

HOLY EUCHARIST

Island and Inlets Liturgy

The Ven. Dr. Lon Towstego, Presiding & Preaching

A Warm Welcome to all who worship with us, especially visitors.

With thanks, please mute your cell phones during the service.

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

Prelude: ***Whom Shall I Fear (God of Angel Armies)***

- Chris Tomlin, Ed Cash & Scott Cash © 2012 CCLI# 6440288

Welcome & Land Acknowledgement

Gathering Song: ***Our God Reigns - Leonard E. Smith Jr.***

©1974, 1978 CCLI# 8458

**How lovely on the mountains are the feet of Him
Who brings good news, good news,
Announcing peace, proclaiming news of happiness –
Our God reigns, our God reigns.**

**Our God reigns, our God reigns,
Our God reigns, our God reigns.**

**O watchmen, lift your voices joyfully as one,
Shout for your King, your King.
See eye to eye the Lord restoring Zion.
Our God reigns, our God reigns.**

**Our God reigns, our God reigns,
Our God reigns, our God reigns.**

**Waste places of Jerusalem, break forth with joy,
We are redeemed, redeemed.
The Lord has saved and comforted His people.
Our God reigns, our God reigns.**

**Our God reigns, our God reigns,
Our God reigns, our God reigns.**

**Ends of the earth, see the salvation of your God,
Jesus is Lord, is Lord.
Before the nations He has bared His holy arm.
Your God reigns, your God reigns.**

**Your God reigns, your God reigns,
Your God reigns, your God reigns.**

**Out from the tomb He came with grace and majesty;
He is alive, alive!**

**God loved us so, see here His hands His feet, His side.
He is alive, alive!**

He is alive, He is alive!

He is alive, He's alive!

And our God reigns, our God reigns,

Our God reigns, our God reigns

The Gathering of the Community

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.**

Gloria – Mass for the King of Glory

Betty Carr Pulkingham © 1973 (arr. for one voice by Daisy Essery)

Glory to God,

Glory to God in the highest,

And peace to his people on earth.

Lord God, heavenly king,

almighty God and Father,

we worship you, we give you thanks,

we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God,

you take away the sin of the world:

have mercy on us;

you are seated at the right hand of the Father:

receive our prayer.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father. Amen

Centering Stillness:

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

The Prayer of the Day: God of blazing light, through the power of the cross you shattered our darkness and set us free to live as your children. Give us courage and conviction, so that we may joyfully

turn and follow you, led by the light that shines through Jesus Christ our Saviour. Amen. *Revised Common Lectionary Prayers* (2002) alt.

The Readings

Sue Smith - A reading from The Book of Isaiah

Isaiah 9:1-4

9 But there will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations.

2 The people who walked in darkness
have seen a great light;
those who lived in a land of deep darkness—
on them light has shined.

3 You have multiplied exultation;
you have increased its joy;
they rejoice before you
as with joy at the harvest,
as people exult when dividing plunder.

4 For the yoke of their burden
and the bar across their shoulders,
the rod of their oppressor,
you have broken as on the day of Midian.

Hear what the Spirit of God is saying.

Thanks be to God.

Psalms 27:1 5-13 – Sue Smith

1 The Lord is my light and my salvation; whom then shall I fear? * **the Lord is the strength of my life; of whom then shall I be afraid?**

5 One thing have I asked of the Lord; one thing I seek; * **that I may dwell in the house of the Lord all the days of my life;**

6 To behold the fair beauty of the Lord * **and to seek him in his temple.**

7 For in the day of trouble he shall keep me safe in his shelter; * **he shall hide me in the secrecy of his dwelling and set me high upon a rock.**

8 Even now he lifts up my head * **above my enemies round about me.**

9 Therefore I will offer in his dwelling an oblation with sounds of great gladness; * **I will sing and make music to the Lord.**

10 Hearken to my voice, O Lord, when I call; * **have mercy on me and answer me.**

11 You speak in my heart and say, “Seek my face.” * **Your face, Lord, will I seek.**

12 Hide not your face from me, * **nor turn away your servant in displeasure.**

13 You have been my helper; cast me not away; * **do not forsake me, O God of my salvation.**

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.

Sean Lyon - A reading from the first letter to the Corinthians.

1 Corinthians 1:10-18

¹⁰ Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you but that you be knit together in the same mind and the same purpose. ¹¹ For it has been made clear to me by Chloe’s people that there are quarrels among you, my brothers and sisters. ¹² What I mean is that each of you says, “I belong to Paul,” or “I belong to Apollos,” or “I belong to Cephas,” or “I belong to Christ.” ¹³ Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? ¹⁴ I thank God^[a] that I baptized none of you except Crispus and Gaius, ¹⁵ so that no one can say that you were baptized in my name. ¹⁶ I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else. ¹⁷ For Christ did not send me to baptize but to proclaim the gospel—and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power.

¹⁸ For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *The Lord Is My Light* – Pauline Michael Mills

© 1966 CCLI# 16756

**The Lord is my light and my salvation,
Whom shall I fear, whom shall I fear?**

**The Lord is my light and my salvation,
Whom shall I fear, whom shall I fear?**

**The Lord is my strength, the strength of my life,
Of whom, then, shall I be afraid?**

**The Lord is my light and my salvation,
Whom shall I fear, whom shall I fear?**

**The Lord is my light and my salvation,
Whom shall I fear, whom shall I fear?
The Lord is my light and my salvation,
Whom shall I fear, whom shall I fear?**

**The Lord is my strength, the strength of my life,
Of whom, then, shall I be afraid?
The Lord is my light and my salvation,
Whom shall I fear, whom shall I fear?**

Maria God be with you.

People: And also with you.

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

People: Glory to you, Lord Jesus Christ

Sung Response: Alleluia (*CP 714*) – *Jacques Berthier* © 1984

Alleluia, alleluia, alleluia!

Alleluia, alleluia, alleluia!

Matthew 4:12-23

¹² Now when Jesus heard that John had been arrested, he withdrew to Galilee. ¹³ He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, ¹⁴ so that what had been spoken through the prophet Isaiah might be fulfilled:

¹⁵ “Land of Zebulun, land of Naphtali,

 on the road by the sea, across the Jordan, Galilee of the gentiles—

¹⁶ the people who sat in darkness

 have seen a great light,

and for those who sat in the region and shadow of death

 light has dawned.”

¹⁷ From that time Jesus began to proclaim, “Repent, for the kingdom of heaven has come near.”

¹⁸ As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishers. ¹⁹ And he said to them, “Follow me, and I will make you fishers of people.” ²⁰ Immediately they left their nets and followed him. ²¹ As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. ²² Immediately they left the boat and their father and followed him.

²³ Jesus went throughout all Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

Maria: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Gospel Acclamation: Alleluia (*CP 714*) – *Jacques Berthier* © 1984

Alleluia, alleluia, alleluia!

Alleluia, alleluia, alleluia!

Sermon – The Ven. Dr. Lon Towstego

The Apostle's Creed:

Prisider: 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 – *Maria King*

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.

Prisider: 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.

Prisider: 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

Prisider: 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.

Offertory: *I Will Follow - Chris Tomlin, Jason Ingram & Reuben Morgan*

© 2010 CCLI# 5806878

Where You go, I'll go; where You stay, I'll stay;

When You move, I'll move. I will follow.

(Oh, oh, oh.)

All Your ways are good, all Your ways are sure;

I will trust in You alone.

Higher than my sight, high above my life;

I will trust in You alone.

Where You go, I'll go; where You stay, I'll stay;

When You move, I'll move. I will follow You.

Whom You love, I'll love; how You serve, I'll serve;

If this life I lose, I will follow You, yeah.

I will follow You, yeah.

Light into the world, Light into my life -

I will live for You alone.

You're the One I seek, knowing I will find

All I need in You alone. (In You alone.)

Where You go, I'll go; where You stay, I'll stay;

When You move, I'll move. I will follow You.

Whom You love, I'll love; how You serve, I'll serve;

If this life I lose, I will follow You, yeah.

I will follow You, yeah.

In You, there's life everlasting.

In You, there's freedom for my soul.

In You, there's joy, unending joy;

And I will follow.

Where You go, I'll go; where You stay, I'll stay;

When You move, I'll move. I will follow You.

Whom You love, I'll love; how You serve, I'll serve;

If this life I lose, I will follow.

Where You go, I'll go; where You stay, I'll stay;

When You move, I'll move. I will follow You.

Whom You love, I'll love; how You serve, I'll serve;

**If this life I lose, I will follow You, yeah.
I will follow You, yeah. I will follow You, yeah. I will follow You,
yeah.**

After the offering is placed on the Lord's Table, all sing:

**Praise God from whom all blessings flow;
praise him, all creatures here below;
Praise him above, ye heavenly host;
praise Father, Son, and Holy Ghost. Amen**

Jimmy Owens ©1972 Lexicon Music, Inc

THE SACRED MEAL IS SHARED

(Eucharist Prayer 1)

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: It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

Sanctus (Steve Bell)

**Holy, Holy, Holy, Lord, God of power and might
Heaven and earth of Your glory are full
Hosanna, Hosanna. Hosanna in the highest
Blessed is he who comes in the name of the Lord.
Blessed is he who comes in the name of the Lord.
Holy, Holy, Holy, Lord, God of power and might
Heaven and earth of Your glory are full
Hosanna, Hosanna. Hosanna in the highest
Hosanna, Hosanna. Hosanna in the highest**

Presider: Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, 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."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

Therefore we proclaim the mystery of faith.

**All: Christ has died.
Christ is risen.
Christ will come again.**

Presider: Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever. **Amen.**

Lord's Prayer: *Our Father in Heaven*

Daisy Essery ©2000 CCLI# 3310933 & CCLI# 7219396

**Our Father in Heaven,
Your name is Holy.
May Your will be done here;
May Your Kingdom come.
You supply all we need.**

**Lord, forgive our transgressions,
As we forgive others
Who trespass against us.
And lead us, dear Father,
Not into temptation;
Deliver us, Lord,
From the evil one's snare.
For Yours is the Kingdom,
And Yours is the power,
And Yours is the glory,
Forever and 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: Here I Am To Worship

– Tim Hughes © 2000 CCLI# 3266032

**Light of the world,
You stepped down into darkness,
Opened my eyes, let me see.
Beauty that made
This heart adore You,
Hope of a life spent with You.
So, here I am to worship,
Here I am to bow down,
Here I am to say that You're my God.
And You're altogether lovely,
Altogether worthy,
Altogether wonderful to me.
King of all days,
Oh so highly exalted,
Glorious in heaven above.
Humbly You came**

To the earth You created,
All for love's sake became poor.

So, here I am to worship,
Here I am to bow down,
Here I am to say that You're my God.
And You're altogether lovely,
Altogether worthy,
Altogether wonderful to me.

And I'll never know how much it cost
To see my sin upon that cross.
And I'll never know how much it cost
To see my sin upon that cross.

So, here I am to worship,
Here I am to bow down,
Here I am to say that You're my God.
And You're altogether lovely,
Altogether worthy,
Altogether wonderful to me.

Here I am to worship,
Here I am to bow down,
Here I am to say that You're my God.
And You're altogether lovely,
Altogether worthy,
Altogether wonderful to me.

Prayer after Communion: Gracious God, our hands have taken holy things; our lives have been nourished by the body of your Son. May we who have eaten at this holy table be strengthened for service in your world. We ask this in the name of Jesus Christ the Lord. **Amen**

Doxology

Prisider: 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: *Glorious Day*

– John Wilbur Chapman, Mark Hall & Michael Bleeckere 5638022

**One day when heaven was filled with His praises,
One day when sin was as black as could be,
Jesus came forth to be born of a virgin;**

**Dwelt among men. My example is He.
The Word became flesh and the light shined among us,
His glory revealed.**

**Living He loved me, dying He saved me,
Buried He carried my sins far away.
Rising He justified freely forever.
One day He's coming,
O glorious day, O glorious day.**

**One day they led Him up Calvary's mountain,
One day they nailed Him to die on a tree.
Suffering anguish, despised and rejected,
Bearing our sins, my Redeemer is He.
The hand that healed nations stretched out on a tree,
And took the nails for me.**

**Living He loved me, dying He saved me,
Buried He carried my sins far away.
Rising He justified freely forever.
One day He's coming,
O glorious day, O glorious day.**

**One day the grave could conceal Him no longer,
One day the stone rolled away from the door.
Then He arose, over death He had conquered.
Now He's ascended, my Lord evermore.
Death could not hold Him, the grave could not keep Him
From rising again. (Rising again!)**

**Living He loved me, dying He saved me,
Buried He carried my sins far away.
Rising He justified freely forever.
One day He's coming,
O glorious day, O glorious day,
Glorious day.**

**One day the trumpet will sound for His coming,
One day the skies with His glories will shine;
Wonderful day my beloved one bringing.
My Savior, Jesus is mine.**

**Living He loved me, dying He saved me,
Buried He carried my sins far away.
Rising He justified freely forever.
One day He's coming,
O glorious day, O glorious day.
Glorious day, O glorious day.**

Dismissal:

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

People: **Thanks be to God.**

Postlude: *Start A Fire* - Chad Mattson, Jonathan Lowry & Seth Mosley

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CCLI# 245534

Please join us for a light lunch in the parish hall

READINGS FOR FEBRUARY 1, 2026

PRESENTATION OF OUR LORD

Malachi 3:1-4; Psalm 24:7-10; Hebrews 2:14-18; Luke 2:22-40

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

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



INTERCESSIONS

Anglican Cycle of Prayer: We pray for Sarah Mullally, the next Archbishop of Canterbury; Iglesia Anglicana de Chile. 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 Church of the Advent, Colwood

Regional Cycle of Prayer: We pray for St. Andrew, Sidney, the people of the Parish and surrounding community. We also pray for the people of the Saanich Peninsula Catholic Parish and of Central Saanich United Church.

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

Postulants: Gary & Richard

Seminarian: Melanie

In our Parish: Gerry Meller and Nichola & David Wade and their families.

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

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, Betty E., Alysha, Sue P., Michelle, Cassidy, Carl G., Keith & Lillian, Michael A., Jasmine, Kai, Chris P., Paula, Cathy Swinscoe

For the repose of the soul: of Garth Walmsley and for comfort and strength for his family and friends.

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



Saanichton Community Dinner

Wednesday, March 4

Meat, Veggie
and Gluten Free
options

Lasagna!

St. Mary's Church

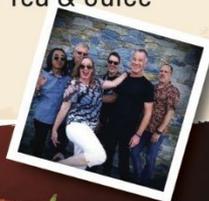
(Corner of Cultra and East Saanich)

Starts at 6 p.m.

Tickets \$25 (110 tickets for sale)

Available at Fresh Cup and Joe's Family Pharmacy

Cheese & Herb Dinner Roll
Salads
Desserts
Coffee, Tea & Juice



EVERYONE WELCOME!

Live Music by
Shenanigans



Presented by the
Saanichton Village Association

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

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