



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



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



JUNE 15, 2025 – TRINITY SUNDAY

***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

Book of Alternative Services

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 – *Carolyn Solberg*

Welcome & Land Acknowledgement

Processional Hymn: *Holy, Holy, Holy* (CP #1)

Holy, holy, holy!

Lord God Almighty

Early in the morning

Our song shall rise to Thee

Holy, holy, holy!

Merciful and mighty

God in three persons

Blessed Trinity!

Holy, holy, holy!

All the saints adore thee,

casting down their golden crowns

around the glassy sea;

cherubim and seraphim

falling down before thee,

which wert and art and evermore shalt be.

Holy, holy, holy!

Lord God Almighty

All Thy works shall praise Thy name

In earth and sky and sea

Holy, holy, holy!

Merciful and mighty

God in three persons

Blessed Trinity

The Gathering of the Community

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.**

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.

Glory to God on High CP (#365)

Glory to God on high,
and peace to all on earth.
We worship you, we give you thanks,
our heavenly King.
We give you praise,
almighty God and Father blessed
in glory bright.

Our Saviour, Jesus Christ,
the Father's only son,
The sacrificial Lamb,
who saves the world from sin,
have mercy Lord.
Beside the Father's hand enthroned,
now hear our prayer.

You only are the Lord.
You only are most high.
You only are the holy one,
Lord Jesus Christ.
And now you reign
with Father and with Spirit one
in glorious light.

Centering Stillness:

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

The Prayer of the Day: Holy and undivided Trinity, you are an
eternal harmony of gift and response: through the uncreated Word
and the Spirit of truth embrace us and all creation in your
extravagant love; through the Wisdom of God, who raises her voice
to call us to life. Amen. *Prayers for an Inclusive Church* (2009) alt.

The Readings

Valerie Park – A Reading from the Book of Proverbs

Proverbs 8:1-4, 22-31

Does not wisdom call,
and does not understanding raise her voice?
² On the heights, beside the way,
at the crossroads she takes her stand;
³ beside the gates in front of the town,
at the entrance of the portals she cries out:
⁴ “To you, O people, I call,
and my cry is to all that live.
²² The Lord created me at the beginning of his work,
the first of his acts of long ago.
²³ Ages ago I was set up,
at the first, before the beginning of the earth.
²⁴ When there were no depths I was brought forth,
when there were no springs abounding with water.
²⁵ Before the mountains had been shaped,
before the hills, I was brought forth—
²⁶ when he had not yet made earth and fields,
or the world’s first bits of soil.
²⁷ When he established the heavens, I was there,
when he drew a circle on the face of the deep,
²⁸ when he made firm the skies above,
when he established the fountains of the deep,
²⁹ when he assigned to the sea its limit,
so that the waters might not transgress his command,
when he marked out the foundations of the earth,
³⁰ then I was beside him, like a master worker;
and I was daily his delight,
rejoicing before him always,
³¹ rejoicing in his inhabited world
and delighting in the human race.

Hear what the Spirit of God is saying.

Thanks be to God.

Responsive Psalm 8 BAS – Valerie Park

I Lord our governor, * **how exalted is your name in all the world!**

2 Out of the mouths of infants and children * **your majesty is praised above the heavens.**

3 You have set up a stronghold against your adversaries, * **to quell the enemy and the avenger.**

4 When I consider your heavens, the work of your fingers, * **the moon and the stars you have set in their courses,**

5 What is man that you should be mindful of him? * **the son of man that you should seek him out?**

6 You have made him but little lower than the angels; * **you adorn him with glory and honour;**

7 You give him mastery over the works of your hands; * **you put all things under his feet;**

8 All sheep and oxen, * **even the wild beasts of the field,**

9 The birds of the air, the fish of the sea, * **and whatsoever walks in the paths of the sea.**

10 O Lord our governor, * **how exalted is your name in all the world!**

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.

Don Campbell – A Reading from the Book of Romans

Romans 5:1-5

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ² through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³ And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *God the Creator* (CP# 445)

**God the Creator, You in love made me
who once was nothing but now have grown.
I bring the best of all my life offers;
for You I share whatever I own.**

**O Christ the Saviour You in love called me
Who once was no-one lost and alone.
I pledge to go wherever You summon,
making Your will and purpose my own.**

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 16:12-15

¹² “I still have many things to say to you, but you cannot bear them now. ¹³ When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. ¹⁴ He will glorify me, because he will take what is mine and declare it to you. ¹⁵ All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.

Gil: The Gospel of Christ.

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

God the Creator (con't.)

**O God the Spirit, You in love move me
who once was nowhere and felt unknown.
I know my need of You for companion:
all things can change when not on my own.**

**And with the people summoned together
to be the Church in which faith is sown.
I make my promise to live for Jesus
and let the world know all are His own.**

Sermon – The Ven. Dr. Lon Towstego

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

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

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: *Be Thou My Vision* (CP #505)

**Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art.
Thou my best thought, by day or by night,
waking or sleeping, thy presence my light.**

**Be thou my wisdom, and thou my true word;
I ever with thee, and thou with me, Lord.
thou my great Father; thine own may I be;
thou in me dwelling and I one with thee.**

**Riches I heed not, nor the world's empty praise;
thou mine inheritance, now and always.
Thou and thou only, first in my heart,
High King of heaven, my treasure thou art.**

**High King of heaven, when vict'ry is won
may I reach heaven's joys, O bright heav'n's Sun!
Heart of my heart, whatever befall,
still be my vision, O Ruler of all.**

Prayer over the Gifts: Living God, receive all we offer you this day. Grant that hearing your word and responding to your Spirit, we may share in your divine life. We ask this in the name of Jesus Christ the Lord. **Amen.**

THE SACRED MEAL IS SHARED

(Eucharist Prayer 3)

Presider: 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 in the mystery of his incarnation was made perfect man of the flesh of the Virgin Mary his mother; in him we have seen a new and radiant vision of your glory.

Therefore with all the angels of heaven, we lift our voices and proclaim our words of praise to proclaim the glory of your name.

Sanctus & Benedictus *(Kingsfold)*

**O holy, holy holy God,
O God of time and space
All earth and sea and sky above
bear witness to your grace
Hosanna in the highest heave'n
creation sings your praise
And blessed is the One who comes
and bears your name always**

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 daughters and sons; 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.**

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: Almighty and eternal God, may we who have received this eucharist worship you in all we do, and proclaim the glory of your majesty. We ask this in the name of Jesus Christ the 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: *How Great Thou Art* (CP #423)

**O Lord my God! When I in awesome wonder
Consider all the worlds Thy hands hath made.
I see the stars, I hear the mighty thunder,
Thy power throughout the universe displayed.**

Refrain:

**Then sings my soul, my Saviour God to thee;
How great thou art, how great thou art!
Then sings my soul, my Saviour God to thee;
How great thou art, how great thou art!**

**When through the woods and forest glades I wander
And hear the birds sing sweetly in the trees:
When I look down from lofty mountain grandeur
And hear the brook and feel the gentle breeze. *Refrain***

**And when I think that God, his son not sparing,
Sent him to die, I scarce can take it in:
That on the cross, my burden gladly bearing,
He bled and died to take away my sin. *Refrain***

**When Christ shall come with shout of acclamation
And claim his own, what joy shall fill my heart!
Then I shall bow in humble adoration
And there proclaim, my God, how great thou art! *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 this morning are given by Irene Feir, to the Glory of God and in loving memory of her husband and the father of their children, Keith Feir, her father David Trumpour, and father-in-law Douglas Feir.

READINGS – JUNE 22, 2025

Isaiah 40:25-31; Psalm 19; Philippians 4:4-9; John 1:1-18

THE JUNE 22nd SERVICE at St. Mary will be Morning Prayer with Ken Pedlow presiding and reading a reflection.

Thank you to all who are assisting today

Music	Joanne Lambert & Carolyne Solberg
Readers	Valerie Park, Don Campbell, Gil Shoesmith
Liturgical Assistant	Gil Shoesmith
2nd Chalice	David Cooper
Sidesperson	Carl Schwazer
Sound Tech/Bell	Matty Stuart
Coffee Hosts	Ken Pedlow & Helpers
Altar Guild	Shirley Schwazer & Becky Lowe
Flower Guild	Heather Geddes

JUNE POTLUCK LUNCHEON – JUNE 22nd 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. Oven warming is possible.

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.

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

Please save the page!

INTERCESSIONS

Anglican Cycle of Prayer: We pray for La Iglesia Anglicana de Mexico. We pray for Archbishop Anne, our Acting Primate and for the upcoming election for Primate at General Synod being held June 23 to 29. 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 Gualbert, Port McNeill

Regional Cycle of Prayer: We pray for the Parish of Holy Trinity, North Saanich and those in the neighbourhood. We also pray for the people of Saanichton Bible Fellowship

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

In our Parish: We pray for Nancy Choat and for Lynda Clifford and for their families.

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.



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.*

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