



Anglican Parish of Central Saanich

St. Mary Church

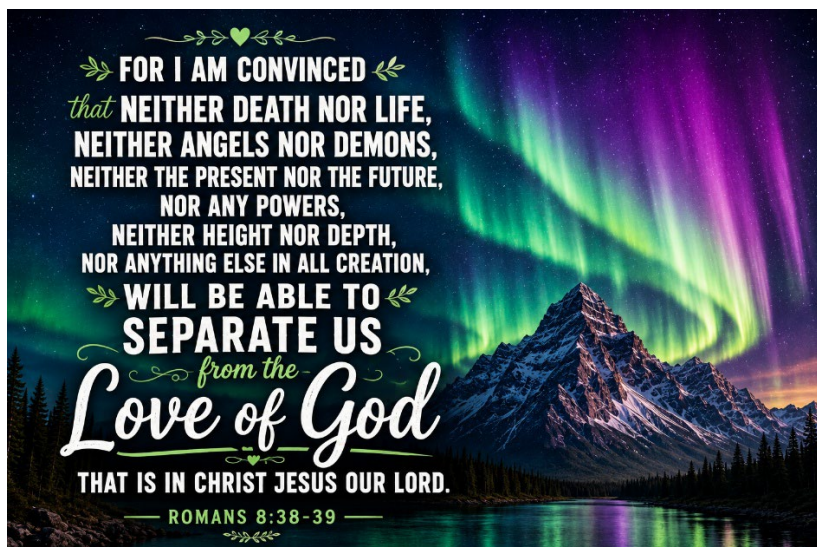
St. Stephen Church

Faith - Family - Friendship



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

Welcome To PARISH OF CENTRAL SAANICH St. Stephen Church



July 26, 2026 – 9th Sunday after Pentecost

Join us as we worship the living Christ!

*We acknowledge that we gather to worship on the traditional lands of the
W̱SÁNEĆ and Coast Salish Peoples*

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

Next week (August 2): Service at St Mary Church

Continue to monitor our website - 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 Shoesmith, 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** – Praise Band: *My Jesus* – Wilson, Pardo & West CCLI# 7174531

Welcome & Land Acknowledgement

🎵 **Gathering Song: *You Are Holy* (Prince of Peace)** – Marc Imboden and
Tammi Rhoton © 1994 CCLI# 2332149

Verse – call and response

LOW VOICES (Rachel)

You are holy.

You are mighty.

You are worthy,

Worthy of praise.

I will follow.

I will listen.

I will love You,

All of my days.

HIGH VOICES (Abby)

You are holy.

You are mighty.

You are worthy.

Worthy of praise.

I will follow.

I will listen.

I will love You,

All of my days.

Chorus – parts 1 & 2 sung at the same time

LOW VOICES (Rachel)

I will sing to

And worship

The King who

Is worthy. And

I will love and

Adore Him, and

I will bow down

Before Him. And

I will sing to

And worship

The King who

Is worthy. And

I will love and

Adore Him, and

I will bow down

Before Him.

You're my Prince of Peace

And I will live my life for You.

HIGH VOICES (Abby)

You are Lord of lords,

You are King of kings,

You are mighty God,

Lord of everything.

You're Emmanuel,

You're the Great I Am,

You're the Prince of Peace

Who is the Lamb.

You're the Living God,

You're my saving grace.

You will reign forever;

You are Ancient of Days.

You are Alpha, Omega,

Beginning and End.

You're my Saviour, Messiah,

Redeemer and Friend.

You're my Prince of Peace

And I will live my life for You.

Repeat Verse & Chorus

All: You are my Prince of Peace and I will live my life for You.

The Gathering of the Community *All stand.*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all. **And also with you.**

♪ **Hymn of Praise: 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*)

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy, increase and multiply upon us your mercy, that with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**

THE READINGS

First Lesson: Genesis 29:15-28 – Greg Robinson

¹⁵ Then Laban said to Jacob, “Because you are my kinsman, should you therefore serve me for nothing? Tell me, what shall your wages be?” ¹⁶ Now Laban had two daughters; the name of the elder was Leah, and the name of the younger was Rachel. ¹⁷ Leah’s eyes were weak, but Rachel was graceful and beautiful. ¹⁸ Jacob loved Rachel, so he said, “I will serve you seven years for your younger daughter Rachel.” ¹⁹ Laban said, “It is better that I give her to you than that I should give her to any other man; stay with me.” ²⁰ So Jacob served seven years for Rachel, and they seemed to him but a few days because of his love for her.

²¹ Then Jacob said to Laban, “Give me my wife that I may go in to her, for my time is completed.” ²² So Laban gathered together all the people of the place and made a feast. ²³ But in the evening he took his daughter Leah and brought her to Jacob, and he went in to her. ²⁴ (Laban gave his maid Zilpah to his daughter Leah to be her maid.) ²⁵ When morning came, it

was Leah! And Jacob said to Laban, “What is this you have done to me? Did I not serve with you for Rachel? Why then have you deceived me?” ²⁶ Laban said, “This is not done in our country—giving the younger before the firstborn. ²⁷ Complete the week of this one, and we will give you the other also in return for serving me another seven years.”

²⁸ Jacob did so and completed her week; then Laban gave him his daughter Rachel as a wife.

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

Psalm 128 – Sue Smith

¹ Happy are they all who fear the Lord, **and who follow in his ways!**

² You shall eat the fruit of your labour; **happiness and prosperity shall be yours.**

³ Your wife shall be like a fruitful vine within your house,
your children like olive shoots round about your table.

⁴ The man who fears the Lord **shall thus indeed be blessed.**

⁵ The Lord bless you from Zion, **and may you see the prosperity of Jerusalem all the days of your life.**

⁶ May you live to see your children’s children; **may peace be upon Israel.**

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.**

Romans 8:26-39 – Marian Towstego

²⁶ Likewise the Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes with groanings too deep for words. ²⁷ And God, who searches hearts, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

²⁸ We know that all things work together for good for those who love God, who are called according to his purpose. ²⁹ For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. ³⁰ And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

³¹ What then are we to say about these things? If God is for us, who is against us? ³² He who did not withhold his own Son but gave him up for all of us, how will he not with him also give us everything else? ³³ Who will bring any charge against God’s elect? It is God who justifies. ³⁴ Who is to condemn? It is Christ^[1] who died, or rather, who was raised, who is also at the right hand of God, who also intercedes for us. ³⁵ Who will separate us from the love of Christ? Will affliction or distress or persecution or famine or nakedness or peril or sword? ³⁶ As it is written,

“For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.”

³⁷ No, in all these things we are more than victorious through him who loved us. ³⁸ For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, ³⁹ nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord.

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

♪ Gradual: There Is A Redeemer – Keith Green © 1982 CCLI# 11483

**1. There is a Redeemer, Jesus, God's own Son;
Precious Lamb of God, Messiah, Holy One.**

*Refrain: Thank You, O my Father, for giving us Your Son,
And leaving Your Spirit 'til the work on earth is done.*

**2. Jesus, my Redeemer, name above all names;
Precious Lamb of God, Messiah, O for sinners slain. *Refrain***

**3. When I stand in glory, I will see His face;
There I'll serve my King forever in that holy place. *Refrain***

Gospel Lesson: Matthew 13:31-33, 44-52 – 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

³¹ He put before them another parable: “The kingdom of heaven is like a mustard seed that someone took and sowed in his field; ³² it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.”

³³ He told them another parable: “The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.”

⁴⁴ “The kingdom of heaven is like treasure hidden in a field, which a man found and reburied; then in his joy he goes and sells all that he has and buys that field.

⁴⁵ “Again, the kingdom of heaven is like a merchant in search of fine pearls; ⁴⁶ on finding one pearl of great value, he went and sold all that he had and bought it.

⁴⁷ “Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; ⁴⁸ when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. ⁴⁹ So it will be at the end of the age. The angels will come out and separate the evil from the righteous ⁵⁰ and throw them into the furnace of fire, where there will be weeping and gnashing of teeth.

⁵¹ “Have you understood all this?” They answered, “Yes.” ⁵² And he said to them, “Therefore every scribe who has become a disciple in the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.”

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

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: The Power of Your Love II – Geoff Bullock CCLI# 917491

1. Lord You come to me,
And as my heart is
changed, released;
This miracle of grace
gently sets me free.
And Lord I've come to know
The weaknesses I see in me
Will be stripped away
By the power of your love.
Refrain

Refrain:
You hold me close,
You let your love surround me,
For You've come near
To draw me to your side.
And in Your life
I'm rising like the eagle,
And I will soar with you
As Your spirit leads me on
In the power of your love.

2. Lord unveil my eyes,
You let me see you
face to face;
In the knowledge of your love,
As you live, in me.
You renew my mind
As your will unfolds in my life,
In living every day
In the power of your love.
Refrain

3. Lord you've come to all
With hope that shines
to light the way;
As mercy soothes our souls,
healing every heart.
Love that sees the tears,
Overcomes our darkest fears,
Grace that lifts us up
In the power of your love.
Refrain

♪ 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 grace, accept all we offer you this day, as we look toward the glory
you have promised.

This we ask in the name of Jesus Christ our Lord. **Amen.**

THE EUCHARIST

Book of Alternative Services - Eucharistic Prayer 2

The Lord 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.

Blessed are you, gracious God, creator of heaven and earth; we give you
thanks and praise, because, in the mystery you disclose to us, you reveal
your glory as the glory of your Son and the Holy Spirit:

three persons equal in majesty, undivided in splendour, yet one Lord, one God, ever to be adored in your everlasting glory. Therefore with all the company of heaven we raise our voices to proclaim the glory of your name:

♪ **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.**

Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me." Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ. All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

The Lord's Prayer

As our Saviour taught us, let us pray:

♪ **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

"I am the bread which has come down from heaven," says the Lord.

Give us this bread for ever.

"I am the vine, you are the branches." **May we dwell in him as he lives in us.**

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: Those Who Trust – John Smith © 1974 CCLI# 339206

(sung in canon)

Those who trust in the Lord are like Mount Zion
Which shall never be removed, And shall remain forever.

As the mountains are about, are about Jerusalem,
So the Lord is 'round about, 'Round His people here.

Peace be on Israel, Peace be on Israel,
Peace be on Israel, Now and forevermore.

Alleluia, allelu, Alleluia, allelu,
Alleluia, allelu, Alleluia.

Prayer after Communion

God of grace, we have received the memorial of the death and resurrection of your Son. May your love, poured into us, bring us to your promises. We ask this in the name of our Redeemer Jesus Christ. **Amen.**

Doxology & Blessing

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.

♪ Sending Song: Our God – Chris Tomlin, Jesse Reeves, Jonas Myrin, Matt Redman © 2010 CCLI# 5677416

1. Water You turned into wine, Opened the eyes of the blind;
There's no one like You, None like You.

2. Into the darkness You shine, Out of the ashes, we rise;
There's no one like You, None like You.

*Refrain: Our God is greater, our God is stronger;
God, You are higher than any other.
Our God is healer, awesome in power,
Our God, our God.*

3. Into the darkness You shine, Out of the ashes, we rise;
There's no one like You, None like You. *Refrain*

Bridge: And if our God is for us then who could ever stop us,
And if our God is with us then what could stand against?
And if our God is for us then who could ever stop us,
And if our God is with us then what could stand against?
What could stand against?

*Refrain: Our God is greater, our God is stronger;
God, You are higher than any other.
Our God is healer, awesome in power,
Our God, our God. (Repeat)*

*Bridge: And if our God is for us then who could ever stop us,
And if our God is with us then what could stand against?
And if our God is for us then who could ever stop us,
And if our God is with us then what could stand against?
What could stand against?*

Dismissal

Let us bless the Lord. **Thanks be to God.**

🎵 **Postlude** – Praise Band: *Whom Shall I Fear (God of Angel Armies)* - Chris Tomlin, Ed Cash & Scott Cash © 2012 CCLI# 6440288

Thank you to all who are assisting today:

🎵 Praise Band: Rachel & Abby Moss, Greg Robinson, Gary Stubbs,
Readers: Greg Robinson, Sue Smith, Marian Towstego, Sean Lyon,
Assistant: Maria King

SCRIPTURES & READERS FOR NEXT SUNDAY, AUGUST 2

Genesis 32:22-31 – Don Campbell, Psalm 17:1-7,16 – Barb Baillie
Romans 10:5-15 – Carol Watkins, Matthew 14:22-33 – Ken Pedlow



CORN BOIL
Dinner with Ham

All are welcome and invited!

 **Friday July 31 | 5PM**

 Admission by donation

 Bring a dessert if you wish!

 **RSVP** by July 29th to
ltowstego@bc.anglican.ca

 **At St Stephen Memorial Hall**
1273 St. Stephen Road, Saanichton, BC

 *Proceeds will be going to the
Parish of Central Saanich*

The poster features a vibrant image of a plate of corn, ham, and potatoes on a red and white checkered tablecloth. A yellow speech bubble with a sunburst effect contains the text 'All are welcome and invited!'. The background is a light wood grain.

EVENTS & ANNOUNCEMENTS

IN MEMORIAM – We give thanks for the life of **Elizabeth “Betty” Osman**, who died July 13, 2026. Please keep Elizabeth's family and friends in your prayers.

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 at 10:00a.m.** His obituary is available through the *Times Colonist*.

READERS & LAY ASSISTANTS FOR NEXT SEASON – Please contact Hannah (admin@parishcs.ca) by **August 17th, 2026** if you would like to be included in next season's list of readers and/or lay assistants. The schedule will be made and sent out by August 19th.

INTERCESSIONS UPDATE – Please contact Hannah (admin@parishcs.ca) to indicate if there are names on the Intercessions List (Ill or in need of prayer, Long-term needs, and Friends beyond the parish) that can be added or removed.

CORN BOIL DINNER – There will be a corn boil dinner with ham on **July 31st, 5:00pm** at St Stephen Hall. Admission by donation; bring a dessert if you wish! RSVP to Lon by July 29th at ltowstego@bc.anglican.ca.

HOLLY FAIR – SAVE THE DATE! – The Holly Fair will be held on **Saturday, November 14** - mark your calendars! Your homemade jams, jellies, pickles, relishes, and other canned goods are always greatly appreciated. If you have any questions, please speak with **Lynn** or **Marcia**.

JARS NEEDED – Please check your cupboards for empty canning jars (**specifically 250 ml, 1 cup jars needed**). Drop off to the Narthex at St. Mary.

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.
August	Anglican Appeal – Donations support the mission work and ministry in Canada's North and our church partners overseas.

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.
August	Victoria Humane Society – Rescues dogs and cats, occasionally other small animals. Costs incurred are significant; transportation, medical care, and on-going food costs and incidentals.

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Anglican Church of Tanzania. 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 for St. Philip by-the-sea, Lantzville.

Regional Cycle of Prayer: We pray for the people of the Parish of St. Andrew, Sidney, The Rev. Kelly Duncan, the Rev. Rebecca Yeo, The Ven. Penelope Kingham, and the people of the neighborhood. We pray for justice and the area and the parish's work in this.

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

In our Parish: We pray for Cleo Whiting, and Philip & Sharon Johnston

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

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

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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St. Stephen Anglican Church

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CLERGY CONTACT INFORMATION

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OFFICE HOURS

Tuesday-Friday,
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