



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



Welcome To
PARISH OF CENTRAL SAANICH
St. Mary Church 9:00 • St. Stephen Church 11:15



*"Praise the Lord from the earth, you sea monsters and all deeps,
fire and hail, snow and frost, Mountains and all hills, Wild animals
and all cattle, creeping things, and flying birds!" – Psalm 148*

October 4, 2026 – 19th 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*

Continue to monitor our website - ParishCS.ca

The Ven. Dr. Lon Towstego, Incumbent - Presiding

Associated Clergy

Bishop Logan McMenamie • The Ven. Bob Baillie • The Rev. Dr. Brett Cane
The Rev. Paul Schumacher • The Rev. Gil Shoesmith, deacon

*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** – Carolyn Solberg

Welcome & Land Acknowledgement

♪ **Gathering Song: *This is God's Wondrous World***

1. This is God's wondrous world, and to my listening ears
all nature sings, and round me rings the music of the spheres.
This is God's wondrous world; I rest me in the thought
of rocks and trees, of skies and seas, God's hand the wonders wrought.
2. This is God's wondrous world: the birds their carols raise;
the morning light, the lily white, declare their Maker's praise.
This is God's wondrous world: God shines in all that's fair;
in the rustling grass or mountain pass, God's voice speaks everywhere.
3. This is God's wondrous world: O let me ne'er forget
that though the wrong seems oft so strong, God is the ruler yet.
This is God's wondrous world: why should my heart be sad?
Let voices sing, let the heavens ring: God reigns, let earth be glad!

The Gathering of the Community

♪ **Hymn of Praise: *Gloria, Gloria, Gloria***

Gloria! Gloria! Gloria! Glory to God on high. *Repeat*

And on earth peace to God's People, Glory to God. *Repeat*

Centering Stillness & Prayer of the Day

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

Blessed are you, Lord our God, creator of heaven and earth; you open our eyes to see the wonders around us, and our hearts and mouths to praise you.

Now give us strength for loving service, through Jesus Christ our Lord. **Amen.**

THE READINGS

First Lesson: Galatians 6: 14-18 –Brett Cane (SM) • Sherryl Pearce (SS)

¹⁴ May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. ¹⁵ For neither circumcision nor uncircumcision is anything, but a new creation is everything! ¹⁶ As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God. ¹⁷ From now on, let no one make trouble for me, for I carry the marks of Jesus branded on my body.

¹⁸ May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

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

Psalm 148: 7-14 – Barb Baillie (SM) • Lynda Clifford (SS)

⁷ Praise the Lord from the earth, **you sea monsters and all deeps,**

⁸ fire and hail, snow and frost, **stormy wind fulfilling his command!**

⁹ Mountains and all hills, **fruit trees and all cedars!**

¹⁰ Wild animals and all cattle, **creeping things and flying birds!**

¹¹ Kings of the earth and all peoples, **princes and all rulers of the earth!**

¹² Young men and women alike, **old and young together!**

¹³ Let them praise the name of the Lord, for his name alone is exalted;
his glory is above earth and heaven.

¹⁴ He has raised up a horn for his people, praise for all his faithful,
for the people of Israel who are close to him. Praise the Lord!

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.**

♪ **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 Master, 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 11:25-30 – Rev. Gil Shoesmith

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

The Holy Gospel of our Lord Jesus Christ according to Matthew.

♪ **Alleluia**

²⁵ At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your

gracious will. ²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

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

♪ **Alleluia**

Sermon – The Ven. Dr. Lon Towstego

♪ **Anthem** (*St Mary Only*): ***The Lord God Made Them All***

The Apostle’s Creed (*see pew insert*)

The Prayers of the People – Rev. Gil Shoesmith

Litany for all Creation & Blessing of Animals (*Insert - St. Stephen Only*)

– The Ven. Dr. Lon Towstego & Rev. Dr. Brett Cane

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: All Things Bright and Beautiful – CP #415**

Refrain: All things bright and beautiful,
all creatures great and small,
all things wise and wonderful,
the Lord God made them all.

- | | |
|--|---|
| 1. Each radiant flower that opens,
each vibrant bird that sings,
God made their glowing colours,
God made their tiny wings: | 3. The rocky mountain splendour,
the loon’s wild, haunting call,
the great lakes and the prairies,
the forest in the fall: |
| 2. The cold wind in the winter,
the pleasant summer sun,
the ripe fruits in the garden,
God made them every one: | 4. God gave us eyes to see them,
and lips that we might tell
how great is the Creator
who has made all things well: |

Prayer over the Gifts

God of truth, receive all we offer you this day. Make us worthy servants, strong to follow in the pattern of our Lord and Saviour Jesus Christ. **Amen.**

HOLY EUCHARIST

Book of Alternative Services – Eucharistic Prayer 3

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.**

Blessed are you, gracious God, creator of heaven and earth; by water and the Holy Spirit you have made us a holy people in Jesus Christ our Lord; you renew that mystery in bread and wine and nourish us, to show forth your glory in all the world. Therefore with angels and archangels, and with all the holy people who have served you in every age, we raise our voices to proclaim the glory of your name:

♫ **Sanctus: *Sanctus & Benedictus* (Kingsfold)**

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

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

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

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

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days, you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, Father, according to his command, we remember his death, we proclaim his resurrection, we await his coming in glory; and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread, and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. **Amen.**

♪ **The Lord's Prayer** (*see pew insert*)

Creator of all, you gave us golden fields of wheat, whose many grains we have gathered and made into this one bread. **So may your Church be gathered from the ends of the earth into your kingdom.**

The gifts of God, for the people of God. **Thanks be to God.**

Administration of Holy Communion

All are invited to share in the Bread or a Blessing. • Gluten Free Wafers are available upon request.

Please cross your arms at the rail if you would like a blessing.

♪ **Communion** – Carolyne Solberg (St. Mary) / Joanne Lambert (St. Stephen)

Prayer after Communion

Almighty God, may we who have been strengthened by this eucharist remain in your steadfast love, and show in our lives the saving mystery that we celebrate. This we ask in the name of Jesus Christ the Lord. **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: Lord of the Dance**

**I danced in the morning when the world was begun,
and I danced in the moon and the stars and the sun,
and I came down from heaven and I danced on the earth,
at Bethlehem I had my birth.**

Refrain: Dance, then, wherever you may be,
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.

**I danced for the scribe and the pharisee,
but they would not dance and they wouldn't follow me.
I danced for the fishermen, for James and John -
they came with me and the dance went on. Refrain**

I danced on the Sabbath and I cured the lame;
the holy people said it was a shame.
they whipped and they stripped and they hung me on high,
and they left me there on a Cross to die. *Refrain*

I danced on a Friday when the sky turned black;
it's hard to dance with the devil on your back.
They buried my body and they thought I'd gone
but I am the Dance, and I still go on. *Refrain*

They cut me down and I leapt up high;
I am the life that'll never, never die;
I'll live in you if you'll live in me -
I am the Lord of the Dance, said he. *Refrain*

Dismissal

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

🎵 **Postlude** – Carolyne Solberg

CCLI# 245534

Please join us for coffee and conversation in the parish hall.



The altar flowers at St. Mary are given by **Michele Crover** to the glory
of God and in loving memory of Dean Bragg and Jim Crover.

Thank you to all who are assisting today:

St. Mary: 🎵 Carolyne Solberg, Joanne Lambert, Rev. Dr. Brett Cane,
Barb Baillie, Rev. Gil Shoesmith, David Cooper, Judi Clark,
Heather Geddes, Matty Stuart, 🎵 Judi Clark

St. Stephen: 🎵 Joanne Lambert, Sherryl Pearce, Rev. Gil Shoesmith,
Rev. Dr. Brett Cane

St. Mary Anglican Church

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**CLERGY CONTACT
INFORMATION**

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OFFICE HOURS

Tuesday-Friday

9:00-1:00

admin@parishcs.ca

EVENTS & ANNOUNCEMENTS



Thank you to all who have donated to the Soap for Hope project in recent months. Your contributions are highly appreciated! You may continue to drop off new and gently used hygiene products, and linens, to the Narthex at St. Mary and they will be brought in periodically. You can find more information about this local charity project at <https://www.soapforhopecanada.ca/>

ST. MARY CLEAN UP – There will be a work party at St Mary's on Saturday, **October 10th** from 9:00 am to noon for grounds and exterior clean up. Contact Ken Pedlow for further details.

THANKSGIVING DONATIONS – St. Mary's Church will collect food & toiletry items for the Saanich Peninsula Lions Foodbank at any service **on or before Sunday, October 11th**. The large baskets will be in the Narthex for your items. Thank you in advance for your generosity; the Food Bank always greatly appreciates our donations. Please speak to Heather if you have any questions.

PPRAYER IN THE STYLE OF TAIZE – Services will be at **6:00pm** on **October 16, & November 20, 2026**, at St Elizabeth Catholic Church – Sidney BC. Your presence is desired and awaited. *“As we listen to the deepest part of our heart, we realize it is there that the Holy Spirit dwells.”* – Brother Matthew Prior, Taize

CALL FOR VOLUNTEERS FOR LAY ASSISTING/PRAYERS OF THE PEOPLE – We are in need of a few people to assist with these positions in both churches. Please contact Lon if you want to learn more or volunteer.

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.

October	Rector's Discretionary Fund – This is a dedicated fund under the Rector's control and discretion which provides (but is not limited to) financial assistance to members of the parish and the wider community.
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ST. STEPHEN OUTREACH

October	Justice Van Society – Mobile outreach services providing food, clothing, supplies, and care directly to the unhoused people of Victoria.
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INTERCESSIONS

Anglican Cycle of Prayer: We pray for the **Igreja Episcopal Anglicana do Brasil**. 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 St. John the Baptist, Duncan.

Regional Cycle of Prayer: We pray for the Parish of St. Michael and all Angels, Royal Oak, For Right Rev. Ansley, pending new clergy and the people of the parish and neighborhood.

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

In our Parish: We pray for Rick & Eva Townsend, Lon & Marian Towstego.

For those ill or in need of prayer: David Scarth, Bob Buchanan, Cathy Swincoe, Roche M.

For Those with Long-Term Needs: Lynn S., Brett.

For friends beyond the parish: Rudi D., Alysha, Cassidy.

In the greater community: Children, Youth, & Safe Communities:
We pray for children and youth, that they may grow in safety, wisdom, and hope. We pray for foster and adoptive families, for children and youth in care, and for all who provide them with love and support. We pray for all who have experienced sexual misconduct or abuse, and for the healing of those who have been harmed. May we create communities where all children of God are safe, valued, and respected.

Globally: Conflict & Violence: We pray for those affected by conflict in the Middle East, Gaza, Israel, and the West Bank, 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.

SCRIPTURES & READERS FOR NEXT SUNDAY, OCTOBER 11

Deuteronomy 8:7-18 – Greg Robinson

Psalms 65 – Jan Bergink (SM) • Jaqueline (SS)

2 Corinthians 9:6-15 – Nichola Wade (SM) • Trish Bonham (SS)

Luke 17:11-19 – Lynn Schumacher (SM) • Mike Philip (SS)

Litany for All Creation

Call out the names of those animals for whom we care.

Call out the names of those animals who are no longer with us. *Silence*

Holy God, Creator of heaven and earth, **Have mercy upon us.**

Holy and Mighty, Redeemer of the world, **Have mercy upon us.**

Holy Immortal One, Sanctifier of the faithful, **Have mercy upon us.**

Grant that all your creatures may serve you with thanksgiving;

Pour out your blessing on earth, O God.

Grant favorable weather, temperate rain, and fruitful seasons, providing food and drink for all your creatures;

Pour out your blessing on earth, O God.

Open our eyes to the wonder of creation, that we may see you in all your works;

Pour out your blessing on earth, O God.

Stir in us the desire to care for your creation;

Pour out your blessing on earth, O God.

Make us wise and faithful stewards of creation, caring for the earth, the waters, the air, and all that live therein;

Pour out your blessing on earth, O God.

Forgive us who waste and pollute your creation and strengthen us to restore what we have disregarded;

Pour out your blessing on earth, O God.

Look with compassion on those that are abused and mistreated, show us their dignity in your creation; **Pour out your blessing on earth, O God.**

Remember those creatures that have died yet remain dear to us that, that they may rejoice in your new creation;

Pour out your blessing on earth, O God.

Holy Immortal One; no sparrow falls without your knowing it; nothing dies but is remembered by you; nothing comes into being that you do not see. Give us courage and resolve to build up the common good, holding fast to the hope of a new creation in which all shall dwell eternally, through Jesus Christ, our Risen Savior. **Amen.**





The Blessing of the Animals

God's animals inhabit the skies, the land, and the sea; we share the earth with them, and like them rely on God's blessing to sustain and preserve us. We gather today in communion and friendship with Francis of Assisi who preached to animals and moved throughout the known world sharing God's unconditional love for all beings. Remembering Francis' love for all God's creatures, bring forward the animals entrusted to your care that we may bless them.

The animals will be presented at this time

(Name), May God who created and preserves you, bless, defend, heal, and keep you, this day and always. **Amen.**

(When all have been blessed)

Let us pray. God of all creation: we give you thanks and praise. Open our eyes to see your hand at work in all creation. May your bountiful blessing be upon us all, God our Redeemer, now and for ever. **Amen.**