



Anglican Parish of Central Saanich

St. Mary Church      St. Stephen Church

*Faith - Family - Friendship*



---

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



**May 24, 2026 – PENTECOST**

**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

### Liturgy for the Islands and Inlets – Eucharistic Prayer C

*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:** ♪ *Spirit of Gentleness*

**Refrain:** Spirit, Spirit of gentleness, Blow through the wilderness

**Calling and free,**

**Spirit, Spirit of restlessness, Stir me from placidness,**

**Wind, Wind on the sea.**

**You moved on the waters, You called to the deep,  
Then You coaxed up the mountains from the valleys of sleep;  
And over the eons You called to each thing:**

**“Awake from your slumbers and rise on your wings.” Refrain**

**You swept through the desert, You stung with the sand,  
And You goaded Your people with a law and a land;  
And when they were blinded with their idols and lies,  
Then You spoke through Your prophets to open their eyes. Refrain**

**You call from tomorrow, You break ancient schemes,  
From the bondage of sorrow the captives dream dreams;  
Our women see visions, our men clear their eyes,  
With bold new decisions Your people arise. Refrain**

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

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

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

In this time and place we are not alone,

**for we meet in the presence of the living God.**

In this time and place we are not alone,

**for the Risen Jesus stands in our midst.**

In this time and space we are not alone

**for the wind of the Spirit moves in and through us.**

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.**

In this time and place together, we are one People in Jesus Christ.

**In the name of God, Creator, Saviour and Holy Spirit. 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**

God of wind and flame, send your life-giving Spirit upon your people: give fire to our words, strength to our witness and boldness to our proclamation of your wondrous work in Christ; who, with you and the Spirit, lives and reigns now and for ever. **Amen.**

### **THE READINGS**

#### **First Lesson: Numbers 11:24-30 – Barb Baillie**

<sup>24</sup> So Moses went out and told the people the words of the Lord, and he gathered seventy of the elders of the people and placed them all around the tent. <sup>25</sup> Then the Lord came down in the cloud and spoke to him and took some of the spirit that was on him and put it on the seventy elders, and when the spirit rested upon them, they prophesied. But they did not do so again. <sup>26</sup> Two men remained in the camp, one named Eldad and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, so they prophesied in the camp. <sup>27</sup> And a young man ran and told Moses, "Eldad and Medad are prophesying in the camp." <sup>28</sup> And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, "My lord Moses, stop them!" <sup>29</sup> But Moses said to him, "Are you jealous for my sake? Would that all the Lord's people were prophets and that the Lord would put his spirit on them!" <sup>30</sup> And Moses and the elders of Israel returned to the camp.

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

#### **Psalm 104: 25-35, 37 – Don Campbell**

<sup>25</sup> O Lord, how manifold are your works!

**in wisdom you have made them all; the earth is full of your creatures.**

<sup>26</sup> Yonder is the great and wide sea with its living things too many to number,  
**creatures both small and great.**

<sup>27</sup> There move the ships, and there is that Leviathan,  
**which you have made for the sport of it.**

<sup>28</sup> All of them look to you **to give them their food in due season.**

<sup>29</sup> You give it to them; they gather it;

**you open your hand, and they are filled with good things.**

<sup>30</sup> You hide your face, and they are terrified;

**you take away their breath, and they die and return to their dust.**

<sup>31</sup> You send forth your Spirit, and they are created;

**and so you renew the face of the earth.**

<sup>32</sup> May the glory of the Lord endure for ever;

**may the Lord rejoice in all his works.**

<sup>33</sup> He looks at the earth and it trembles;

**he touches the mountains and they smoke.**

<sup>34</sup> I will sing to the Lord as long as I live;

**I will praise my God while I have my being.**

<sup>35</sup> May these words of mine please him; **I will rejoice in the Lord.**

<sup>37</sup> Bless the Lord, O my soul. **Hallelujah!**

## **Second Lesson: Acts 2:1-21 – Greg Robinson**

When the day of Pentecost had come, they were all together in one place. <sup>2</sup> And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.

<sup>3</sup> Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. <sup>5</sup> Now there were devout Jews from every people under heaven living in Jerusalem.

<sup>6</sup> And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. <sup>7</sup> Amazed and astonished, they asked, “Are not all these who are speaking Galileans?”

<sup>8</sup> And how is it that we hear, each of us, in our own native language?

<sup>9</sup> Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, <sup>10</sup> Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, <sup>11</sup> Cretans and Arabs—in our own languages we hear them speaking about God’s deeds of power.” <sup>12</sup> All were amazed and perplexed, saying to one another, “What does this mean?” <sup>13</sup> But others sneered and said, “They are filled with new wine.” <sup>14</sup> But Peter, standing with the eleven, raised his voice and addressed them, “Fellow Jews and all who live in Jerusalem, let this be known to you, and listen to what I say.

<sup>15</sup> Indeed, these are not drunk, as you suppose, for it is only nine o’clock in the morning. <sup>16</sup> No, this is what was spoken through the prophet Joel:

<sup>17</sup> ‘In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.

<sup>18</sup> Even upon my slaves, both men and women, in those days I will pour out my Spirit, and they shall prophesy. <sup>19</sup> And I will show portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist. <sup>20</sup> The sun shall be turned to darkness and the moon to blood, before the coming of the Lord’s great and glorious day. <sup>21</sup> Then everyone who calls on the name of the Lord shall be saved.’

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

**Gradual:** ♪ *Breathe on me, breath of God (CP#649)*

**Breathe on me, Breath of God, fill me with life anew,  
that I may love the way you love, and do what you wouldst do.**

**Breathe on me, Breath of God, until my heart is pure,  
until my will is one with yours, 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 you the perfect life for thine eternity.**

*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 20:19-23** – Lynn Schumacher

<sup>19</sup> When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” <sup>20</sup> After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. <sup>21</sup> Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” <sup>22</sup> When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

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

♪ Alleluia

**Sermon** – The Ven. Dr. Lon Towstego

**Anthem:** ♪ **The Spirit is Moving in my Heart (congregation on refrain)**

**Refrain:** The Spirit is moving in my heart,  
The Spirit is moving in my heart,  
It’s moving me to love and share,  
to work for freedom everywhere,  
The Spirit is moving in my heart.

The spirit moved the people to the promised land,  
The spirit raised up prophets who would take a stand.  
It spoke a language everyone could understand,  
The spirit was moving in their hearts. **Refrain**

The spirit moved the Lord to heal in Galilee,  
It moved him to a cross to die on Calvary  
It raised him from the tomb to say “Come, follow me”,  
The spirit was moving in his heart. **Refrain**

The spirit moved my brother where the poor folk stay  
To share the weary struggle for their bread each day,  
To learn the need of loving that’s the kingdom’s way.  
The spirit is moving in his heart **Refrain**

The spirit doesn't care about the wrong you've done,  
The spirit isn't proud, it's meant for everyone.  
Let the spirit move you, your new life's begun.  
The spirit is moving in our hearts. *Refrain*

### **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:** ♪ *Spirit of God Unseen by the Wind*

*Chorus:* Spirit of God, unseen as the wind, gentle as is the dove;  
teach us the truth and help us believe,  
show us the Saviour's love!

1. You spoke to us long, long ago, gave us the written word;  
we read it still, needing its truth, through it God's voice is heard.

*Chorus*

2. Without your help we fail our Lord, we cannot live His way;  
we need Your power, we need Your strength, following Christ each day.

*Chorus*

### **Prayer over the Gifts**

Giver of life, receive all we offer you this day. Let the Spirit you bestow on your Church continue to work in the world through the hearts of all who believe. We ask this in the name of Jesus Christ the Lord. **Amen.**

### **THE EUCHARIST**

God is here. **The Spirit is with us.**

Lift up your hearts and minds. **We lift them to God.**

Let us give thanks to God the Creator.

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

It is indeed right that we should praise you, God of love, our source, and our fulfillment, for you create all things and in you we live and move and have our being. Your wonder is manifest in land and sea and sky. You made us in your

image. And even though we turn from you, again and again you call us to yourself, and in every age, promise liberation.

As a mother gathers her children, you embraced a people as your own, to nurture them in the way of compassionate love. You sent Jesus among us, incarnate of the Holy Spirit and born of Mary. Jesus revealed your love for all Creation, and showed us the way of reconciliation. Having lived among us - Jesus suffered the cross, Died, and in rising again became the firstborn of the renewed family.

And so as we gather around your table, With saints of every age and your beloved creation we raise our voices and sing:

♪ **Sanctus & Benedictus – CP #735 Schubert**

**Holy, holy, holy Lord, God of power and might (x2)**

**Heaven and earth are full, full of your glory**

**Hosanna in the highest, hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest; Hosanna in the highest.**

To you be glory, almighty God, because on the night before he died, Jesus took bread, when he had given thanks, he broke it, gave it to his disciples, and said: Take, eat, this is my body which is given for you; do this to remember me. After supper he took the cup; 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, Poured out for you and for many; do this to remember me. Great is the mystery of faith.

**Christ has died, Christ is risen, Christ will come again.**

Recalling Christ's death and resurrection, we ask you to accept this, our sacrifice of praise. Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine that we may be fed with the body and blood of your Son. When all of creation groans, unite us in Christ and give us your hope that we might be strengthened to do your work, as your body in the world. Through Christ our Redeemer, in the power of the Spirit, all praise and glory be yours, Almighty God, now and forever. **Amen.**

**Lord's Prayer** – Recited by Brett Cane (French), Becky Lowe (Spanish), Garth Vanderkamp (Dutch), Sean Lyon (Aramaic), Logan McMenamie (Scots), and Richard Routledge (Swedish)

**Breaking of the Bread**

Present in this Bread is the fullness of God, made vulnerable for the world. As the Spirit blows through our community Here in this wine God has poured out for us.

**Here and now in this bread and wine, we taste and see God in us and in our community.**

**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: ♪ *Spirit of the Living God* (CP #647)**

**Spirit of the living God, move among us all;  
make us one in heart and mind, make us one in love:  
humble, caring, selfless, sharing—  
Spirit of the living God, fill our lives with love!**

**Spirit of the living God, fall afresh on me;  
Spirit of the living God, fall afresh on me.  
Break me, melt me, mould me, fill me,  
Spirit of the living God, fall afresh on me.  
(Repeat as needed)**

**Prayer after Communion**

Gracious God, may we who have received this eucharist live in the unity of your Holy Spirit, that we may show forth his gifts to all the world. We ask this in the name of Jesus Christ, our 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: ♪ *Give Me Joy in my Heart***

**1 Give me joy in my heart, keep me praising,  
give me joy in my heart, I pray;  
give me joy in my heart, keep me praising,  
keep me praising till the break of day:**

***Refrain:***

**Sing hosanna, sing hosanna, sing hosanna to the King of kings!  
Sing hosanna, sing hosanna, sing hosanna to the King!**

**2 Give me PEACE in my heart, keep me LOVING...**

**3 Give me LOVE in my heart, keep me SERVING...**

**4 Give me THE SPIRIT in my heart, keep me LOVING...**

**Dismissal**

Go into the world seeking the life of the Spirit.

**In love, joy, peace, goodness, faithfulness and gentleness we will live in the Spirit's freedom.**

**Postlude – Joanne Lambert**

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

---

**THE ALTAR FLOWERS** are given by **Judith Mariampillai** in loving memory of her mother, Mary Stella Mariampillai.

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

♪ Joanne Lambert, Readers: Barb Baillie, Don Campbell, Greg Robinson, & Lynn Schumacher, Lord’s Prayer Reciters: Brett Cane, Becky Lowe, Garth Vanderkamp, Logan McMenamie, Richard Routledge, Assistants: Richard Routledge, Marian Towstego, Carl Schwazer, Shirley Schwazer, Becky Lowe, Heather Geddes  
Coffee Hour Hosts: Lynn Fallan and Judith Mariampillai

**SCRIPTURES & READERS FOR NEXT SUNDAY**

Genesis 1:1-2, 4a – Deb Butler, Psalm 8 – Carol Watkins,  
2 Corinthians 13:11-13 – Irene Feir, Matthew 28: 16-20 – Rev. Gil Shoesmith

**EVENTS & ANNOUNCEMENTS**

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

Tickets now available for the Sidney Celebri-Tea, **Sunday May 24th**, 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 or tel. 250-889-0981

**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.
June	<b>ORCCA Dental Clinic</b> - ORCCA's purpose is to provide children and adolescents under 19 years of age from low-income families access to oral care in a not for profit setting.

**SUMMER SERVICE SCHEDULE** – Please note that there will be only **one service at 10:00 am on Sundays** beginning next week (**May 31<sup>st</sup>**) until **August 30**. The regular two-service schedule will resume on September 6<sup>th</sup>. The services will alternate locations as follows; praise band services are marked with an asterisk\*:

May 31	St Mary	July 5	St Mary	Aug 2	St Mary
June 7	St Stephen	July 12	St Stephen	Aug 9	St Stephen
June 14	St Mary	July 19	St Mary	Aug 16	St Mary
June 21	St Mary	July 26*	St Stephen	Aug 23*	St Stephen
June 28*	St Stephen			Aug 30	St Mary

## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for the Episcopal Church in the Phillippines. 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. Peter, Quamichan.

**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 Gil and Cheryl Shoosmith, & Lynda Clifford

**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, Cathy Swinscoe, Arianne, Chad, Yvonne N., Chad

**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

### **St. Mary's Anglican Church**

1973 Cultra Avenue

Saanichton, B.C. V8M 1L7

Office: 250-652-1611

admin@parishcs.ca

### **OFFICE HOURS**

Tuesday-Friday,

9:00-1:00

**Email:** admin@parishcs.ca

### **St. Stephen's Anglican Church**

7921 St. Stephens Road

Saanichton, B.C. V8M 1S2

Office: 250-652-4311

admin@parishcs.ca