

HOLY EUCHARIST
Island and Inlets Liturgy

The Ven. Dr. Lon Towstego, Presiding

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: *Morning Has Broken.* (CP #3)

**Morning has broken like the first morning;
blackbird has spoken like the first bird.
Praise for the singing! Praise for the morning!
Praise for them, springing fresh from the Word!**

**Sweet the rain's new fall sunlit from heaven,
like the first dewfall on the first grass.
Praise for the sweetness of the wet garden,
sprung in completeness where his feet pass.**

**Mine is the sunlight! Mine is the morning
born of the one light Eden saw play!
Praise with elation, praise every morning,
God's re-creation of the new day!**

The Gathering of the Community

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

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

Melanie: 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.

Melanie: 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.

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

**All: In the name of God, Creator, Saviour and Holy Spirit.
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 Collect for Ash Wednesday: Almighty and everlasting God, **you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen**

The Prayer of the Day: Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Readings

Carol Watkins - A reading from The Book of Genesis

Genesis 12:1-4a

Now the Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. ²I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. ³I will bless those who bless you, and the one who curses you I will curse, and in you all the families of the earth shall be blessed.”

⁴So Abram went, as the Lord had told him, and Lot went with him.

Hear what the Spirit of God is saying.

Thanks be to God.

Psalm 121 – Carol Watkins

1 I lift up my eyes to the hills; * **from where is my help to come?**

2 My help comes from the Lord, * **the maker of heaven and earth.**

3 He will not let your foot be moved * **and he who watches over you will not fall asleep.**

4 Behold, he who keeps watch over Israel * **shall neither slumber nor sleep;**

5 The Lord himself watches over you; * **the Lord is your shade at your right hand,**

6 So that the sun shall not strike you by day, * **nor the moon by night.**

7 The Lord shall preserve you from all evil; * **it is he who shall keep you safe.**

8 The Lord shall watch over your going out and your coming in, * **from this time forth for evermore.**

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.

Greg Robinson - A reading from the letter to the Romans

Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? ² For if Abraham was justified by works, he has something to boast about, but not before God. ³ For what does the scripture say?

“Abraham believed God, and it was reckoned to him as

righteousness.” ⁴ Now to one who works, wages are not reckoned as a gift but as something due. ⁵ But to one who does not work but trusts him who justifies the ungodly, such faith is reckoned as righteousness.

¹³ For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. ¹⁴ For if it is the adherents of the law who are to be the heirs, faith is null and the promise is void. ¹⁵ For the law brings wrath, but where there is no law, neither is there transgression.

¹⁶ For this reason the promise depends on faith, in order that it may rest on grace, so that it may be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (who is the father of all of us, ¹⁷ as it is written, “I have made you the father of many nations”), in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *If I Didn't Sing* (Words & Music by Vera Philip)

**I feel You all around me and that leaves me no choice
O Lord I will praise You with my heart and my voice
For if I did not sing the very stones would praise the Almighty
and eternal one.**

**For if I did not sing the very stones would praise the Almighty
and eternal one.**

Repeat

Melanie: God be with you.

People: And also with you.

Melanie : The Holy Gospel of our Lord Jesus Christ according
to John

People: Glory to you, Lord Jesus Christ

John 3:1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. ² He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you do unless God is with that person."³ Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above."⁴ Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?"⁵ Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶ What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷ Do not be astonished that I said to you, 'You must be born from above.' ⁸ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."⁹ Nicodemus said to him, "How can these things be?"¹⁰ Jesus answered him, "Are you the teacher of Israel, and yet you do not understand these things?

¹¹ "Very truly, I tell you, we speak of what we know and testify to what we have seen, yet you do not receive our testimony. ¹² If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³ No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴ And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵ that whoever believes in him may have eternal life. ¹⁶ "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷ “Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him.

Melanie: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Sermon – *The Ven. Dr. Lon Towstego*

Anthem: ***One Day at a Time*** (congregation to join in the chorus)

**One day at a time, sweet Jesus
That's all I'm asking from You
Just give me the strength to do everyday
What I have to do
Yesterday's gone, sweet Jesus
And tomorrow may never be mine
Lord, help me today
O Show me the way
One day at a time**

I'm only human
I'm just myself
Help me believe in what I could be
And all that I am
Show me the stairway
That I have to climb
Lord, for my sake, teach me to take
One day at a time

**One day at a time, sweet Jesus
That's all I'm asking from You
Just give me the strength to do everyday
What I have to do
Yesterday's gone, sweet Jesus
And tomorrow may never be mine
Lord, help me today
Oh, show me the way
One day at a time**

Oh, do you remember
When You walked among us
Well, Jesus, You know
If You're looking below
That it's worse now than then
There's pushing and shoving
Crowding my mind
So, for myself sake Lord

Teach me to take
One day at a time

**One day at a time, sweet Jesus
That's all I'm asking from You
Just give me the strength to do everyday
What I have to do
Yesterday's gone, sweet Jesus
And tomorrow may never be mine
Lord, help me today
Oh, show me the way
One day at a time**

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 – Melanie Ihmels

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.**

Installation of Parish Leadership Team Members

The presiding minister says in these or similar words.

Sisters and brothers in Christ, we are all baptized by the one Spirit into one body, and given gifts for a variety of ministries for the common good.

Our purpose today is to recognize and affirm the ministries for which these persons have offered themselves. You have been called to this ministry. Will you, as long as you are engaged in this work, perform it with care, to the honour of God and the benefit of the Church?

Answer: I will.

The presiding minister addresses the congregation.

Minister: Will you uphold these people in this service?

People: We will.

The presiding minister continues,

Let us pray.

Blessed are you, gracious God, our creator and redeemer.

In every age you call people to minister in your name.

May the work of these your servants so build up your Church, that we may faithfully serve you and show your love in all the world. Blessed are you, O God, now and forever. **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.

Offertory: Here I am Lord

**I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin
My hand will save.**

**I who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?**

Refrain:

**Here I am, Lord. Is it I, Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.**

**I, the Lord of snow and rain,
I have borne my people's pain.
I have wept for love of them.
They turn away.**

**I will break their hearts of stone,
Give them hearts for love alone.
I will speak my word to them.
Whom shall I send? *Refrain***

**I, the Lord of wind and flame,
I will tend the poor and lame.
I will set a feast for them.
My hand will save.**

**Finest bread I will provide,
'Til their hearts be satisfied.
I will give my life to them.
Whom shall I send? *Refrain***

Prayer over the Gifts: God of wisdom, may the light of the eternal Word, our Lord and Saviour Jesus Christ, guide us to your glory. We ask this in his name. **Amen.**

THE SACRED MEAL IS SHARED

(Adapted from the Salal and Cedar Eucharistic Prayer)

The following Eucharistic Prayer is an adaptation of the Salal and Cedar Eucharistic Prayer written by the Rev. Laurel Dyskstra. Used with permission.

Presider: God be with you.

People: **And also with you.**

Presider: Lift up your hearts.

People: **We lift them to the Holy One.**

Presider: Let us give thanks to our loving God.

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

Presider: It is right in all times and in all places to thank and praise you, Creator of all.

We praise you in this particular part of your creation on these Islands. We praise you for the wonderful diversity of sea life, plants, animals and people who live in this place.

We praise you at a time when the body of earth is broken again and again.

We give thanks for our place in the story of salvation. Our ancestors journeyed with you in creation and migration. They depended on the land, were displaced from the land and displaced others from their lands.

They knew you in tents and cities, in families and dreams, and through wilderness prophets who prayed on mountains and listened to ravens.

Together with angels and ancestors, whales and eagles, hemlock and fern and farmlands, we join our voices with all creation in this ancient honour song:

Sanctus & Benedictus – *music, Land of Rest,*

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: We give thanks to you for Jesus, whose first bed was a feed trough.

He was baptized in the Jordan, tested in the wilderness, he traveled in fishing boats and told parables of farmers and seeds, labor and wages, yeast and bread.

On the night before he died, Jesus took bread, food of the poor, the work of field and hearth, he gave thanks, broke it and gave it to his friends saying: Take and eat, this is my body, given for you, do this to remember me.

Again after supper he took the cup of wine, fruit of the land, gave thanks and gave it to his friends saying:

This is my blood, which is shed for you. When you do this, do it in memory of me.

Remembering Jesus' life, death and resurrection and awaiting his coming kingdom, we offer you this bread and this cup.

Creator, send your Spirit on these gifts

so that we know Jesus in them and are gathered together with everyone who shares this sacred meal of justice and community.

Fill us with the courage and love of Jesus, that we may strive for justice and peace, respect the dignity of every human being, and safeguard the integrity of Creation.

Bring us with Mary, Stephen and all your saints to your commonwealth of sparrow and lily, child and beggar which is both now and yet to come.

All honor and glory are yours, Creator, Christ and Spirit, now and forever. **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: *Breathe on Me, Breath of God* (CP #649)

**Breathe on me, Breath of God,
Fill me with life anew,
That I may love what Thou dost love,
And do what Thou wouldst do.**

**Breathe on me, Breath of God,
Until my heart is pure,
Until my will is one with thine,
To do and to endure.**

**Breathe on me, Breath of God,
Till I am wholly Thine,
Until this earthly part of me
Glows with Thy fire divine.**

**Breathe on me, Breath of God,
So shall I never die,
But live with Thee the perfect life
of Thine eternity.**

Prayer after Communion: Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our 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: *Precious Lord Take my Hand* (CP #509)

**Precious Lord, take my hand, lead me on, let me stand;
I am tired, I am weak, I am worn;
Through the storm, through the night, lead me on to the light:
Take my hand, precious Lord, lead me home.**

**When my way grows drear, precious Lord, linger near;
When my life is almost gone,
Hear my cry, hear my call, hold my hand lest I fall:
Take my hand, precious Lord, lead me home.**

**When the darkness appears and the night draws near,
And the day is past and gone,
At the river I stand; guide my feet, hold my hand:
Take my hand, precious Lord, lead me home.**

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 MARCH 8, 2026 – LENT 3

Exodus 17:1-7; Psalm 95; Romans 5:1-11; John 4:5-42

THRIFTY'S SMILE CARDS - Smile Cards will be ordered on Tuesday, March 10th. You may leave your cheque at the office by 10 a.m. that day, or give it to Irene on Sunday, March 8th.

Thank you to all who are assisting today

Music	Joanne Lambert
Readers	Carol Watkins, Greg Robinson, Melanie Ihmels
Liturgical Assistant	Melanie Ihmels
2nd Chalice	Ken Pedlow
Sidesperson	Carol Watkins
Sound Tech/Bell	Matty Stuart
Coffee Hosts	<i>Volunteer</i>
Altar Guild	Carol Watkins & Becky Lowe

STUDY ON GRIEF & LOSS – Part 2 - at St. Mary facilitated by Bishop Logan McMenamie at 10:45 on Wednesday, March 4 in the church following the Wednesday Communion Service.

WORLD DAY OF PRAYER 2026 – Friday March 6th 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.

OPPORTUNITIES TO EARN PARTICIPATION POINTS:

- **Palm Sunday Reading of the Passion of our Lord According to Matthew – March 29** There is a sign-up sheet in the narthex for the various roles for the Passion Reading. Please sign up at your earliest convenience.
 - **Good Friday Stations of the Cross Community Walk – April 3, 10:00 a.m.** - are 14 Stations that require readers. Please contact Leslie if you are interested in participating.
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DAYLIGHT SAVING TIME - begins next Sunday, March 8th. Remember to set your clocks ahead one hour before going to bed on Saturday night. Spring Ahead!!!

ST. MARY'S OUTREACH – In your offering envelope package you will find special monthly outreach envelopes. For those who do not have offering envelopes, you may bring your outreach offering in a plain envelope, marked “Outreach for Month of ____” with your name and address.

Jan.	Rector's Discretionary Fund - This is a dedicated fund under the Rector's control and discretion which provides (but is not limited to) financial assistance to members of the parish and the wider community.
Feb.	Threshold Housing Society - Threshold Housing Society works to prevent adult homelessness by providing safe housing, support services, and community to at-risk youth.
Mar.	General Outreach - Monies donated for General Outreach are dedicated at the end of the year to be used for requests received during the year and to “top up” totals in monthly outreach designations.
Apr.	Alongside Hope - We support the Anglican Church of Canada's agency for sustainable development, relief, refugees, and global justice.

INTERCESSIONS

Anglican Cycle of Prayer: We pray for Sarah Mullally, Archbishop of Canterbury; The Nippon Sei Ko Kai. 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. John the Divine, Victoria

Regional Cycle of Prayer: We pray for the Parish of St. Philip, Cedar, The Rev. Leslie Flynn, the people of the Parish and surrounding community. We also pray for the people of the Saanich Peninsula Catholic Parish and Central Saanich United Church.

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

Postulants: Gary & Richard

Seminarian: Melanie

In our Parish: We pray for Leslie & Ken Pedlow and Diana Abbott 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, Chad

For the repose of the soul: of Kristy Willow and for comfort and strength for her family and friends.

In the greater community: We pray for all victims of sexual misconduct and abuse. We are all called to create communities where all children of God are safe and respected. We pray for those impacted or endangered by the toxic drug supply crisis and also for their loved ones who are, or have been, impacted.

CLERGY CONTACT INFORMATION

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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.

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