



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



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



JUNE 8, 2025 – DAY OF PENTECOST

***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.

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.

The congregation says or sings the items in **bold** typeface.

Prelude – *Joanne Lambert*

Welcome & Land Acknowledgement

Processional Hymn: *Spirit of Gentleness*

Chorus

Spirit, spirit of gentleness,

Blow thro' the wilderness calling and free.

Spirit, spirit of restlessness, stir me from placidness,

Wind, wind on the sea.

You moved on the waters, you called to the deep,

Then you coaxed up the mountains from the valleys of sleep:

And over the aeons you called to each thing:

Wake from your slumbers and rise on your wings. *Chorus*

You swept thro' the desert, you stung with the sand,

And you goaded your people with a law and a land:

And when they were blinded with their idols and lies,

Then you spoke thro' your prophets to open their eyes. *Chorus*

You sang in a stable, you cried from a hill,

Then you whispered in silence when the whole world was still:

And down in the city you called once again,

When you blew thro' your people on the rush of the wind.

Chorus

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.

All: 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.**

Lynn: 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.

Lynn: 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.

Lynn: 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 Spirit, sent by the Father, ignite in us your holy fire: strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen.

Common Worship: Additional Collects (2004)

The Readings

Marian Towstego – A Reading from the Book of Acts

Acts 2:1-21 NRSV

When the day of Pentecost had come, they were all together in one place. ² And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³ Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

⁵ Now there were devout Jews from every nation under heaven living in Jerusalem. ⁶ And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. ⁷ Amazed and astonished, they asked, “Are not all these who are speaking Galileans?” ⁸ And how is it that we hear, each of us, in our own native language? ⁹ Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, ¹⁰ Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, ¹¹ Cretans and Arabs—in our own languages we hear them speaking about God’s deeds of power.” ¹² All were amazed and perplexed, saying to one another, “What does this mean?” ¹³ But others sneered and said, “They are filled with new wine.”

¹⁴ But Peter, standing with the eleven, raised his voice and addressed them, “Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. ¹⁵ Indeed, these are not drunk, as you suppose, for it is only nine o’clock in the morning. ¹⁶ No, this is what was spoken through the prophet Joel:

¹⁷ ‘In the last days it will be, God declares,
that I will pour out my Spirit upon all flesh,
and your sons and your daughters shall prophesy,
and your young men shall see visions,
and your old men shall dream dreams.

¹⁸ Even upon my slaves, both men and women,
in those days I will pour out my Spirit;

and they shall prophesy.

¹⁹ And I will show portents in the heaven above
and signs on the earth below,
blood, and fire, and smoky mist.

²⁰ The sun shall be turned to darkness
and the moon to blood,
before the coming of the Lord's great and glorious day.

²¹ Then everyone who calls on the name of the Lord shall be saved.'

Hear what the Spirit of God is saying.

Thanks be to God.

Responsive Psalm 104:25-36 BAS – Marian Towstego

25 O Lord, how manifold are your works! * in wisdom you have made them all; the earth is full of your creatures.

26 Yonder is the great and wide sea with its living things too many to number, * creatures both small and great.

27 There move the ships, and there is that Leviathan, * which you have made for the sport of it.

28 All of them look to you * to give them their food in due season.

29 You give it to them; they gather it; * you open your hand, and they are filled with good things.

30 You hide your face, and they are terrified; * you take away their breath, and they die and return to their dust.

31 You send forth your Spirit, and they are created; * and so you renew the face of the earth.

32 May the glory of the Lord endure for ever; * may the Lord rejoice in all his works.

33 He looks at the earth and it trembles; * he touches the mountains and they smoke.

34 I will sing to the Lord as long as I live; * I will praise my God while I have my being.

35 May these words of mine please him; * I will rejoice in the Lord. Hallelujah!

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.

Carol Watkins – A Reading from the Book of Romans

Romans 8:14-17

¹⁴ For all who are led by the Spirit of God are children of God. ¹⁵ For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, ‘Abba! Father!’ ¹⁶ it is that very Spirit bearing witness with our spirit that we are children of God, ¹⁷ and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *Breathe on Me, Breath of God* (CP# 649)

**Breathe on me, Breath of God,
fill me with life anew,
that I may love the way you love,
and do what you would do.**

**Breathe on me, Breath of God,
until my heart is pure,
until my will is one with thine,
to do and to endure.**

Lynn: God be with you.

People: **And also with you.**

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

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

John 14:8-17 & 25-27

⁸ Philip said to him, “Lord, show us the Father, and we will be satisfied.”

⁹ Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? ¹⁰ Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. ¹¹ Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. ¹² Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. ¹³ I will do whatever you ask in my name, so that the Father may be glorified in the Son. ¹⁴ If in my name you ask me for anything, I will do it.

¹⁵ “If you love me, you will keep my commandments. ¹⁶ And I will ask the Father, and he will give you another Advocate to be with you forever. ¹⁷ This is the Spirit of truth, whom the world cannot receive,

because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

²⁵ 'I have said these things to you while I am still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. ²⁷ Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

Lynn: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Breathe on Me, Breath of God (con't.)

**Breathe on me, Breath of God,
Till I am wholly thine,
until this earthly part of me
glows with thy fire divine.**

**Breathe on me, Breath of God,
so shall I never die,
but live with you the perfect life
for all eternity**

Sermon – The Ven. Dr. Lon Towstego

Anthem: ***This Little Light of Mine***

When the world grows dark around you
There's a way to make things right
Just reach out and help a neighbour
Reach down deep in your heart and turn on the light. *Repeat*

No more walking in darkness I'm gonna let it shine
There'll be no more walking in darkness I'm gonna let it shine
No more walking in darkness I'm gonna let it shine
Let it shine let it shine let it shine.

With congregation

**This little light of mine I'm gonna let it shine 3x
Let it shine let it shine let it shine**

**Filled with the Holy Spirit I'm gonna let it shine 3x
Let it shine let it shine let it shine**

**All around the world I'm gonna let it shine 3x
Let it shine let it shine let it shine**

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 – Lynn Schumacher

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 Hymn: Spirit of God, unseen as the Wind (Skye Boat Song)

Chorus:

Spirit of God, unseen as the wind,
gentle as is the dove;
teach us the truth and help us believe,
show us the Saviour's love!

You spoke to us long, long ago,
gave us the written word;
we read it still, needing its truth
through it God's voice is heard. *Chorus*

Without your help we fail our Lord,
we cannot live His way;
we need Your power, we need Your strength,
following Christ each day. *Chorus*

Prayer over the Gifts: Giver of life, receive all we offer you this day. Let the Spirit you bestow on your Church continue to work in the world through the hearts of all who believe. We ask this in the name of Jesus Christ the Lord. **Amen.**

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, singing

Sanctus & Benedictus (CP #735) - Schubert

**Holy, holy, holy Lord,
God of power and might
Holy, holy, holy Lord,
God of power and might
heaven and earth are full
full of your glory.
Hosanna in the highest,
Hosanna in the highest.**

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

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. **Amen.**

The Lord's Prayer

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

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 pow'r and the glory are yours, Now and for ever. Amen.

Breaking of the Bread:

Presider: Present in this Bread is the fullness of God
Made vulnerable for the world.
As the Spirit blows through our community
Here in this wine God is poured out for us.

**All: Here and now in this bread and wine
We taste and see God in us and in our community.**

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.

Communion: *Spirit of the Living God* (CP #647)

**Spirit of the living God,
move among us all,
make us one in heart and mind,
make us one in love;
humble, caring, selfless, sharing--**

**Spirit of the living God,
fill our lives with love!**

**Spirit of the living God,
fall afresh on me.**

**Spirit of the living God,
fall afresh on me;
break me, melt me, mold me, fill me--**

**Spirit of the living God,
fall afresh on me!**

Prayer after Communion: Father, may we who have received this eucharist live in the unity of your Holy Spirit, that we may show forth his gifts to all the world. We ask this in the name of 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 Song: *She Comes Sailing on the Wind* (CP #656)

Refrain:

**She comes sailing on the wind,
her wings flashing in the sun,
on a journey just begun, she flies on.
And in the passage of her flight,
her song rings out through the night,
full of laughter, full of light, she flies on.**

Silent waters rocking on the morning of our birth,
like an empty cradle waiting to be filled,
and from the heart of God the Spirit
moved upon the earth,
like a mother breathing life into her child.

Many were the dreamers whose eyes were given sight
when the Spirit filled their dreams
with life and form.

Deserts turned to gardens,
broken hearts found new delight,
and then down the ages still she flew on.

Refrain:

She comes sailing on the wind,
her wings flashing in the sun,
on a journey just begun, she flies on.
And in the passage of her flight,
her song rings out through the night,
full of laughter, full of light, she flies on.

To a gentle girl in Galilee a gentle breeze she came,
a whisper softly calling in the dark;
the promise of a child of peace
whose reign would never end,
Mary sang the Spirit song within her heart. (*Refrain*)

Dismissal:

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

People: Thanks be to God.

Postlude

CCLI# 245534

Please join us for coffee and conversation in the parish hall

THE ALTAR FLOWERS are given to the Glory of God by Diana Evans in memory of her husband, Simon and by Pamela Brambell and Diana Evans in loving memory of their mother, Marjorie Marsden Smedley.

READINGS – JUNE 15, 2025

Proverbs 8:1-4, 22-31; Psalm 8; Romans 5:1-5; John 16:12-15

Thank you to all who are assisting today

Music	Joanne Lambert
Readers	Marian Towstego, Carol Watkins, Lynn Schumacher
Liturgical Assistant	Lynn Schumacher
2nd Chalice	Marian Towstego
Sidesperson	Carol Watkins
Sound Tech/Bell	Matty Stuart
Coffee Hosts	Lynn Fallan & Sybil Bagshaw
Altar Guild	Carol Watkins
Flower Guild	Carol Watkins

SMILE CARDS - Last Chance to Order until September

Irene will be unavailable in July and August so you may wish to purchase your cards ahead for use during that time.

In the event that you want to order a Smile Card(s) but have not already done so, Irene will be at St. Mary for a short time on **Tuesday, June 10th from 10:45 a.m. to 11:00 a.m.** If that time is not convenient for you, you can put your order/cheque through the mail slot in the office door at St. Mary any time before that, or give it to Irene at St. Mary on Sunday, June 8th. Leslie will be out of the office from Noon on June 9th until 8:30 a.m. on June 11th.

If you still have funds on your current Smile Card, continue using it until it is empty, then switch to the new one. These cards never expire. Since there is no private information on the card, you can just leave the empty one with the cashier and Thrifty's will dispose of it.

Our apologies for the lateness of this notice. Unfortunately the second Tuesday is early this month.

ALTAR FLOWERS - The following dates are still available for you to donate Altar flowers. June 29, September 7, 21, 28, October 5. Please see the Flower Calendar on the Narthex bulletin board or speak to Heather Geddes. Also there are dates into the Fall season. We are having to ask \$50 for the flowers now, but some parishioners have chosen to share the cost, \$25 each, with a friend or family member with two dedications going into the Bulletin. Thank you.

MID WEEK COMMUNION AND BIBLE STUDY – will stand down for the summer. The last Wednesday service and bible study will be June 18th.

***“Be not forgetful to entertain strangers:
for thereby some have entertained angels unawares.”***

Hebrews 13:2 (KJV)

**Please check the coffee roster to see if there is an opportunity
for you to host a time of fellowship.**

We need your help! Coffee/tea has been faithfully served by the same small group of volunteers over the past year, and without their help we would be missing this important time of fellowship following the service. Please consider joining the team and taking a turn at setting up, serving and cleaning up at coffee time. There is almost always help with the loading and unloading of the dishwasher. There is a sign-up sheet located on the bulletin board in the narthex. If you need more information please speak to Lynn Fallan.

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.

June	ORCCA Dental Clinic	ORCCA's purpose is to provide children and adolescents under 19 years of age from low-income families access to oral care in a not for profit setting.
July	General Outreach	Monies donated are dedicated at the end of the year to be used for requests received during the year and to “top up” totals in monthly outreach donations.
Aug.	Anglican Appeal	Donations support the mission work and ministry in Canada’s North and our church partners overseas.



INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Anglican Church of Melanesia. 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 Divine, Victoria.

Regional Cycle of Prayer: We pray for our Parish of Central Saanich and those in the neighbourhood. We also pray for the people of The Saanich Peninsula Catholic Parish.

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

In our Parish: We pray for Mark & Karen Chase and for Deb Butler and for their families.

Please pray for Gary Moss as he completed his time at ACPO.

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

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.

**Please take the bulletin with you and post this
schedule on your refrigerator**

SUMMER SERVICE SCHEDULE

July 6	10:00 a.m.	One Service only at St. Mary
July 13	10:00 a.m.	One Service only at St. Stephen In the Church
July 20	10:00 a.m.	One Service only at St. Mary
July 27	10:00 a.m.	One Service only at St. Stephen Outdoors with the Praise Band
August 3	10:00 a.m.	One Service only at St. Mary
August 10	10:00 a.m.	One Service only at St. Stephen In the Church
August 17	10:00 a.m.	One Service only at St. Mary
August 24	10:00 a.m.	One Service only at St. Stephen Outdoors with the Praise Band
August 31	10:00 a.m.	One Service only at St. Mary

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.*

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