**Welcome to**

**St. Luke Cedar Hill**

Sixteenth Sunday After Pentecost

September 28, 2025 – 10 am

Holy Eucharist



3821 Cedar Hill Cross Rd., Victoria, BC V8P 2M6

**Email:** admin@stlukecedarhill.ca

**Web:** www.stlukesvictoria.ca

**Phone:** 250-477-6741

*We acknowledge that we gather with respect on the traditional*

*territories of the lək̓ʷəŋən peoples, known in our day as the Esquimalt*

*and Songhees Nations, the traditional custodians of these lands.*

*We are grateful for their hospitality.*

***Picture on the Front Page:***

*Peter Winfried (Canisius) Koenig,* [*https://www.pwkoenig.co.uk/*](https://www.pwkoenig.co.uk/)

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Welcome and Introduction *(The Rev. Daniel Fournier)*

*Please stand as you are able.*

**Opening Hymn:**

**CP 531 You Who Dwell in the Shelter of the Lord**

*(tune:* *On Eagles’ Wings)*

Priest:The grace of our Lord Jesus Christ,

and the love of God,

and the communion of the Holy Spirit,

be with you all.

**All:And also with you.**

**Invitation to Confession**

Priest: Dear friends,

sometimes our readings are full of good news; sometimes they abound in hard warnings.

Today we are warned that we need to be attentive

to the opportunities around us to serve others.

It’s easy to postpone for another day

the steps we need to take.

Trusting in God’s ultimate mercy is only half the story. Today may be the only time we have to respond.

Let us take a moment and pause,

examining our hearts and minds

as we confess our sins to our merciful God.

*Silence is kept.*

**Confession**

**All:Almighty God, our heavenly Father,**

**we have sinned against you,**

**through our own fault,**

**in thought, and word, and deed,**

**and in what we have left undone.**

**We are heartily sorry,**

**and repent of all our sins.**

**For your Son our Lord Jesus Christ’s sake,**

**forgive us all that is past;**

**and grant that we may serve you**

**in newness of life**

**to the glory of your name.**

**Amen.**

Priest: May almighty God have mercy on you,

forgive you your sins,

and bring you to everlasting life,

through Jesus Christ our Lord.

**All:Amen.**

Priest: Glory to God in the highest,

**All: and peace to God’s 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.**

**Collect of the Day**

Priest: May God be with you.

**All: And also with you.**

Priest: Let us pray.

God of Abraham, Moses and the prophets,

your covenant binds us as sisters and brothers:

help us to overcome the scandal of poverty

and the chasm of indifference,

so that we may recognize you in the wounded poor;

through Jesus Christ, the Builder of Bridges.

**All: Amen.**

*Please be seated.*

**Blessing of the Children**

**The Liturgy of the Word**

**FIRST READING:** **JEREMIAH 32: 1-3a, 6-15**

Reader: A Reading from the Book of Jeremiah.

*At the end of the reading:*

Reader: Word of God, Word of Life.

**All:Thanks be to God.**

**PSALM 91: 1-6, 14-16**

Response:***I will protect you and bring you to honour.***

He who dwells in the shelter of the Most High,

abides under the shadow of the Almighty.
He shall say to the Lord,

"You are my refuge and my stronghold,

my God in whom I put my trust." ***(Response)***

He shall deliver you from the snare of the hunter

and from the deadly pestilence.
He shall cover you with his pinions,

and you shall find refuge under his wings;

his faithfulness shall be a shield and buckler. ***(Response)***

You shall not be afraid of any terror by night,

nor of the arrow that flies by day;
Of the plague that stalks in the darkness,

nor of the sickness that lays waste at mid-day. ***(Response)***

Because he is bound to me in love, therefore will I deliver him;

I will protect him, because he knows my Name.
He shall call upon me, and I will answer him;

I am with him in trouble;

I will rescue him and bring him to honour.
With long life will I satisfy him,

and show him my salvation. ***(Response)***

**SECOND READING:** **1 TIMOTHY 6: 6-19**

Reader: A Reading from the First Letter of Paul to Timothy.

*At the end of the reading:*

Reader: Word of God, Word of Life.

**All:Thanks be to God.**

*Please stand as you are able.*

**Gospel Acclamation**

**Alleluia (sung 4 times)**

*(From: Norah Duncan; GIA Publications, Inc.)*

**THE GOSPEL:** **LUKE 16: 19-31**

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Holy Gospel of our Lord Jesus Christ

 according to Luke.

**All: Glory to you, Lord Jesus Christ.**

*At the end of the gospel:*

Reader: The Gospel of Christ.

**All:Praise to you, Lord Jesus Christ.**

**Gospel Hymn: CP 635 Like the Murmur of the Dove’s Song**

*(tune:* *Bridegroom)*

Homily: The Rev. Daniel Fournier *(Please be seated.)*

Anthem: MV 62 “There Is Room for All” – Harding

*Please stand as you are able.*

**An Affirmation of Faith** *[from the New Zealand Prayer Book]*

Leader: Let us declare our faith in God:

**All:You, O God, are supreme and holy.
You create our world and give us life.
Your purpose overarches everything we do.
You have always been with us.
You are God.**

**You, O God, are infinitely generous,
good beyond all measure.
You came to us before we came to you.**

**You have revealed and proved
your love for us in Jesus Christ,
who lived and died and rose again.
You are with us now.
You are God.**

**You, O God, are Holy Spirit.
You empower us to be your gospel in the world.
You reconcile and heal; you overcome death.**

**You are our God. We worship you. Amen.**

**Prayers of Intercession**

*Sitting, standing or kneeling, as is your custom.*

Let us pray with confidence as God’s holy people.

We pray for the church, for all Christians everywhere, for all in our parish.

**IN THE WORLDWIDE ANGLICAN PRAYER CYCLE,** **we pray today for** the Province of the Episcopal Church of Sudan, The Most Revd. Ezekiel Kumir Kondo, Primate. **Locally we pray for** Anna, our Bishop, and for St. Peter, Campbell River, and for their priest, Rev. Stephanie Wood. **We also pray** for Lutheran Church of the Cross and Pastor Lyndon, **and for** the Diocese of the Territory of the People, and Bishop Clara Plamondon.

God of mystery and wonder,

we look around at the beauty of this world

and the worlds beyond us,

and sense that you have given each precious thing

its place and a way to sustain itself.

Thank you for the care you hold

for your whole creation.

We also look around at the aching of the world

and sense that many precious things are under threat.

Too many pieces of your creation

have fallen out of balance with each other.

Show us how we can help restore that balance

and protect what is at risk

for the health of your whole creation.

 God of all creatures great and small,

**All:** **Make us stewards of what is precious to you.**

God of energy and life,

we look around at the peoples of this world

and see your image and dignity

in every variety of face and culture.

Thank you for the care you hold for all humankind.

Yet we look around at the people of this world

and see the aching of the hungry and hurting;

we hear the groans of parents

whose children die in their arms

and feel the tears of children

whose parents die too soon.

We know neighbours who are suffering

and hear of strangers who can’t imagine

how to make it through tomorrow.

Awaken our generosity

to offer what healing and hope we can

to the lives you cherish

in every neighbourhood and nation.

 God of all creatures great and small,

**All:** **Make us stewards of what is precious to you.**

God of promise and possibility,

we look around at places

where people collide with each other.

We hear the grumbling of nations

locked into old rivalries and grievances.

We watch the jousting of leaders

impressed more by polls than effective policies.

We worry about the future of our communities

and our children.

We hear your call to do justice and live generously.

Guide us as citizens to act for justice

that brings peace and well being

to communities near and far.

Bless the ministries supported by Alongside Hope

(formerly known as PWRDF)

across Canada and around the world,

and grow in us the interest and intention

to contribute to this outreach .

 God of all creatures great and small,

**All:** **Make us stewards of what is precious to you.**

God of faithfulness and surprise,

we look at ourselves and sometimes doubt

we can make a difference or have an impact.

Challenge us

to recognise the kinds of power we do have:

the love and compassion,

the courage and commitment,

the laughter and friendship,

the generosity and mercy you inspire within us.

In all these gifts we know your power.

Through all these gifts, our lives have been changed.

Using these gifts in our lives,

bring Christ’s love and mercy to the world you love.

 God of all creatures great and small,

**All:** **Make us stewards of what is precious to you.**

Now in this moment, we pray for those

who have asked us to pray for them….

 God of all creatures great and small,

**All:** **Make us stewards of what is precious to you.**

Receive all our prayers, spoken and unspoken

as we offer our prayer, through Christ Jesus.

**All:** **Amen.**

**Invitation and Peace***(Please stand as you are able.)*

Priest**:** The table of bread and wine is now to be made ready. It is the table of company with Jesus

and with all those who love him.

It is the table of sharing with the poor of the world,

with whom Jesus identified himself.

It is the table of communion with the earth

in which Christ became incarnate.

So, come to this table, you who have faith

and you who would like to have more.

You who have been to this sacrament often,

and you who have not been for a long time.

You who have tried to follow Jesus,

and you who have failed.

Come. It is Christ who invites us to meet him here.

 As we prepare to come to the table

let us exchange a sign of peace with one another.

Priest**:** The peace of the Lord be always with you.

**All: And also with you.**

**The Liturgy of the Eucharist**

**Offertory Hymn:**

**CP 501 Through All the Changing Scenes of Life**

*(tune: Wiltshire)*

**The Preparation of the Table**

**Prayer over the Gifts**

Priest: Eternal God,
in Jesus Christ we behold your glory.
Receive the offering of your people

gathered before you,

and open our hearts and mouths
to praise your great salvation,
the same Jesus Christ our Lord.

**All: Amen.**

*Please remain standing for the whole Eucharistic Prayer,*

*as you are able.*

**Eucharistic Prayer**

*[Source: This resource was created by Anglican Alliance and kindly offered by Rev. Luiz Coelho, DMin Candidate on Liturgy: Sewanee: University of the South, USA. He is from the Province of Brazil. 2018]*

Priest: May God be with you.

**All:** **And also with you.**

Priest: Lift up your hearts.

**All:** **We lift them to the Lord.**

Priest: Let us give thanks to the Lord our God.

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

Priest: It is meet and right to give thanks to you always,

O God, for you are the source of all life.

Since the beginning of time,

you have sustained us through the environment

that you established in creation.

You rule the universe with balance and generosity,

for which all creation never ceases to praise you.

Joining with the company of heaven

and all the creatures of the skies, earth, and seas,

we joyfully praise your holy name, singing:

**All:** **Holy, holy, holy, God of power and might,**

**heaven and earth are full, are full of your glory.**

**Hosanna! Hosanna! Hosanna in the highest! (x2)**

**Blessed, blessed, blessed, blessed is the one**

**coming in the name, the name of our God.**

**Hosanna! Hosanna! Hosanna in the highest! (x2)**

*(From: St. Aidan Setting; John Bell, The Iona Community)*

Priest: O God, our creator, you placed us in this world,

but did not leave us to live alone.

You surrounded us with your wondrous creation

that we might live in harmony with it,

taking only what is necessary

to preserve our common life.

Of the world you made a garden

for the flourishing of your people,

yet we strayed from your path.

We judged ourselves powerful and mighty,

planting destruction between us and nature,

and creating a world of inequity,

imbalance, and discontent.

Countless times,

your prophets led us to repentance and new life,

yet we chose to walk in other ways

and persist in our selfish error.

In the fullness of time and in your infinite mercy,

you sent us your Son Jesus Christ,

the source of new life.

He taught us to live in unity with you,

opening the doors to a new creation:

one reconciled to you and sustained by your love.

On the night he was betrayed, Jesus took bread. Having given thanks to you,

he broke it and gave it to those who were with him, saying,

“Take, eat. This is my Body which is given for you.

Do this in remembrance of me.”

After supper, he took the cup of wine,

and having given thanks to you, he gave it to them, saying, “Take, drink.

This is my Blood of the new and eternal Covenant which is shed for the forgiveness of sins.

Do this in remembrance of me.”

Therefore, we proclaim the wondrous mystery:

**All: Christ has died. Christ is risen.**

**Christ will come again.**

Priest: And, giving thanks to you

for restoring us in the ways of your Kingdom,

we offer you these gifts of bread and wine:

fruits of the earth and of your creation.

Sanctify them by your Holy Spirit,

that they may be for us

the Body and Blood of your Son Jesus Christ.

Sanctify us also, that in union with Christ

we may fill the world with your love,

renewing it with the gift of your Gospel.

Preserve us in rebuilding the world around us

and restoring the balance of nature.

Grant that we may see in your creation

that splendid garden, worthy of respect and care.

Evermore strengthen your Church

in the struggle to preserve the environment

and the diversity of life within it.

And, at the last day,

bring us to your heavenly Kingdom,

where in the company of St. Luke, St. Michael,

and all your saints,

we may never cease to glorify you

in the new creation of Jesus Christ.

By Christ, with Christ, and in Christ,

in the unity of the Holy Spirit,

all honor and glory are yours, Almighty God,

now and forever.

**All: Ameni, ameni, amen, amen, amen, ameni. (repeat)** *(From: Young men; Christ the New Man Parish, Ga-Rankuwa, South Africa; GIA Publications, Inc.)*

**The Lord’s Prayer**

Priest: In the words that our Saviour taught us, we pray:

**All:** **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**

**All:Lamb of God, you take away the sins of the world: have mercy on us.** *(twice)*

**Lamb of God, you take away the sins of the world: grant us peace, grant us peace, grant us peace.**

 *(From: St. Bride Setting; John Bell, The Iona Community)*

**The Giving of Communion**

Priest: God’s holy gifts for God’s holy people.

**All:Thanks be to God.**

*Please follow the directions of the sidespeople as the congregation is invited to come forward to receive the bread and wine.*

*If you would prefer not to receive communion, please come forward for a blessing. Crossing your hands over your chest will signal the priest to give you a blessing instead.*

***NOTE****: Gluten free wafers are available on request.*

*Please remain seated as we sing the hymns during communion.*

**Hymns during Communion:**

**CP 48 Let All Mortal Flesh Keep Silence**

*(tune: Picardy)*

**CP 56 I Am the Bread, the Bread of Life**

*(tune: Picket Wood)*

**Prayer after Communion** *(Please stand as you are able.)*

Priest: Father in heaven,
strengthen the unity of your Church,
so that we who have been fed with holy things
may fulfil your will in the world.
We ask this in the name of Jesus Christ our Lord..

**All: Amen.**

Priest: Glory to God

**All: 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.**

**Announcements** *(Please be seated.)*

**Blessing** *(Please stand as you are able.)*

Priest: Go now and take hold of the life that really is life.
Shun that leads artificial happiness
but be rich in good works.
Pursue righteousness, godliness,
faith, love, endurance and gentleness.

And may God be your refuge and fortress;
May Christ Jesus free you from all that ensnares you;
And may the Holy Spirit provide you with everything
for godliness and contentment.

**All: Amen.**

**Closing Hymn: CP 529 God, My Hope on You Is Founded**

*(tune: Michael)*

**Dismissal**

Leader: Go in peace to love and serve the Lord.

**All:** **Thanks be to God.**

*Thank you to all who assisted with today’s service.*

**In the Anglican-Lutheran-Moravian Cycle of Prayer**, **we pray for** The Rt. Rev. Clara Plamondon, Bishop, and the clergy, and people of The Territory of the People (Anglican); **for** the Labrador Mission Province (Moravian); **and for** Every Child Matters! Remember the Indigenous children who did not return home from residential school; for survivors and their families; for truth, healing, and reconciliation (Together).

**THIS WEEK’S PARISH NEWS**

**September 28th – October 5th**

**(\*\*New Items, \*Revised Items)**

**Please stay a coffee time after today’s service** – Park on Synod Road for easy access via the side door of the hall.

**\*A Parish Discussion Time Today during Coffee Time after the 10 am Service** regarding the removal of flags from the Sanctuary will be held in the back of the Hall. This will be for any parishioners who were unable to attend the last meeting on August 10th and for anyone who did not have the opportunity to speak at the last meeting. Coffee hour will still be held in the front part of the hall on that Sunday. Any questions, please speak to Claire White, People's Warden.

**\*\*The Church Office will be closed Tuesday, September 30th in recognition of the National Day for Truth and Reconciliation.** The National Day for Truth and Reconciliation, originally known as Orange Shirt Day, is a time to reflect and renew our commitiment to reconciliation each year. Please see more information at the **Events page of St. Luke’s website**.

**\*\*Blessing of the Animals Service NEXT SATURDAY, October 4th, the Feast Day of St. Francis of Assisi, at 11 am** This will be a short service (about 30 minutes long) in the church with a blessing of the animals at the end. You may also bring a picture of a pet (living or deceased) so that the pet can be blessed or remembered. Please invite your friends and their pets to come to this service with you.

**\*\*Thanks so much to everyone for your help at the Attic Treasures Vintage Market last weekend.** The event brought in **$4,372.10,** which includes the sale of the tables to the vendors prior to the day. A big thank you to Carol Turnham for her leadership in this successful venture!

**St. Luke’s Players Present “The Hollow”**, a mystery by Agatha Christie, directed by Jacqollyne Keath. An unhappy game of romantic follow-the-leader explodes into murder one weekend at The Hollow, home of Sir Henry and Lady Lucy Angkatell. **Evenings at 7:30 pm, Wednesday** – **Saturday, October 1-4, 8-11. Matinees at 2:00 pm, Saturday and Sunday, October 4, 5, 11, and 12.** Tickets can be purchased from: Eventbrite; The Papery at 734 Fort St.; or at the door. They are $18 each (plus their service fee if purchased through Eventbrite). See more information at the **Events page of St. Luke’s website.**

**\*The next Silver and Sage 55+ will be on Thursday, October 9th.** This new community outreach, run by volunteers, is for anyone from any background or walk of life. Meetings will be held twice a month, on the 2nd and 4th Thursdays. **On October 9th from 1:30 – 3:30 pm in the church**, the topic will be Art, the New Transformer, featuring Linda Beltrano.

**\*This year’s Celebration Sunday and Celebration of St. Luke’s Patronal Festival will be on Sunday, October 19th.** A special service at 10 am will be followed by a catered lunch. The Bishop will be visiting this Sunday to help us celebrate the 165th anniversary of the Parish of St. Luke. This is our opportunity to gather for a time of joyful celebration. **Please note that there will not be an 8 am service that Sunday.**

**\*\*The Service of Investiture for the Order of the Diocese of British Columbia** will be on Saturday, October 25th at Christ Church Cathedral at 10:30 am. Anyone who wishes to attend may do so. The service will also be livestreamed on both the Cathedral and Diocesan websites. **Come and support Barb Prescott as she is invested as a Member of the Order of the Diocese of British Columbia.**

**\*\*Free Fall Prevention Workshop –** Older Adult Fitness and Fall Prevention Specialist, Susanne Reul-Zastre, is offering a free workshop for those interested in **Fall Prevention on Saturday, October 25th from 1 - 2:30 pm at Oaklands Community Centre (1-2827 Belmont Ave).** Please register online to reserve your seat (<https://oca.recdesk.com/> Community/Program) or call 250-370-9101. Learn about risk factors as well as consequences and injuries associated with falls. Pick up some lifestyle and exercise tips to minimize the risk of falling inside and outside the home. We will also review how to get up from a fall (either on your own or helping others) and when to seek medical attention. Get ready now, to get steady on your own!

**\*Sunday Coffee Times** – We are pleased that Rebecca Ford is able to do our set up and cleanup for Sunday coffee times. It had become difficult to find people to volunteer to do the coffee times but we love our coffee times, They are a great way to meet visitors and have chance to visit with one another. We are paying Rebecca $50/Sunday to look after coffee times for us and this is an expense we didn’t put into this year’s budget. **So if you able to make an extra donation in your envelopes and note that it is for coffee time that would be helpful.** Could you pay for one time ($50) or two Sundays ($100) or maybe even a whole month ($200)? **Thank you for your donations to date. You have paid for 5 Sundays so far!**

**\*\*Save the Date for St. Luke’s Christmas Bazaar, Saturday November 22nd from 10 am – 2 pm.** Now is the time to think of items you could make for the sale, such as craft items, jams and jellies, or baking which could be frozen. Thank you in advance for your help with this exciting fundraiser and community event.

**\*\*The Shelbourne Community Kitchen** **Pump Up The Pantry Food Drive** – The Kitchen is reaching out to community partners and inviting us to take part in their 2025 Kitchen Pump Up The Pantry Food Drive between now and the end of October! Did you know that the Shelbourne Community Kitchen Pantry Program offers dignified food support for more than 1,800 adults and 700 children throughout the year? The Kitchen needs our help to keep the shelves filled with donations of non-perishable food. Please drop off your donations into the baskets at the back of the church or the basket by the Church Office. Let's work together to Pump Up The Pantry!

**The Shelbourne Community Kitchen is Seeking Reusable Grocery Bag Donations –** The Pantry Team is seeking donations of reusable grocery bags to be used in their Pantry Program. Clean bags can be dropped in the Shelbourne Community Kitchen baskets in the church or the hall and we’ll deliver them to the Kitchen.

**Calling all Gardeners** – If you are dividing plants now while you are doing your fall cleanup, we would love some drought resistant, deer-proof plants for St. Luke’s Memorial Garden and the front border. Perennial herbs would work well as would other plants which are drought resistant and deer-proof. If you have plants to donate, please contact Barb Prescott (communications@stlukecedarhill.ca) or Julie Forster (4sterja@gmail.com). **A big thank you as well to Julie for all the work she has been doing in the front border along the road and the Memorial Garden.**

**\*\*Navigating the BC Healthcare System –** Highgate Lodge is hosting a special seminar on Navigating the BC Healthcare System, presented by Connie Jorsvik, on **Wednesday, October 15th at 2:00 pm in the Highgate Lodge Activities Room.** This informative session is open to the public and will offer valuable insights for seniors and families navigating healthcare challenges. Please RSVP to 250-472-0077. The seminar is free but seating is limited.



**The Notice that Was Read Out**

**at the 10 am Service on Sunday September 21st:**

Good Morning. My name is Claire White and I am your People’s Warden. I am speaking to you today on behalf of the Executive of St. Luke’s. The Executive is always trying to find new ways to work together collaboratively with the parishioners.

We are very pleased and happy to have Heather Stewart come onboard as a consultant and help us work through a new process to assist with conflict resolution within the parish. As Heather mentioned to those of us who attended the first meeting on Sunday August 10th, it can seem to be a bit clunky and different to what we might be used to, but we all need to respect each others’ opinions and comments in a mature and friendly way.

We know the flag issue is a very touchy subject and Heather had mentioned that we are not to get personal or make side comments, as we want everyone to have the opportunity to have their say.

However, despite the process being set out to us all, there were some personal comments and side discussions that were said and not picked up on at the time. I would like to offer our apologies from the Executive that this caused upset amongst some parishioners and this is not our intent, in fact it is quite the opposite.

Going forward, when we have the opportunity to have these discussion meetings, we ask that we come together with respect for each other and refrain from being personal or making side comments, so that we can all work to a more positive outcome.

The Executive are here to help with this process and give everyone who wants to be heard the opportunity to do so, in order for us all to move forward to a collaborative conclusion in this matter.

Thank you and Blessings to you all.



**Silver and Sage 55+ Social Group**

Silver and Sage, a 55+ social group, is now meeting at St. Luke’s. This new community outreach, run by volunteers, is for anyone from any background or walk of life.

Whether you’re looking to learn, laugh, or simply connect with others in a vibrant community, this gathering is designed to offer something for everyone. Share your stories, discover new interests, and make lasting memories with fellow members. We will offer focussed and informative discussions, physical exercise, art and music.

Meetings will be held twice a month, on the 2nd and 4th Thursdays, 1:30 – 3:30 pm. Occasionally we may meet on Saturdays to encourage intergenerational gatherings or to accommodate a special activity. We will be using the St. Luke’s church space for speakers and musical events, and we have the option of the Hall or the Sequoia Lounge for other forms of activity.

**Silver and Sage Programme Objectives**

Silver and Sage intends to acknowledge and address the needs of seniors in a kind and respectful environment. We want seniors to be able to:

• alleviate isolation by participating in social group activities

• find fun and laughter through social groups and a variety of entertainments

• have a sense of purpose explored and expressed through volunteerism

• feel empowered to take on leadership roles in activities

• be intellectually stimulated through learning and discussion

• enjoy thoughtful reflection through presentations on interesting and philosophically challenging ideas

• engage with societal issues and current events through presentations and discussions

• keep abreast of new technologies through workshops

• be physically active and enhance balance and flexibility through participation in movement workshops

• be uplifted and inspired by guest musicians

• engage creatively through the practice of arts and crafting

• create awareness of elder abuse

• increase financial skills and awareness

**Silver and Sage Topics for the Fall**

Oct 9 Art, the New Transformer

Oct 23 Under the Hood - Basic Car Maintenance Tips

Nov 13 Explore a theme through Story and Poem

Nov 27 Earth and Its Treasures

Dec 11 Some Christmas Cheer and a Sing-Along

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| **Welcome To St. Luke Cedar Hill** |
| Icon  Description automatically generated | Thank you for visiting today.For more information about St. Luke’s, visit St. Luke’s website: <https://www.stlukesvictoria.ca>,send an e-mail:admin@stlukecedarhill.ca,or phone: 250-477-6741.We hope you will visit again! |
|  |
| **Rector:** | **The Reverend Daniel Fournier** |
| **E-mail:** | incumbent@stlukecedarhill.ca |
|  |  |
| ***For Pastoral Care Needs, please contact the office*** |
| **Parish Administrator:** | Neil Patterson |
| **Office E-mail:** | admin@stlukecedarhill.ca |
| **Interim Music Director** | Alan Whitmore |
| **E-mail:** | music@stlukecedarhill.ca |
| **Rector’s Warden:** | Heather Simpson |
| **E-mail:** | hsimpson@stlukecedarhill.ca |
| **People’s Warden:** | Claire White |
| **E-mail:** | clairewhite@stlukecedarhill.ca |
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| **READINGS FOR NEXT SUNDAY October 5th, 2025**  |
| Lamentations 1: 1-6 |
| Psalm 137 |
| 2 Timothy 1: 1-14 |
| Luke 17: 5-10 |
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| **FLOWERS***Flowers at St. Luke’s are coordinated by Ann Séguin.* |