



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

*Faith - Family - Friendship*



ANGLICAN DIOCESE  
OF BRITISH COLUMBIA

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



**August 9, 2026 – 11<sup>th</sup> Sunday after Pentecost**

**Join us as we worship the living Christ!**

“Jesus said, “Come.” So Peter got out of the boat, started walking on the water, and came toward him.” *Matthew 14:29*

*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 16): Service at St Mary Church**

Continue to monitor our website - [ParishCS.ca](http://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.*

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### ♪ Prelude – Joanne Lambert

### Welcome & Land Acknowledgement

#### ♪ Gathering Song: *O Worship the King* (CP #380 vs 1, 3, 4 & 6)

O worship the King, all glorious above;  
O gratefully sing his power and his love;  
Our shield and defender, the Ancient of Days,  
Pavilioned in splendour and girded with praise.

The earth, with its store of wonders untold,  
Almighty, thy power hath founded of old;  
hath established it fast by a changeless decree,  
and round it hath cast, like a mantle, the sea.

Thy bountiful care, what tongue can recite?  
It breathes in the air, it shines in the light;  
it streams from the hills, it descends to the plain,  
and sweetly distils in the dew and the rain.

O measureless Might, ineffable Love,  
while angels delight to hymn thee above,  
the humbler creation, though feeble their lays,  
with true adoration shall sing to thy praise!

### 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.

#### ♪ Hymn of Praise: ♪ Glory to God (Peruvian)

Glory to God, glory to God, glory in the highest. *Repeat*

To God be glory for ever. *Repeat*

Alleluia, amen, Alleluia, amen. *Repeat*

### Centering Stillness & Prayer of the Day

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

Ever-faithful One, you answer the cries of all who call upon your name.

Give us grace to trust in you, so that we may walk faithfully amidst the storms of life; through Jesus the Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## THE READINGS

**First Lesson: Genesis 37:1-4, 12-28** – Lynda Clifford

Jacob settled in the land where his father had lived as an alien, the land of Canaan.<sup>2</sup> These are the descendants of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives, and Joseph brought a bad report of them to their father. <sup>3</sup> Now Israel loved Joseph more than any other of his children because he was the son of his old age, and he made him an ornamented robe. <sup>4</sup> But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peaceably to him.

<sup>12</sup> Now his brothers went to pasture their father's flock near Shechem. <sup>13</sup> And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." <sup>14</sup> So he said to him, "Go now, see if it is well with your brothers and with the flock, and bring word back to me." So he sent him from the valley of Hebron.

He came to Shechem, <sup>15</sup> and a man found him wandering in the fields; the man asked him, "What are you seeking?" <sup>16</sup> "I am seeking my brothers," he said; "tell me, please, where they are pasturing the flock." <sup>17</sup> The man said, "They have gone away, for I heard them say, 'Let us go to Dothan.'" So Joseph went after his brothers and found them at Dothan. <sup>18</sup> They saw him from a distance, and before he came near to them they conspired to kill him. <sup>19</sup> They said to one another, "Here comes this dreamer. <sup>20</sup> Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams." <sup>21</sup> But when Reuben heard it, he delivered him out of their hands, saying, "Let us not take his life." <sup>22</sup> Reuben said to them, "Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him"—that he might rescue him out of their hand and restore him to his father. <sup>23</sup> So when Joseph came to his brothers, they stripped him of his robe, the ornamented robe that he wore, <sup>24</sup> and they took him and threw him into a pit. The pit was empty; there was no water in it.

<sup>25</sup> Then they sat down to eat and looking up, they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin on their way to Egypt. <sup>26</sup> Then Judah said to his brothers, "What profit is it if we kill our brother and conceal his blood? <sup>27</sup> Come, let us sell him to the Ishmaelites and not lay our hands on him, for he is our brother, our own flesh." And his brothers agreed. <sup>28</sup> When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

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

**Psalm 105:1-6, 16-22, 45c – Ron Sewell**

<sup>1</sup> Give thanks to the Lord and call upon his name;

**make known his deeds among the peoples.**

<sup>2</sup> Sing to him, sing praises to him, **and speak of all his marvellous works.**

<sup>3</sup> Glory in his holy name; **let the hearts of those who seek the Lord rejoice.**

<sup>4</sup> Search for the Lord and his strength; **continually seek his face.**

<sup>5</sup> Remember the marvels he has done,

**his wonders and the judgements of his mouth,**

<sup>6</sup> O offspring of Abraham his servant, **O children of Jacob his chosen.**

<sup>16</sup> Then he called for a famine in the land **destroyed the supply of bread.**

<sup>17</sup> He sent a man before them, **Joseph, who was sold as a slave**

<sup>18</sup> They bruised his feet in fetters; **his neck they put in an iron collar.**

<sup>19</sup> Until his prediction came to pass, **the word of the Lord tested him.**

<sup>20</sup> The king sent and released him; **the ruler of the peoples set him free.**

<sup>21</sup> He set him as master over his household, **as a ruler over all his possessions,**

<sup>22</sup> To instruct his princes according to his will

**And to teach his elders wisdom. Hallelujah!**

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 10:4-15 – Deb Butler**

<sup>4</sup> For Christ is the end of the law so that there may be righteousness for everyone who believes.<sup>5</sup> Moses writes concerning the righteousness that

comes from the law, that “the person who does these things will live by them.”<sup>6</sup> But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down)

<sup>7</sup> “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead).<sup>8</sup> But what does it say?

“The word is near you, in your mouth and in your heart” (that is, the word of faith that we proclaim),<sup>9</sup> because if you confess with your mouth that Jesus is

Lord and believe in your heart that God raised him from the dead, you will

be saved.<sup>10</sup> For one believes with the heart, leading to righteousness, and one confesses with the mouth, leading to salvation.<sup>11</sup> The scripture says, “No one

who believes in him will be put to shame.”<sup>12</sup> For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him.

<sup>13</sup> For “everyone who calls on the name of the Lord shall be saved.”

<sup>14</sup> But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they

to hear without someone to proclaim him?<sup>15</sup> And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

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

♪ Gradual: *Be Still*

Be still, for the presence of the Lord, the Holy One, is here;  
Come bow before him now with reverence and fear:  
In Him no sin is found, we stand on holy ground.  
Be still, for the presence of the Lord, the Holy One, is here.

Be still, for the glory of the Lord is shining all around;  
He burns with holy fire, with splendour he is crowned:  
How awesome is the sight – our radiant King of light!  
Be still, for the glory of the Lord is shining all around.

Be still, for the power of the Lord is moving in this place;  
He comes to cleanse and heal, to minister his grace –  
No work too hard for Him. In faith receive from Him.  
Be still, for the power of the Lord is moving in this place.

**Gospel Lesson: Matthew 14:22-33 – Maria King**

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>22</sup> Immediately he made the disciples get into a boat and go on ahead to the other side, while he dismissed the crowds. <sup>23</sup> And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, <sup>24</sup> but by this time the boat, battered by the waves, was far from the land, for the wind was against them. <sup>25</sup> And early in the morning he came walking toward them on the sea. <sup>26</sup> But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. <sup>27</sup> But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

<sup>28</sup> Peter answered him, “Lord, if it is you, command me to come to you on the water.” <sup>29</sup> He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. <sup>30</sup> But when he noticed the strong wind, he became frightened, and, beginning to sink, he cried out, “Lord, save me!” <sup>31</sup> Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?” <sup>32</sup> When they got into the boat, the wind ceased.

<sup>33</sup> And those in the boat worshiped him, saying, “Truly you are the Son of God.”

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 – Richard Routledge

### 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: *I feel the winds of God*

1. I feel the winds of God today; today my sail I lift

Though heavy oft with drenching spray, and torn with many a rift

If hope would light the water's crest and Christ my bark will use

I'll seek the seas at His behest and brave another cruise

2. It is the wind of God that dries my vain regretful tears

Until with braver thoughts shall rise the purer brighter years

If cast on shores of selfish ease or pleasure I should be

Lord let me feel Your freshening breeze and I'll set back to sea

3. If ever I forget Thy love or how that love was shown

Lift high the blood-red flag above; it bears Thy name alone

Great Pilot of my onward way, thou will not let me drift

I feel the winds of God today; today my sail I lift

### 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

### Book of Alternative Services - Eucharistic Prayer 4

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

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

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

♪ **Glory to you for ever and ever.**

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

**♪ Glory to you for ever and ever.**

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

**♪ Glory to you for ever and ever.**

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

**♪ Glory to you for ever and ever.**

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

**♪ Sanctus & Benedictus – Sanctus & Benedictus – (Land of Rest)**

**Holy, holy, holy Lord, God of power and might**

**Heaven and earth are full of your glory; Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest; Hosanna in the highest.**

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

In the same way, after supper, he took the cup of wine; he gave you thanks, and said, “Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

**♪ Glory to you for ever and ever.**

Gracious God, we recall the death of your Son Jesus Christ, we proclaim his resurrection and ascension, and we look with expectation for his coming as Lord of all the nations. We who have been redeemed by him, and made a new people by water and the Spirit, now bring you these gifts. Send your Holy Spirit upon us and upon this offering of your Church, that we who eat and drink at this holy table may share the divine life of Christ our Lord.

**♪ Glory to you for ever and ever.**

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

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

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

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.**

## 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: *Tell me the Stories of Jesus*

1. Tell me the stories of Jesus I love to hear;  
Things I would ask him to tell me if He were here:  
Scenes by the wayside, Tales of the sea,  
Stories of Jesus, Tell them to me.
2. First let me hear how the children Stood round his knee,  
And I shall fancy his blessing resting on me;  
Words full of kindness, deeds full of grace,  
All in the love-light of Jesus' face.
3. Into the city I'd follow the children's band,  
Waving a branch of the palm tree high in my hand;  
One of his heralds, yes, I would sing  
Loudest hosannas, "Jesus is King!"

## Prayer after Communion

Eternal God, grant to your Church the unity and peace that we have tasted in this eucharist, the fruit of your life-giving Spirit. We ask this in the name of Jesus Christ the 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

## ♪ Sending Song: *What a Friend we have in Jesus* (CP#532)

1. What a friend we have in Jesus, all our sins and griefs to bear!  
What a privilege to carry everything to God in prayer.  
O what peace we often forfeit, O what needless pain we bear,  
all because we do not carry everything to God in prayer!

2. Have we trials and temptations? Is there trouble anywhere?  
We should never be discouraged; take it to the Lord in prayer.  
Can we find a friend so faithful who will all our sorrows share?  
Jesus knows our every weakness; take it to the Lord in prayer!
3. Are we weak and heavy-laden, cumbered with a load of care?  
Precious Savior, still our refuge; take it to the Lord in prayer.  
Do our friends despise, forsake us? Are we tempted to despair?  
Jesus' strength will shield our weakness,  
And we'll find new courage there.

## Dismissal

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

🎵 **Postlude** – Joanne Lambert

CCLI# 245534

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

🎵 Joanne Lambert, Lynda Clifford, Ron Sewell, Deb Butler, Maria King,  
Richard Routledge, Gil Shoesmith

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## **SCRIPTURES & READERS FOR NEXT SUNDAY, AUGUST 9**

**Genesis 45: 1-15** – Jan Bergink, **Psalm 133** – Greg Robinson

**Romans 11: 1-2, 29-32** – Greg Robinson, **Matthew 15:10-28** – Lynn Schumacher

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## **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 very near to our goal of funding this great improvement!

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**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 by Sept 9 to [bradshawcursillo@gmail.com](mailto:bradshawcursillo@gmail.com)** for catering numbers & to share photos for a slideshow.

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**READERS & LAY ASSISTANTS FOR NEXT SEASON** – Please contact Hannah ([admin@parishcs.ca](mailto:admin@parishcs.ca)) by **August 17<sup>th</sup>, 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 19<sup>th</sup>.

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**INTERCESSIONS UPDATE** – Please contact Hannah ([admin@parishcs.ca](mailto: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 should be added or removed. To help us keep the list current, existing names will remain for another three weeks unless we hear from you that they should continue to be included.

**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.

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| August | <b>Anglican Appeal</b> – Donations support the mission work and ministry in Canada’s North and our church partners overseas. |
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## ST. STEPHEN OUTREACH

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| August | <b>Victoria Humane Society</b> – 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 Episcopal Church. 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. Peter Church, Campbell River.

**Regional Cycle of Prayer:** We pray for the people of the Parish of Salt Spring Island, The Rev. Juli Mallet, and the people of the parish and neighborhood. Be with them as they look to creatively reach the neighborhood.

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

**In our Parish:** We pray for Maria King, Howard Kolson, & Bob Lake

**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, Bob Buchanan

**For Those with Long-Term Needs:** Cheryl, Ted, Phil J., Natalie, Jamie, Jane & Paul, Margery, Courtney, Kristen, Brad, Kim, Lynn S., Brett.

**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 Indigenous communities throughout British Columbia, for healing, justice, and reconciliation, and for all who seek to walk together in truth and mutual respect. We pray for survivors of residential schools, their families, and communities, and for the ongoing work of truth and healing.

**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.

