



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



## Welcome To PARISH OF CENTRAL SAANICH Annual General Meeting Sunday



**FEBRUARY 22, 2026 – LENT 1**

**Service Time This Week: 10:00 a.m. at St. Mary**

*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](http://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

## 10:00 a.m. HOLY EUCHARIST

### Book of Alternative Services

*The Ven. Dr. Lon Towstego, Presiding & Preaching*

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

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

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

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Prelude – *Joanne Lambert*

Welcome & Land Acknowledgement

Blessing of the Annual Report

**Gathering Song: *God the Creator* (CP# 445)**

**God the Creator, You in love made me  
who once was nothing but now have grown.  
I bring the best of all my life offers;  
for You I share whatever I own.**

**O Christ the Saviour You in love called me  
Who once was no-one lost and alone.  
I pledge to go wherever You summon,  
making Your will and purpose my own.**

**O God the Spirit, You in love move me  
who once was nowhere and felt unknown.  
I know my need of You for companion:  
all things can change when not on my own.**

**And with the people summoned together  
to be the Church in which faith is sown.  
I make my promise to live for Jesus  
and let the world know all are His own.**

**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.**

**Kyrie (CP #706)**

**Lord have mercy.**

**Christ have mercy.**

**Lord have mercy on us.**

**Kyrie eleison.  
Christe eleison.  
Kyrie eleison.**

**Lord have mercy.  
Christ have mercy.  
Lord have mercy on us.**

**Centering Stillness:**

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

**The Prayer of the Day:** Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save, through Jesus Christ our Lord. Amen.

**THE STORY OF FAITH IS PROCLAIMED**

**The Readings**

*Lynda Clifford* – A Reading from the Book of Genesis

**Genesis 2:15-17; 3:1-7**

<sup>15</sup> The Lord God took the man and put him in the garden of Eden to till it and keep it. <sup>16</sup> And the Lord God commanded the man, “You may freely eat of every tree of the garden, <sup>17</sup> but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” <sup>2</sup> The woman said to the serpent, “We may eat of the fruit of the trees in the garden, <sup>3</sup> but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” <sup>4</sup> But the serpent said to the woman, “You will not die, <sup>5</sup> for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” <sup>6</sup> So when the woman saw that the tree was good for food and that it was a delight to the eyes and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband, who was with her, and he ate. <sup>7</sup> Then the eyes of both were opened, and they knew that they were naked, and they sewed fig leaves together and made loincloths for themselves.

Hear what the Spirit of God is saying.

**Thanks be to God**

## Responsive Psalm 32 – *Nancy Choat*

1 Happy are they whose transgressions are forgiven, \* **and whose sin is put away!**

2 Happy are they to whom the Lord imputes no guilt, \* **and in whose spirit there is no guile!**

3 While I held my tongue, my bones withered away, \* **because of my groaning all day long.**

4 For your hand was heavy upon me day and night; \* **my moisture was dried up as in the heat of summer.**

5 Then I acknowledged my sin to you, \* **and did not conceal my guilt.**

6 I said, “I will confess my transgressions to the Lord.” \* **Then you forgave me the guilt of my sin.**

7 Therefore all the faithful will make their prayers to you in time of trouble; \* **when the great waters overflow, they shall not reach them.**

8 You are my hiding-place; you preserve me from trouble; \* **you surround me with shouts of deliverance.**

9 “I will instruct you and teach you in the way that you should go; \* **I will guide you with my eye.**

10 Do not be like horse or mule, which have no understanding; \* **who must be fitted with bit and bridle, or else they will not stay near you.”**

11 Great are the tribulations of the wicked; \* **but mercy embraces those who trust in the Lord.**

12 Be glad, you righteous, and rejoice in the Lord; \* **shout for joy, all who are true of heart.**

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 Book of Romans

### **Romans 5:12-19**

<sup>12</sup> Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— <sup>13</sup> for sin was indeed in the world before the law, but sin is not reckoned when there is no law. <sup>14</sup> Yet death reigned from Adam to Moses, even over those who did not sin in the likeness of Adam, who is a pattern of the one who was to come.

<sup>15</sup> But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the

gift in the grace of the one man, Jesus Christ, abounded for the many. <sup>16</sup> And the gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the gift following many trespasses brings justification. <sup>17</sup> If, because of the one man's trespass, death reigned through that one, much more surely will those who receive the abundance of grace and the gift of righteousness reign in life through the one man, Jesus Christ.

<sup>18</sup> Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. <sup>19</sup> For just as through the one man's disobedience the many were made sinners, so through the one man's obedience the many will be made righteous.

Hear what the Spirit of God is saying.

**Thanks be to God**

**Gradual: *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.**

**Gil:** God be with you.

**People:** And also with you.

**Gil:** The Gospel of our Lord Jesus according to Matthew

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

**Matthew 4:1-11**

Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. <sup>2</sup> He fasted forty days and forty nights, and afterward he was famished. <sup>3</sup> The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." <sup>4</sup> But he answered, "It is written,

'One does not live by bread alone,  
but by every word that comes from the mouth of God.' "

<sup>5</sup> Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup> saying to him, "If you are the Son of God, throw yourself down, for it is written,

‘He will command his angels concerning you,’  
and ‘On their hands they will bear you up,  
so that you will not dash your foot against a stone.’ ”

<sup>7</sup> Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’ ”

<sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, <sup>9</sup> and he said to him, “All these I will give you, if you will fall down and worship me.” <sup>10</sup> Then Jesus said to him, “Away with you, Satan! for it is written, ‘Worship the Lord your God, and serve only him.’ ”

<sup>11</sup> Then the devil left him, and suddenly angels came and waited on him.

Gil:            The Gospel of Christ

**People:    Praise to you, Lord Jesus Christ.**

**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.**

## **RESPONDING TO THE WORD**

Sermon – The Ven. Dr. Lon Towstego

## **AFFIRMATION OF FAITH**

**Hear, O Israel,  
the Lord our God, the Lord is one.  
Love the Lord your God  
with all your heart,  
with all your soul,  
with all your mind,  
and with all your strength.  
This is the first and the great commandment.  
The second is like it:  
Love your neighbour as yourself.  
There is no commandment greater than these.**

Prayers of the People – *The Rev. Gil Shoesmith, deacon*

## **The Peace** *All stand*

**Presider:** The peace of the Lord be always with you.

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

*The members of the community offer a sign of peace to one another in a manner that feels safe for you.*

*Please be sensitive to the comfort level of others.*

## **Offertory: Be Thou My Vision** (CP #505)

**Be thou my vision, O Lord of my heart;  
naught be all else to me, save that thou art.**

**Thou my best thought, by day or by night,  
waking or sleeping, thy presence my light.**

**Be thou my wisdom, and thou my true word;  
I ever with thee, and thou with me, Lord.  
thou my great Father; thine own may I be;  
thou in me dwelling and I one with thee.**

**Riches I heed not, nor the world's empty praise;  
thou mine inheritance, now and always.  
Thou and thou only, first in my heart,  
High King of heaven, my treasure thou art.**

**High King of heaven, when vict'ry is won  
may I reach heaven's joys, bright heav'n's Sun!  
Heart of my heart, whatever befall,  
still be my vision, O Ruler of all.**

**Prayer over the Gifts:** God our refuge and our strength, receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. We ask this in his name. **Amen.**

## **THE SACRED MEAL IS SHARED**

### **Eucharistic Prayer #2**

**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:** We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things.

By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all.

In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people.  
He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence.

Now with all creation we raise our voices to proclaim the glory of your name, saying

*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 and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you.

We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ.

All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

Presider: As our Saviour taught us, let us pray as we sing:

**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.**

*Gordon Light*

**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 Hymn: *One Bread, One Body* (CP #73)**

**One bread, one body, one Lord of all  
One cup of blessing which we bless  
And we, though many, throughout the Earth  
We are one body in this one Lord**

**Gentile or Jew, servant or free  
Woman or man, no more**

**One bread, one body, one Lord of all  
One cup of blessing which we bless  
And we, though many, throughout the Earth  
We are one body in this one Lord**

**Many the gifts, many the works,  
one in the Lord of all**

**One bread, one body, one Lord of all  
One cup of blessing which we bless  
And we, though many, throughout the Earth  
We are one body in this one Lord**

**Grain for the fields, scattered and grown.  
gathered to one for all**

**One bread, one body, one Lord of all  
One cup of blessing which we bless  
And we, though many, throughout the Earth  
We are one body in this one Lord**

**Prayer after Communion:** Faithful God, in this holy bread you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life. We ask this in his name. **Amen**

## **WE ARE SENT INTO THE WORLD**

### **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 & Grace for meal to follow

**Sending Hymn:** *To God be the Glory (CP #371)*

**To God be the glory who great things has done!  
God so loved the world freely sending the Son,  
who yielded his life an atonement for sin,  
and opened the life-gate that all may go in.**

***Refrain:***

**Praise the Lord! Praise the Lord!**

**Let the earth hear God's voice.**

**Praise the Lord! Praise the Lord!**

**Let the people rejoice!**

**O come to the Father  
through Jesus the Son,  
and give God the glory,  
who great things has done!**

**O perfect redemption, the purchase of blood  
to every believer the promise of God:  
that when the offender, repenting, believes,  
through Jesus' atonement, God's pardon receives. *Refrain***

**Great things God has taught us,  
great things God has done,  
and great our rejoicing through Jesus the Son;  
but purer and higher and greater will be  
our wonder, our gladness, when Jesus we see! *Refrain***

### **Dismissal**

Leader: Go in peace to love and serve the Lord.

**All:** Thanks be to God.

No Postlude

***Please join us for light refreshments in the Parish Hall  
after which we will convene the AGM in the Church***

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## READINGS FOR MARCH 1, 2026

Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-7

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**TAKE A LOOK IN THE BOOK NOOK** - As you come in and out of church please take a moment to visit the "Books by Donation" area. Please extend an invitation to all who use our facilities to enjoy a browse and get themselves a good book or two. All are welcome. With thanks, Judi and Karen

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**STUDY ON GRIEF & LOSS** at St. Mary facilitated by Bishop Logan McMenamie at 10:45 on Wednesday, February 25 and March 4 in the church following the Wednesday Communion Service.

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**WORLD DAY OF PRAYER 2026 – Friday March 6<sup>th</sup> at 2:00 pm.** All are invited to join members of other Christian churches on the Peninsula at **St Paul's United Church, 2410 Malaview in Sidney** as we pray, sing and reflect on this year's theme **"I Will Give You Rest: Come."** Materials from Nigeria bring us a powerful invitation drawn from Matthew 11:28-30. At a time when people worldwide are carrying heavy burdens, our Nigerian sisters offer profound insights into finding rest in God. Michael MacEwan will be leading an Ad Hoc Choir for information please contact [stpauluc@telus.net](mailto:stpauluc@telus.net)

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### Thank you to all who are assisting today

<b>Music</b>	Joanne Lambert
<b>Readers</b>	Lynda Clifford, Nancy Choat, Sean Lyon, Gil Shoesmith
<b>Liturgical Assistant</b>	Gil Shoesmith
<b>2<sup>nd</sup> Chalice</b>	Brett Cane
<b>Sidesperson</b>	David Cooper
<b>Sound Tech/Bell</b>	Matty Stuart
<b>Altar Guild</b>	Shirley Schwazer & Becky Lowe
<b>Coffee Host</b>	Lynn Fallan & Helpers Thank you for your donations of food.

***Note:** Worshipers 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](mailto:ltowstego@bc.anglican.ca)

## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for Sarah Mullally, Archbishop of Canterbury; The Church of Ireland. 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 St. Andrew, Sidney

**Regional Cycle of Prayer:** We pray for the Parish of St. Margaret of Scotland, the people of the Parish and surrounding community. We also pray for the people of the Saanich Peninsula Catholic Parish and Centennial Park Campus of Saanich Baptist Church.

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

**Postulants:** Gary & Richard

**Seminarian:** Melanie

**In our Parish:** We pray for all of our parishioners and their families.

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

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

**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, Arianne

**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 Anglican Church

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### St. Stephen's Anglican Church

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