



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. Stephen Church



June 28, 2026 – 5th Sunday after Pentecost

Join us as we worship the living Christ!

“Whoever gives even a cup of cold water to one of these little ones in the name of a disciple - truly I tell you, none of these will lose their reward.”

Matthew 40:42

*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 (July 5): St Mary Church

Continue to monitor our website – www.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

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** – All Of Creation – Barry Gaul, et al. © 2010 CCLI# 5760756

Welcome & Land Acknowledgement

♪ **Gathering Song: Take My Life (Holiness)** – Scott Underwood © 1994
CCLI# 1617154

1. **Holiness, holiness is what I long for.
Holiness is what I need.
Holiness, holiness is what You want from me.**
2. **Faithfulness, faithfulness is what I long for.
Faithfulness is what I need.
Faithfulness, faithfulness is what You want from me.**

*Refrain: So take my heart; conform it. Take my mind; transform it.
Take my will; conform it; to Yours, to Yours, oh Lord.*

3. **Righteousness, righteousness is what I long for.
Righteousness is what I need.
Righteousness, righteousness is what You want from me.**

Refrain x2

♪ **O Canada**

**O Canada! Our home and native land!
True patriot love in all of us command.
With glowing hearts we see thee rise,
The true north, strong and free!
From far and wide, O Canada,
We stand on guard for thee.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.**

The Gathering of the Community

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.**
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* – Mass for the King of Glory – Betty Carr Pulkingham © 1973
(arr. for one voice by Daisy Essery)

**Glory to God, Glory to God in the highest,
And peace to his people on earth.
Lord God, heavenly king, almighty God and Father,
we worship you, we give you thanks, we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father: receive our prayer.
For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen**

Centering Stillness & Prayer of the Day

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

Almighty God, you have taught us through your Son that love fulfils the law. May we love you with all our heart, all our soul, all our mind, and all our strength, and may we love our neighbour as ourselves; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE READINGS

First Lesson: Genesis 22:1-14 – Greg Robinson

22 After these things God tested Abraham. He said to him, “Abraham!” And he said, “Here I am.”² He said, “Take your son, your only son Isaac, whom you love, and go to the land of Moriah and offer him there as a burnt offering on one of the mountains that I shall show you.”³ So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him and his son Isaac; he cut the wood for the burnt offering and set out and went to the place in the distance that God had shown him.⁴ On the third day Abraham looked up and saw the place far away.⁵ Then Abraham said to his young men, “Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.”⁶ Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. And the two of them walked on together.⁷ Isaac said to his father Abraham, “Father!” And he said, “Here I am, my son.” He said, “The fire and the wood are here, but where is the lamb for a burnt offering?”⁸ Abraham said, “God himself will provide the lamb for a burnt offering, my son.” And the two of them walked on together.⁹ When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac and laid him on the altar on top of the wood.¹⁰ Then Abraham reached out his hand and took the

knife to kill his son. ¹¹ But the angel of the Lord called to him from heaven and said, "Abraham, Abraham!" And he said, "Here I am." ¹² He said, "Do not lay your hand on the boy or do anything to him, for now I know that you fear God, since you have not withheld your son, your only son, from me." ¹³ And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. ¹⁴ So Abraham called that place "The Lord will provide," as it is said to this day, "On the mount of the Lord it shall be provided."

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

Psalm 13 – Sue Smith

¹ How long, O Lord? will you forget me for ever?

how long will you hide your face from me?

² How long shall I have perplexity in my mind, and grief in my heart, day after day? **how long shall my enemy triumph over me?**

³ Look upon me and answer me, O Lord my God;
give light to my eyes, lest I sleep in death;

⁴ Lest my enemy say, "I have prevailed over him,"
and my foes rejoice that I have fallen.

⁵ **But I put my trust in your mercy;**
my heart is joyful because of your saving help.

⁶ I will sing to the Lord, for he has dealt with me richly;
I will praise the name of the Lord Most High.

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 6:12-23 – Marian Towstego

¹² Therefore do not let sin reign in your mortal bodies, so that you obey their desires. ¹³ No longer present your members to sin as instruments of unrighteousness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. ¹⁴ For sin will have no dominion over you, since you are not under law but under grace. ¹⁵ What then? Should we sin because we are not under law but under grace? By no means! ¹⁶ Do you not know that, if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? ¹⁷ But thanks be to God that you who were slaves of sin have become obedient from the heart to the form of teaching to which you were entrusted ¹⁸ and that you, having been set free from sin, have become enslaved to righteousness. ¹⁹ I am speaking in human terms because of your limitations. For just as you once presented your members as slaves to impurity and lawlessness, leading to

even more lawlessness, so now present your members as slaves to righteousness, leading to sanctification.

²⁰ When you were slaves of sin, you were free in regard to righteousness.

²¹ So what fruit did you then gain from the things of which you now are ashamed? The end of those things is death. ²² But now that you have been freed from sin and enslaved to God, the fruit you have leads to sanctification, and the end is eternal life. ²³ For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

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

♪ **Gradual: *Unto Thee, O Lord*** – Charles F. Monroe © 1971, 1973 CCLI# 36011

Unto Thee, O Lord, (echo) Do I lift up my soul. (echo)

Unto Thee, O Lord, (echo) Do I lift up my soul. (echo)

Refrain: O my God, (echo) I trust in Thee, (echo)

Let me not be ashamed, Let not mine enemies triumph over me.

Yea, let none that wait (echo) On Thee be ashamed. (echo)

Yea, let none that wait (echo) On Thee be ashamed. (echo) *Refrain*

Show me Thy ways, (echo) Thy ways, O Lord. (echo)

Teach me Thy paths, (echo) Thy paths, O Lord. (echo) *Refrain*

Remember not (echo) The sins of my youth. (echo)

Remember not (echo) The sins of my youth. (echo) *Refrain*

The secret of the Lord (echo) Is with them that fear Him, (echo)

The secret of the Lord (echo) Is with them that fear Him, (echo) *Refrain*

Repeat vs 1 & Refrain

Gospel Lesson: Matthew 10:40-42 – Sean Lyon

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

The Holy Gospel of our Lord Jesus Christ according to Matthew

Glory to you, Lord Jesus Christ

♪ **Alleluia (CP #715)** – O’Connell & Walker © 1985

⁴⁰ “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. ⁴¹ Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward, and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous, ⁴² and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

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

♪ **Alleluia (CP #715)** – O’Connell & Walker © 1985

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 – Sean Lyon

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: Who You Say I Am – Ben Fielding & Reuben Morgan**

© 2017 CCLI# 71024

1. Who am I that the highest King would welcome me?

I was lost but He brought me in.

Oh, His love for me. Oh, His love for me.

Refrain A: Who the Son sets free, Oh, is free indeed.

I'm a child of God, Yes I am.

2. Free at last, He has ransomed me, His grace runs deep.

While I was a slave to sin, Jesus died for me. Yes, He died for me.

Refrain B: Who the Son sets free, Oh, is free indeed.

I'm a child of God, Yes I am.

In my Father's house there's a place for me.

I'm a child of God, Yes I am.

Bridge: I am chosen, not forsaken. I am who You say I am.

You are for me, not against me. I am who You say I am. Repeat

Oh, I am who You say I am. Yes, I am who You say I am.

Refrain B

♪ **Offertory Sentence** – Jimmy Owens

**Praise God from whom all blessings flow;
praise him, all creatures here below;
Praise him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. Amen**

Prayer over the Gifts

God of wisdom, receive all we offer you this day. Enrich our lives with the gifts of your Spirit, that we may follow the way of our Lord Jesus Christ, and serve one another in freedom. We ask this in his name. **Amen.**

HOLY EUCHARIST

Book of Alternative Services - Eucharistic Prayer 4

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 right to give you thanks and praise, O Lord, our God, sustainer of the universe, you are worthy of glory and praise.

♪ **Glory to you for ever and ever.**

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home; by your will they were created and have their being.

♪ **Glory to you for ever and ever.**

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill; you made us the stewards of creation.

♪ **Glory to you for ever and ever.**

But we turn against you, and betray your trust; and we turn against one another. Again and again you call us to return. Through the prophets and sages you reveal your righteous law. In the fullness of time you sent your Son, born of a woman, to be our Saviour. He was wounded for our transgressions, and bruised for our iniquities. By his death he opened to us the way of freedom and peace.

♪ **Glory to you for ever and ever.**

Therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

♪ **Sanctus & Benedictus** – Sanctus & Benedictus – (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 the one who comes in the name of the Lord.
Hosanna in the highest; Hosanna in the highest.**

Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, gave it to his friends, and said, "Take this, and eat it: this is my body which is given for you. Do this for the remembrance of me."

In the same way, after supper, he took the cup of wine; he gave you thanks, 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."

♪ **Glory to you for ever and ever.**

Gracious God, we recall the death of your Son Jesus Christ, we proclaim his resurrection and ascension, and we look with expectation for his coming as Lord of all the nations.

We who have been redeemed by him, and made a new people by water and the Spirit, now bring you these gifts.

Send your Holy Spirit upon us and upon this offering of your Church, that we who eat and drink at this holy table may share the divine life of Christ our Lord.

♪ **Glory to you for ever and ever.**

Pour out your Spirit upon the whole earth and make it your new creation. Gather your Church together from the ends of the earth into your kingdom, where peace and justice are revealed, that we, with all your people, of every language, race, and nation, may share the banquet you have promised; through Christ, with Christ, and in Christ, all honour and glory are yours, creator of all.

♪ **Glory to you for ever and ever. Amen.**

♪ **Lord's Prayer - Jodi Page © 1974 Celebration Services**

**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

Creator of all, you gave us golden fields of wheat, whose many grains we have gathered and made into this one bread. **So may your Church be gathered from the ends of the earth into your kingdom.**

The gifts of God for us, 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 – *Hear, O Lord* – Ray Repp © 1966 CCLI# 9093

*Refrain: Hear, O Lord, the sound of my call;
Hear, O Lord and have mercy
My soul is longing for the glory of you.
O hear, O Lord and answer me.*

Ev'ry night before I sleep I pray my soul to take.
Or else I pray that loneliness is gone when I awake. *Refrain*

Why do I no longer feel like I've a place to stay?
O take me where someone will care, so fear will go away. *Refrain*

In you, O Lord, I place my cares and all my troubles, too.
O grant, dear Lord, that some day soon I'll live in peace with you.
Refrain

Prayer after Communion

God of power, we are nourished by the riches of your grace. Raise us to new life in your Son Jesus Christ and fit us for his eternal kingdom, that all the world may call him Lord. We ask this in his 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: *Glorious Day* – John Wilbur Chapman, Mark Hall & Michael Bleecker ©2009 CCLI# 5638022

One day when heaven was filled with His praises,
One day when sin was as black as could be,
Jesus came forth to be born of a virgin;
Dwelt among men. My example is He.
The Word became flesh and the light shined among us,
His glory revealed.

*Refrain: Living He loved me, dying He saved me,
Buried He carried my sins far away.
Rising He justified freely forever.
One day He's coming, O glorious day, O glorious day.*

One day they led Him up Calvary's mountain,
One day they nailed Him to die on a tree.
Suffering anguish, despised and rejected,
Bearing our sins, my Redeemer is He.
The hand that healed nations stretched out on a tree,
And took the nails for me. *Refrain*

**One day the grave could conceal Him no longer,
One day the stone rolled away from the door.
Then He arose, over death He had conquered.
Now He's ascended, my Lord evermore.
Death could not hold Him, the grave could not keep Him
From rising again. (Rising again!)**

*Refrain: Living He loved me, dying He saved me,
Buried He carried my sins far away.
Rising He justified freely forever.
One day He's coming, O glorious day, O glorious day.*

**One day the trumpet will sound for His coming,
One day the skies with His glories will shine;
Wonderful day my beloved one bringing.
My Savior, Jesus is mine. *Refrain***

Dismissal

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

♪ **Postlude** – Living Hope – (Solo by Abby Moss) Brian Johnson and
Phil Wickham © 2017 CCLI# 7106807

Front cover art: <https://bible.art/p/cLnQiVTzdzl6VGcpr9ON/matthew-10-42>

Thank you to all who are assisting today:

♪ Praise Band: Rachel & Abby Moss, Greg Robinson, Gary Stubbs
Readers: Greg Robinson, Marian Towstego, Sean Lyon,
Assistant: Richard Routledge

SCRIPTURES & READERS FOR NEXT SUNDAY, JULY 5

Genesis 24:34-38,42-49,58-67 – Nancy Choat, **Psalm 45:11-18** – Greg Robinson
Romans 7:15-25a – Jan Bergink, **Matthew 11:16-19,25-30** – Sean Lyon

***Please Note:**

**There will not be a potluck this Sunday as noted in last week's
bulletin. Instead, bring a lunch for yourself if you wish to eat in
the park after the service. Hot dogs will also be provided.**

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Anglican Church of Southern Africa. 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. Michael & All Angels, Royal Oak.

Regional Cycle of Prayer: We pray for the Parish of the Church of the Advent, for Rev. Sr. Ingrid Andersen and 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 Shelby Titian, and Dr. Scott Groves.

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

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.

EVENTS & ANNOUNCEMENTS

CONGRATULATIONS TO OUR PARISH GRADUATE! –

Sasha Moss has graduated from Stelly's Secondary school and has been invited to live with their Uncle Brian in Brisbane, Australia for a year. The Parish of Central Saanich wishes you well on all your future endeavours!

DREAMERS AND SCHEMERS – Hannah Nickel (our Parish Admin.) will be performing in a historical play which opens **July 3rd** and runs on weekends throughout July. This unique “60-Minute Escape” into our local heritage features three incredible true stories of the visionaries, rogues, and heroes who shaped the history of the Cowichan Valley and beyond. For more information or to purchase tickets, please visit <https://millbaymalahathistory.com/> or email info@millbaymalahathistory.com

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	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.
July	General Outreach - Monies donated for General Outreach are dedicated at the end of the year for requests received during the year and to “top up” totals in monthly outreach designations.

ST. STEPHEN OUTREACH

June	Anglican Appeal – Donations support the mission work and ministry in Canada's North and our church partners overseas.
July	Rector's Discretionary Fund - This is a dedicated fund under the Rector's control and discretion which provides financial assistance to members of the parish and the wider community.

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