



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**



JANUARY 11, 2026 – BAPTISM OF OUR LORD

*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

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

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*

Welcome & Land Acknowledgement

Gathering Song: *Spirit of Gentleness*

Refrain:

**Spirit, Spirit of gentleness,
Blow through 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:
“Awake from your slumbers and rise on your wings.” *Refrain***

**You swept through 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 through Your prophets to open their eyes.
*Refrain***

**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 through Your people on the rush of the wind.
*Refrain***

**You call from tomorrow, You break ancient schemes,
From the bondage of sorrow the captives dream dreams;
Our women see visions, our men clear their eyes,
With bold new decisions Your people arise. *Refrain***

Lon: 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: 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.

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: O God the creator of all, at his baptism you proclaimed Jesus your beloved and anointed him with the Holy Spirit. Make us faithful to our calling to be your daughters and sons, and empower us with your Spirit, through Jesus Christ, our Saviour and Lord. Amen. *Evangelical Lutheran Worship* (2006) alt.

The Readings

Carol Watkins - A reading from The Book of Isaiah

Isaiah 42:1-9

42 Here is my servant, whom I uphold,
my chosen, in whom my soul delights;
I have put my spirit upon him;
he will bring forth justice to the nations.

² He will not cry out or lift up his voice
or make it heard in the street;

³ a bruised reed he will not break,
and a dimly burning wick he will not quench;

he will faithfully bring forth justice.

⁴ He will not grow faint or be crushed
until he has established justice in the earth,
and the coastlands wait for his teaching.

⁵ Thus says God, the LORD,
who created the heavens and stretched them out,
who spread out the earth and what comes from it,
who gives breath to the people upon it
and spirit to those who walk in it:

⁶ I am the LORD; I have called you in righteousness;
I have taken you by the hand and kept you;
I have given you as a covenant to the people,
a light to the nations,

⁷ to open the eyes that are blind,
to bring out the prisoners from the dungeon,
from the prison those who sit in darkness.

⁸ I am the LORD; that is my name;
my glory I give to no other,
nor my praise to idols.

⁹ See, the former things have come to pass,
and new things I now declare;
before they spring forth,
I tell you of them.

Hear what the Spirit of God is saying.

Thanks be to God.

Responsive Psalm 29 – Carol Watkins

*I Ascribe to the Lord, you gods, * ascribe to the Lord glory and strength.*

*2 Ascribe to the Lord the glory due his name; * worship the Lord in the beauty of holiness.*

*3 The voice of the Lord is upon the waters; the God of glory thunders; * the Lord is upon the mighty waters.*

*4 The voice of the Lord is a powerful voice; * the voice of the Lord is a voice of splendour.*

*5 The voice of the Lord breaks the cedar trees; * the Lord breaks the cedars of Lebanon;*

*6 He makes Lebanon skip like a calf, * and Mount Hermon like a young wild ox.*

*7 The voice of the Lord splits the flames of fire; the voice of the Lord shakes the wilderness; * the Lord shakes the wilderness of Kadesh.*

8 The voice of the Lord makes the oak trees writhe * **and strips the forests bare.**

9 And in the temple of the Lord * **all are crying, “Glory!”**

10 The Lord sits enthroned above the flood; * **the Lord sits enthroned as king for evermore.**

11 The Lord shall give strength to his people; * **the Lord shall give his people the blessing of peace.**

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 Acts

Acts 10:34-43

³⁴ Then Peter began to speak to them: “I truly understand that God shows no partiality, ³⁵ but in every people anyone who fears him and practices righteousness is acceptable to him. ³⁶ You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. ³⁷ That message spread throughout Judea, beginning in Galilee after the baptism that John announced: ³⁸ how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him.³⁹ We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree, ⁴⁰ but God raised him on the third day and allowed him to appear, ⁴¹ not to all the people but to us who were chosen by God as witnesses and who ate and drank with him after he rose from the dead. ⁴² He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. ⁴³ All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.”

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 what Thou dost love,
And do what Thou wouldst do.**

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

**Breathe on me, Breath of God,
Till I am wholly Thine,
Until this earthly part of me
Glow with Thy fire divine.**

**Breathe on me, Breath of God,
So shall I never die,
But live with Thee the perfect life
of Thine eternity.**

Melanie: God be with you.

People: And also with you.

Melanie: The Holy Gospel of our Lord Jesus Christ according
to Matthew

People: Glory to you, Lord Jesus Christ.

Gospel Acclamation: Alleluia (*CP #715 – refrain*)

Alleluia, alleluia!

Alleluia, alleluia!

Matthew 3:13-17

¹³ Then Jesus came from Galilee to John at the Jordan, to be baptized by him. ¹⁴ John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” ¹⁵ But Jesus answered him, “Let it be so now, for it is proper for us in this way to fulfill all righteousness.” Then he consented. ¹⁶ And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw God’s Spirit descending like a dove and alighting on him. ¹⁷ And a voice from the heavens said, “This is my Son, the Beloved, with whom I am well pleased.”

Melanie: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Gospel Acclamation: Alleluia (*CP #715 – refrain*)

Alleluia, alleluia!

Alleluia, alleluia!

Sermon – *The Ven. Dr. Lon Towstego*

Anthem: ***On the Wings of a Snow White Dove***

Congregation joins in singing the chorus printed in bold

On the wings of a snow white dove
He sends his pure sweet love
A sign from above
On the wings of a dove.

When troubles surround us, when evils come

The body grows weak, the spirit grows numb
When these things beset us God doesn't forget us
He sends down His love on the wings of a dove.

**On the wings of a snow white dove
He sends His pure sweet love
A sign from above
On the wings of a dove.**

When Noah has drifted on the flood many days
The searchers for land in various ways
Troubles he had some but wasn't forgotten
He sent him his love on the wings of a dove.

**On the wings of a snow white dove
He sends His pure sweet love
A sign from above
On the wings of a dove.**

When Jesus went down to the river that day
He was baptized in the usual way
And when it was done God blessed his son
He sent him his love on the wings of a dove.

**On the wings of a snow white dove
He sends His pure sweet love
A sign from above
On the wings of a dove.**

Presider: Let us confess the faith of our baptism, as we say together,

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 – Melanie Ihmels

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: Spirit of God Unseen as the Wind

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: God of life and freedom, we celebrate the revelation of Jesus as the Christ who makes all creation new. Accept all we offer you this day and make us new in him, who is Lord for ever and ever. **Amen.**

THE SACRED MEAL IS SHARED
(Eucharist Prayer 4 with Sung Responses)

Presider: God be with you.

All: And also with you.

Presider: Lift up your hearts.

All: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

All: It is right to give our thanks and praise.

Presider: It is right to give you thanks and praise, O Lord, our God, sustainer of the universe, you are worthy of glory and praise.

All: Glory to you for ever and ever.

Presider: At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home; by your will they were created and have their being.

All: Glory to you for ever and ever.

Presider: From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill; you made us the stewards of creation.

All: Glory to you for ever and ever.

Presider: But we turn against you, and betray your trust; and we turn against one another. Again and again you call us to return. Through the prophets and sages you reveal your righteous law. In the fullness of time you sent your Son, born of a woman, to be our Saviour. He was wounded for our transgressions, and bruised for our iniquities. By his death he opened to us the way of freedom and peace.

All: Glory to you for ever and ever.

Presider: Therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

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, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, gave it to his friends, and said, "Take this, and eat it: this is my body which is given for you. Do this for the remembrance of me." In the same way, after supper, he took the cup of wine; he gave you thanks, 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: Glory to you for ever and ever.

Presider: Gracious God, we recall the death of your Son Jesus Christ, we proclaim his resurrection and ascension, and we look with expectation for his coming as Lord of all the nations. We who have been redeemed by him, and made a new people by water and the Spirit, now bring you these gifts. Send your Holy Spirit upon us and upon this offering of your Church, that we who eat and drink at this holy table may share the divine life of Christ our Lord.

All: Glory to you for ever and ever.

Presider: Pour out your Spirit upon the whole earth and make it your new creation. Gather your Church together from the ends of the earth into your kingdom, where peace and justice are revealed, that we, with all your people, of every language, race, and nation, may share the banquet you have promised; through Christ, with Christ, and in Christ, all honour and glory are yours, creator of all.

All: Glory to you for ever and ever. Amen.

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.

Communion Song: *Water Flowing from the Mountains*

Water flowing from the mountain.

Water flowing o'er the earth.

Water comes to us, so precious.

Living water gives us birth.

Drink deep this source of life.

Drink deep and know.

For living water sings, and living water brings

The love that makes our spirit grow."

Water rushing down the rivers.

Water rushing to the sea.

Water comes to us, so precious.

Living water makes us free.

Drink deep this source of life.

Drink deep and know.

For living water sings, and living water brings

The love that makes our spirit grow."

Water springing from the dry place.

Water springing in the sun.

Water comes to us, so precious.

Living water for each one.

Drink deep this source of life.

Drink deep and know.

For living water sings, and living water brings

The love that makes our spirit grow."

Prayer after Communion: Gracious God, lover of all, by this sacrament you make us one family in Christ your Son, one in the sharing of his body and blood, one in the communion of his Spirit. Help us to

grow in love for one another and come to the full maturity of the Body of Christ. We ask this in his name. **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***

**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.**

**Flying to the river, she waited circling high
above the child now grown so full of grace.
As he rose up from the water,
she swept down from the sky,
and she carried him away in her embrace. *Refrain***

Dismissal:

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

People: Thanks be to God.

Postlude

CCLI# 245534

Please join us for coffee and conversation in the parish hall

THE ALTAR FLOWERS are given by Carol & Dennis Watkins to the Glory of God and in loving memory of their parents and siblings.

READINGS FOR JANUARY 18, 2026

Isaiah 49:1-7; Psalm 40:1-12; 1 Corinthians 1:1-9; John 1:29-34

Thank you to all who are assisting today

Music	Joanne Lambert
Readers	Carol Watkins, Don Campbell, Melanie
Liturgical Assistant	Melanie Ihmels
2nd Chalice	Brett Cane
Sidesperson	Carol Watkins
Sound Tech/Bell	Matty Stuart
Coffee Hosts	Lynn Fallan
Altar Guild	Carol Watkins
Flower Guild	Carol Watkins

JANUARY REFRESHMENTS – In the hope that more volunteers will participate in organizing fellowship time after church, this month has been declared food-free January. People are invited to enjoy their tea, coffee and each other's company without snacks. Signing up to prepare the beverages does not obligate you to provide goodies, whether it is a "food-free" month or not! If you would like more information on how you might participate, please speak with Lynn Fallan or sign up on the list on the bulletin board outside of the kitchen. Table set up, take down and assistance with dishwashing is provided.

THRIFTY'S SMILE CARDS - Smile Cards will be ordered on Tuesday, January 13th. You may leave your cheque at the office by 10 a.m., or give it to Irene today .

MEN'S BREAKFAST – Saturday. January 24, 2026, 9:00 a.m. at St. Stephen. Please RSVP to Lon at ltowstego@bc.anglican.ca or 250-208-9949 if you would like to attend.

THE 2026 FLOWER CHART FOR ALTAR FLOWERS –Please use one of the special envelopes provided near the calendar for your donation, completing the requested information regarding your dedication, perhaps in memory of a loved one, a special occasion or thanksgiving. A minimum donation of \$50 is suggested. You could consider sharing a Sunday with a friend. Monies donated for Altar Flowers will be eligible for tax receipts. Please ensure that you put your Envelope number, Electronic Collection Plate number or your address on the envelope. The envelope may be placed on the offering plate or given to Leslie Pedlow in the office. Many thanks!

NOMINATIONS FOR PARISH COUNCIL AND OTHER LEADERSHIP POSITIONS - A diverse faith community like the Parish of Central Saanich is blessed to count among its number many individuals with a multitude of talents and experiences - plus, in many cases, the desire to use them in service to the church. That's a good thing - because our community also has a wide range of needs and volunteers! The challenge is to match gifts with opportunities, and to complement experience with new ideas and fresh energy. We are currently looking for individuals that would be interested in putting their name forward to join our Parish Council/Leadership Team for the coming year. You are invited to take part in the process of nominating members of the parish. Parish Council members are elected annually. Meetings are generally held in the evening of the third Tuesday of the month. You may submit your own name or nominate another parishioner, with their permission, to one of the Wardens or from the floor at the AGM. If you would like to know more about what is involved, please see the display which outlines the Executive Structure and offers job descriptions for the various positions or speak with Lon directly. Thank you for your interest, we look forward to hearing from you.

THE ANNUAL GENERAL MEETING is scheduled for February 22nd, 2026. There will be a combined service at St. Mary at 10:00 a.m. followed by light refreshments and the meeting. Please bring finger foods to share. Please begin preparing your reports for submission to Leslie (lpedlow@parishcs.ca) by January 30th. We will continue with a condensed version of the Annual Report. Forward-looking reports are eagerly anticipated from:

The Incumbent

The Wardens

Outreach

Cemetery Report, 2025 Financial statements & draft 2026 budget
2025 Church Financial Statements and 2026 draft budget.

INTERCESSIONS

Anglican Cycle of Prayer: We pray for Sarah Mullally, the next Archbishop of Canterbury; Iglesia Anglicana de La Region Central de America. We pray for the Anglican Church of Canada and Archbishop Shane Parker, Primate; 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 and for Christ Church, Gabriola.

Regional Cycle of Prayer: We pray for our Parish of Central Saanich – St. Mary & St. Stephen and the people of the Parish and surrounding community neighbourhood. We also pray for the people of Saanichton Bible Fellowship.

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

Postulants: Gary & Richard

Seminarian: Melanie

In our Parish: Karen & Tom McColm and Eva & Rick Townsend and their families.

For those ill or in need of prayer: Neville & Patricia, Roche, Diana A., Fern, Dennis, Logan, Tom, Glenda, Dawn, Carl & Shirley, Sybil, Jackie

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, Garth W., Chris P.

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

St. Mary's Church Hall, Wednesday, February 11, at 7:00 p.m.

St. Stephen's Board Room, Friday, February 13, at 2:00 p.m.

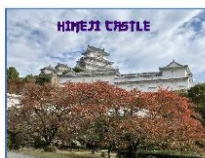
2 Slide Show & Dessert Events with Brett Cane:



"TRAVELS IN JAPAN"

All are welcome

Please bring a small dessert item



Anglican Parish of Central Saanich
St. Mary Church St. Stephen Church
Faith - Family - Friendship



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
admin@parishcs.ca

St. Stephen's Anglican Church

7921 St. Stephens Road
Saanichton, B.C. V8M 1S2
Office: 250-652-4311
admin@parishcs.ca