



Anglican Parish of Central Saanich

St. Mary Church      St. Stephen Church

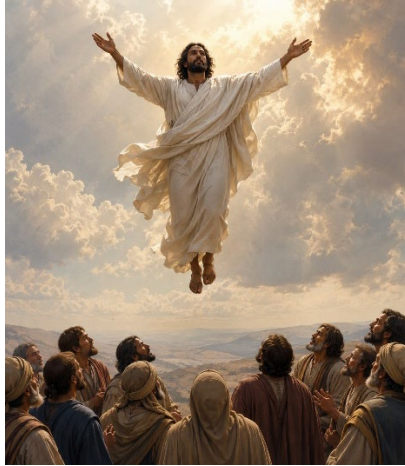
*Faith - Family - Friendship*



**ANGLICAN DIOCESE**  
OF BRITISH COLUMBIA

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



**May 17, 2026 – EASTER 7**

**Join us as we worship the living Christ!**

May the God of hope fill you with all joy and peace as you trust in him,  
so that you may overflow with hope by the power of the Holy Spirit.

*Romans 15:13*

*We acknowledge that we gather to worship on the traditional lands of the  
WSÁNEĆ and Coast Salish Peoples*

**St. Mary's Service:**

Sunday Service: 9:00 a.m.

Wednesday Service: 10:00 a.m.

**St. Stephen's Service:**

Sunday Service: 11:15 a.m.

Continue to monitor our website - [ParishCS.ca](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 Shoemsmith, deacon

## HOLY EUCHARIST

### Book of Alternative Services – Eucharistic Prayer 1

*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.*

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**Prelude** – Joanne Lambert

**Welcome & Land Acknowledgement**

**Gathering Song:** ♪ *In Christ there is no East or West* (CP #484)

**In Christ there is no East or West,  
In Christ no South or North;  
But one great fellowship of love  
throughout the whole wide earth.**

**In Christ shall true hearts everywhere,  
Their high communion find;  
whose service is the golden cord,  
Close-binding humankind.**

**Join hands, disciples of the faith,  
Whate'er your race may be!  
Who serves my God in truth and love  
is surely kin to me.**

**In Christ now meet both East and West,  
In Him meet South and North;  
All faithful souls are joined in one  
Throughout the whole wide earth.**

**The Gathering of the Community** *All stand.*

**Alleluia! Christ is risen. The Lord is risen indeed. Alleluia!**

**May his grace and peace be with you. May he fill our hearts with joy.**

**Almighty God, 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.**

♪ **Gloria:** *Gloria! Gloria! Gloria! Glory to God on high.* (repeat)

*And on earth peace to God's People, Glory to God.* (repeat)

**The Prayer of the Day**

Let us pray: (*silence for reflection and prayer*) Almighty God, you have exalted your only son Jesus Christ with great triumph to your kingdom in heaven. Mercifully give us faith to know that, as he promised, he abides with us on earth to the end of time; who is alive and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

## THE READINGS

### **First Lesson: Isaiah 45: 1-7** – Marcia McMenamie

**45** Thus says the Lord to his anointed, to Cyrus, whose right hand I have grasped to subdue nations before him and to strip kings of their robes, to open doors before him— and the gates shall not be closed: <sup>2</sup>I will go before you and level the mountains; I will break in pieces the doors of bronze and cut through the bars of iron; <sup>3</sup>I will give you the treasures of darkness and riches hidden in secret places, so that you may know that it is I, the Lord, the God of Israel, who call you by your name. <sup>4</sup>For the sake of my servant Jacob and Israel my chosen, I call you by your name; I give you a title, though you do not know me. <sup>5</sup>I am the Lord, and there is no other; besides me there is no god. I arm you, though you do not know me, <sup>6</sup>so that they may know, from the rising of the sun and from the west, that there is no one besides me; I am the Lord, and there is no other. <sup>7</sup>I form light and create darkness, I make weal and create woe; I the Lord do all these things.

The word of the Lord. **Thanks be to God.**

### **Psalms 21: 1-7** – Nancy Choat

<sup>1</sup> The king rejoices in your strength, O Lord;

**how greatly he exults in your victory!**

<sup>2</sup> You have given him his heart's desire;

**you have not denied him the request of his lips.**

<sup>3</sup> For you meet him with blessings of prosperity,

**and set a crown of fine gold upon his head.**

<sup>4</sup> He asked you for life, and you gave it to him;

**length of days, for ever and ever.**

<sup>5</sup> His honor is great, because of your victory;

**splendor and majesty have you bestowed upon him.**

<sup>6</sup> For you will give him everlasting felicity

**and will make him glad with the joy of your presence.**

<sup>7</sup> For the king puts his trust in the Lord;

**because of the loving-kindness of the Most High, he will not fall.**

### **Second Lesson: 1 Peter 4: 12-14, 5: 6-11** – Nichola Wade

<sup>12</sup> Beloved, do not be surprised at the fiery ordeal that is taking place

among you to test you, as though something strange were happening to you. <sup>13</sup> But rejoice insofar as you are sharing Christ's sufferings, so that

you may also be glad and shout for joy when his glory is revealed. <sup>14</sup> If you

are reviled for the name of Christ, you are blessed, because the spirit of

glory, which is the Spirit of God, is resting on you.

<sup>6</sup> Humble yourselves, therefore, under the mighty hand of God, so that he

may exalt you in due time. <sup>7</sup> Cast all your anxiety on him, because he cares

for you. <sup>8</sup> Discipline yourselves; keep alert. Like a roaring lion your

adversary the devil prowls around, looking for someone to devour.

<sup>9</sup> Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. <sup>10</sup> And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. <sup>11</sup> To him be the power forever and ever. Amen.

The word of the Lord. **Thanks be to God.**

**Gradual:** 🎵 *He Came Down* (CP #368)

**1 He came down that we may have love;  
he came down that we may have love;  
he came down that we may have love,  
hallelujah for evermore.**

**2 He came down that we may have peace...**

**3 He came down that we may have joy...**

*All stand for the Gospel.*

Reader: God be with you.

**All: And also with you.**

Reader: The Good News of Jesus according to John

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

🎵 **Alleluia**

**Gospel: John 17:1-11** – Sean Lyon

17 After Jesus had spoken these words, he looked up to heaven and said, “Father, the hour has come; glorify your Son so that the Son may glorify you, <sup>2</sup> since you have given him authority over all people, to give eternal life to all whom you have given him. <sup>3</sup> And this is eternal life, that they may know you, the only true God, and Jesus Christ, whom you have sent. <sup>4</sup> I glorified you on earth by finishing the work that you gave me to do. <sup>5</sup> So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

<sup>6</sup> “I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. <sup>7</sup> Now they know that everything you have given me is from you, <sup>8</sup> for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you, and they have believed that you sent me. <sup>9</sup> I am asking on their behalf; I am not asking on behalf of the world but on behalf of those whom you gave me, because they are yours. <sup>10</sup> All mine are yours, and yours are mine, and I have been glorified in them. <sup>11</sup> And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

♪ Alleluia

Sermon – The Ven. Dr. Lon Towstego

**Anthem:** ♪ **You Raise Me Up** (*congregation join on repeat of last refrain*)

When I am down and oh my soul's so weary  
When trouble comes and my heart burdened be  
Then I am still and wait here in the silence  
Until you come and sit awhile with me.

**Refrain**

**You raise me up so I can stand on mountains  
You raise me up to walk on stormy seas  
I am strong when I am on your shoulders  
You raise me up to more than I can be.**

There is no life, no life without its hunger  
Each restless heart beats so imperfectly  
But when you come and I am filled with wonder  
Sometimes I think I glimpse eternity. *Refrain x2*

**The Apostle's Creed:**

Let us confess the faith of our baptism, as we say,

**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

**The Peace** *All stand*

The peace of the Lord be always with you. **And also with you.**

**Offertory Hymn:** ♪ **Christ Beside Me** (*tune: Morning Has Broken*)

**Christ be beside me, Christ be before me**

**Christ be behind me, King of my heart**

**Christ be within me, Christ be below me**

**Christ be above me, Never to part.**

**Christ on my right hand, Christ on my left hand**

**Christ all around me, Shield in the strife**

**Christ in my sleeping, Christ in my sitting**

**Christ in my rising, Light of my life**

**Christ be in all hearts, Thinking about me  
Christ be in all tongues, Telling of me  
Christ be the vision, In eyes that see me  
In ears that hear me, Christ ever be**

### **Prayer over the Gifts**

Source of all joy, receive our sacrifice of praise and thanksgiving. Keep us in the love of Christ and bring us to the vision of his glory; through the same Jesus Christ our Lord. **Amen.**

### **THE SACRED MEAL IS SHARED**

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 indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

♪ **Sanctus** (*Steve Bell*)

**Holy, holy holy Lord; God of pow'r 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** (*repeat*)

*(Repeat first stanza)*

Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will. On the night he freely gave himself to death, our Lord Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith. **Christ has died. Christ is risen. Christ will come again.**

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever. **Amen.**

♪ **Lord's Prayer - Gordon Light (sung)**

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**

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 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.*

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

**Refrain: 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**

**1 - Gentile or Jew, servant or free, woman or man, no more Refrain**

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

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

*Refrain*

**Prayer after Communion**

Eternal God, may we who share Christ's banquet be one with him as he is one with you. We ask this in the name of Jesus Christ, the risen and ascended 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**

## Blessing

### Sending Hymn: ♪ How Great Thou Art (CP #423)

O Lord my God! When I in awesome wonder  
Consider all the works Thy hands hath made.  
I see the stars, I hear the mighty thunder,  
Thy power throughout the universe displayed.

#### *Refrain:*

*Then sings my soul, my Saviour God to thee;  
How great thou art, how great thou art!  
Then sings my soul, my Saviour God to thee;  
How great thou art, how great thou art!*

When through the woods and forest glades I wander  
And hear the birds sing sweetly in the trees:  
When I look down from lofty mountain grandeur  
And hear the brook and feel the gentle breeze. *Refrain*

But when I think that God, his son not sparing,  
Sent him to die, I scarce can take it in:  
That on the cross, my burden gladly bearing,  
He bled and died to take away my sin. *Refrain:*

When Christ shall come with shout of acclamation  
And claim his own, what joy shall fill my heart!  
Then I shall bow in humble adoration  
And there proclaim, my God, how great thou art! *Refrain*

## Dismissal

Go forth into the world, rejoicing in the power of the Spirit. Alleluia!  
**Thanks be to God. Alleluia!**

Postlude – Joanne Lambert

CCLI# 245534

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*Please join us for coffee and conversation in the parish hall*

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### **Thank you to all who are assisting today:**

♪ Joanne Lambert, Readers: Marcia McMenamie, Nancy Choat, Nichola Wade, Sean Lyon, Assistants: Lynda Clifford, Sean Lyon, Brett Cane, John Beresford, Susan Pullan, Sue Rumball, Coffee Hour Host: Lynn Fallan

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**THE ALTAR FLOWERS** are given by **Susan Rumball** in loving memory of her husband, Michael.

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### **READINGS FOR NEXT SUNDAY**

Numbers 11:24-30, Psalm 104:25-35 & 37, Acts 2:1-21, John 20:19-23

## EVENTS & ANNOUNCEMENTS

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**MEN'S BREAKFAST** – The next Men's Breakfast will be **Saturday, May 23<sup>rd</sup>** 9:30-12:30. Speaker: Andrew Wilson (Parishioner). Topic: Life after a stroke. RSVP to [ltowstego@bc.anglican.ca](mailto:ltowstego@bc.anglican.ca) or 250-208-9949

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**ST. MARY'S SPRING FLING** – Our annual Spring Fling will be **Saturday, May 23<sup>rd</sup>** 9:30-12:00 at St. Mary church. Free admission. Cash, cheque, or square to pay for items. Contact Lynn Fallan (250) 886-6075 for info or to volunteer.

**Accepting:** Adult Clothing, Housewares, Baked goods, Books, Jewelry  
**Not Accepting:** 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.

### **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

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### **SURE TO TOUCH YOUR HEART & TICKLE YOUR FUNNY BONE!**

Tickets now available for the Sidney Celebri-Tea, **Sunday May 24<sup>th</sup>**, 2:00-4:00 p.m., Bodine Hall, Mary Winspear Centre. Featuring a line-up of loved performers and personalities, afternoon tea served with savouries and sweets, and a silent auction. The event is in support of the medical equipment loan service and seniors' programs provided on the Peninsula by Mount Newton Centre Society. Tickets \$50 (including show and tea) are needed IN ADVANCE and can be purchased at Tanner's Books in Sidney or on the Internet (search "Eventbrite Sidney Celebri-tea").

Email: [westcoastreach@gmail.com](mailto:westcoastreach@gmail.com) or tel. 250-889-0981

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**POTLUCK LUNCH @ ST. STEPHENS** – **Sunday, May 24** after the service. All are welcome. Please bring items to share. Oven warming is possible. **Please bring your food in a plate or dish to serve from.**

**ST. MARY 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	<b>Saanich Peninsula Lions Food Bank</b> - 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.
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## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for the Anglican Church of Papua New Guinea. 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 Abbey Church + Emmaus Community.

**Regional Cycle of Prayer:** We pray for the people of the **Parish of St. Mary Magdalene**, The Rev. Blair Haggart and the people of the parish and neighborhood. Be with them as they engage the folk on the Island and around it.

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

**In our Parish:** We pray for Henry Sherwood, and Brett Cane.

**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, Rev. Logan McMenamie

**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, 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

**Cell Phone:** (250) 208-9949

**Email:** ltowstego@bc.anglican.ca

### OFFICE HOURS

Tuesday-Friday,

9:00-1:00

**Email:** admin@parishcs.ca