



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 21, 2026 – 4<sup>th</sup> 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 28): St Stephen Church (Praise Band Service)**

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

**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** – Carolyne Solberg

**Welcome & Land Acknowledgement**

♪ **Gathering Song: *The Love of Jesus Calls Us* (CP #434)**

**The love of Jesus calls us, our joyous praise to sing;  
our deeply felt thanksgivings we now together bring,  
for all God's many blessings, unasked yet still received,  
and for the generations who faithfully believed.**

**The love of Jesus calls us, that we may always be  
companions on a journey where all the world may see,  
that serving Christ is freedom, which time does not destroy;  
where Christ's command is duty, and every duty joy.**

**The love of Jesus calls us to go where he would go,  
to challenge all that limits, to change, to learn, to grow,  
to know that Christ has freed us, that prisons are no more;  
for those who seek his kingdom, Christ opens every door.**

**The love of Jesus calls us in swiftly changing days,  
to be God's co-creators in new and wondrous ways;  
that God, with men and women may so transform the earth,  
that love and peace and justice may give God's kingdom birth.**

**The Gathering of the Community**

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 gather in the name of the living God. **We meet in the presence of Jesus Christ, risen and alive.** In this time and place we gather with the community of faith around the globe and across the ages. **In this time and place heaven and earth are one.** In this time and place We are not alone, but one in Christ. **Knit together in the unity of the Spirit.**

In this time and place Hallowed, expectant, one people in God.

**In the name of the Holy and Blessed One, Creator, Redeemer and Holy Spirit. Amen.**

♪ ***Glory to God on High* CP #365**

**Glory to God on high, and peace to all on earth.**

**We worship you, we give you thanks, our heavenly King.**

**We give you praise, almighty God and Father blessed in glory bright.**

**Our Saviour, Jesus Christ, the Father's only son,  
The sacrificial Lamb, who saves the world from sin, have mercy Lord.  
Beside the Father's hand enthroned, now hear our prayer.**

**You only are the Lord. You only are most high.  
You only are the holy one, Lord Jesus Christ.**

**And now you reign with Father and with Spirit one in glorious light.**

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

Let us hold this moment open to the Spirit of God. (*Silence*)

Creator God, from you every family in heaven and earth takes its name. You have rooted and grounded us in your covenant love, and empowered us by your Spirit to speak the truth in love, and to walk in your way towards justice and wholeness. Mercifully grant that your people, journeying together in partnership, may be strengthened and guided to help one another to grow into the full stature of Christ, who is our light and our life. **Amen.**

### **THE READINGS**

**First Lesson: Isaiah 40:25-31** – Nichola Wade

<sup>25</sup> To whom, then, will you compare me, or who is my equal? says the Holy One. <sup>26</sup> Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. <sup>27</sup> Why do you say, O Jacob, and assert, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? <sup>28</sup> Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. <sup>29</sup> He gives power to the faint and strengthens the powerless. <sup>30</sup> Even youths will faint and be weary, and the young will fall exhausted, <sup>31</sup> but those who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

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

**Psalms 19** – Nichola Wade

<sup>1</sup> The heavens declare the glory of God,  
**and the firmament shows his handiwork.**

<sup>2</sup> One day tells its tale to another,  
**and one night imparts knowledge to another.**

<sup>3</sup> Although they have no words or language, **and their voices are not heard,**

<sup>4</sup> Their sound has gone out into all lands,  
**and their message to the ends of the world.**

<sup>5</sup> In the deep has he set a pavilion for the sun;  
**it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.**

<sup>6</sup> It goes forth from the uttermost edge of the heavens and runs about to the end of it again; **nothing is hidden from its burning heat.**

<sup>7</sup> The law of the Lord is perfect and revives the soul;  
**the testimony of the Lord is sure and gives wisdom to the innocent.**

<sup>8</sup> The statutes of the Lord are just and rejoice the heart;  
**the commandment of the Lord is clear and gives light to the eyes.**

<sup>9</sup> The fear of the Lord is clean and endures for ever;  
**the judgements of the Lord are true and righteous altogether.**

<sup>10</sup> More to be desired are they than gold, more than much fine gold,  
**sweeter far than honey, than honey in the comb.**

<sup>11</sup> By them also is your servant enlightened,  
**and in keeping them there is great reward.**

<sup>12</sup> Who can tell how often he offends? **cleans me from my secret faults.**

<sup>13</sup> Above all, keep your servant from presumptuous sins; let them not get dominion over me;

**then shall I be whole and sound, and innocent of a great offense.**

<sup>14</sup> Let the words of my mouth and the meditation of my heart be acceptable in your sight, **O Lord, my strength and my redeemer.**

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: Philippians 4:4-9 – Don Campbell**

<sup>4</sup> Rejoice in the Lord always; again I will say, Rejoice. <sup>5</sup> Let your gentleness be known to everyone. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. <sup>9</sup> As for the things that you have learned and received and heard and noticed in me, do them, and the God of peace will be with you.

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

♪ **Gradual: *All My Life* (CP #435)**

**Take my life, and let it be; consecrated Lord, to thee;  
take my moments and my days; let them flow in ceaseless praise.**

**Take my hands, and let them move; at the impulse of thy love;  
take my feet, and let them be; swift and purposeful for thee.**

**Take my will, and make it thine; it shall be no longer mine;  
take my heart, it is thine own; it shalt be thy royal throne.**

**Take my love: my Lord, I pour; at thy feet it's treasure store;  
take myself, and I will be; ever, only, all for thee**

**Gospel Lesson: John 1:1-18** – Rev. Gil Shoosmith

Leader: God be with you.

**People: And also with you.**

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

**People: Glory to you, Lord Jesus Christ**

♪ Alleluia

1 In the beginning was the Word, and the Word was with God, and the Word was God.<sup>2</sup> He was in the beginning with God. <sup>3</sup> All things came into being through him, and without him not one thing came into being. What has come into being <sup>4</sup> in him was life, and the life was the light of all people. <sup>5</sup> The light shines in the darkness, and the darkness did not overtake it.

<sup>6</sup> There was a man sent from God whose name was John. <sup>7</sup> He came as a witness to testify to the light, so that all might believe through him. <sup>8</sup> He himself was not the light, but he came to testify to the light. <sup>9</sup> The true light, which enlightens everyone, was coming into the world.

<sup>10</sup> He was in the world, and the world came into being through him, yet the world did not know him. <sup>11</sup> He came to what was his own, and his own people did not accept him. <sup>12</sup> But to all who received him, who believed in his name, he gave power to become children of God, <sup>13</sup> who were born, not of blood or of the will of the flesh or of the will of man, but of God.

<sup>14</sup> And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. <sup>15</sup> (John testified to him and cried out, "This was he of whom I said, 'He who comes after me ranks ahead of me because he was before me.'") <sup>16</sup> From his fullness we have all received, grace upon grace. <sup>17</sup> The law indeed was given through Moses; grace and truth came through Jesus Christ. <sup>18</sup> No one has ever seen God. It is the only Son, himself God, who is close to the Father's heart, who has made him known.

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

♪ Alleluia

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

**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**

**Confession – Lon**

**The Peace**

**Prisider:** The peace of the Lord be always with you.

**People:** **And also with you.**

*The members of the community offer a sign of peace to one another.*

**♪ Offertory: For the Beauty of the Earth (CP #429)**

**1. For the beauty of the earth, for the glory of the skies,  
for the love which from our birth over and around us lies;**

*Refrain: Christ our God, to thee we raise; this our sacrifice of praise.*

**2. For the beauty of each hour; of the day and of the night,  
hill and vale, and tree and flower; sun and moon, and stars of light;**

**3. For the joy of human love; brother, sister, parent, child,  
friends on earth and friends above; for all gentle thoughts and mild;**

**4. For each perfect gift of thine; to our race so freely given,  
graces human and divine; flowers of earth and buds of heaven;**

**Prayer over the Gifts**

Creator, you bless us with many good gifts returned to you from your creation. Feed us with the Bread of Life, your Son Jesus Christ our Lord, **Amen.**

## **HOLY EUCHARIST**

### **Eucharistic Liturgy for the Islands and Inlets (A)**

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.** Great Creator, with wit and wisdom you formed the universe. In expectation, your Spirit brooded over all: the midwife of transformation. At your Word, the skies, the seas, the lands and all life came to be. In you, all created things shared life with one another. In ceremony and song, dance and art, these relationships were portrayed and honoured by the first peoples of these Islands and Inlets. The plants, the cedars, the creatures of forest, sea and air revealed your wonder and majesty. When we turned from you, connections were broken and creation suffered. Still, you continued to bring light from night, freedom from slavery, and life from death.

Therefore, together with our ancestors in faith and with your beloved creation we 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.**

We praise you, Source of all, for the living Word: Jesus. Born in poverty, a child refugee, a worker with his hands. He gathered disciples and taught and healed the people. He freely shared our sorrow, joy, and pain. In vulnerability, he showed power over sin and triumphed over death. On the night before Jesus died, he feasted with his companions. He took bread, gave thanks, broke it and gave it to them saying, "Take, eat, this is my body which is given for you, do this to remember me." After supper he took the cup and when he had given thanks, he gave it to his companions saying, "Drink this, all of you; this is the new covenant in my blood, shed for you and the world for the forgiveness of sins. Whenever you drink it, do this to remember me."

Entering into the mystery of faith we call:

**Come Source of life. Come, transforming Word. Come, Creator Spirit.**

With his sacred presence unbounded by space and time, we offer to you this bread and cup. Send your Breath of Life, like wind, blowing where it will, north, east, south and west. May your Spirit brood over these gifts and all who feast at this table offering a foretaste of the eternal feast to come.

May all who share your abundant gifts be incorporated as one body and one holy people, joined in the offering of Jesus' birth, life, death and resurrection for the reconciliation of all things. Reveal the unity of your Church and the mystery of our communion with our holy forebears and those yet to be born, that we may be guided in faith and walk gently on the earth.

Glory and honour to you Triune God, dynamic of love, complete and perfect unity, now, and in all ages. **Amen**

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**

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 welcome to join us at the Lord's Table.*

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

*Gluten Free Wafers are available upon request.*

♪ **Communion** – Carolyne Solberg

## Prayer after Communion

Great Creator, You have fed us with bread from heaven. Continue to renew us in your truth, to give light to our minds, strength to our bodies, and seal us with Your Holy Spirit. We ask this in Christ's name. **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 Song: *Draw the Circle Wide*** (CP #418)

**Refrain:** *Draw the circle wide. Draw it wider still.*

*Let this be our song: no one stands alone,  
Standing side by side, draw the circle wide.*

**God the still-point of the circle, 'Round whom all creation turns;  
nothing lost, but held forever, In God's gracious arms. *Refrain***

**Let our hearts touch far horizons, so encompass great and small;  
Let our loving know no borders, Faithful to God's call. *Refrain***

**Let the dreams we dream be larger than we've ever dreamed before;  
Let the dream of Christ be in us, Open every door. *Refrain***

## Dismissal

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

**Thanks be to God.**

♪ **Postlude** – Joanne Lambert

CCLI# 245534



The altar flowers are given by **Judi Clark** in memory of dear friend  
Paula McMillan.

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Front cover art: Image sourced from the Anglican Diocese of Edmonton:  
<https://edmonton.anglican.ca/news/national-indigenous-day-of-prayer-resources>  
Father's Day art by Saurabh Sharma from Pixabay

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## Thank you to all who are assisting today:

♪ Joanne Lambert, Carolyne Solberg, Readers: Nichola Wade,  
Don Campbell, Rev. Gil Shoosmith, Assistants: Ken Pedlow, Rev. Gil,  
Marian Towstego, David Cooper, Shirley Schwazer, Judi Clark,  
Sound Tech/Bell: Matty Stuart

**SCRIPTURES & READERS FOR NEXT SUNDAY, JUNE 28**

**Genesis 22:1-14** – Greg Robinson, **Psalm 13** – Sue Smith

**Romans 6:12-23** – Marian Towstego, **Matthew 10:40-42** – Sean Lyon

**EVENTS & ANNOUNCEMENTS**

**EINE KLEINE SUMMER MUSIC SERIES** – Visit <https://www.eksm.ca/concert>

Sean Lee, violin

**Ray Ushikubo, piano and violin  
with Lorraine Min, piano**

**June 21, 2:30PM** - First Unitarian Church

**June 28, 2:30PM** - First Unitarian Church

**June 22, 7:00PM** - Deep Cove Winery

**June 29, 7:00PM** - Deep Cove Winery

**WOMEN’S COFFEE HOUR** - The women of the Parish of Central Saanich are invited to a Morning Tea/Coffee Break at St Mary’s Hall on **Friday, June 26 at 10:00 a.m.** It will be an opportunity to gather for a break, work on projects (knitting, crafting), and get to know the other women in our parish. Please RSVP to Lynn Schumacher (250-686-5713) or Becky Lowe (250-516-3176).

**ALTAR FLOWERS** – Many dates are currently available if you would like to dedicate altar flowers. Please sign up on the chart in the Narthex - we will contact you when your date approaches. The \$50 donation may be shared with a friend/family member if you sign up for the same week, and both dedications can be included in the bulletin. Donation envelopes available beside the chart.

**NEXT SUNDAY SERVICE & POTLUCK** – Please note that the **10:00** service next week will be a praise band service at **St. Stephen**, and outside (weather permitting) near the Pet Memorial Garden. You are encouraged to bring your own chairs if you prefer (wooden chairs available). There will also be a **potluck** lunch 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.

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.
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**ST. STEPHEN OUTREACH**

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

**Anglican Cycle of Prayer:** We pray for the Church of South 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.

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

**In our Parish:** We pray for Daniel Stuart, and Della & Rick Garvin.

**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

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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

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