

HOLY EUCHARIST

Book of Alternative Services - 4

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 – Carolyne Solberg

Welcome & Land Acknowledgement

Gathering Song: ♪ *How Firm a Foundation (CP#527)*

**How firm a foundation, ye saints of the Lord,
is laid for your faith in God's excellent Word!**

**What more can he say than to you He hath said,
to you who to Jesus for refuge have fled?**

**"Fear not, I am with thee, O be not dismayed,
for I am thy God, and will still give thee aid;
I'll strengthen thee, help thee, and cause thee to stand,
upheld by my righteous, omnipotent hand.**

**"When through the deep waters I call thee to go,
the rivers of woe shall not thee overflow;
for I will be with thee, thy troubles to bless,
and sanctify to thee thy deepest distress.**

The Gathering of the Community *All stand.*

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** (*tune: Ash Grove*)

**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.**

Refrain: 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.**

Refrain

The Prayer of the Day

Presider: Let us pray. Almighty God, your Son Jesus Christ is the way, the truth, and the life. Give us grace to love one another and walk in the way of his commandments, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

THE READINGS

First Lesson: Proverbs 4: 10-18 – Carol Watkins

¹⁰ Hear, my child, and accept my words, that the years of your life may be many. ¹¹ I have taught you the way of wisdom; I have led you in the paths of uprightness. ¹² When you walk, your step will not be hampered, and if you run, you will not stumble. ¹³ Keep hold of instruction; do not let go; guard her, for she is your life. ¹⁴ Do not enter the path of the wicked, and do not walk in the way of evildoers. ¹⁵ Avoid it; do not go on it; turn away from it and pass on. ¹⁶ For they cannot sleep unless they have done wrong; they are robbed of sleep unless they have made someone stumble. ¹⁷ For they eat the bread of wickedness and drink the wine of violence. ¹⁸ But the path of the righteous is like the light of dawn, which shines brighter and brighter until full day.

The word of the Lord.

Thanks be to God.

Psalm 119:9-32 – Carol Watkins

⁹ How shall a young man cleanse his way? **Keeping to your words.**

¹⁰ With my whole heart I seek you; **let me not stray from your commandments.**

¹¹ I treasure your promise in my heart, **that I may not sin against you.**

¹² Blessed are you, O Lord; **instruct me in your statutes.**

¹³ With my lips will I recite **all the judgements of your mouth.**

¹⁴ I have taken greater delight in the way of your decrees
than in all manner of riches.

¹⁵ I will meditate on your commandments **and give attention to your ways.**

¹⁶ My delight is in your statutes; **I will not forget your word.**

¹⁷ Deal bountifully with your servant, **that I may live and keep your word.**

- ¹⁸ Open my eyes, that I may see **the wonders of your law.**
- ¹⁹ I am a stranger here on earth; **do not hide your commandments from me.**
- ²⁰ My soul is consumed at all times **with longing for your judgements.**
- ²¹ You have rebuked the insolent;
cursed are they who stray from your commandments!
- ²² Turn from me shame and rebuke, **for I have kept your decrees.**
- ²³ Even though rulers sit and plot against me, **I will meditate on your statutes.**
- ²⁴ For your decrees are my delight, **and they are my counsellors.**
- ²⁵ My soul cleaves to the dust; **give me life according to your word.**
- ²⁶ I have confessed my ways, and you answered me;
instruct me in your statutes.
- ²⁷ Make me understand the way of your commandments,
that I may meditate on your marvelous works.
- ²⁸ My soul melts away for sorrow; **strengthen me according to your word.**
- ²⁹ Take from me the way of lying; **let me find grace through your law.**
- ³⁰ I have chosen the way of faithfulness;
I have set your judgements before me.
- ³¹ I hold fast to your decrees; **O Lord, let me not be put to shame.**
- ³² I will run the way of your commandments,
for you have set my heart at liberty.

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.**

Second Lesson: 1 Peter 2: 2-10 – Greg Robinson

2 Rid yourselves, therefore, of all malice, and all guile, insincerity, envy, and all slander. ² Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— ³ if indeed you have tasted that the Lord is good. ⁴ Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and ⁵ like living stones, let yourselves be built^[a] into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. ⁶ For it stands in scripture:

‘See, I am laying in Zion a stone, a cornerstone chosen and precious; and whoever believes in him will not be put to shame.’ ⁷ To you then who believe, he is precious; but for those who do not believe, ‘The stone that the builders rejected has become the very head of the corner’, ⁸ and ‘A stone that makes them stumble, and a rock that makes them fall.’

They stumble because they disobey the word, as they were destined to do. ⁹ But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. ¹⁰ Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

The word of the Lord.

Thanks be to God.

Gradual: ♪ *Praise I will Praise You Lord (CP #340)*

1. **Praise, I will praise you, Lord, with all my heart.
O God, I will tell the wonders of your ways,
and glorify your name.
Praise, I will praise you Lord, with all my heart.
In you I will find the source of all my joy. Alleluia!**
2. **Love, I will love you, Lord...**
3. **Serve, I will serve you Lord...**

All stand for the Gospel.

Reader: God be with you.

All: And also with you.

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

All: Glory to you, Lord Jesus Christ.

♪ **Alleluia**

Gospel: John 14: 1-14

14 “Do not let your hearts be troubled. Believe in God; believe also in me. ² In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? ³ And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. ⁴ And you know the way to the place where I am going.” ⁵ Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” ⁶ Jesus said to him, “I am the way and the truth and the life. No one comes to the Father except through me. ⁷ If you know me, you will know my Father also. From now on you do know him and have seen him.”

⁸ Philip said to him, “Lord, show us the Father, and we will be satisfied.”

⁹ Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father.

How can you say, ‘Show us the Father’? ¹⁰ Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own, but the Father who dwells in me does his works.

¹¹ Believe me that I am in the Father and the Father is in me, but if you do not, then believe because of the works themselves. ¹² Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. ¹³ I will do whatever you ask in my name, so that the Father may be glorified in the Son. ¹⁴ If in my name you ask me for anything, I will do it.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

♪ Alleluia

Sermon – The Ven. Dr. Lon Towstego

Anthem: ♪ **A Heartsong Blessing** (*Music by J. Martin, words based on the poem “Resolution Blessing” by Mattie Stepanek*)

Mattie J.T. Stepanek (1990–2004) was a profoundly inspirational American poet, peace advocate, and motivational speaker who published seven New York Times bestselling books of poetry and essays. He had a rare genetic disease and died at age 13.

Let our breath be gentle wind. Let our ears be of those who listen.
Let our hearts be love songs for the earth. Let all our spirits serve,
Bringing hope and peace to all the world.
Let our minds be filled with hope. Let our hands reach out in kindness.
Let our eyes, with interest and respect seek health and happiness.
Let our souls be filled with wonder. Let us join our hands in this
moment. We are one in heart in voice.
Let us touch the future together as we pray and play, as we live each day,
We can change the world with love.

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 – Rev. Gil Shoesmith

The Peace *All stand*

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

All: And also with you.

Offertory Hymn: ♪ **Dear God, Compassionate and Kind (CP#455)**

Dear God, compassionate and kind, forgive our foolish ways.

**Re-clothe us in our rightful mind, in purer lives thy service find,
in deeper reverence, praise, in deeper reverence, praise.**

**In simple trust like theirs who heard, beside the Syrian sea,
the gracious calling of the Lord, let us, like them, without a word,
rise up and follow thee, rise up and follow thee!**

**O Sabbath rest by Galilee! O calm of hills above,
where Jesus knelt to share with thee the silence of eternity
interpreted by love, interpreted by love!**

**Drop thy still dews of quietness, till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace, the beauty of thy peace.**

Prayer over the Gifts

Gracious God, you show us your way and give us your divine life.
May everything we do be directed by the knowledge of your truth.
We ask this in the name of Jesus Christ the risen Lord. **Amen.**

Blessing

Eucharistic Prayer #4 *Read/sung responsively*

God be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right to give you thanks and praise, O Lord, our God, sustainer of the universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home; by your will they were created and have their being.

Glory to you for ever and ever.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill; you made us the stewards of creation.

Glory to you for ever and ever.

But we turn against you, and betray your trust; and we turn against one another. Again and again you call us to return. Through the prophets and sages you reveal your righteous law. In the fullness of time you sent your Son, born of a woman, to be our Saviour. He was wounded for our transgressions, and bruised for our iniquities. By his death he opened to us the way of freedom and peace.

Glory to you for ever and ever.

Therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

♪ **Sanctus: (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 he who comes in the name of the Lord.
Hosanna in the highest. Hosanna in the highest.**

Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, gave it to his friends, and said, "Take this, and eat it: this is my body which is given for you. Do this for the remembrance of me."

In the same way, after supper, he took the cup of wine; he gave you thanks, 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."

Glory to you for ever and ever.

Gracious God, we recall the death of your Son Jesus Christ, we proclaim his resurrection and ascension, and we look with expectation for his coming as Lord of all the nations.

We who have been redeemed by him, and made a new people by water and the Spirit, now bring you these gifts. Send your Holy Spirit upon us and upon this offering of your Church, that we who eat and drink at this holy table may share the divine life of Christ our Lord.

Glory to you for ever and ever.

Pour out your Spirit upon the whole earth and make it your new creation. Gather your Church together from the ends of the earth into your kingdom, where peace and justice are revealed, that we, with all your people, of every language, race, and nation, may share the banquet you have promised; through Christ, with Christ, and in Christ, all honour and glory are yours, creator of all.

Glory to you for ever and ever. Amen.

The Lord's Prayer

As our Saviour taught us, let us 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 forever. Amen. (Lord's Prayer - Gordon Light)

We break this bread to share in the body of Christ

We, being many, are one body, for we all share in the one bread

The gifts of God for us, the People of God.

Thanks be to God.

Administration of Holy Communion

All are invited to share in the Bread or a Blessing

Gluten Free Wafers are available upon request.

Please cross your arms at the rail if you would like a blessing.

♪ **Special Music** – Carolyn Solberg

Prayer after Communion

God of love, in this eucharist we have heard your truth and shared in your life. May we always walk in your way, in the name of Jesus Christ the Lord. **Amen.**

Doxology

Glory to God, 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.**

Sending Hymn: ♪ **Here I am Lord**

1. 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

2. 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

Who will speak my word to them? Whom shall I send?

Refrain

3. 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

Dismissal

Leader: Go forth into the world, rejoicing in the power of the Spirit.

All: **Thanks be to God.**

Postlude – Joanne Lambert

CCLI# 245534

Please join us for coffee and conversation in the parish hall

*** Caryl Buchannan will be selling a Mother's Day craft item and cards in the hall during the coffee hour today. Proceeds will be donated to St. Mary's Church. ***

Thank you to all who are assisting today:

♪ Joanne Lambert, ♪ Carolyne Solberg, Carol Watkins, Greg Robinson, Gil Shoosmith, Marian Towstego, Matty Stuart (Sound Tech/Bell), Barry & Becky Lowe (Coffee Host)

READINGS FOR NEXT SUNDAY

Ezekial 34: 1-7a, Psalm 115, 1 Peter 3: 13-22, John 14: 15-21

ST. MARY'S SPRING FLING: MAY 23rd 9:30 A.M.-NOON

The very popular parts of this event are the ADULT CLOTHING, HOUSEWARES, ELECTRONICS/TOOLS, LINENS, BAKED GOODS, and the BOOK ROOM! The JEWELRY section would love contributions! There are many other areas where you can help make this a very successful event. Sign-up sheets are on the table in the narthex.

*PLEASE NOTE – Items not accepted include children's clothes, toys or equipment, suitcases, cosmetics, water bottles, knives, candles, garage sale leftovers, furniture, underwear, items with corporate logos, plastics, broken, or soiled items.

Trays and plastic bags will be ready for you to pick up from the table in the narthex next week for **HOME BAKING** items. Buyers with allergies appreciate knowing the ingredients in an item; please attach a small tag listing them. There are many requests for Gluten Free foods. Let's do our best to ensure the bake table is full to overflowing!!

DELIVERING YOUR CONTRIBUTIONS

Donations will be welcomed:

To the narthex:

on **Wednesday morning** (May 20) from 10:30am – 1:00pm

on **Thursday morning** (May 21) 9:00am – 1:00pm

To individual stalls:

on **Friday** (May 22) between 9:00am – 11:00am

Baking will be accepted:

To individual stalls:

on **Friday morning** (May 22) between 9:00am – 11:00am

on **Saturday morning** (May 23) before 9:00am

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Church of North India (United). We pray for Archbishop Sarah Mullally; 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 St. Mary the Virgin, Oak Bay.

Regional Cycle of Prayer: We pray for the people of the Parish of Pender and Saturna Islands, Blair Haggert and the other clergy that are rotating, as they seek to engage the neighborhood.

Our Parish Clergy: Lon, Logan, Brett, Bob, Paul and Gil, Seminarian Melanie, and postulants Gary & Richard

In our Parish: We pray for Ali and Fahimeh S., and Deb Butler

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

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

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, Sheila, David F., Dani R. & family, Paula, 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., Cathy Swinscoe, Arianne, Chad, Yvonne N.

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
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St. Mary Anglican Church

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Office: 250-652-1611
admin@parishcs.ca

OFFICE HOURS

Tuesday-Friday,
9:00-1:00

St. Stephen Anglican Church

7921 St. Stephens Road
Saanichton, B.C. V8M 1S2
Office: 250-652-4311
admin@parishcs.ca

EVENTS & ANNOUNCEMENTS

THE ALTAR FLOWERS are given by **Lynn Fallan** in Loving Memory and Celebration for the lives of daughter, husband, sister, and parents.

FUNERAL ANNOUNCEMENT - There will be a funeral service for **Jim Crover**, at St. Mary on **Saturday, May 9th, 1:00 p.m**

ST. ELIZABETH'S CRAFT SALE & FLEA MARKET – **Saturday May 9th, 9:00-13:30** at St. Elizabeth's Church. RSVP and secure a table (\$30 per spot+\$10 per table) by email: StElizCraftSale@gmail.com

MOTHER'S DAY TEA – Bannockburn Farm is hosting their annual Mother's Day Heritage Garden Tea **May 10th** at St. Stephen Memorial Hall, Saanichton. Tea-for-two tickets (\$70) include a big bouquet of flowers and a greeting card. Additional seated tea tickets are \$15 per person (ages 5 and up). Additional bouquets (\$40). There are three seatings; 10 am, 12 noon, and 2 pm. Each seating is for 90 minutes. Tickets through Eventbrite, or email milesfamilycommunications@gmail.com to book w/o extra fees.

SPRING FLING – The annual Spring Fling will be held at St. Mary on **Saturday, May 23 from 9:30-12:00 (noon)**. Free admission. Cash, cheque, or square to pay for items (adult clothing, jewelry, housewares, home baking, coffee, iced tea) Contact Lynn Fallan (250) 886-6075 for info.

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.

May	Saanich Peninsula Lions Food Bank - Donations in monetary form combined with an ongoing collection of staple foods and hygiene products allow us to help this non-profit, charitable organization support those in need on the Peninsula.
June	ORCCA Dental Clinic - ORCCA's purpose is to provide children and adolescents under 19 years of age from low-income family's access to oral care in a not-for-profit setting.
July	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.
Aug.	Anglican Appeal - Donations support the mission work and ministry in Canada's North and our church partners overseas.