who comes in the name of the Lord.**

**Holy, Holy, Holy, Lord, God of power and might
Heaven and earth of Your glory are full**

**Hosanna, Hosanna. Hosanna in the highest
Hosanna, Hosanna. Hosanna in the highest**

Presider: The living Word was sent to freely share sorrow and joy, pain and healing, life and death in Jesus our brother and friend.

On the night before Jesus died, he feasted with his companions. He taught them to remember how they are loved and to know his presence with them and in them always.

He took bread, gave thanks, broke it and gave it to them saying,

“Take, eat, this is my body which is given for you”.

Later 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 of my blood, shed for you and for the world for forgiveness and healing. Whenever you drink it, do this to remember me”.

Entering into the mystery of faith we call:

**People: Come, Creator.
Come, transforming Word.
Come, Breath of Life.**

Presider: We recall the offering of Jesus, guardian of your people: a birth in poverty, a child refugee, a worker with his hands, the gathering of disciples and teaching and healing the People, his power over sin and triumph over death and his sacred presence unbounded by space and time, and we offer to God this bread and cup.

Send the Breath of Life, like wind, blowing where it will, north, east, south and west. May the Breath brood over these gifts and all who feast at this table offering a foretaste of the eternal feast to come.

People: Bless and unite us in the sacrifice of Jesus that we may celebrate with all creation. Sing, mountains and valleys, fields and seas, creatures of the rivers, oceans and forests!

Presider: May all who share this poor pilgrim’s portion from bread and cup be incorporated as one body and one holy people, God’s priesthood joined in the offering of Jesus’ birth, life, death and resurrection for the reconciliation of all things.

Reveal the unity of your Church, the mystery of our communion with our holy forebears and all yet to be born.

By our mother Mary, Michael and all the holy angels, Mary Magdalene, Peter and Paul, apostles, prophets, ministers and martyrs, may we be encouraged in faith and in walking the earth gently.

People: **In good time, we will walk straight on,
not looking back, not turning our head,
to enter the presence of God and all the saints.**

Presider: Glory and honour to God Triune, dynamic of love, complete and perfect unity, in one holy church, now and in all ages.

People: **Amen.**

The Lord's Prayer - *Gordon Light (sung)*

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

**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.**

Breaking of the Bread:

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.

Harp Music during Communion – Carolyne Solberg

Prayer after Communion: Father, you restored us to life by raising your Son from death. May we who receive this sacrament always be strengthened to do your will, in the name of Jesus Christ the risen 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: *Shine, Jesus, Shine* (CP #460)

**Lord, the light of Your love is shining,
In the midst of the darkness, shining,
Jesus, Light of the World, shine upon us,
Set us free by the truth You now bring us.**

Shine on me, shine on me.

**Shine, Jesus, shine, fill this land with the Father's glory;
Blaze, Spirit, blaze, set our hearts on fire.
Flow, river, flow, flood the nations with grace and mercy;
Send forth Your word, Lord, and let there be light.**

**Lord, I come to Your awesome presence,
From the shadows into Your radiance;
By the blood I may enter Your brightness,
Search me try me consume all my darkness.
Shine on me, shine on me.**

**Shine, Jesus, shine, fill this land with the Father's glory;
Blaze, Spirit, blaze, set our hearts on fire.
Flow, river, flow, flood the nations with grace and mercy;
Send forth Your word, Lord, and let there be light.**

**As we gaze on Your kingly brightness,
So our faces display Your likeness;
Ever changing from glory to glory,
Mirrored here may our lives tell Your story.
Shine on me, shine on me.**

**Shine, Jesus, shine, fill this land with the Father's glory;
Blaze, Spirit, blaze, set our hearts on fire.
Flow, river, flow, flood the nations with grace and mercy;
Send forth Your word, Lord, and let there be light.**

Dismissal:

Leader: Let us go in peace to love and serve the Lord.

People: Thanks be to God.

Postlude

Please join us for coffee and conversation in the parish hall

READINGS FOR JUNE 1, 2025

Acts 16:16-35; Psalm 97;

Revelation 22:12-14, 16-17 & 20-21; John 17:20-26

THE ALTAR FLOWERS are given by Judith Miriampillai, to the Glory of God and in loving memory of her mother Mary Stella Mariampillai.

THANK YOU – to everyone who contributed and participated in the Spring Fling yesterday. Your efforts were sincerely appreciated!

Thank you to all who are assisting today

Music	Joanne Lambert
Readers	Don Campbell, Nancy Choat, Gil Shoesmith
Liturgical Assistant	Gil Shoesmith
2nd Chalice	David Cooper
Sidesperson	John Beresford
Sound Tech/Bell	Matty Stuart
Altar Guild	Carol Watkins
Flower Guild	Heather Geddes
Coffee Host	Lynn Fallan & Judith Miriampillai

COFFEE HOSTS – Please check the sign up sheet on the bulletin board outside of the kitchen. There are several opportunities available for those who would like to participate in hosting this time of fellowship following the service.

MAY POTLUCK LUNCHEON – TODAY AT ST. STEPHEN - There will be a potluck lunch in the hall after the 11:15 service. All are welcome. Please bring items to share.

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.

May	Saanich Peninsula Lions Food Bank	Donations in monetary form combined with an ongoing collection of staple foods and hygiene products allow us to help this non-profit, charitable organization support those in need on the Peninsula.
-----	--	---

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Anglican Church of Kenya. We pray for Archbishop Anne, our Acting Primate and for the upcoming election for Primate in June. John Stephens, Metropolitan of The Province of B.C and Yukon We also pray for Archbishop Chris and the Anglican Council of Indigenous Peoples.

Diocesan Cycle of Prayer: We pray for Anna, our bishop; for the St. John the Baptist, Duncan.

Regional Cycle of Prayer: We pray for the Parish of Church of the Advent and those in their Parish and surrounding neighbourhood. We also pray for the people of Central Saanich United Church.

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

In our Parish: We pray for Don Campbell and for Bob Buchanan and for their families.

We pray for all candidates at next weekend's Cursillo, especially Becky and Maria from our Parish.

For those ill or in need of prayer: Neville & Patricia, Roche, Diana A., Fern & Mark, Ian, Dennis, Brett, Logan, Melanie B.

We give thanksgiving and praise for the recuperation of Boaz

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

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, Warwick, Sheila, Lynn W., Jim C., David F., Dani R. & family, Hayden, Carlos, Bryan, Karen & family, Drew, Sheila P., Amy, Anna, Betty O., Betty E., Alysha, Sue P., Mike D., Michelle, Rudi, Cassidy, Carl G., Don C., Melanie, Keith & Lillian

In the greater community: We pray for all victims of sexual misconduct and abuse. We are all called to create communities where all children of God are safe and respected.

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.

CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

His Cell Phone: (250) 208-9949

His email: ltowstego@bc.anglican.ca

Note: Worshippers 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

admin@parishcs.ca