

**Welcome To
PARISH OF CENTRAL SAANICH
St. Mary Church**

**FEBRUARY 8, 2026 – EPIPHANY 5**

*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

Melanie Ihmels, 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: *Praise My Soul, the King of Heaven* (CP #381)

**Praise, my soul, the King of heaven;
to his feet your tribute bring;
ransomed, healed, restored, forgiven,
evermore his praises sing.
Alleluia, alleluia!
praise the everlasting King.**

**Praise him for his grace and favour
to our forebears in distress.
praise him, still the same forever,
Slow to chide, and swift to bless;
Alleluia, alleluia!
glorious in his faithfulness!**

**Fatherlike he tends and spares us;
well our feeble frame he knows.
in his hand he gently bears us,
rescues us from all our foes.
Alleluia, alleluia!
Widely as his mercy flows!**

**Angels, help us to adore him;
You behold him face to face.
Sun and moon, bow down before him,
Dwellers all in time and space.
Alleluia, alleluia!
Praise with us the God of grace!**

The Gathering of the Community

Presider: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all.

All: And also with you.

Presider: Almighty God,
All: to you all hearts are open, all desires known, and from
you no secrets are hidden. Cleanse the thoughts of our
hearts by the inspiration of your Holy Spirit, that we may
perfectly love you, and worthily magnify your holy name;
through Christ our Lord. Amen.

The Gloria (Ashgrove)

Sing glory to God in the heights of the heavens
Salvation and peace to God's People on earth
Our Sovereign, our Saviour, our God, our Creator
We worship and praise you and sing of your worth.
Creation unites in the power of the Spirit
In praise of the Father, through Jesus the Son
So complex, so simple, so clear, so mysterious
Our God ever three yet eternally one.

This Lord Jesus Christ, only Son of the Father
The lamb who has carried the burden of shame
Now seated on high in the glory of heaven
Have mercy upon us who call on your name.

For you, only you, we acknowledge as holy
We name you alone as our Saviour and Lord
You only, O Christ, with the Spirit exalted,
Are one with the Father, forever adored.

Creation unites in the power of the Spirit
In praise of the Father, through Jesus the Son
So complex, so simple, so clear, so mysterious
Our God ever three yet eternally one.

The Prayer of the Day: O God of light, your Spirit reveals and
illuminates your presence in creation. Shine your radiant holiness into
our lives, so that we may offer our hands and hearts to your work:
to heal and shelter, to feed and clothe, to break every yoke and
silence evil tongues. Amen. *Revised Common Lectionary Prayers* (2002) alt.

The Readings

A reading from the Book of Isaiah – *Irene Feir*

Isaiah 58:1-12

Shout out; do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,
to the house of Jacob their sins.

² Yet day after day they seek me
and delight to know my ways,
as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgments;
they want God on their side.^[a]

³ “Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?”
Look, you serve your own interest on your fast day
and oppress all your workers.

⁴ You fast only to quarrel and to fight
and to strike with a wicked fist.
Such fasting as you do today
will not make your voice heard on high.

⁵ Is such the fast that I choose,
a day to humble oneself?
Is it to bow down the head like a bulrush
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the LORD?

⁶ Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?

⁷ Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover them
and not to hide yourself from your own kin?

⁸ Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator^[b] shall go before you;
the glory of the LORD shall be your rear guard.

⁹ Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, “Here I am.”

If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,

¹⁰ if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.

¹¹ The LORD will guide you continually
and satisfy your needs in parched places

and make your bones strong,
and you shall be like a watered garden,
like a spring of water
whose waters never fail.

¹² Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

Hear what the Spirit of God is saying.

All: Thanks be to God

Psalm 112:1-9 – *Greg Robinson*

I Hallelujah!

Happy are they who fear the Lord * **and have great delight in his commandments!**

2 Their descendants will be mighty in the land; * **the generation of the upright will be blessed.**

3 Wealth and riches will be in their house, * **and their righteousness will last for ever.**

4 Light shines in the darkness for the upright; * **the righteous are merciful and full of compassion.**

5 It is good for them to be generous in lending * **and to manage their affairs with justice.**

6 For they will never be shaken; * **the righteous will be kept in everlasting remembrance.**

7 They will not be afraid of any evil rumours; * **their heart is right; they put their trust in the Lord.**

8 Their heart is established and will not shrink, * **until they see their desire upon their enemies.**

9 They have given freely to the poor, * **and their righteousness stands fast for ever; they will hold up their head with honour.**

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.

A reading from the First letter to the Corinthians – *Nichola Wade*

1 Corinthians 2:1-16

2 When I came to you, brothers and sisters, I did not come proclaiming the testimony of God to you with superior speech or wisdom. ² For I

decided to know nothing among you except Jesus Christ and him crucified. ³ And I came to you in weakness and in fear and in much trembling. ⁴ My speech and my proclamation were made not with persuasive words of wisdom but with a demonstration of the Spirit and of power, ⁵ so that your faith might rest not on human wisdom but on the power of God.

⁶ Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are being destroyed. ⁷ But we speak God's wisdom, a hidden mystery, which God decreed before the ages for our glory ⁸ and which none of the rulers of this age understood, for if they had, they would not have crucified the Lord of glory. ⁹ But, as it is written,

“What no eye has seen, nor ear heard,

nor the human heart conceived,

what God has prepared for those who love him”—

¹⁰ God has revealed to us through the Spirit, for the Spirit searches everything, even the depths of God. ¹¹ For what human knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. ¹² Now we have received not the spirit of the world but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. ¹³ And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

¹⁴ Those who are unspiritual^[d] do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. ¹⁵ Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

¹⁶ “For who has known the mind of the Lord so as to instruct him?”

Hear what the Spirit of God is saying.

All: Thanks be to God

Gradual: *Lord Whose Love in Humble Service* (CP #585)

**Lord, whose love in humble service
Bore the weight of human need,
Who upon the cross, forsaken,
Worked Your mercy's perfect deed:
We, Your servants, bring the worship
Not of voice alone, but heart;
Consecrating to Your purpose
Every gift which You impart.**

**Still Your children wander homeless;
Still the hungry cry for bread;**

**Still the captives long for freedom;
Still in grief we mourn our dead.
As you, Lord, in deep compassion
Healed the sick and freed the soul,
By Your Spirit send Your power
To our world to make it whole.**

**As we worship, grant us vision,
Till your love's revealing light
In its height and depth and greatness
Dawns upon our quickened sight,
Making known the needs and burdens
Your compassion bids us bear,
Stirring us to ardent service,
Your abundant life to share.**

Lynn: God be with you.

All: And also with you.

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

All: Glory to you, Lord Jesus Christ.

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

Alleluia, alleluia!

Alleluia, alleluia!

Matthew 5:13-20

¹³ “You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled under foot.

¹⁴ “You are the light of the world. A city built on a hill cannot be hid. ¹⁵ People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

¹⁷ “Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill. ¹⁸ For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. ¹⁹ Therefore, whoever breaks^[a] one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. ²⁰ For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Lynn: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

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

Alleluia, alleluia!

Alleluia, alleluia!

Sermon – *Melanie Ihmels, Seminarian*

Anthem: ***In the Quiet*** (congregations joins the refrain)

When the leaves are fallen
And the branch is bare
Winter is calling
And chills the silent air
When the moon is covered
By shadows of the night
Know that I am with you
To call you to the quiet.

Refrain:

**Be still, O be still
For I am your God
Be still now and listen
And you will hear my word
Be still, O be still
Deep within your life
For you will find me
In the quiet.**

When souls are hurting
And they know not why
When hearts are broken
And children have to cry
When prayers are spoken
Late into the night
You will find your answer
If you come into the quiet. (***Refrain***)

When days grow longer
And the sun so shines
When hearts grow stronger
And hope becomes our sign
Leave the past behind you
Walk into the light
You will know my healing
If you come into the quiet. (***Refrain***)

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 – Lynn Schumacher

Confession & Absolution:

Presider: 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.

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.

All: 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: You Who Dwell in the Shelter (CP #531)

**You who dwell in the shelter of our Lord,
who abide in his shadow for life,
say to the Lord: 'My refuge,
my Rock in whom I trust!'**

Refrain:

**And he will raise you up on eagle's wings,
bear you on the breath of dawn,
make you to shine like the sun,
and hold you in the palm of his hand.**

**The snares of the fowler will never capture you,
and famine will bring you no fear:
under his wings your refuge,
his faithfulness your shield. *Refrain***

**You need not fear the terror of the night,
nor the arrow that flies by day;
though thousands fall about you,
near you it shall not come. *Refrain***

**For to his angels he's given a command
to guard you in all of your ways,
upon their hands they will bear you up,
lest you dash your foot against a stone. *Refrain***

Prayer over the Gifts: God of compassion and forgiveness, receive our offering this day, and make us one with him who is our peace, Jesus Christ our Saviour. **Amen**

Eucharistic Prayer #3

Presider: God be with you.

People: **And also with you.**

Presider: Lift up your hearts.

People: **We lift them to the Lord.**

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

People: **It is right to give our thanks and praise.**

Presider: Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, who in the mystery of his incarnation was made perfect man of the flesh of the Virgin Mary his mother; in him we have seen a new and radiant vision of your glory.

Therefore with all the angels of heaven, we lift our voices and proclaim our words of praise to proclaim the glory of your name.

Sanctus & Benedictus (*CP #735*) - *Schubert*

**Holy, holy, holy Lord,
God of power and might
Holy, holy, holy Lord,
God of power and might
heaven and earth are full
full of your glory.**

**Hosanna in the highest,
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest, Hosanna in the highest.**

Presider: We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

All: Therefore, Father, according to his command,
we remember his death, we proclaim his resurrection, we await his coming in glory;

Presider: and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. **Amen.**

The Lord's Prayer (*said*)

Presider: As our Saviour taught us, let us pray,

All: Our Father in heaven, hallowed be your name, Your kingdom come, your will be done On earth as in heaven. Give us today our daily bread, Forgive us our sins, as we forgive those who sin against us. Save us from the time of trial and deliver us from evil, For the kingdom, the pow'r and the glory are yours, Now and for ever. Amen.

Breaking of the Bread:

Presider: 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, Lord, We Take the Broken Bread (CP #65)

**Here, Lord, we take the broken bread
And drink the wine, believing
That by thy life our souls are fed,
Thy parting gifts receiving.
As thou hast given, so we would give
Ourselves for others' healing;
As thou hast lived, so we would live,
The Father's love revealing**

Prayer after Communion: Let us pray.

Eternal God, in you we find peace beyond all telling. May we who share in this heavenly banquet be instruments of your peace on earth, in the name of Jesus Christ the Lord.

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: *Sing a New Song* (CP #312)

Refrain:

*Sing a new song unto the Lord
let your song be sung from mountains high.
Sing a new song unto the Lord,
singing alleluia.*

Yahweh's people dance for joy.

O come before the Lord.

**And play for him on glad tambourines,
and let your trumpet sound. (Refrain)**

**Rise, O children, from your sleep
your Savior now has come.**

**He has turned your sorrow to joy,
and filled your soul with song. (Refrain)**

**Glad my soul for I have seen
the glory of the Lord.**

The trumpet sounds the dead shall be raised.

I know my Savior lives. (Refrain)

Dismissal

L.A.: Go in Peace to love and serve the Lord

All: Thanks be to God. Amen.

CCLI# 245534

Please join us for coffee & conversation in the Church Hall

THE ALTAR FLOWERS are given by Susan Rumball to the Glory of God and in memory of her husband, Michael.

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

Thank you to all who are assisting today

Music	Joanne Lambert
Readers	Irene Feir, Greg Robinson, Nichola Wade, Lynn Schumacher
Liturgical Assistant	Lynn Schumacher
2nd Chalice	Nichola Wade
Sidesperson	Irene Feir
Sound Tech/Bell	Matty Stuart
Coffee Hosts	Barry & Becky Lowe
Altar Guild	Susan Pullan
Flower Guild	Sue Rumball & Susan Pullan

SHROVE TUESDAY PANCAKE SUPPER – February 17th, 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 13th by emailing lpedlow@parishcs.ca or signing the list at either church. We will be purchasing enough supplies for those who indicate the will attend. If for some reason you are unable to attend, please fulfill your commitment by making a donation.

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 18th.

Ash Wednesday Services – February 18, 2026

10:00 a.m. at St. Mary

4:00 p.m. at St. Stephen

There will be no Bible Study following the Service at St. Mary

SLIDE SHOW & SHARED DESSERT EVENTS – Brett Cane will present a travelogue on his trip to Japan. All are welcome. Please bring a small dessert for sharing. There are two opportunities to gather:

February 11th, 7:00 p.m. in the Hall at St. Mary

February 13th, 2:00 p.m. in the Lower Hall Board Room at St. Stephen

AN INFORMATION SESSION is planned at St. Mary at 10:00 a.m. on February 14. This will be an opportunity to ask questions regarding the financial statements and budgets ahead of the Annual General Meeting. It will be hosted by the Parish Treasurer, the three Wardens and the Rector. This will help them identify questions that will need to be responded to prior to/or at the AGM. Open to all in the parish.

NOTICE OF ANNUAL VESTRY MEETING

Notice is hereby given that the Annual Meeting of the Parish of Central Saanich will be held on Sunday, February 22nd, 2026 at St. Mary's Church, 1973 Cultra Avenue, Saanichton, at approximately 11:30 a.m., for the purpose of:

Receiving reports & financial statements

Approving the budgets for 2026

Appointing and electing officers

The meeting will follow a combined Worship Service at 10:00 a.m. at St. Mary

A Study in Grief and Loss

with Bishop Logan



Love That Does Not Rush — John 11:1-44

Wednesday, February 24, 2026

and

Wednesday, March 4, 2026

10:45 am - 12:15 pm

St. Mary's Church



Anglican Parish of Central Saanich
St. Mary's Church St. Stephen's Church



ANGELICAN DIOCESE
OF BRITISH COLUMBIA

St. Mary's Anglican Church

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St. Stephen's Anglican Church

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INTERCESSIONS

Anglican Cycle of Prayer: We pray for Sarah Mullally, Archbishop of Canterbury; Hong Kong Sheng Kung Hui. 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 Holy Trinity, North Saanich.

Regional Cycle of Prayer: We pray for the Parish of Salt Spring Island, the people of the Parish and surrounding community. We also pray for the people of the Saanich Peninsula Catholic Parish.

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

Postulants: Gary & Richard

Seminarian: Melanie

In our Parish: Marilyn Montgomery and Mike & Terry Will and their families.

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

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

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., 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.

***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.*

CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

His Cell Phone: (250) 208-9949

His email: ltowstego@bc.anglican.ca