



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

Welcome To PARISH OF CENTRAL SAANICH St. Mary Church



NOVEMBER 30, 2025 – ADVENT 1

*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

Bishop 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.
With thanks, please mute your cell phones during the service.
The congregation says or sings the items in **bold** typeface.

Prelude – *Joanne Lambert*

Procession accompanied by instrumental music

Welcome & Land Acknowledgement

Lighting the Candle of Hope on the Advent Wreath:

The first candle is lit as we sing

***A Candle Is Burning** - Sandra Dean & James R. Murray (t. CP#126)*

**A candle is burning, a flame warm and bright.
A candle of hope in December's dark night.
While angels sing blessings from heav'ns starry sky
Our hearts we prepare now for Jesus is nigh.**

Gathering Hymn: *O Come, O Come, Emmanuel* (CP #89 vss. 1, 6 – 7)

**O come, O come, Emmanuel,
and ransom captive Israel
that mourns in lonely exile here
until the Son of God appear.
Rejoice! Rejoice! Emmanuel
shall come to you, O Israel.**

**O come, O Dayspring from on high
And cheer us by your drawing nigh;
Disperse the gloomy clouds of night,
And death's dark shadow put to flight.
Rejoice! Rejoice! Emmanuel
shall come to you, O Israel.**

**O come, Desire of nations, bind
In one the hearts of humankind;
O bid our bitter conflict cease,
And be for us our Prince of Peace.
Rejoice! Rejoice! Emmanuel
shall come to you, O Israel.**

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.

Kyrie (CP #706)

Lord have mercy.

Christ have mercy.

Lord have mercy on us.

Kyrie eleison.

Christe eleison.

Kyrie eleison.

Lord have mercy.

Christ have mercy.

Lord have mercy on us.

Centering Stillness:

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

The Prayer of the Day: Almighty God, give us grace to cast away the works of darkness and put on the armour of light, now in the time of this mortal life in which your Son Jesus Christ came to us in great humility, that on the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

THE STORY OF FAITH IS PROCLAIMED

Marcia McMenamie: A reading from the book of Isaiah

Isaiah 2:1-5

2 The word that Isaiah son of Amoz saw concerning Judah and Jerusalem.

² In days to come

the mountain of the LORD's house
shall be established as the highest of the mountains
and shall be raised above the hills;
all the nations shall stream to it.

³ Many peoples shall come and say,
“Come, let us go up to the mountain of the LORD,
to the house of the God of Jacob,
that he may teach us his ways
and that we may walk in his paths.”

For out of Zion shall go forth instruction
and the word of the LORD from Jerusalem.

⁴ He shall judge between the nations
and shall arbitrate for many peoples;
they shall beat their swords into plowshares
and their spears into pruning hooks;
nation shall not lift up sword against nation;
neither shall they learn war any more.

⁵ O house of Jacob,
come, let us walk
in the light of the LORD!

Hear what the Spirit of God is saying.

Thanks be to God

Responsive Psalm 122 – *Marcia McMenamie*

I was glad when they said to me, * **”Let us go to the house of the Lord.”**

2 Now our feet are standing * **within your gates, O Jerusalem.**

3 Jerusalem is built as a city * **that is at unity with itself.**

4 To which the tribes go up, the tribes of the Lord, * **the assembly of Israel, to praise the name of the Lord.**

5 For there are the thrones of judgement, * **the thrones of the house of David.**

6 Pray for the peace of Jerusalem: * **May they prosper who love you.**

7 Peace be within your walls * **and quietness within your towers.**

8 For my brethren and companions’ sake, * **I pray for your prosperity.**

9 Because of the house of the Lord our God, * **I will seek to do you good.”**

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 Romans

Romans 13:11-14

¹¹ Besides this, you know what time it is, how it is already the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; ¹² the night is far gone; the day is near. Let us then throw off the works of darkness and put on the armor of light; ¹³ let us walk decently as in the day, not in reveling and drunkenness, not in illicit sex and licentiousness, not in quarreling and jealousy. ¹⁴ Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Hear what the Spirit of God is saying.

Thanks be to God

Gradual: *Come Thou Long-Expected Jesus* (CP #88)

**Come, thou long-expected Jesus
born to set thy people free;
from our fears and sins release us,
let us find our rest in thee.**

**Israel's strength and consolation,
hope of all the earth thou art,
dear desire of every nation,
joy of every longing heart.**

Richard: God be with you.

People: And also with you.

Richard: The Gospel of our Lord Jesus Christ according to Matthew

People: Glory to you, Lord Jesus Christ.

Matthew 24:36-44

³⁶ “But about that day and hour no one knows, neither the angels of heaven, nor the Son,^[a] but only the Father. ³⁷ For as the days of Noah were, so will be the coming of the Son of Man. ³⁸ For as in the days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, ³⁹ and they knew nothing until the flood came and swept them all away, so, too, will be the coming of the Son of Man. ⁴⁰ Then two will be in the field; one will be taken, and one will be left. ⁴¹ Two women will be grinding meal together; one will be taken, and one will be left. ⁴² Keep awake, therefore, for you do not know on what day^[b] your Lord is coming. ⁴³ But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. ⁴⁴ Therefore you also must be ready, for the Son of Man is coming at an hour you do not expect.

Richard: The Gospel of Christ

People: Praise to you, Lord Jesus Christ.

Come Thou Long Expected Jesus (Con't.)

**Born thy people to deliver,
born a child and yet a King,
born to reign in us forever,
now thy gracious kingdom bring.**

**By thine own eternal Spirit
rule in all our hearts alone;
by thine all-sufficient merit,
raise us to thy glorious throne.**

RESPONDING TO THE WORD

Sermon – The Ven. Dr. Lon Towstego

The Apostles' Creed *(said)*

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

Prayers of the People – *Richard Routledge*

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 *All stand*

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: *All Earth is Waiting to See the Promised One*

**All earth is waiting to see the Promised One,
and open furrows await the seed of God.
All the world, bound and struggling, seeks true liberty;
it cries out for justice and searches for the truth.**

**Thus says the prophet to those of Israel:
'A virgin mother will bear Emmanuel,'
one whose name is 'God with us' our Saviour shall be;
with him hope will blossom once more within our hearts.**

**Mountains and valleys will have to be made plain;
open new highways, new highways for the Lord.
He is now coming closer, so come all and see,
and open the doorways as wide as wide can be.**

**In lowly stable the Promised One appeared;
yet feel his presence throughout the earth today,
for he lives in all Christians and is with us now;
again, with his coming he brings us liberty.**

Prayer over the Gifts: God of love and power, your word stirs within us the expectation of the coming of your Son. Accept all we offer you this day, and sustain us with your promise of eternal life. We ask this in the name of Jesus Christ our 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;
you are the source of light and life for all your creation,
you made us in your own image,
and call us to new life in Jesus Christ our Saviour.
Therefore we praise you,
joining our voices to proclaim the glory of your name.

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: 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."

Therefore, Father, according to his command,

**All: 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.**

Presider: As our Saviour taught us, let us pray: *(said)*

The Lord's Prayer (said):

**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: God of promise,
you prepare a banquet for us in your kingdom.

**All: Happy are those who are called
to the supper of the Lamb.**

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: *Hope is a Star*

**Hope is a star that shines in the night,
leading us on till the morning is bright.**

Refrain:

**When God is a child there's joy in our song.
The last shall be first and the weak shall be strong,
and none shall be afraid.**

**Peace is a ribbon that circles the earth,
giving a promise of safety and worth. *Refrain***

**Joy is a song that welcomes the dawn,
telling the world that the Saviour is born. *Refrain***

**Love is a flame that burns in our heart.
Jesus has come and will never depart. *Refrain***

Prayer after Communion: God for whom we wait, you have fed us with the bread of eternal life. Keep us ever watchful, that we may be ready to stand before the Son of man. We ask this in the name of 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: *The King of Glory Comes* (CP #632)

Refrain:

**The King of glory comes, the nation rejoices.
Open the gates before him, lift up your voices.**

**Who is the King of glory: What shall we call him?
He is Emmanuel, the promised of ages. *Refrain***

**In all of Galilee, in city or village,
He goes among his people, curing their illness *Refrain***

**He gave his life for us, the pledge of salvation;
he took upon himself the sin of the nations. *Refrain***

**He conquered sin and death; he truly has risen.
And he will share with us his heavenly vision. *Refrain***

Dismissal

Leader: Go in peace to love and serve the Lord.

All: Thanks be to God.

Postlude

***Please join us in the Parish Hall for fellowship and special
Scottish Refreshments in celebration of St. David's Day***

READINGS FOR DECEMBER 7, 2025

Isaiah 11:1-10; Psalm 72:1-7, 18-19; Romans 15:4-13; Matthew 3:1-12

NOVEMBER POTLUCK LUNCHEON TODAY — There will be a potluck lunch in the hall at St. Stephen after the 11:15 service. All are welcome. Please bring items to share. Oven warming is possible.

NATIONAL DAY OF REMEMBRANCE - All are invited to join with the Parish of Central Saanich, for the December 6 National Day of Remembrance. We will gather to honour the lives of the 14 women murdered at École Polytechnique in 1989, and to stand against all gender-based violence. This National Day of Remembrance calls us to reflect, remember, and renew our commitment to building a safer, more just society. All are welcome—your presence matters. We will be meeting at St. Mary's at 5 pm for a short service and then a time of Gathering.

OUR POSTULANTS & SEMINARIANS – Just to give you a brief update – Gary Moss will be continuing his time at St. John the Divine, Victoria and Richard Routledge and Melanie Ihmels will be with us for the foreseeable future. We continue to wish them well in their pursuit of ordained ministry.

Thank you to all who are assisting today

Music	Joanne Lambert
Readers	Marcia McMenamie, Nancy Choat, Richard Routledge
Liturgical Assistant	Richard Routledge
2nd Chalice	David Cooper
Sidesperson	Carl Schwazer
Sound Tech/Bell	Matty Stuart
Coffee Hosts	Irene Feir & family
Altar Guild	Shirley Schwazer & Becky Lowe
Flower Guild	Heather & crew

21st SAANICHTON COMMUNITY CHRISTMAS & FOOD BANK FUNDRAISER – Saturday, December 6th – Pancake Breakfast with Santa at St. Mary at 9:00 a.m. By donation. Proceeds to the Saanich Peninsula Hospital & Healthcare Foundation.

READERS FOR LESSONS & CAROLS SERVICE– Leslie is looking for volunteers to read on Sunday, December 21st. If you would like to read a lesson, please sign up on the sheet in the narthex. Thank you.

ST. MARY’S OUTREACH – 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 and, if applicable, your Electronic Collection Plate number.

Nov.	South Island Centre for Counselling and Training
Dec.	General Outreach

SPECIAL OUTREACH – Deadline Approaching!!

LÁ,ETEN TFE ŠŒELESTENEN Building Bridges – As our Christmas Outreach to our Tsawout neighbours, we will be collecting monetary donations and bulk-purchasing Gift Cards.

Last year we were able to purchase \$1,500 in gift cards for those experiencing need. While realizing we are all experiencing our own increased food costs, gas prices etc. we are hoping you can help out again, It all helps no matter the amount and is always appreciated by those who receive our gifts. The Fund currently holds \$47.

You may insert your cash or cheque (payable to St. Mary’s Church) into an envelope with your address and/or envelope number. You may also place the envelope on the offering plate or bring it to Leslie in the office by **Wednesday, December 10th**.

ANOTHER OUTREACH OPPORTUNITY FOR ADVENT

Once again this year our Parish has chosen to support the Saanich Peninsula Lions Food **12 Days of Christmas Giving Holiday Food Drive**.

Listed below are the items most needed:

- Day 1 - Cereal
- Day 2 - Canned Tomatoes
- Day 3 - Toothbrushes
- Day 4 - School Snacks
- Day 5 - Juice
- Day 6 - Canned Fruit
- Day 7 - Pasta Sauce
- Day 8 - Cake / Muffin Mix
- Day 9 - Shampoo / Body Wash
- Day 10 - Helpers (Instant Potatoes / Hamburger Helper)
- Day 11 - Canned Meat
- Day 12 - Pancake Mix

If you are able to donate some or all of the items listed above please place them in a reusable bag and deliver it to either St. Mary (narthex) or St. Stephen (Church Hall) on December 14th-Advent 3



**SAANICH
PENINSULA**
LIONS FOOD BANK

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Rt Revd and Rt Hon Dame Sarah Mullally, the next Archbishop of Canterbury. We pray for the Anglican Church of Australia. We pray for Archbishop Shane Parker, Primate of the Anglican Church of Canada; 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

Regional Cycle of Prayer: We pray for the Parish of Pender and Saturna Island and the people of the Parish and surrounding community neighbourhood. We also pray for the people of Saanich Peninsula Catholic Parish.

Our Parish Clergy: Lon, Logan, Brett, Bob, Paul and Gil

Postulants: Gary & Richard

Seminarian: Melanie

For those who were Baptized: Judith's nephews, Elijah and Isaiah

For those in our Parish: Valerie & Alex MacDonald and Gil, Cheryl & Jacob Shoesmith & their families

For those ill or in need of prayer: Neville & Patricia, Roche, Diana A., Fern & Mark, Dennis, Logan, Tom, Glenda

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

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, 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., Michelle, Cassidy, Carl G., Keith & Lillian, Michael A., Jasmine, Kai

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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