

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:

Welcome & Land Acknowledgement

Gathering Song: *The Church's One Foundation* (CP #525 Vss 1, 2 & 4)

**The church's one foundation
is Jesus Christ our Lord;
we are his new creation
by water and the Word.
From heaven he came and sought us
to be his holy bride;
with his own blood he bought us,
and for our life he died.**

**Elect from every nation,
yet one o'er all the earth;
our charter of salvation,
one Lord, one faith, one birth;
one glorious name we hallow,
partakes one holy food,
and to one hope we presses,
with every grace endued.**

**Mid toil and tribulation,
and tumult of our war,
we wait the consummation
of peace forevermore;
till, with the vision glorious,
our longing eyes are blessed,
and the great church victorious
shall be the church at rest.**

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.

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: 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

Marcia McMenamie - 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.

Psalm 27:1 5-13 – Marcia McMenamie

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.

Nancy Choat - 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: *Will You Come and Follow Me* (CP #430, Vss 1, 2, & 5)

**Will you come and follow me
If I but call your name?
Will you go where you don't know
And never be the same?
Will you let my love be shown,
Will you let my name be known,
Will you let my life be grown
In you and you in me?**

**Will you leave yourself behind
If I but call your name?
Will you care for cruel and kind
And never be the same?
Will you risk the hostile stare
Should your life attract or scare?
Will you let me answer prayer
In you and you in me?**

**Lord, your summons echoes true
When you but call my name.
Let me turn and follow you
And never be the same.**

**In your company I'll go
Where your love and footsteps show.
Thus I'll move and live and grow
In you and you in me.**

Richard: God be with you.

People: And also with you.

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

People: Glory to you, Lord Jesus Christ

Sung Response: Gospel Acclamation: Alleluia (CP #715 – refrain)

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.

Richard: 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: *The Prayer*

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 – 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

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.

Offertory: *Take My Life* (CP #435)

**Take my life, and let it be
consecrated, Lord, to thee;
take my moments and my days,
let them flow in ceaseless praise.**

**Take my hands, and let them move
at the impulse of thy love;
take my feet, and let them be
swift and purposeful for thee.**

**Take my lips, and let them be
filled with messages from thee;
take my intellect, and use
every power as thou shall choose.**

**Take my will, and make it thine;
it shall be no longer mine;
take my heart, it is thine own;
it shalt be thy royal throne.**

**Take my love: my Lord, I pour
at thy feet it's treasure store;
take myself, and I will be
ever, only, all for thee**

Prayer over the Gifts: Loving God, before the world began you called us. Make holy all we offer you this day, and strengthen us in that calling. We ask this in the name of Jesus Christ the Lord. **Amen**

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 - 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: Blest Be the Tie that Binds (CP #507)

**Blest be the tie that binds
our hearts in Jesus' love;
the fellowship of Christian minds
is like to that above.**

**Before God's gracious throne
we pour our ardent prayers;
our fears, our hopes, our aims are one,
our comforts and our cares.**

**We share each other's woes,
each other's burdens bear;
and often for each other flows
the sympathizing tear.**

**When for a while we part,
this thought will soothe our pain;
that we shall still be joined in heart,
and one day meet again.**

**One glorious hope revives
our courage by the way;
while each in expectation lives
and longs to see the day.**

**When from all toil and pain,
and sin we shall be free,
and perfect love and friendship reign
through all eternity.**

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

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: *I Am the Light of the World*

Chorus:

I am the Light of the World

You people come and follow me.

If you follow and love, You'll learn the mystery

Of what you were meant to do and be.

When the song of the angels is stilled.

When the star in the sky is gone.

When the kings and the shepherds have found their way home.

The work of Christmas is begun! *Chorus*

To find the lost and lonely one,

To heal that broken soul with love,

**To feed the hungry children with warmth and good food,
To feel the earth below the sky above! *Chorus***

**To free the prisoner from his chains,
To make the powerful care,
To rebuild the nations with strength and goodwill,
To call a man your brother everywhere. *Chorus***

**To bring hope to every task you do,
To dance at a baby's new birth,
To make music in an old man's heart,
And sing to the colors of the earth! *Chorus***

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

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

THE ALTAR FLOWERS are given by Judi Clark, to the Glory to God and in loving memory of her husband, John.

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.

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	Anne Wing & Nancy Choat
Altar Guild	Shirley Schwazer & Becky Lowe
Flower Guild	Judi Clark

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 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.

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



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

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



Live Music by
Shenanigans

EVERYONE WELCOME!

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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