



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

**Welcome To
PARISH OF CENTRAL SAANICH
St. Mary Church**



August 2, 2026 – 10th Sunday after Pentecost

Join us as we worship the living Christ!

“Taking the five loaves and the two fish, he looked up to heaven and blessed and broke the loaves and gave them to the disciples, and the disciples gave them to the crowds.” *Matthew 14:19*

*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 9): Service at St Stephen 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 – Richard Routledge, Preaching

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: *Joyful Joyful* – CP #425**

Joyful, joyful, we adore thee, God of glory, Lord of love;
hearts unfold like flowers before thee, opening to the sun above.
Melt the clouds of sin and sadness; drive the dark of doubt away;
giver of immortal gladness, fill us with the light of day.

All thy works with joy surround thee, earth and heaven reflect thy rays,
stars and angels sing around thee, center of unbroken praise.
Field and forest, vale and mountain, flowery meadow, flashing sea,
chanting bird and flowing fountain call us to rejoice in thee.

Thou art giving and forgiving, ever blessing, ever blest,
well-spring of the joy of living, ocean depth of happy rest!
Thou our Father and our Mother, all who live in love are thine;
teach us how to love each other, lift us to the joy divine.

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.**

♪ **Hymn of Praise: *Glory to God on High* CP #365**

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

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

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

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

You only are the Lord. You only are most high.

You only are the holy one, Lord Jesus Christ.

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

Centering Stillness & Prayer of the Day

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

God beyond all seeing and knowing, we meet you in the night of change and crisis and wrestle with you in darkness and doubt. Give us the will and spirit to live faithfully and to love as we are loved, through Jesus Christ, your Son. **Amen.**

THE READINGS

First Lesson: Genesis 32:22-31 – Don Campbell

²²The same night he got up and took his two wives, his two maids, and his eleven children and crossed the ford of the Jabbok. ²³He took them and sent them across the stream, and likewise everything that he had. ²⁴Jacob was left alone, and a man wrestled with him until daybreak. ²⁵When the man saw that he did not prevail against Jacob, he struck him on the hip socket, and Jacob's hip was put out of joint as he wrestled with him. ²⁶Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." ²⁷So he said to him, "What is your name?" And he said, "Jacob." ²⁸Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans and have prevailed." ²⁹Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. ³⁰So Jacob called the place Peniel, saying, "For I have seen God face to face, yet my life is preserved." ³¹The sun rose upon him as he passed Penuel, limping because of his hip.

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

Psalms 17:1-7, 16 – Barb Baillie

¹ Hear my plea of innocence, O Lord; give heed to my cry;
listen to my prayer, which does not come from lying lips.

² Let my vindication come forth from your presence;
let your eyes be fixed on justice.

³ Weigh my heart, summon me by night,
melt me down; you will find no impurity in me.

⁴ I give no offence with my mouth as others do;
I have heeded the words of your lips.

⁵ My footsteps hold fast to the ways of your law;

in your paths my feet shall not stumble.

⁶ I call upon you, O God, for you will answer me;

incline your ear to me and hear my words.

⁷ Show me your marvellous loving-kindness,

O Saviour of those who take refuge at your right hand from those who rise up against them.

¹⁶ But at my vindication I shall see your face;

when I awake, I shall be satisfied, beholding your likeness.

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 9:1-5 – Carol Watkins

⁹ I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit— ²I have great sorrow and unceasing anguish in my heart. ³For I could wish that I myself were accursed and cut off from Christ for the sake of my own brothers and sisters, my own flesh and blood. ⁴They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵to them belong the patriarchs, and from them, according to the flesh, comes the Christ, who is over all, God blessed forever. Amen.

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

♪ **Gradual: *Praise I will Praise You Lord* (CP #340)**

1. Praise, I will praise you, Lord, with all my heart.

**O God, I will tell the wonders of your ways,
and glorify your name.**

Praise, I will praise you Lord, with all my heart.

In you I will find the source of all my joy. Alleluia!

2. Love, I will love you, Lord...

3. Serve, I will serve you Lord...

Gospel Lesson: Matthew 14:13-21 – 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**

¹³ Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴ When he went ashore, he saw a great crowd, and he had

compassion for them and cured their sick. ¹⁵ When it was evening, the disciples came to him and said, “This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.” ¹⁶ Jesus said to them, “They need not go away; you give them something to eat.” ¹⁷ They replied, “We have nothing here but five loaves and two fish.” ¹⁸ And he said, “Bring them here to me.” ¹⁹ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven and blessed and broke the loaves and gave them to the disciples, and the disciples gave them to the crowds. ²⁰ And all ate and were filled, and they took up what was left over of the broken pieces, twelve baskets full. ²¹ And those who ate were about five thousand men, besides women and children.

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

♪ **Alleluia**

Sermon – Richard Routledge

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: In the Garden**

1. I come to the garden alone, While the dew is still on the roses;

And the voice I hear, falling on my ear, The Son of God discloses.

Refrain: And He walks with me, and He talks with me,

And He tells me I am His own,

And the joy we share as we tarry there,

None other has ever known.

2. He speaks, and the sound of His voice
Is so sweet the birds hush their singing;
And the melody that He gave to me
Within my heart is ringing. [*Refrain*]
3. I'd stay in the garden with Him
Tho' the night around me be falling;
But He bids me go; thro' the voice of woe,
His voice to me is calling. [*Refrain*]

Prayer over the Gifts

God our sustainer, accept all we offer you this day, and feed us continually with that bread which satisfies all hunger, your Son our Saviour Jesus Christ. **Amen.**

HOLY EUCHARIST

Liturgy for Islands and Inlets (Cedars)

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

Lift up your hearts. **We lift them up to the Holy One.**

Let us give thanks to our loving God. **It is right to give our thanks and praise.**

It is right in all times and in all places to thank and praise you, Creator of all. We praise you in this particular part of your creation here in the Salish Sea. We praise you for the wonderful diversity of sea life, plants, animals and people who live in this place. We praise you at a time when the body of earth is broken again and again. We give thanks for our place in the story of salvation. Our ancestors journeyed with you in creation and migration. They depended on the land, were displaced from the land and displaced others from their lands. They knew you in tents and cities, in families and dreams, and through wilderness prophets who prayed on mountains and listened to ravens. Together with angels and ancestors, whales and eagles, arbutus and fern, we join our voices with all creation in this ancient honour song:

♪ **Sanctus & Benedictus** – CP #735 Schubert

Holy, holy, holy Lord, God of power and might (x2)

Heaven and earth are full, full of your glory;

Hosanna in the highest, hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest; Hosanna in the highest.

We give thanks to you for Jesus, whose first bed was a feed trough. He was baptized in the Jordan, tested in the wilderness, he traveled in fishing boats and told parables of farmers and seeds, labor and wages, yeast and bread. On the night before he died, Jesus took bread, food of the poor, the work of field and hearth, he gave thanks, broke it and gave it to his friends saying: Take and eat, this is my body, given for you, do this to remember me. Again after supper he took the cup of wine, fruit of the land, gave thanks and gave it to his friends saying: This is my blood, which is shed for you. When you do this, do it in memory of me.

Remembering Jesus' life, death and resurrection and awaiting his coming kingdom, we offer you this bread and this cup. Creator, send your Spirit on these gifts so that we know Jesus in them and are gathered together with everyone who shares this sacred meal of justice and community. Fill us with the courage and love of Jesus, that we may strive for justice and peace, respect the dignity of every human being, and safeguard the integrity of Creation.

Bring us with St. Francis of Assisi, our patron saint of nature, of animals, and ecology, and all your saints to your commonwealth of sparrow and lily, child and beggar which is both now and yet to come. All honor and glory are yours, Creator, Christ and Spirit, now and forever. **Amen.**

The Lord's Prayer

As our Saviour taught us, let us pray:

♪ **Lord's Prayer – Gordon Light**

Our Father in heaven; Hallowed be your name.

Your kingdom come, your will be done on earth as in heaven.

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial, and deliver us from evil.

**For the kingdom, the power and the glory are yours,
now and forever. Amen.**

Breaking of the Bread

Creator of all, who summons the salmon from the depths of the seas to yearn for the place of their origin.

So may your Spirit stir in our hearts to return and find our home in you.

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: *One Bread, One Body* (CP #73)**

***Refrain:* One bread, one body, one Lord of all**

One cup of blessing which we bless

And we, though many, throughout the Earth

We are one body in this one Lord

1 - Gentile or Jew, servant or free, woman or man, no more *Refrain*

2 - Many the gifts, many the works, one in the Lord of all *Refrain*

3 - Grain for the fields, scattered and grown, gathered to one for all. *Refrain*

Prayer after Communion

God of grace, we have shared in the mystery of the body and blood of Christ. May we who have tasted the bread of life live with you for ever. We ask this in the name of Jesus Christ our Lord. **Amen**

Doxology & Blessing

Glory to God, whose power 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

Go forth from this place in the power of Christ. Encourage the faint-hearted; Help the weak; Be patient with those in need. See that none of you repays evil for evil; But always do good to one another and to all. Rejoice always; Pray without ceasing; Give thanks in all circumstances and the God of peace will be with you, Father, Son and Holy Spirit. **Amen.**

♪ **Sending Song: *Guide Me O Thou Great Jehovah* (CP #565)**

1. Guide me, O Thou great Jehovah, Pilgrim through this barren land;
I am weak, but Thou art mighty, Hold me with Thy powerful hand.
Bread of heaven, Bread of heaven, Feed me till I want no more;
Feed me till I want no more.
2. Open now the crystal fountain, Whence the healing stream doth flow;
Let the fire and cloudy pillar Lead me all my journey through.
Strong Deliverer, Strong Deliverer, Be Thou still my Strength and Shield;
Be Thou still my Strength and Shield.
3. When I tread the verge of Jordan, Bid my anxious fears subside;
Death of death and hell's Destruction, Land me safe on Canaan's side.
Songs of praises, songs of praises, I will ever give to Thee;
I will ever give to Thee.

Dismissal

♪ **Postlude** – Joanne Lambert

CCLI# 245534



The altar flowers are given by **Carl & Shirley Schwazer** in memory of loved ones.

Front cover art: <https://bible.art/p/heKYorMuNl4cYZruwNNZ/matthew-14-19>

Thank you to all who are assisting today:

♪ Joanne Lambert, Don Campbell, Barb Baillie, Carol Watkins,
Ken Pedlow, Richard Routledge, Brett Cane,  Judi Clark

SCRIPTURES & READERS FOR NEXT SUNDAY, AUGUST 9

Genesis 37:1-4,12-28 – Lynda Clifford, **Psalm 105:1-6,16-22,45** – Ron Sewell
Romans 10:5-15 – Deb Butler, **Matthew 14:22-33** – Maria King

EVENTS & ANNOUNCEMENTS

NEW SOUND SYSTEM at ST MARY – Thank you to those who have donated to the new sound system at St. Mary Church. Thanks to your generosity thus far; we are halfway to our goal of funding this great improvement!

CURSILLO MOVEMENT ANNOUNCEMENT – The Cursillo Movement of the Diocese of BC is coming to an end with a final celebration. All Cursillistas are invited to attend the Farewell Fiesta to celebrate the Ministry of Cursillo in the Diocese of BC, on **Sunday, Sept 20/26**, at St Philip Anglican Church, 1797 Cedar Rd, Nanaimo. Doors open at 1:30 pm, Celebration at 2 pm, Free buffet dinner served at 4:30 pm. Bring memories and memorabilia to share at the open mic storytelling. Fiesta dress encouraged, along with your nametag and Cursillo cross. **RSVP to bradshawcursillo@gmail.com by Sept 9** for catering numbers & to share photos for a slideshow.

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.

COFFEE ROSTER – The roster is posted on the Hall bulletin board for coffee hour hosting from September-December. Please sign up if you can host!

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.

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

August	Victoria Humane Society – Rescues dogs and cats, and sometimes other small animals. The costs incurred are significant, from transport, medical care, and on-going food costs and incidentals.
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INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Church of the Province of Uganda. 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. Paul Church, Nanaimo

Regional Cycle of Prayer: We pray for the people of the Parish of Pender and Saturna Islands, Blair Haggert and the other clergy that are rotating, and the neighborhood. Help them as they seek to engage the neighborhood.

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

In our Parish: We pray for Anne Wing, 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, 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 P., Rudi D.

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.

Globally: We pray for those affected by conflict in the Middle East and the war in Ukraine, and for those affected or displaced from their homes by the wildfires across the northern hemisphere. We pray for efforts from world leaders and peacemakers working toward justice and reconciliation, and for organizations providing food, shelter, medical care, and hope to those in need.

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Saanichton, B.C. V8M 1L7
Office: 250-652-1611

St. Stephen Anglican Church

7921 St. Stephens Road
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The Ven. Dr. Lon Towstego
Cell Phone: (250) 208-9949
Email: ltowstego@bc.anglican.ca

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