



**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** – Joanne Lambert

**Welcome & Land Acknowledgement**

♪ **Gathering Song: *When Long Before Time*** (CP#307)

**When long before time and the worlds were begun,  
when there was no earth and no sky and no sun,  
and all was deep silence and night reigned supreme,  
and even our Maker had only a dream...**

**...the silence was broken when God sang the Song,  
and light pierced the darkness and rhythm began,  
and with its first birth-cries creation was born,  
and creaturely voices sang praise to the morn.**

**The sounds of the creatures were one with their Lord's,  
their harmonies sweet and befitting the Word;  
the Singer was pleased as the earth sang the Song;  
the choir of the creatures reechoed it long.**

**Though, down through the ages, the Song disappeared--  
its harmonies broken and almost unheard--  
the Singer comes to us to sing it again:  
our God is with us in the world now as then.**

**To you, God the Singer, our voices we raise;  
to you, Song Incarnate, we give all our praise;  
to you, Holy Spirit, our life and our breath,  
be glory forever, through life and through death.**

**The Gathering of the Community**

In this time and place we gather on the ancestral lands of the W̱SÁNEĆ 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.**

♪ Gloria: *Ash Grove Gloria*

Sing glory to God in the heights of the heavens  
Salvation and peace to God's People on earth  
Our Sovereign, our Saviour, our God, our Creator  
We worship and praise you and sing of your worth.

*Refrain:* Creation unites in the power of the Spirit  
In praise of the Father, through Jesus the Son  
So complex, so simple, so clear, so mysterious  
Our God ever three yet eternally one.

This Lord Jesus Christ, only Son of the Father  
The lamb who has carried the burden of shame  
Now seated on high in the glory of heaven  
Have mercy upon us who call on your name.

For you, only you, we acknowledge as holy  
We name you alone as our Saviour and Lord  
You only, O Christ, with the Spirit exalted,  
Are one with the Father, forever adored. *Refrain*

**Centering Stillness & Prayer of the Day**

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

Almighty God, your Son Jesus Christ has taught us that what we do for the least of your children we do also for him. Give us the will to serve others as he was the servant of all, who gave up his life and died for us, but lives and reigns with you and the Holy Spirit, one God, now and for ever.

**THE READINGS**

**First Lesson: Genesis 24:34-38, 42-49, 58-67** – Nancy Choat

<sup>34</sup> So he said, "I am Abraham's servant. <sup>35</sup> The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels, and donkeys. <sup>36</sup> And Sarah my master's wife bore a son to my master when she was old, and he has given him all that he has. <sup>37</sup> My master made me swear, saying, 'You shall not take a wife for my son from the daughters of the Canaanites in whose land I live, <sup>38</sup> but you shall go to my father's house, to my kindred, and get a wife for my son.'

<sup>42</sup> "I came today to the spring and said, 'O Lord, God of my master Abraham, if now you will only make successful the way I am going!' <sup>43</sup> I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, "Please give me a little water from your jar to drink," <sup>44</sup> and who will say to me, "Drink, and I will draw for your camels also"—let her be the woman whom the Lord has appointed for my master's son.'

<sup>45</sup> "Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder, and she went down to the spring and drew. I said to her, 'Please let me drink.' <sup>46</sup> She quickly let down her jar from

her shoulder and said, 'Drink, and I will also water your camels.' So I drank, and she also watered the camels. <sup>47</sup> Then I asked her, 'Whose daughter are you?' She said, 'The daughter of Bethuel, Nahor's son, whom Milcah bore to him.' So I put the ring on her nose and the bracelets on her arms. <sup>48</sup> Then I bowed my head and worshiped the Lord and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. <sup>49</sup> Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left."

<sup>58</sup> And they called Rebekah and said to her, "Will you go with this man?" She said, "I will." <sup>59</sup> So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. <sup>60</sup> And they blessed Rebekah and said to her, "May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes."

<sup>61</sup> Then Rebekah and her maids rose up, mounted the camels, and followed the man, and the servant took Rebekah and went his way.

<sup>62</sup> Now Isaac had come from Beer-lahai-roi and was settled in the Negeb. <sup>63</sup> Isaac went out in the evening to walk in the field, and, looking up, he saw camels coming. <sup>64</sup> And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel <sup>65</sup> and said to the servant, "Who is the man over there, walking in the field to meet us?" The servant said, "It is my master." So she took her veil and covered herself. <sup>66</sup> And the servant told Isaac all the things that he had done. <sup>67</sup> Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife, and he loved her. So Isaac was comforted after his mother's death.

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

**Psalm 45:11-18** – Greg Robinson

<sup>11</sup> "Hear, O daughter; consider and listen closely;

**forget your people and your father's house.**

<sup>12</sup> The king will have pleasure in your beauty;

**he is your master; therefore, do him honour.**

<sup>13</sup> The people of Tyre are here with a gift;

**the rich among the people seek your favour."**

<sup>14</sup> All glorious is the princess as she enters; **her gown is cloth-of-gold.**

<sup>15</sup> In embroidered apparel she is brought to the king;

**after her the bridesmaids follow in procession.**

<sup>16</sup> With joy and gladness they are brought,

**and enter into the palace of the king.**

<sup>17</sup> "In place of fathers, O king, you shall have sons;

**you shall make them princes over all the earth.**

<sup>18</sup> I will make your name to be remembered from one generation to another;

**therefore nations will praise you for ever and ever."**

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 7:15-25a – Jan Bergink**

<sup>15</sup> I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree that the law is good. <sup>17</sup> But in fact it is no longer I who do it but sin that dwells within me. <sup>18</sup> For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup> Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

<sup>21</sup> So I find it to be a law that, when I want to do what is good, evil lies close at hand. <sup>22</sup> For I delight in the law of God in my inmost self, <sup>23</sup> but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched person that I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God through Jesus Christ our Lord!

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

♪ **Gradual: *God be my vision (tune: Be thou my vision)***

**God be my vision both near and afar;  
Nothing else matters except that You are.  
You my best thought in the day or the night,  
and waking or sleeping, Your presence my light.**

**You are my wisdom and Jesus my guide;  
I always with you, and you at my side;  
I am your child, You my Father alone;  
our Spirit indwelling and guiding me home.**

**You are my safety, my arms for the fight;  
You are my dignity, You my delight;  
You my sure shelter in storm or in shower,  
with You I shall conquer, O power of my power**

## **Gospel Lesson: Matthew 11:16-19, 25-30 – Ken Pedlow**

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**

<sup>16</sup> “But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, <sup>17</sup> ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

<sup>18</sup> “For John came neither eating nor drinking, and they say, ‘He has a demon’; <sup>19</sup> the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

<sup>25</sup> At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup> yes, Father, for such was your gracious will. <sup>27</sup> All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

<sup>28</sup> "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light."

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

### The Peace

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

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

♪ Offertory: *You Who Dwell in the Shelter (Eagle's Wings)* (CP #531)

**You who dwell in the shelter of our Lord, who abide in his shadow for life, say to the Lord: 'My refuge, my Rock in whom I trust!'**

*Refrain:* **And he will raise you up on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.**

**The snares of the fowler will never capture you,**

**and famine will bring you no fear:**

**under his wings your refuge, his faithfulness your shield. *Refrain***

**You need not fear the terror of the night,  
nor the arrow that flies by day;  
though thousands fall about you, near you it shall not come.** *Refrain*

**For to his angels he's given a command to guard you in all of your ways,  
upon their hands they will bear you up,  
lest you dash your foot against a stone.** *Refrain*

### **Prayer over the Gifts**

God of heaven and earth, receive our sacrifice of praise, and strengthen us for the perfect freedom of your service, through our Saviour Jesus Christ. **Amen.**

## **HOLY EUCHARIST**

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

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.**

Holy and eternal One, in whom we live and move and have our being. You are our origin and our fulfillment; we praise and thank you for drawing us to this sacred meal. From the ocean of your primal love, you fashioned the marvel of creation, and beauty of human life. From this land of towering forests and mist laden coastlines, you humble us and affirm the sacred gift of all creation, calling us to care for everything given and received.

### **Glory to you, source of all life**

From the earliest days the peoples of these islands and inlets learned their dependence on your provision, salmon and deer, song and ceremony, dance and painted cedar, hallowed these sacred relationships with all life.

### **Glory to you, source of all life**

In Jesus Christ, you came into our world to reveal your glory, reconcile all peoples to yourself, and make all things new in him. Now, gathered from many places, and joining with the saints of every time and place, we raise our thankful voices in songs of unending praise.

### **♪ 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.**

Blessed are you, most holy One: For on the night before he died Jesus took bread, gave you thanks, broke it, gave it to all gathered, and said: "Take, eat, this is my body which is given for you, do this in remembrance of me."

After supper, he took the cup, gave you thanks, and gave it to them saying: "Drink this, all of you. This is my blood of the new covenant which is given for you, do this in remembrance of me."

**"Behold, I am with you to the end of the age."**

Therefore, God of all creation, we lift this Bread of Life, and this Cup of Salvation. Send your Holy Spirit on these gifts, and upon us, that we may know Jesus in the breaking of the bread, and follow him in lives of selfless service and courageous love. **Glory to you, source of all life**

In the fullness of time reconcile all things in Christ, and bring us to that heavenly table, where every tear will be wiped away and we will feast anew. Blessing, praise and thanksgiving be to you, Holy and Eternal One, Undivided Trinity, One God, now and forever. **Amen.**

♪ **The Lord's Prayer** (*Gordon Light*)

As our Saviour taught us, let us sing:

**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 the Bread**

The One who defeated death and injustice is now present in this bread.

The One who offers our life promise and hope is now present in this wine.

**Breaking into our lives and community, we ask God for new life in Christ.**

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: Jesus Bids Us Shine**

- 1 Jesus bids us shine with a clear pure light,  
like a little candle burning in the night;  
in this world of darkness we must shine –  
you in your small corner, and I in mine.
- 2 Jesus bids us shine, first of all for him;  
well he sees and knows it, if our light is dim;  
he looks down from heaven, sees us shine –  
you in your small corner, and I in mine.
- 3 Jesus bids us shine, then; for all around  
many kinds of darkness in this world abound:  
sin and want and sorrow: we must shine –  
you in your small corner, and I in mine.

## Prayer after Communion

O God, may we who have shared in holy things never fail to serve you in your world, and so come to the fullness of joy, 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 Song: *To God be the Glory* (CP #371)

To God be the glory who great things has done!  
God so loved the world freely sending the Son,  
who yielded his life an atonement for sin,  
and opened the life-gate that all may go in.

*Refrain:* Praise the Lord! Praise the Lord!  
Let the earth hear God's voice.  
Praise the Lord! Praise the Lord!  
Let the people rejoice!  
O come to the Father through Jesus the Son,  
and give God the glory, who great things has done!

O perfect redemption, the purchase of blood  
to every believer the promise of God:  
that when the offender, repenting, believes,  
through Jesus' atonement, God's pardon receives. *Refrain*

Great things God has taught us, great things God has done,  
and great our rejoicing through Jesus the Son;  
but purer and higher and greater will be  
our wonder, our gladness, when Jesus we see! *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 **Carol Watkins** to the glory of God and in loving memory of our parents, siblings, and family.

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Front cover art: <https://bible.art/p/QkSNClYWsAbzFvGHWFs/matthew-11-30>

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

♪ Joanne Lambert, Readers: Nancy Choat, Greg Robinson, Jan Bergink,  
Ken Pedlow, Assistants: Ken Pedlow, David Cooper, Carol Watkins,  
Sound Tech/Bell: Matty Stuart

**SCRIPTURES & READERS FOR NEXT SUNDAY, JULY 12**  
**Genesis 25:19-34** – Ron Sewell, **Psalm 119:105-112** – Lynda Clifford  
**Romans 8:1-11** – Sue Smith, **Matthew 13:1-9** – Richard Routledge



On June 24, powerful back-to-back earthquakes shook Venezuela, with magnitudes beyond what has been seen in more than a century. The devastation has been extensive, with at least 1,700 people killed and nearly 3,000 injured. Rescue and recovery operations are continuing, amid dangerous conditions and aftershocks.

Until July 14, 2026, the Government of Canada will match all donations to the Humanitarian Coalition (HC) Venezuela Earthquake Response, up to \$2 million. Alongside Hope is joining this appeal as a member of the Canadian Foodgrains Bank, which is part of the HC.

The Foodgrains Bank response will focus on providing food relief. Venezuela was already facing economic hardship and struggling with the rising price of food. Nearly 8 million people were in need of humanitarian support. With this tragedy, millions more will be at greater risk of hunger. Alongside Hope is also looking at responses with other partners.





Support the  
Humanitarian  
Coalition Venezuela  
Earthquake Response  
by scanning the QR  
code above, or go to  
[alongsidehope.org/  
give-today](https://alongsidehope.org/give-today). You can  
also donate by calling  
at 1-866-308-7973 or  
mail a cheque to  
Alongside Hope, 80  
Hayden Street, 3rd  
Floor, Toronto, ON,  
Canada, M4Y 3G2.  
Please indicate  
“Venezuela” in the  
memo field.




**Alongside Hope**

Anglicans and partners working for change  
in Canada and around the world

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## EVENTS & ANNOUNCEMENTS

**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.

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**PRAYER IN THE STYLE OF TAIZE** – Services will be at **6:00pm** on **September 18, October 16, & November 20, 2026** at St Elizabeth Catholic Church – Sidney BC. Mark your calendar!

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**HOLLY FAIR – SAVE THE DATE!** – The Holly Fair is coming on **Saturday, November 14** - mark your calendars! As gardens and orchards are in full swing, this is a great time to begin preparing preserves for the **Gourmet Pantry**. Your homemade jams, jellies, pickles, relishes, and other canned goods are always greatly appreciated. Thanks to the wonderful generosity of our parish community, the Gourmet Pantry raised a record **\$1,200** at last year's Holly Fair. We hope to make this year's stall another great success! If you have any questions, please speak with **Lynn** or **Marcia**.

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**SUPPORT FOR OLDER ADULTS IN OUR COMMUNITY** – The Community Connector Program at SHOAL Centre is available to help older adults on the Saanich Peninsula connect with local programs, services, and resources that support health, independence, and quality of life. Community Connectors can assist with finding social groups, transportation options, food supports, housing information, recreation opportunities, and other community services tailored to your needs. If you think this program may be helpful to you, a family member, or a friend, please visit the Beacon Community Services Community Connector webpage or contact the SHOAL Centre for more information. <https://beaconcs.ca/shoal-senior-support-services/#communityconnector>  
**SHOAL Centre: (250) 656-5537**

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**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.

July	<b>General Outreach</b> - 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.
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### **ST. STEPHEN OUTREACH**

July	<b>Rector’s Discretionary Fund</b> - 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.
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## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for the Anglican church of South America. 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. John Gualbert Church, Port McNeill.

**Regional Cycle of Prayer:** We pray for the Parish of St. Michael and all Angels, Royal Oak, For Right Rev. Ansley, pending new clergy 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 Garth & Linda VanDerKamp, and Rick Harkin.

**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.

### **St. Mary Anglican Church**

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Office: 250-652-1611  
admin@parishcs.ca

### **St. Stephen Anglican Church**

7921 St. Stephens Road  
Saanichton, B.C. V8M 1S2  
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### **CLERGY CONTACT INFORMATION**

The Ven. Dr. Lon Towstego  
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**Email:** ltowstego@bc.anglican.ca

### **OFFICE HOURS**

Tuesday-Friday,  
9:00-1:00

**Email:** admin@parishcs.ca