



Anglican Parish of Central Saanich

St. Mary Church St. Stephen Church

Faith - Family - Friendship



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



May 31, 2026 – Trinity Sunday

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*

Weekly Sunday Service at 10:00 from May 31-August 30, 2026

Next week (June 7): St Stephen

Continue to monitor our website - 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 Shoosmith, deacon

Bishop Logan McMenamie, Presiding & Preaching

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

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

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

Prelude – Carolyne Solberg

Welcome & Land Acknowledgement

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

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

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

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

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

The Gathering of the Community *All stand.*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all. **And also with you.**

♪ **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

Father, we praise you: through your Word and Holy Spirit you created all things. You reveal your salvation in all the world by sending to us Jesus Christ, the Word made flesh. Through your Holy Spirit you give us a share in your life and love. Fill us with the vision of your glory, that we may always serve and praise you, Father, Son, and Holy Spirit, one God, for ever and ever. **Amen.**

THE READINGS

First Lesson: Genesis 1:1 – 2:4a – Deb Butler

1 When God began to create the heavens and the earth, ² the earth was complete chaos, and darkness covered the face of the deep, while a wind from God swept over the face of the waters.

³ Then God said, “Let there be light,” and there was light. ⁴ And God saw that the light was good, and God separated the light from the darkness.

⁵ God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. ⁶ And God said, “Let there be a dome in the midst of the waters, and let it separate the waters from the waters.” ⁷ So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. ⁸ God called the dome Sky. And there was evening and there was morning, the second day. ⁹ And God said, “Let the waters under the sky be gathered together into one place, and let the dry land appear.” And it was so. ¹⁰ God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. ¹¹ Then God said, “Let the earth put forth vegetation: plants yielding seed and fruit trees of every kind on earth that bear fruit with the seed in it.” And it was so. ¹² The earth brought forth vegetation: plants yielding seed of every kind and trees of every kind bearing fruit with the seed in it. And God saw that it was good. ¹³ And there was evening and there was morning, the third day.

¹⁴ And God said, “Let there be lights in the dome of the sky to separate the day from the night, and let them be for signs and for seasons and for days and years, ¹⁵ and let them be lights in the dome of the sky to give light upon the earth.” And it was so. ¹⁶ God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. ¹⁷ God set them in the dome of the sky to give light upon the earth, ¹⁸ to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. ¹⁹ And there was evening and there was morning, the fourth day. ²⁰ And God said, “Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.” ²¹ So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm and every winged bird of every kind. And God saw that it was good. ²² God blessed them, saying, “Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.”

²³ And there was evening and there was morning, the fifth day.

²⁴ And God said, “Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.” And it was so. ²⁵ God made the wild animals of the earth of every kind and the cattle of every kind and everything that creeps upon the ground of every kind. And God saw that it was good. ²⁶ Then God said, “Let us make humans in our image, according to our likeness, and let them have dominion over the fish of the sea and over the birds of the air and over the cattle and over all the wild animals of the earth and over every creeping thing that creeps upon the earth.” ²⁷ So God created humans in his image, in the image of God he created them, male and female. ²⁸ God blessed them, and God said to them, “Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” ²⁹ God said, “See, I have given you every plant yielding seed that is upon the face of all the earth and every tree with seed in its fruit; you shall have them for food.” ³⁰ And to every beast of the earth and to every bird of the air and to

everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. ³¹ God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

² Thus the heavens and the earth were finished and all their multitude. ² On the sixth day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. ³ So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation. ⁴ These are the generations of the heavens and the earth when they were created.

Hear what the Spirit is saying. **Thanks be to God.**

Psalm 8 – Carol Watkins

¹ Lord our governor, **how exalted is your name in all the world!**

² Out of the mouths of infants and children,
your majesty is praised above the heavens.

³ You have set up a stronghold against your adversaries,
to quell the enemy and the avenger.

⁴ When I consider your heavens, the work of your fingers,
the moon and the stars you have set in their courses,

⁵ What is man that you should be mindful of him?
the son of man that you should seek him out?

⁶ You have made him but little lower than the angels;
you adorn him with glory and honour;

⁷ You give him mastery over the works of your hands;
you put all things under his feet;

⁸ All sheep and oxen, **even the wild beasts of the field,**

⁹ The birds of the air, the fish of the sea,
and whatsoever walks in the paths of the sea.

¹⁰ O Lord our governor, **how exalted is your name in all the world!**

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**

2 Corinthians 13:11-13 – Irene Feir

¹¹ Finally, brothers and sisters, farewell. Be restored; listen to my appeal; agree with one another; live in peace; and the God of love and peace will be with you. ¹² Greet one another with a holy kiss. All the saints greet you. ¹³ The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

Hear what the Spirit is saying. **Thanks be to God.**

Gradual: ♪ *We are called to follow Jesus*

**When pain of the world surrounds us with darkness and despair,
When searching just confounds us with false hopes ev'rywhere,
When lives are starved for meaning, and destiny is bare,
We are called to follow Jesus, and let God's healing flow through us.**

**The church is a holy vessel the living waters fill,
To nourish all the people; God's purpose to fulfill.
May we with humble courage, be open to God's will
We are called to follow Jesus, and let God's Spirit flow through us
We praise you for our journey, and your abundant grace.
Your saving word that guided a struggling human race.
O God, with all creation, your future we embrace;
We are called to follow Jesus, and let God's changes flow through us**

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: Matthew 28:16-20 – Rev. Gil Shoesmith

¹⁶Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷When they saw him, they worshiped him, but they doubted. ¹⁸And Jesus came and said to them, “All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit ²⁰and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

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

♪ **Alleluia**

Sermon – Bishop Logan McMenamie

Anthem: ♪ *Be Not Afraid* – John Talbot (congregation on refrain)

You shall cross the barren desert, but you shall not die of thirst.
You shall wander far in safety, though you do not know the way.
You shall speak your words in foreign lands, and all will understand.
You shall see the face of God and live.

***Refrain: Be not afraid; I go before you always.
Come follow me, and I will give you rest.***

If you pass through raging waters, in the sea, you shall not drown
If you walk amid the burning flames, you shall not be harmed
If you stand before the power of hell and death is at your side,
Know that I am with you through it all. ***Refrain***

Blessed are your poor, for the kingdom shall be theirs
Blessed are you that weep and mourn, for one day you shall laugh
And if wicked tongues insult and hate you all because of me
Blessed, blessed are you ***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 – Ken Pedlow

The Peace *All stand*

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

Offertory Hymn: ♪ *Inspired by love and anger* (tune: Down by the Sally Gardens)

Inspired by love and anger, disturbed by need and pain,

Informed of God's own bias, we ask him once again:

"How long must some folk suffer? How long can few folk mind?

How long dare vain self-interest turn prayer and pity blind?"

From those forever victims of heartless human greed,

Their cruel plight composes a litany of need:

"Where are the fruits of justice? Where are the signs of peace?

When is the day when prisoners and dreams find their release?"

God asks, "Who will go for me? Who will extend my reach?

And who, when few will listen, will prophesy and preach?

And who, when few bid welcome, will offer all they know?

And who, when few dare follow, will walk the road I show?"

Amused in someone's kitchen, asleep in someone's boat,

Attuned to what the ancients exposed, proclaimed, and wrote,

A saviour without safety, a tradesman without tools

Has come to tip the balance with fishermen and fools.

Prayer over the Gifts

Living God, receive all we offer you this day. Grant that hearing your word and responding to your Spirit, we may share in your divine life. We ask this in the name of Jesus Christ the Lord. **Amen.**

THE EUCHARIST

Book of Alternative Services - Eucharistic Prayer 2

The Lord 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.

Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise, because, in the mystery you disclose to us, you reveal your glory as the glory of your Son and the Holy Spirit: three persons equal in majesty, undivided in splendour, yet one Lord, one God, ever to be adored in your everlasting glory. Therefore with all the company of heaven we raise our voices to proclaim the glory of your name:

♪ **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.

Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me." Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ. All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

The Lord's Prayer

As our Saviour taught us, let us pray:

♪ **Lord's Prayer** – Gordon Light

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.**

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 Music – Carolyne Solberg

Prayer after Communion

Almighty and eternal God, may we who have received this eucharist worship you in all we do, and proclaim the glory of your majesty. We ask this 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

Blessing

Sending Hymn: ♪ *Holy, Holy, Holy* (CP #1)

Holy, holy, holy, Lord God Almighty!

Early in the morning our song shall rise to thee:

holy, holy, holy, merciful and mighty,

God in three persons, blessed Trinity!

**Holy, holy, holy! All the saints adore thee,
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert, and art, and evermore shalt be.**

**Holy, holy, holy! though the darkness hide thee,
though our sinful human gaze thy glory may not see,
only thou art holy; there is none beside thee,
perfect in power, in love, and purity.**

Holy, holy, holy, Lord God almighty!

All thy works shall praise thy name in earth and sky and sea;

holy, holy, holy, merciful and mighty,

God in three Persons, blessed Trinity.

Dismissal

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

Thanks be to God.

Postlude – Joanne Lambert

CCLI#245534

Please join us for coffee and conversation in the parish hall

THE ALTAR FLOWERS are given by **Gay & Bill Miller** to the glory of God for the blessings of family, here and departed.

Thank you to all who are assisting today:

♪ Carolyn Solberg & Joanne Lambert, Readers: Deb Butler, Carol Watkins, Irene Feir, Rev. Gil Shoesmith, Assistants: Ken Pedlow, Nichola Wade, David Cooper, Carol Watkins, Tech: Matty Stuart, Coffee Hour Host: Lynn Fallan

SCRIPTURES & READERS FOR NEXT SUNDAY, JUNE 7

Genesis 12: 1-9 – Sean Lyon, **Psalm 33: 1-12** – Bob Buchanan, **Romans 4: 13-25** – Deb Butler, **Matthew 9:9-13, 18-26** – Maria King

EVENTS & ANNOUNCEMENTS

CHORAL EVENSONG w CHRIST CHURCH YOUTH CHOIR – Concert will be held on **Saturday, June 13, 2026 at 4pm**, St. Andrew Anglican Church, 9691 4th St, Sydney. Choral Evensong’s roots come from ancient English monasteries, dating back to the 16th century. This old and beautiful service is still sung every day of the week in many places around the globe. With its inspiring ethereal music and eloquent language, Choral Evensong can provide a peaceful, restful end to the day. A freewill offering will be taken – all are welcome.

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	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.

ST. STEPHEN OUTREACH

May	Blue Bus Ministry – Our donations help fund programs and staffing at this non-profit counselling and training agency which is funded solely through donations, fees, and grants.
June	Anglican Appeal – Donations support the mission work and ministry in Canada’s North and our church partners overseas.

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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 Anglican Church of Rowanda. 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 UVic Multifaith Centre, Shawnigan Lake School, and their chaplains.

Regional Cycle of Prayer: We pray for the Parish of Holy Trinity, North Saanich, The Rev. Denise Doerksen, and the people of the North Saanich community. We pray for the parish as they new and innovative ways to be church and blend that with their living out of Reconciliation and Social Justice.

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

In our Parish: We pray for Jake Shoosmith, and James & Linda Davison

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., Terry O.

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 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

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Tuesday-Friday,

9:00-1:00

Email: admin@parishcs.ca

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