



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



“Then Joseph said to his brothers, “Come closer to me.” And they came closer. He said, “I am your brother, Joseph, whom you sold into Egypt.” Genesis 45:4

August 16, 2026 – 12th 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 23): Service at St Stephen w/ Praise Band 🎵

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** – Joanne Lambert

Welcome & Land Acknowledgement

♪ **Gathering Song: *Jesus Shall Reign Where'er the Sun*** (CP #383)

Jesus shall reign where'er the sun
doth His successive journeys run;
His Kingdom stretch from shore to shore,
till moons shall wax and wane no more.

People and realms of every tongue
dwell on his love with sweetest song;
and infant voices shall proclaim
their early blessings on his name.

Blessings abound where'er he reigns:
the prisoner leaps to lose his chains,
the weary find eternal rest,
and all the sons of want are blest.

Let every creature rise and bring
peculiar honors to our King,
angels descend with songs again,
and earth repeat the loud Amen.

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: *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*)

Holy One of Israel, covenant-keeper, you gather in what has been rejected, restoring what is lost and healing what is wounded. Give us faith to speak out boldly, so that the outcast may be welcomed and all may be blessed. **Amen.**

THE READINGS

First Lesson: Genesis 45:1-15 – Rev. Gil Shoesmith

Then Joseph could no longer control himself before all those who stood by him, and he cried out, “Send everyone away from me.” So no one stayed with him when Joseph made himself known to his brothers. ² And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. ³ Joseph said to his brothers, “I am Joseph. Is my father still alive?” But his brothers could not answer him, so dismayed were they at his presence.

⁴ Then Joseph said to his brothers, “Come closer to me.” And they came closer. He said, “I am your brother, Joseph, whom you sold into Egypt. ⁵ And now do not be distressed or angry with yourselves because you sold me here, for God sent me before you to preserve life. ⁶ For the famine has been in the land these two years, and there are five more years in which there will be neither plowing nor harvest. ⁷ God sent me before you to preserve for you a remnant on earth and to keep alive for you many survivors. ⁸ So it was not you who sent me here but God; he has made me a father to Pharaoh and lord of all his house and ruler over all the land of Egypt. ⁹ Hurry and go up to my father and say to him, ‘Thus says your son Joseph, God has made me lord of all Egypt; come down to me; do not delay. ¹⁰ You shall settle in the land of Goshen, and you shall be near me, you and your children and your children’s children, as well as your flocks, your herds, and all that you have. ¹¹ I will provide for you there, since there are five more years of famine to come, so that you and your household and all that you have will not come to poverty.’ ¹² And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. ¹³ You must tell my father how greatly I am honored in Egypt and all that you have seen.

Hurry and bring my father down here.” ¹⁴ Then he fell upon his brother Benjamin’s neck and wept, while Benjamin wept upon his neck. ¹⁵ And he kissed all his brothers and wept upon them, and after that his brothers talked with him.

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

Psalm 133 – Greg Robinson

¹ Oh, how good and pleasant it is, **when brethren live together in unity!**

² It is like fine oil upon the head **that runs down upon the beard,**

³ Upon the beard of Aaron, **and runs down upon the collar of his robe.**

⁴ It is like the dew of Hermon **that falls upon the hills of Zion.**

⁵ For there the Lord has ordained the blessing: **life for evermore.**

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 11:1-2a, 29-32 – Greg Robinson

¹¹ I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin.

² God has not rejected his people whom he foreknew. Do you not know what the scripture says of Elijah, how he pleads with God against Israel?

²⁹ for the gifts and the calling of God are irrevocable. ³⁰ Just as you were once disobedient to God but have now received mercy because of their disobedience, ³¹ so also they have now been disobedient in order that, by the mercy shown to you, they also may now receive mercy. ³² For God has imprisoned all in disobedience so that he may be merciful to all.

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

♪ Gradual: *Make Me a Channel of Your Peace*

Make me a channel of Your peace.

Where there is hatred, let me bring Your love.

Where there is injury, your healing power

And where there's doubt, true faith in You.

Make me a channel of Your peace.

Where there's despair in life, let me bring hope.

Where there is darkness -- only light,

And where there's sadness, ever joy.

O Spirit grant that I may never seek

So much to be consoled as to console,

To be understood as to understand,

To be loved as to love with all my soul.

Make me a channel of Your peace.

It is in pardoning that we are pardoned,

In giving to all that we receive,

And in dying that we're born to eternal life.

Gospel Lesson: Matthew 15:10-28 – Lynn Schumacher

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

¹⁰ Then he called the crowd to him and said to them, “Listen and understand: ¹¹ it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.” ¹² Then the disciples approached and said to him, “Do you know that the Pharisees took offense when they heard what you said?” ¹³ He answered, “Every plant that my heavenly Father has not planted will be uprooted. ¹⁴ Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.” ¹⁵ But Peter said to him, “Explain this parable to us.” ¹⁶ Then he said, “Are you also still without understanding?

¹⁷ Do you not see that whatever goes into the mouth enters the stomach and goes out into the sewer? ¹⁸ But what comes out of the mouth proceeds from the heart, and this is what defiles. ¹⁹ For out of the heart come evil intentions, murder, adultery, sexual immorality, theft, false witness, slander. ²⁰ These are what defile a person, but to eat with unwashed hands does not defile.”

²¹ Jesus left that place and went away to the district of Tyre and Sidon. ²² Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.” ²³ But he did not answer her at all. And his disciples came and urged him, saying, “Send her away, for she keeps shouting after us.” ²⁴ He answered, “I was sent only to the lost sheep of the house of Israel.” ²⁵ But she came and knelt before him, saying, “Lord, help me.” ²⁶ He answered, “It is not fair to take the children’s food and throw it to the dogs.” ²⁷ She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” ²⁸ Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed from that moment.

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.

Confession & Absolution

Dear friends in Christ, God is steadfast in love and infinite in mercy;
he welcomes sinners and invites them to his table. Let us confess our sins,
confident in God's forgiveness.

Silence is kept

Most merciful God, we confess that we have sinned against you in
thought, word, and deed, by what we have done, and by what we
have left undone.

We have not loved you with our whole heart; we have not loved our
neighbours as ourselves. We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ, have mercy on us and forgive
us, that we may delight in your will, and walk in your ways, to the
glory of your name. Amen.

The Prayers of the People – Rev. Gil Shoesmith

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: *Lord of All Hopefulness* (CP #506)

Lord of all hopefulness, Lord of all joy,
whose trust, ever childlike, no cares could destroy:
Be there at our waking, and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
whose strong hands were skilled at the plane and the lathe,
be there at our labours and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.

Lord of all kindliness, Lord of all grace,
your hands swift to welcome, your arms to embrace,
be there at our homing, and give us, we pray,
your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm:
Be there at our sleeping, and give us, we pray,
your peace in our hearts, Lord, at the end of the day.

Prayer over the Gifts

Loving God and Father, you have adopted us to be your heirs. Accept all we offer you this day and give us grace to live as faithful children. We ask this in the name of Jesus Christ our Lord. **Amen.**

HOLY EUCHARIST

Eucharistic Liturgy for the Islands and Inlets (A)

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.**

Great Creator, with wit and wisdom you formed the universe. In expectation, your Spirit brooded over all: the midwife of transformation. At your Word, the skies, the seas, the lands and all life came to be. In you, all created things shared life with one another. In ceremony and song, dance and art, these relationships were portrayed and honoured by the first peoples of these Islands and Inlets.

The plants, the cedars, the creatures of forest, sea and air revealed your wonder and majesty. When we turned from you, connections were broken and creation suffered. Still, you continued to bring light from night, freedom from slavery, and life from death.

Therefore, together with our ancestors in faith and with your beloved creation we sing:

♪ **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.

We praise you, Source of all, for the living Word: Jesus. Born in poverty, a child refugee, a worker with his hands. He gathered disciples and taught and healed the people. He freely shared our sorrow, joy, and pain. In vulnerability, he showed power over sin and triumphed over death. On the night before Jesus died, he feasted with his companions. He took bread, gave thanks, broke it and gave it to them saying, "Take, eat, this is my body which is given for you, do this to remember me." After supper he took the cup and when he had given thanks, he gave it to his companions saying, "Drink this, all of you; this is the new covenant in my blood, shed for you and the world for the forgiveness of sins. Whenever you drink it, do this to remember me." Entering into the mystery of faith we call:

Come Source of life. Come, transforming Word. Come, Creator Spirit.

With his sacred presence unbounded by space and time, we offer to you this bread and cup. Send your Breath of Life, like wind, blowing where it will, north, east, south and west. May your Spirit brood over these gifts and all who feast at this table offering a foretaste of the eternal feast to come.

May all who share your abundant gifts be incorporated as one body and one holy people, joined in the offering of Jesus' birth, life, death and resurrection for the reconciliation of all things. Reveal the unity of your Church and the mystery of our communion with our holy forebears and those yet to be born, that we may be guided in faith and walk gently on the earth.

Glory and honour to you Triune God, dynamic of love, complete and perfect unity, now, and in all ages. **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

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. **Amen.**

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: *This Ancient Love (Long Before the Night)***

Long before the night was born from darkness

Long before the dawn rolled unsteady from fire

Long before She wrapped her scarlet arm around the hills

there was a love, this ancient love was born.

Long before the grass spotted green the bare hillside

Long before a wing unfolded to wind

Long before She wrapped her long blue arm around the sea

There was a love, this ancient love was born.

Long before the name of a God was spoken

Long before a cross was nailed from a tree

Long before She laid her arm of colours 'cross the sky

There was a love, this ancient love was born.

Wakeful are our nights, and slumbers our morning

Stubborn is the grass sowing green wounded hills

As we wrap our healing arms to hold what her arms held,

This ancient love, this aching love rolls on.

Prayer after Communion

Eternal God, we have received a token of your promise. May we who have been nourished by holy things live as faithful heirs of your promised kingdom, 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**

♪ **Sending Song:** ♪ Praise the Lord with the Sound of the Trumpet (CP #309)

Praise the Lord with the sound of trumpet,
Praise the Lord with the harp and lute,
Praise the Lord with the gentle sounding flute.

Praise the Lord in the field and forest,
Praise the Lord in the city square,
Praise the Lord anytime and anywhere.

Praise the Lord in the wind and sunshine,
Praise the Lord in the dark of night,
Praise the Lord in the rain or snow or in the morning light.

Praise the Lord in the deepest valley,
Praise the Lord on the highest hill,
Praise the Lord; never let your voice be still.

Praise the Lord with the crashing cymbal,
Praise the Lord with the pipe and string,
Praise the Lord with the joyful songs you sing.

Praise the Lord on a weekday morning,
Praise the Lord on a Sunday noon,
Praise the Lord by the light of sun or moon.

Praise the Lord in the time of sorrow,
Praise the Lord in the time of joy,
Praise the Lord every moment,
nothing let your praise destroy.

Praise the Lord in the peace and quiet,
Praise the Lord in your work or play,
Praise the Lord everywhere in every way!

Dismissal

Go out in joy and be led forward in peace.

So the Word of God goes out and does not return empty.

♪ **Postlude** – Joanne Lambert

CCLI# 245534

🌸 The altar flowers are given by **Heather Geddes** to the Glory of God and in memory of family and friends.

Front cover art: <https://bible.art/p/3qx1VuxGmag0LjaXWmEh/genesis-45-4>

Thank you to all who are assisting today:

🎵 Joanne Lambert, Gil Shoesmith, Greg Robinson, Lynn Schumacher, David Cooper, John Beresford, Susan Pullan, Heather Geddes, 🍷 Lynn Fallan

SCRIPTURES & READERS FOR NEXT SUNDAY, AUGUST 23

Exodus 1:8-2:10 – Sean Lyon, **Psalm 124** – Sue Smith

Romans 12:9-21 – Bob Buchanan, **Matthew 16:13-20** – Richard Routledge



The women of the parish are invited to meet for coffee or tea, some goodies, and great conversations. This month we are meeting in **St Mary Hall, August 28, at 10:00 am.**

EVENTS & ANNOUNCEMENTS

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 should be added or removed. To help us keep the list current, existing names will remain for another **two** weeks unless we hear from you that they should continue to be included.

☉ **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!

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.

August	Anglican Appeal – Donations support the mission work and ministry in Canada's North and our church partners overseas.
September	Saanich Peninsula Hospital – Donations provide funding toward the Spiritual Health Practitioner (formerly Chaplaincy) program at the hospital.

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.
September	Alongside Hope (<i>formerly PWRDF</i>) – We support the Anglican Church of Canada's agency for sustainable development, relief, refugees, and global justice.

INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Church in Wales. 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. Barnabas Church in Victoria.

Regional Cycle of Prayer: We pray for the Parish of St. Mary Magdalene, The Rev. Blair Haggart and the people of the parish and neighborhood. Be with them as they engage the folk on the Island and around it.

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

In our Parish: We pray for Barbara Litzenberger, Shirley Lyon, & Sean Lyon

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., Sue P., Michelle, Carl G., Keith & Lillian, Michael A., Jasmine, Kai, Cathy Swinscoe, Arianne, Chad, Yvonne N., Terry O, Ronald P., Rudi D., Alysha, Cassidy.

In the greater community: We pray for all affected by wildfires, especially those forced to leave their homes, and for firefighters, emergency personnel, and communities offering shelter and support. We pray for the protection and renewal of our forests, waters, and wildlife, and for wisdom and care in our stewardship of God's creation.

Globally: We pray for all those facing famine, hunger, and severe food insecurity around the world, especially children and communities most vulnerable to malnutrition. We pray for those working to provide food, clean water, and humanitarian aid, and for lasting solutions that allow communities to flourish in security and abundance.

St. Mary Anglican Church

1973 Cultra Avenue
Saanichton, B.C. V8M 1L7
Office: 250-652-1611

St. Stephen Anglican Church

7921 St. Stephens Road
Saanichton, B.C. V8M 1S2
Office: 250-652-4311

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

admin@parishcs.ca

