



# 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



## **FEBRUARY 1, 2026 - CANDLEMAS**

*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 Service 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

## 9:00 a.m. 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: *O Worship the King* (CP #380 vss 1, 3, 4 & 5)**

**O worship the King, all glorious above;  
O gratefully sing his power and his love;  
Our shield and defender, the Ancient of Days,  
Pavilioned in splendour and girded with praise.**

**The earth, with its store of wonders untold,  
Almighty, thy power hath founded of old;  
hath established it fast by a changeless decree,  
and round it hath cast, like a mantle, the sea.**

**Thy bountiful care, what tongue can recite?  
It breathes in the air, it shines in the light;  
it streams from the hills, it descends to the plain,  
and sweetly distils in the dew and the rain.**

**O measureless Might, ineffable Love,  
while angels delight to hymn thee above,  
the humbler creation, though feeble their lays,  
with true adoration shall sing to thy praise!**

### 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: In this time and place we gather on the ancestral lands of the WSÁNEĆ and Coast Salish Peoples.

All: **From many places and Peoples we come to this house in prayer.**

Ken: In this time and place we are not alone for we meet in the presence of the living God.

All: **For we meet in the presence of the living God.**

Lon: In this time and place we are not alone for the Risen Jesus stands in our midst.

All: **The Risen Jesus stands in our midst.**

Ken: In this time and space we are not alone for the wind of the Spirit moves in and through us.

All: **The wind of the Spirit moves in and through us.**

Lon: In this time and space we are not alone for we gather with the whole company of heaven. In this time and in this space heaven and earth are one.

All: **In this time and in this space heaven and earth are one.**

Ken: In this time and place together, one People in Jesus Christ.

All: **In the name of God, Creator, Saviour and Holy Spirit.**  
**Amen.**

*Gloria, Gloria, Gloria!*

**Gloria Gloria Gloria**

**Glory to God on high (repeat)**

**And on earth peace to God's people**

**Glory to God (repeat)**

### **Centering Stillness:**

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

**The Prayer of the Day:** God of love, **you gave your Son to be a light for revelation to the Gentiles and for glory to your people Israel. With Simeon and Anna and all who hail redemption's happy dawn, may we sing your praise and proclaim salvation in Jesus Christ, your Word made flesh. Amen.** *Propers Working Group (2016)*

### **The Readings**

Marian Towstego - A reading from The Book of Malachi

#### **Malachi 3:1-4**

See, I am sending my messenger to prepare the way before me, and the Lord whom you seek will suddenly come to his temple. The messenger of the covenant in whom you delight—indeed, he is coming, says the Lord of hosts. <sup>2</sup> But who can endure the day of his coming, and who can stand when he appears?

For he is like a refiner's fire and like washers' soap; <sup>3</sup> he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the Lord in righteousness.<sup>[a]</sup> <sup>4</sup> Then the offering of Judah and Jerusalem will be pleasing to the Lord, as in the days of old and as in former years.

Hear what the Spirit of God is saying.

**Thanks be to God.**

**Psalm 24:7-10 – Marian Towstego**

**7 Lift up your heads, O gates; lift them high, O everlasting doors; \* and the King of glory shall come in.**

**8 “Who is this King of glory?” \* “The Lord, strong and mighty, the Lord, mighty in battle.”**

**9 Lift up your heads, O gates; lift them high, O everlasting doors; \* and the King of glory shall come in.**

**10 “Who is he, this King of glory?” \* “The Lord of hosts, he is the King of glory.”**

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 letter to the Hebrews

**Hebrews 2:14-18**

Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil,<sup>15</sup> and free those who all their lives were held in slavery by the fear of death.<sup>16</sup> For it is clear that he did not come to help angels but the descendants of Abraham.<sup>17</sup> Therefore he had to become like his brothers and sisters in every respect, so that he might become a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people.<sup>18</sup> Because he himself was tested by what he suffered, he is able to help those who are being tested.

Hear what the Spirit of God is saying.

**Thanks be to God.**

**Gradual: *Seek Ye First* (CP#458)**

**Seek ye first the kingdom of God and God’s righteousness.**

**And all these things shall be added unto you.**

**Allelu, Alleluia**

**Refrain:**

**Alleluia, alleluia, alleluia**

**Allelu, alleluia**

**Ask and it shall be given unto you.  
Seek and you shall find.  
Knock and the door shall be opened unto you.  
Allelu, Alleluia.**

**Refrain:**

**Alleluia, alleluia, alleluia  
Allelu, alleluia**

**Ken:** God be with you.

**People:** **And also with you.**

**Ken:** The Holy Gospel of our Lord Jesus Christ according to Luke

**People:** **Glory to you, Lord Jesus Christ**

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

**Alleluia, alleluia!  
Alleluia, alleluia!**

### **Luke 2:22-40**

<sup>22</sup> When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord <sup>23</sup> (as it is written in the law of the Lord, “Every firstborn male shall be designated as holy to the Lord”), <sup>24</sup> and they offered a sacrifice according to what is stated in the law of the Lord, “a pair of turtledoves or two young pigeons.”

<sup>25</sup> Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. <sup>26</sup> It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord’s Messiah. <sup>27</sup> Guided by the Spirit, Simeon came into the temple, and when the parents brought in the child Jesus to do for him what was customary under the law, <sup>28</sup> Simeon took him in his arms and praised God, saying, <sup>29</sup> “Master, now you are dismissing your servant in peace, according to your word,

<sup>30</sup> for my eyes have seen your salvation,

<sup>31</sup> which you have prepared in the presence of all peoples,

<sup>32</sup> a light for revelation to the gentiles and for glory to your people Israel.”

<sup>33</sup> And the child’s father and mother were amazed at what was being said about him. <sup>34</sup> Then Simeon blessed them and said to his mother Mary, “This child is destined for the falling and the rising of many in Israel and to be a sign that will be opposed <sup>35</sup> so that the inner thoughts of many will be revealed—and a sword will pierce your own soul, too.”

<sup>36</sup> There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband seven years after her marriage, <sup>37</sup> then as a widow to the age of eighty-four. She never left the temple but worshiped there with fasting and prayer night and day. <sup>38</sup> At that moment she came and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem. <sup>39</sup> When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. <sup>40</sup> The child grew and became strong, filled with wisdom, and the favor of God was upon him.

Ken: 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

**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 – Ken Pedlow**

**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: Fairest Lord Jesus (CP #619)**

**Fairest Lord Jesus,  
ruler of all nature,  
O thou of Godhead's human son:  
thee will I cherish,  
thee will I honour,  
thou my soul's glory, joy, and crown.**

**Fair are the meadows,  
fairer still the woodlands,  
robed in the blooming garb of spring:  
Jesus is fairer,  
Jesus is purer  
who makes the troubled heart to sing.**

**Fair is the sunshine,  
fairer still the moonlight,  
and fair the twinkling, starry host;  
Jesus shines brighter,  
Jesus shines purer  
than all the angels heaven can boast.**

**All fairest beauty,  
heavenly and earthly,  
wondrously, Jesus, is found in thee;  
none can be nearer,  
fairer, or dearer  
than thou, my Saviour, art to me.**

**Prayer over the Gifts:** Almighty God, accept the joyful offering of your Church, and grant that your Son may shine in us as the light that lightens every nation. We ask this in the name of the same Jesus Christ our Lord. **Amen**

**THE SACRED MEAL IS SHARED**  
*(Eucharist Prayer I)*

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 & Benedictus – music, *Land of Rest, American traditional tune***

**Holy, holy, holy Lord,**

**God of power and might**

**Heaven and earth are full of your glory**

**Hosanna in the highest.**

**Blessed is the one who comes  
in the name of the Lord.**

**Hosanna in the highest; 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 Are the Pure in Heart (CP# 439)**

**Blest are the pure in heart,  
For they shall see our God;  
The secret of the Lord is theirs;  
Their soul is Christ's abode.**

**The Lord, Who left the heavens  
Our life and peace to bring,  
To dwell in lowliness with us  
Our Pattern and their King.**

**Still to the lowly soul  
His presence doth impart;  
And for a dwelling and a throne  
Chooseth the pure in heart.**

**Lord, we Thy presence seek;  
May ours this blessing be;  
Give us a pure and lowly heart,  
A temple meet for Thee.**

**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: *Praise the Lord with the Sound of Trumpets* (CP #309)**

**Praise the Lord with the sound of trumpet,  
praise the Lord with the harp and lute,  
praise the Lord with the gentle sounding flute.**

**Praise the Lord in the field and forest,  
praise the Lord in the city square,  
praise the Lord anytime and anywhere.**

**Praise the Lord in the wind and sunshine,  
praise the Lord in the dark of night,  
praise the Lord in the rain or snow or in the morning light.**

**Praise the Lord in the deepest valley,  
praise the Lord on the highest hill,  
praise the Lord, never let your voice be still.**

**Praise the Lord with the crashing cymbal,  
praise the Lord with the pipe and string,  
praise the Lord with the joyful songs you sing.**

**Praise the Lord on a weekday morning,  
praise the Lord on a Sunday noon,  
praise the Lord by the light of sun or moon.**

**Praise the Lord in the time of sorrow,  
praise the Lord in the time of joy,  
praise the Lord in the every moment, nothing let your  
praise destroy.**

**Praise the Lord in the peace and quiet,  
praise the Lord in your work or play,  
praise the Lord every where in every way!**

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 8, 2026 – EPIPHANY 5**

---

Isaiah 58:1-12; Psalm 15; 1 Corinthians 1:18-31; Matthew 5:13-20

---

## Thank you to all who are assisting today

<b>Music</b>	Joanne Lambert
<b>Readers</b>	Marian Towstego, Don Campbell, Ken Pedlow
<b>Liturgical Assistant</b>	Ken Pedlow
<b>2<sup>nd</sup> Chalice</b>	Marian Towstego
<b>Sidespersion</b>	Carol Watkins
<b>Sound Tech/Bell</b>	Matty Stuart
<b>Coffee Hosts</b>	Lynn Fallan
<b>Altar Guild</b>	Carol Watkins
<b>Flower Guild</b>	Carol Watkins

**SHROVE TUESDAY PANCAKE SUPPER** – February 17<sup>th</sup>, serving beginning at 5:00 p.m. until 6:30 p.m. (or until we run out). Suggested Minimum Donation: \$10 per person/\$25 per family. Please register by February 13<sup>th</sup> by emailing [lpedlow@parishes.ca](mailto:lpedlow@parishes.ca) or signing the list at either church. We will be purchasing enough supplies for those who indicate they will attend. If for some reason you are unable to attend, please fulfill your commitment by making a donation.

---

**ST. MARY'S TAX RECEIPTS** are available for pick up from the small table in the narthex.

---

**PALM CROSSES** – Could you please bring your crosses from last year to church in the next Sunday or two so that we might burn them to use on Ash Wednesday. The Ash Wednesday services will be at 10:00 a.m. at St. Mary and 4:00 p.m. at St. Stephen on February 18<sup>th</sup>.

---

**INTERCESSIONS** – With the exception of prayers for Long-Term need, the prayer list is meant for current and/or emergent prayers. If you have placed friends or family on the Intercessions in the past few months, please take a moment to review the list in the bulletin to see if the information is still current and advise Leslie if there are any changes that should be made. Many thanks.

---

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



# Saanichton Community Dinner

Wednesday, March 4

Meat, Veggie  
and Gluten Free  
options

# Lasagna!

Cheese & Herb Dinner Roll

Salads

Desserts

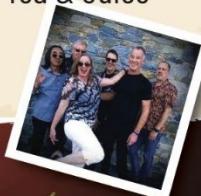


Coffee, Tea & Juice

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



## EVERYONE WELCOME!

Presented by the  
Saanichton Village Association



Live Music by  
Shenanigans

## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for Sarah Mullally, the next Archbishop of Canterbury; for the Church of England. 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 Diocesan and Synod Office Staff

**Regional Cycle of Prayer:** We pray for the Parish of Pender and Saturna Islands , the people of the Parish and surrounding community. We also pray for the people of the Saanich Peninsula Catholic Parish and Friendship Community Church.

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

**Postulants:** Gary & Richard

**Seminarian:** Melanie

**In our Parish:** Gay & Bill Miller and Brad Watson, Kim Watson and their families.

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

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

**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

**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](mailto: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.*

**St. Mary's Anglican Church**  
1973 Cultra Avenue  
Saanichton, B.C. V8M 1L7  
Office: 250-652-1611  
[admin@parishes.ca](mailto:admin@parishes.ca)

**St. Stephen's Anglican Church**  
7921 St. Stephens Road  
Saanichton, B.C. V8M 1S2  
Office: 250-652-4311  
[admin@parishes.ca](mailto:admin@parishes.ca)