

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** – Joanne Lambert

Welcome & Land Acknowledgement

♪ **Gathering Song: *Morning Has Broken*** (CP #3)

**Morning has broken like the first morning;
blackbird has spoken like the first bird.**

**Praise for the singing! Praise for the morning!
Praise for them, springing fresh from the Word!**

**Sweet the rain's new fall sunlit from heaven,
like the first dewfall on the first grass.**

**Praise for the sweetness of the wet garden,
sprung in completeness where his feet pass.**

**Mine is the sunlight! Mine is the morning
born of the one light Eden saw play!**

**Praise with elation, praise every morning,
God's re-creation of the new day!**

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.

♪ **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 & Prayer of the Day

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

Almighty God, you have made us for yourself, and our hearts are restless until they find their rest in you. May we find peace in your service, and in the world to come, see you face to face; 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 25:19-34 – Sue Smith

¹⁹ These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, ²⁰ and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. ²¹ Isaac prayed to the Lord for his wife because she was barren, and the Lord granted his prayer, and his wife Rebekah conceived. ²² The children struggled together within her, and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. ²³ And the Lord said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other; the elder shall serve the younger."

²⁴ When her time to give birth was at hand, there were twins in her womb. ²⁵ The first came out red, all his body like a hairy mantle, so they named him Esau. ²⁶ Afterward his brother came out, with his hand gripping Esau's heel, so he was named Jacob. Isaac was sixty years old when she bore them.

²⁷ When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. ²⁸ Isaac loved Esau because he was fond of game, but Rebekah loved Jacob.

²⁹ Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. ³⁰ Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) ³¹ Jacob said, "First sell me your birthright." ³² Esau said, "I am about to die; of what use is a birthright to me?" ³³ Jacob said, "Swear to me first." So he swore to him and sold his birthright to Jacob. ³⁴ Then Jacob gave Esau bread and lentil stew, and he ate and drank and rose and went his way. Thus Esau despised his birthright.

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

Psalm 119:105-112 – Lynda Clifford

¹⁰⁵ Your word is a lantern to my feet **and a light upon my path.**

¹⁰⁶ I have sworn and am determined **to keep your righteous judgements.**

¹⁰⁷ I am deeply troubled; **preserve my life, O Lord, according to your word.**

¹⁰⁸ Accept, O Lord, the willing tribute of my lips, **and teach me your judgements.**

¹⁰⁹ My life is always in my hand, **yet I do not forget your law.**

¹¹⁰ The wicked have set a trap for me,

but I have not strayed from your commandments.

¹¹¹ Your decrees are my inheritance for ever; **truly, they are the joy of my heart.**

¹¹² I have applied my heart to fulfil your statutes **for ever and to the end.**

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 8:1-11 – Ron Sewell

8 Therefore there is now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. ³For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh and to deal with sin, he condemned sin in the flesh, ⁴so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed, it cannot, ⁸and those who are in the flesh cannot please God. ⁹But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ is in you, then the body is dead because of sin, but the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

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

♪ *Gradual: Hymn of Promise*

In the bulb, there is a flower
In the seed, an apple tree
In cocoons, a hidden promise
Butterflies will soon be free

In the cold and snow of winter
There's a spring that waits to be
Unrevealed until its season
Something God alone can see

There's a song in every silence
Seeking word and melody
There's a dawn in every darkness
Bringing hope to you and me

From the past will come the future
What it holds, a mystery
Unrevealed until its season
Something God alone can see

In our end is our beginning
In our time, infinity
In our doubt, there is believing
In our life, eternity

In our death, a resurrection
At the last, a victory
Unrevealed until its season
Something God alone can see

Gospel Lesson: Matthew 13:1-9 – Richard Routledge

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*

13 That same day Jesus went out of the house and sat beside the sea. ²Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. ³And he told them many things in parables,

saying: "Listen! A sower went out to sow. ⁴ And as he sowed, some seeds fell on a path, and the birds came and ate them up. ⁵ Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. ⁶ But when the sun rose, they were scorched, and since they had no root, they withered away. ⁷ Other seeds fell among thorns, and the thorns grew up and choked them. ⁸ Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. ⁹ If you have ears, hear!"

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

♪ Alleluia

♪ Baptized in Water

Baptismal Candidate and Sponsors to proceed to the front of the church.

**Baptized in water, sealed by the Spirit
Marked with the sign of Christ our King
Born of one Father, we are his children
Joyfully now God's praise we sing**

Baptism of Terry Frost

Please follow along on page 153-161 of the Book of Alternative Services.

Sermon – The Ven. Dr. Lon Towstego

The Prayers of the People – Maria King

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 are the Salt for the Earth* (CP #502)

**You are salt for the earth, O people: Salt for the Kingdom of God!
Share the flavour of life, O people: Life in the Kingdom of God!**

*Chorus: Bring forth the Kingdom of mercy,
Bring forth the Kingdom of peace;
Bring forth the Kingdom of justice,
Bring forth the City of God!*

**You are a light on the hill, O people: Light for the City of God!
Shine so holy and bright, O people: Shine for the Kingdom of God! (Chorus)**

**You are a seed of the Word, O people: Bring forth the Kingdom of God!
Seeds of mercy and seeds of justice, Grow in the Kingdom of God! (Chorus)**

**We are a blest and a pilgrim people: Bound for the Kingdom of God!
Love our journey and love our homeland: Love is the Kingdom of God!
(Chorus x2)**

Prayer over the Gifts

Father, your word creates in us a yearning for your kingdom. Receive all we offer you this day, and keep us in your peace; for the sake of Jesus Christ the Lord. **Amen**

HOLY EUCHARIST

Book of Alternative Services – Eucharistic Prayer 1

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 indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

♪ **Sanctus & Benedictus** (*Kingsfold*)

O holy, holy, holy God, O God of time and space

All earth and sea and sky above bear witness to your grace

Hosanna in the highest heav'n, creation sings your praise

And blessed is the One who comes and bears your name always.

Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will. On the night he freely gave himself to death, our Lord Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, 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." Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

Christ has died. Christ is risen. Christ will come again.

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever. **Amen.**

♪ **Lord's Prayer - Gordon Light (sung)**

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 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

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 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: *God Sees the Little Sparrow Fall***

**God sees the little sparrow fall, It meets his tender view;
If God so loves the little birds, I know he loves me too.**

*Refrain: He loves me too, he loves me too,
I know loves me too,
Because he loves the little things,
I know loves me too.*

**He paints the lily of the field, Perfumes each lily bell;
If he so loves the little flow'rs, I know he loves me well. *Refrain***

**God made the little birds and flowers, And all things large and small;
He'll not forget his little ones, I know he loves them all. *Refrain***

Prayer after Communion

Living God, in this sacrament we have shared in your eternal kingdom.

May we, who taste this mystery, forever serve you in faith, hope, and love.

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 Song: *Sing a New Song* (CP #312)

Refrain: Sing a new song unto the Lord

Let your song be sung from mountains high!

Sing a new song unto the Lord, singing alleluia!

Yahweh's people dance for joy, O come before the Lord.

And play for him on glad tambourines,

and let your trumpet sound. (*Refrain*)

Rise, O children, from your sleep your Savior now has come.

He has turned your sorrow to joy,

and filled your soul with song. (*Refrain*)

Glad my soul for I have seen the glory of the Lord.

The trumpet sounds the dead shall be raised.

I know my Savior lives. (*Refrain*)

Dismissal

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

♪ Postlude – Joanne Lambert

CCLI# 245534

Front cover art: <https://bible.art/p/geyKCG0yIP88gG5Dmsu/matthew-13-3>

Thank you to all who are assisting today:

♪ Joanne Lambert, Readers: Sue Smith, Lynda Clifford, Ron Sewell,
Richard Routledge, Assistants: Maria King, Sean Lyon

SCRIPTURES & READERS FOR NEXT SUNDAY, JULY 12

Genesis 28:10-19a – Marcia McMenamie, Psalm 139:1-11,22,23 – Marian Towstego

Romans 8:12-25 – Nancy Choat, Matthew 13:24-30,36-43 – Rev. Gil Shoosmith



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. 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.

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Alongside Hope

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

EVENTS & ANNOUNCEMENTS

IN MEMORIAM – We give thanks for the life of **David Campbell**, who died June 24, 2026 at the age of 98. Please keep David's family and friends in your prayers as they mourn his loss. A funeral service will be held at St. George's on Friday, July 31. His obituary is available through the *Times Colonist*.

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!

HOLLY FAIR – SAVE THE DATE! – The Holly Fair will be held 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**.

JARS NEEDED – Please check your cupboards for empty canning jars (**specifically 250 ml jars needed**). Drop off to the Narthex at St. Mary.

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

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	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.
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ST. STEPHEN OUTREACH

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.
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INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Province of the Episcopal Church of South Sudan. 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 Parish of St. Mary in Nanoose Bay.

Regional Cycle of Prayer: We pray for the Parish of Central Saanich, St. Mary, and St. Stephen; Archdeacon Lon Towstego, Rev. Gil Shoesmith, retired clergy, and the people for the parish and the neighborhood.

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

In our Parish: We pray for Bev Waterfield, and Christina Hantel-Fraser

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, Ronald Peloquin

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

1973 Cultra Avenue
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St. Stephen Anglican Church

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CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

Cell Phone: (250) 208-9949

Email: ltowstego@bc.anglican.ca

OFFICE HOURS

Tuesday-Friday,

9:00-1:00

Email: admin@parishcs.ca

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