



Anglican Parish of Central Saanich

St. Mary Church      St. Stephen Church

*Faith - Family - Friendship*



**ANGLICAN DIOCESE**  
OF BRITISH COLUMBIA

---

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



**June 14, 2026 – 3rd Sunday after 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*

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

**Next week (June 21): St Mary Church**

Continue to monitor our website - [ParishCS.ca](http://ParishCS.ca)

**The Ven. Dr. Lon Towstego, Incumbent**

Associated Clergy: Bishop Logan McMenamic

The Ven. Bob Baillie

The Rev. Dr. Brett Cane

The Rev. Paul Schumacher

The Rev. Gil Shoosmith, deacon

# MORNING PRAYER: BOOK OF ALTERNATIVE SERVICES

Lay Minister Ken Pedlow, Officiant

*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:** ♪ *Lift High the Cross* (CP #602)

**Refrain:** Lift high the cross! The love of Christ proclaim,  
Till all the world adore His sacred name.

**Come, Christian people, sing your praises, shout!**  
**If we are silent, even stones cry out. Refrain**

**Jesus, you wept to see our human strife;**  
**Teach us compassion for each human life. Refrain**

**Peace was your plea, and peace your loving theme**  
**Let peace be our passport, peace a living dream. Refrain**

**Worlds to be born and children yet to be,**  
**Come, take up this song into eternity. Refrain**

**The Gathering of the Community & Confession** *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.**

If we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God is faithful and just, and will forgive our sins and cleanse us from all unrighteousness. *1 John 1.8, 9*

Dear friends in Christ, as we prepare to worship almighty God, let us confess our sins against God and our neighbour.

Most merciful God, **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.**

Almighty God have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and keep us in eternal life; through Jesus Christ our Lord. **Amen.**

♪ **Act of Praise: Spirit Open my Heart**

*Refrain: Spirit, open my heart to the joy and pain of living.  
As you love, may I love in receiving and in giving.  
Spirit, open my heart.*

**God, replace my stony heart with a heart that's kind and tender.  
All my coldness and fear to your grace I now surrender. (Refrain)**

**Write your love upon my heart as my law, my goal, my story.  
In each thought, word and deed, may my living bring you glory. (Refrain)**

**May I weep with those who weep, share the joy of sister, brother.  
In the welcome of Christ, may we welcome one another. (Refrain)**

**Centering Stillness & the Prayer of the Day**

Let us hold this moment open to the Spirit of God. (*Silence is kept*)  
Almighty God, without you we are not able to please you. Mercifully grant  
that your Holy Spirit may in all things direct and rule our hearts; through  
Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

**THE READINGS**

**First Lesson: Genesis 18:1-15** – Jan Bergink

18 The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. <sup>2</sup> He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them and bowed down to the ground. <sup>3</sup> He said, “My lord, if I find favor with you, do not pass by your servant. <sup>4</sup> Let a little water be brought, and wash your feet, and rest yourselves under the tree. <sup>5</sup> Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.” So they said, “Do as you have said.” <sup>6</sup> And Abraham hastened into the tent to Sarah and said, “Make ready quickly three measures of choice flour, knead it, and make cakes.” <sup>7</sup> Abraham ran to the herd and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. <sup>8</sup> Then he took curds and milk and the calf that he had prepared and set it before them, and he stood by them under the tree while they ate.

<sup>9</sup> They said to him, “Where is your wife Sarah?” And he said, “There, in the tent.” <sup>10</sup> Then one said, “I will surely return to you in due season, and your wife Sarah shall have a son.” And Sarah was listening at the tent entrance behind him. <sup>11</sup> Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. <sup>12</sup> So Sarah laughed to herself, saying, “After I have grown old, and my husband is old, shall I be fruitful?” <sup>13</sup> The Lord said to Abraham, “Why did Sarah laugh and say, ‘Shall I indeed bear a child, now that I am old?’ <sup>14</sup> Is anything too wonderful for the Lord? At the set time I will return to you,

in due season, and Sarah shall have a son.”<sup>15</sup> But Sarah denied, saying, “I did not laugh,” for she was afraid. He said, “Yes, you did laugh.”

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

**Psalms 116:1, 10-17** – Marcia McMenamie

- <sup>1</sup> I love the Lord, because he has heard the voice of my supplication,  
**because he has inclined his ear to me whenever I called upon him.**
- <sup>10</sup> How shall I repay the Lord **for all the good things he has done for me?**
- <sup>11</sup> I will lift up the cup of salvation **and call upon the name of the Lord.**
- <sup>12</sup> I will fulfil my vows to the Lord **in the presence of all his people.**
- <sup>13</sup> Precious in the sight of the Lord **is the death of his servants.**
- <sup>14</sup> O Lord, I am your servant; **I am your servant and the child of your handmaid; you have freed me from my bonds.**
- <sup>15</sup> I will offer you the sacrifice of thanksgiving  
**and call upon the name of the Lord.**
- <sup>16</sup> I will fulfil my vows to the Lord **in the presence of all his people.**
- <sup>17</sup> In the courts of the Lord’s house, **in the midst of you, O Jerusalem. Hallelujah!**

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: Romans 5:1-8** – Marcia McMenamie

- 5 Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ,<sup>2</sup> through whom we have obtained access to this grace in which we stand, and we boast in our hope of sharing the glory of God.<sup>3</sup> And not only that, but we also boast in our afflictions, knowing that affliction produces endurance,<sup>4</sup> and endurance produces character, and character produces hope,<sup>5</sup> and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.
- <sup>6</sup> For while we were still weak, at the right time Christ died for the ungodly.<sup>7</sup> Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die.<sup>8</sup> But God proves his love for us in that while we still were sinners Christ died for us.

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

**Gradual:** ♪ *Lord whose Love in Humble Service* (CP #585)

**Lord, whose love in humble service bore the weight of human need,  
Who upon the cross, forsaken, worked Your mercy’s perfect deed:  
We, Your servants, bring the worship not of voice alone, but heart;  
Consecrating to Your purpose every gift which You impart.**

**Still Your children wander homeless; still the hungry cry for bread;  
Still the captives long for freedom; still in grief we mourn our dead.**

**As you, Lord, in deep compassion healed the sick and freed the soul,  
By Your Spirit send Your power to our world to make it whole.**

**As we worship, grant us vision, till your love's revealing light  
In its height and depth and greatness dawns upon our quickened sight,  
Making known the needs and burdens your compassion bids us bear,  
Stirring us to ardent service, your abundant life to share.**

*All stand for the Gospel.*

**Gospel: Matthew 9:35 – 10:8** – Richard Routledge

God be with you. **And also with you.**

The Good News of Jesus according to Matthew.

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

♪ **Alleluia**

<sup>35</sup> Then Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness.<sup>36</sup> When he saw the crowds, he had compassion for them because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup> Then he said to his disciples, “The harvest is plentiful, but the laborers are few; <sup>38</sup> therefore ask the Lord of the harvest to send out laborers into his harvest.”

<sup>10</sup> Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. <sup>2</sup> These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee and his brother John; <sup>3</sup> Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus, Thaddaeus, <sup>4</sup> Simon the Cananaean and Judas Iscariot, the one who betrayed him.

<sup>5</sup> These twelve Jesus sent out with the following instructions: “Do not take a road leading to gentiles, and do not enter a Samaritan town, <sup>6</sup> but go rather to the lost sheep of the house of Israel. <sup>7</sup> As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ <sup>8</sup> Cure the sick; raise the dead; cleanse those with a skin disease; cast out demons. You received without payment; give without payment.

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

♪ **Alleluia**

**Reflection** – Ken Pedlow

**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** (*sit or kneel*) – Richard Routledge

**The Peace** *All stand*

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

**Offertory Hymn:** ♪ *Will you Come and Follow Me* (CP#430)

**Will you come and follow me if I but call your name?**

**Will you go where you don't know and never be the same?**

**Will you let my love be shown, will you let my name be known,**

**Will you let my life be grown in you, and you in me?**

**Will you leave yourself behind if I but call your name?**

**Will you care for cruel and kind and never be the same?**

**Will you risk the hostile stare should your life attract or scare?**

**Will you let me answer prayer in you and you in me?**

**Lord, your summons echoes true when you but call my name.**

**Let me turn and follow you and never be the same.**

**In your company I'll go where your love and footsteps show.**

**Thus I'll move and live and grow in you and you in me.**

**Prayer over the Gifts**

Merciful God and Father, in Adam's fall we were born to death; in the new Adam we are reborn to life. In all we offer you this day may we share a taste of your eternal kingdom. We ask this in the name of Jesus Christ the Lord. **Amen.**

**The Lord's Prayer**

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 this day our daily bread, and 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.**

**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** – Brett Cane

**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***

**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 in the name of Christ. **Thanks be to God.**

🎵 **Postlude** – Joanne Lambert

CCLI#245534

---

🌸 The altar flowers are given by **Pam Brambell and Diana Evans** and dedicated to the memory of loved ones.

---

Front cover art: Image sourced from Bible Art. Source: [https://bible.art/p/sGC018GiH5fh1vVkambj]

---

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

🎵 Joanne Lambert, Lay Minister: Ken Pedlow, Readers: Jan Bergink, Marcia McMenamie, Richard Routledge, Assistants: Lynn Schumacher, Brett Cane, Irene Feir, Pam Brambell, Sound Tech/Bell: Matty Stuart

---

**SCRIPTURES & READERS FOR NEXT SUNDAY, JUNE 21**

**Isaiah 40: 25-31** – Nichola Wade, **Psalm 19** – Nichola Wade,  
**Philippians 4: 4-9** – Don Campbell, **John 1: 1-18** – Rev. Gil Shoemsmith

---

**EVENTS & ANNOUNCEMENTS**

**LON AWAY** – The Ven. Dr. Lon Towstego will be away from May 28 to June 16. For **pastoral care**, please phone Rev. Gil Shoemsmith (250-884-1685). For **other inquiries** please phone our Wardens.

St.Mary: Ken Pedlow (250-656-6302) / Marcia McMenamie (250-514-9604)

St.Stephen: Mike Philip (250-652-5779) / Bob Buchanan (250-818-5340)

---

**SUMMER SERVICE SCHEDULE** – Please note that there will be only **one service at 10:00 am on Sundays** until **August 30**. Please find more information and the full schedule on our website: [www.parishcs.ca](http://www.parishcs.ca)

**MEN'S BREAKFAST** – The next Men's Breakfast will be **Saturday, June 20, 9:30-11:00**. There will be round table introductions and short talks instead of a particular speaker. RSVP to Lon ltowstego@bc.anglican.ca / 250-208-9949 or verbally to Ken Pedlow.

**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.

June	<b>ORCCA Dental Clinic</b> - 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**

June	<b>Anglican Appeal</b> – Donations support the mission work and ministry in Canada's North and our church partners overseas.
------	--

**INTERCESSIONS**

**Anglican Cycle of Prayer:** We pray for the Church of the Province of South East Asia 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 Church (Comox).

**Regional Cycle of Prayer:** We pray for the Parish of Holy Trinity, Sooke, For Sulin Milne and other priests and lay leaders, priests, and all the people of the parish and neighborhood.

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

**In our Parish:** We pray for Jillian Stuart, Matty Stuart, and Gary Dawson

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

**For Those with Long-Term Needs:** Cheryl, Ted, Phil J., Natalie, Brett, 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

**St. Mary 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 Anglican Church**

7921 St. Stephens Road

Saanichton, B.C. V8M 1S2

Office: 250-652-4311

admin@parishcs.ca