

CONNE^XION



The Quarterly Newsletter of the Anglican Parish of Central Saanich

Number 57



St. Mary Church

1973 Cultra Avenue,
Saanichton, BC V8M 1L7

Check your email or the Parish Website for service updates and changes. As health restrictions relax, please practice protocols that make you feel comfortable.

Worship Services

Sundays

- 9:00 am Holy Eucharist

Wednesdays

- 10:00 am Holy Eucharist
(September-June)

Office: 250-652-1611

Email: admin@parishcs.ca

Web: www.ParishCS.ca

Worship Services

Sundays

- 11:15 am Holy Eucharist

Office: 250-652-4311

Email: admin@parishcs.ca

Web: www.ParishCS.ca

Incumbent: Ven. Dr. Lon Towstego

Honourary Assistant: Bishop Logan McMenamie

Associated Clergy: The Ven. Bob Baillie,
The Rev. Dr. Brett Cane
Rev. Paul Schumacher

Deacon: The Rev. Gil Shoesmith

December 2025

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www.ParishCS.ca

Anglican Parish of Central Saanich
St. Mary Church St. Stephen Church

Please check the church website and other electronic sources for updates over the next three months. The following are the events which are planned at this time.

- **Sunday services** at St. Mary at 9:00 am. Sunday services at St. Stephen at 11:15 am. unless otherwise noted below.
- **Wednesday Eucharist services** at St Mary at 10:00 am with 'Sermon Circle' Bible Study following at 10:45 am. (Service and Bible Study end on Dec. 10th and both resume on January 7th, 2026).
- **Saturday, December 6th:** from 9:00 am: Saanichton Community Christmas/Pancake Breakfast and photos with Santa at St Mary.
- **Saturday, December 6th:** at 5:00 pm: National Day of Remembrance & Action on Violence Against Women service at St. Mary.
- **Tuesday, December 23rd:** at 7:30 pm: A Child's Christmas in Wales by Dylan Thomas at St Mary by Vox Humana Chamber Choir.

Christmas Season Services

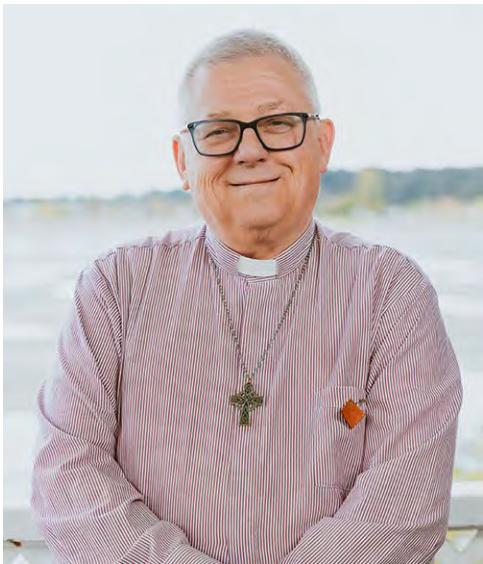
- **Sunday December 21st:** Services of Lessons and Carols with Holy Eucharist will be held at St. Mary at 9:00 am and at St. Stephen at 11:15 am.
- **Wednesday December 24th:**
 - Christmas Eve Holy Communion Service at St. Stephen at 4:00 pm.
 - Christmas Eve Holy Communion Service at St. Mary at 8:00 pm.
- **Thursday December 25th:** Combined Christmas Day Holy Communion Service at St Mary at 10:00 am.
- **Sunday December 28th:** Holy Communion services will be held at St. Mary at 9:00 am and at St. Stephen at 11:15 am.
- **Brett's next Slide Shows** on Japan will be held in Early February 2026 (Details to be confirmed and announced).
- **February 17th, 2026:** Shrove Tuesday pancake supper at St Mary. (Details to be confirmed and announced).
- **February 22nd, 2026:** Parish Annual General Meeting at St Mary following a combined Eucharist Service at 10:00 am and a light lunch.

We acknowledge that we gather to worship on the traditional lands of the WSÁNEĆ and Coast Salish peoples

*The Parish of Central Saanich gratefully acknowledges the financial assistance
provided by the District of Central Saanich by way of its Permissive Property Tax Exemption Program*

From the Pastor's Pen

The Ven. Dr. Lon Towstego



“*The revival of Christian faith around us and in our parish continues.*”

More on what Celtic Christianity is!

I look to the rest of 2025 and into 2026 as a time of transition, transformation, and growth. The revival of Christian faith around us and in our parish continues. The time for the theology of scarcity is behind us.

From “*The Pattern of our Days, Worship in the Celtic Tradition from the Iona Community*” by Kathy Galloway (RIP) we have “*Advent Antiphons*”. These prayers take their pattern and inspiration from the Antiphons that traditionally have been part of the church’s liturgy during the last week of Advent. They recall people’s experience of what God is like, and they call on God to come to our aid.

*O God, you speak though your prophets
Your words hold us and challenge us and keep us right:
Come and tell us the truths that we need to know
And write them into our hearts and lives.*

*O Lover of the little ones,
Their Guardian and Defender
Come with your angels and cradle your children
And guide their stumbling feet
Along the homeward road.*

*O Maker of laughter,
Who plays with Leviathan in deep waters:
Come stretch out your hands
To cuddle and tickle your children
Through the moments of their days.*

*O Loving Mother, whose presence offends many
And delights many more:
Come and help us to see clearly
The one in whose likeness we are made.*

Some Basic Tenets of Celtic Christianity

The Concept of Thin Places

At the Abbey in Iona after we experience Morning Prayer and or Evening Prayer you walk out the door to the great outdoors. We have learned that God in God’s awesome wonder will usually put on a show for us. It can be cloud formations, sun or moon reflections or gorgeous blue sky. The veil between heaven and earth is paper thin. We do not have to travel to Scotland to experience this in our lives.

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From the Pastor's Pen *continued*



We can experience this leaving our own churches and worship spaces. It is in no way about worshipping nature but admiring it embracing nature as an extension of our worship experience with our Triune God.

These locations where the veil between the physical and spiritual realms is believed to be thin, allowing for a heightened sense of the divine presence can be found and experienced daily. We need only to be open to it. We can recognize and embrace the sacredness of these places.

Thin places can be found in various natural settings, such as ancient forests, rugged coastlines, and sacred wells. These places are often marked by a sense of peace and tranquility, inviting individuals to connect with the divine in a profound way. It is in these thin places that Celtic Christians seek solace, guidance, and spiritual renewal. I can experience a “thin place moment” sometimes as I drive down the Pat Bay Highway towards town and see the beauty of the Mountain, clouds and mist on the horizon. I do keep my eyes open as I praise God or think of one of my special hymns, “How Great Thou Art.”

The Importance of Nature and Creation

Celtic Christians hold a deep reverence for nature and creation. We view the natural world as infused with the divine and find spiritual connection in its beauty and rhythms. This appreciation for the created order fosters a profound sense of stewardship and environmental awareness. We are invited to be co-creators with God.

We invite our amazing, precious and loving God to live in our hearts. Equally important we are invited with God's open arms into the heart of God. Listen for the heartbeat of God.

The Celtic Cross and Its Significance

With its unique design featuring a circle intersecting the cross, there is deep symbolism. It represents the eternal nature of God's love and the unity of all creation. The distinctive design and intricate knotwork also embody the interconnectedness of all things.

When Celtic Christians gaze upon the Celtic Cross, they are reminded of the divine presence that permeates all aspects of life. The circle represents eternity and the unending love of God, while the cross symbolizes the sacrifice of Jesus Christ. The intricate knotwork, often found within the cross, serves as a visual reminder of the interconnectedness of all things in the world.

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Furthermore, the Celtic Cross is not limited to churches or religious spaces. It can be found in graveyards, ancient ruins, and even on rugged landscapes. Its presence in these diverse settings serves as a reminder that God's love and grace are not confined to specific places but are accessible to all.

The Celtic Church was deeply rooted in the local communities it served. It embraced a holistic approach to spirituality, integrating elements of Celtic culture and pre-Christian beliefs into its teachings. This inclusivity and adaptability allowed Celtic Christianity to resonate with the Celtic people on a deep level. It calls us to worship.

Major differences from Roman Christianity

While recognizing the need for redemption, the emphasis was placed on God's grace and the transformation of individuals rather than solely focusing on original sin and guilt. This perspective allowed Celtic Christians to approach salvation with a sense of hope and possibility, emphasizing the potential for spiritual growth and divine connection.

One area where Celtic Christianity stood out was in its view of women in ministry. Unlike their Roman counterparts at the time, Celtic Christian communities held a more egalitarian view of women in leadership roles. Women played vital roles as abbesses, healers, teachers, and spiritual leaders within monastic communities, challenging the prevailing societal norms. This inclusivity and recognition of women's spiritual gifts allowed Celtic Christianity to flourish and create spaces where women could fully contribute to the growth and development of the faith.

Another notable difference between Celtic Christianity and Roman Christianity was the way they approached the calendar and festivals. It is my prayer the two expressions of Christian faith co-exist each with mutual admiration for the other.

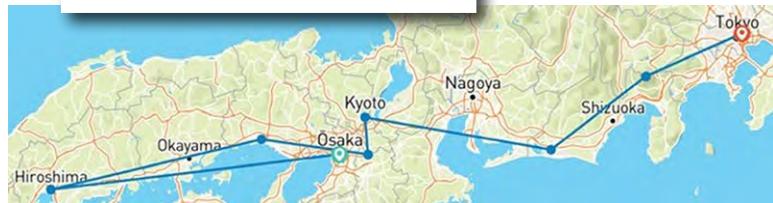
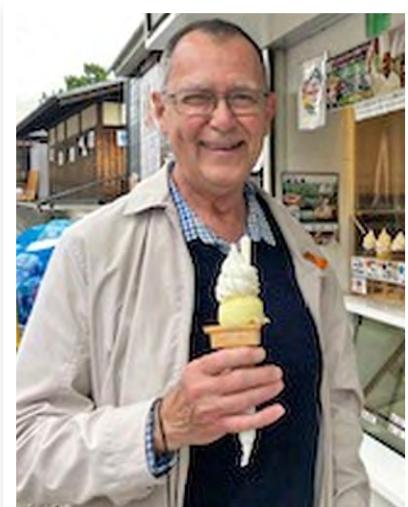
Why does Celtic Faith speak to me? I am particularly excited by Celtic Faith as it fits my personal beliefs such as "Original Blessing" as compared to "Original Sin. When I look into the eyes of a baby, Bennet on December 28th and baptize him I will see a clean slate a perfect creation of God the ultimate artist, carver, potter and not see the pollution of sin.

Is there a need to confess and be cleansed and or redeemed for sins at many time in our lives? Yes, of course. God offers us the "clean slate" the open arms of the Prodigal Father and says come home my son, my daughter, Come home!

“One area where Celtic Christianity stood out was in its view of women in ministry.”

Cane's Corner: Travels in Japan, Part 1

By the Rev. Dr. Brett Cane



Overall Impressions

It is a delight to be able to share with you experiences of my recent trip to Japan during the first two weeks of November. The trip was postponed from the Spring due to my chemotherapy treatment. I spent the first week in the old imperial capital of Kyoto, staying in an Air B&B with tours of the sights organized by Canadian friends now living in Thailand who joined me there. Being in one location helped with getting over jet lag due to the 17-hour time difference! The second week I was part of a group tour of eleven folk with guide and driver – three Canadians, two New Zealanders, one person from the Dominican Republic and five Americans who, coincidentally, all happened to be from Minnesota! We travelled west by bus from Osaka to Hiroshima and then returned east ending up in Tokyo, stopping at various sites each day.

This will be the first of three articles on my trip. In this one, I will share general observations and give my over-all impressions of this amazing country. In the next, I will discuss religion in Japan and my final article will be about everything else we saw!

Fall Colours and Tourism

November is autumn in southern Japan so there were some stunning colours to be seen. That also meant crowds of people - some foreign tourists but many Japanese ones and school groups. Sites can be extremely crowded so guides recommend you go early or just before closing. Because of tourism, English signs and explanations are everywhere, but what surprised me was the preponderance of English and Latin script for brand names, factories and trucks. Although not fluent in English, Japanese people are very friendly and helpful; they will go out of their way and walk with you to your destination.

Mobility

I was worried about my knees causing problems and was most grateful for the use of wheelchairs in the airports I encountered – however, by the end of the trip, I had managed to walk an average of almost 9,000 steps per day! I was very grateful for my new walking stick recommended by Marian Towstego!

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Cane's Corner *continued*



Taking taxis was a very inexpensive option which we used extensively the first week; modelled on London cabs, the back left passenger doors (Japan drives on the left) open automatically, the drivers are dressed in jacket and tie, and there is a smart TV in the back running ads to keep us entertained!



During our bus tour, we were introduced to Japanese highways, which, for the most part, seemed to be more often than not elevated with amazing bridges due to Japan's mountainous terrain (85%) and scarcity of flat land. This also means there are countless tunnels of varying lengths - one morning, we went through 21 of them! Major highways all seemed to be toll roads and most only two lanes in each direction.



Train stations and subway stations are massive and very crowded but with clear directions and train costs are very reasonable. One negative thing, though, is that Japan seems to have an aversion to public seating and finding a place to sit was like discovering gold! There are designated areas (but no seats) for smokers. One thing Japan does not have are public waste bins – so everyone carries plastic bags with them in which to put food waste, wrappers, etc. to take home with them to recycle – that took some getting used to!



Food and Corner Stores

One of the things I enjoyed most about Japan was the food – I tried to get as much sushi as I could and sampled many other magnificent Japanese dishes. A lot of meals were served on cast-iron hot plates or cooked on griddles built into the table of counter in front of us. One dish I tried but wasn't too

fond of was a speciality of Hiroshima - Okonomiyaki - a savory Japanese pancake dish made from a batter of flour, eggs, and cabbage, with customizable ingredients like meat or

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Cane's Corner *continued*



seafood. I describe it as a cross between an omelette and a pizza pocket! Restaurants are everywhere in Japan and many are really tiny with only six or so spaces - but they have waiting seats outside; the lines move fast because people eat quickly. One of the delights of Japan is that the taxes are all included in the price and tips are frowned upon as insinuating people are not paid enough for the work they do.

Ubiquitous in Japan are corner stores and vending machines. Corner stores are a major feature of Japanese life (7-Eleven arrived in 1957) and are really mini grocery/department stores where you can buy anything you need to live on, including good fresh food (always wrapped) for any meal. They even have affordable and good quality coffee! (But I couldn't find decaf anywhere in Japan).

Also everywhere to be found are countless vending machines, which also provide many necessities of life and good quality food. By the way, you don't eat while you walk – it is seen as too messy.

Architecture

As a graduate architect I was somewhat disappointed and even depressed by most of the contemporary architecture in the cities we visited. Buildings seemed to be the worst examples of design from the past fifty years, colourless and bland and without interesting features or lines. Perhaps it is the frequency of earthquakes resulting in periodic rebuilding that underlies this lack of attention to good design.

Japanese housing is relatively small in size with minimal furniture. My room in our Air B&B in Kyoto the first week had a mattress on the floor and a rack for clothes but no chair or desk or table – I had to use upturned laundry baskets to put things on!

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Cane's Corner *continued*



However, there were some impressive modern structures in the hearts of the cities that were encouraging. Some of our hotels were also quite impressive, but on the whole, the rooms were not too large.

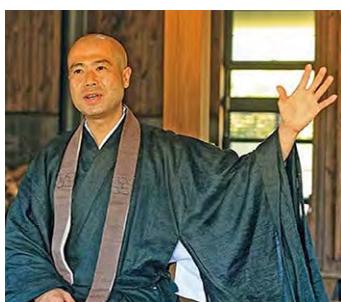
Christmas

What surprised me about our hotels was that the lobbies were all decked out for Christmas! Christmas is very big in Japan, although few may know the meaning behind it...more on that in my next article. I did not see any "Happy Holidays" signs – just "Merry Christmas" ones...!

Japanese Toilets

One final note - going to the bathroom in Japan is a most pleasant experience. Japanese toilets are amazing: most have heated seats; many flush automatically; they all have various washing settings (for bowl and for body!); some light up; and some automatically open the lid when you walk in the room!

Concluding Thoughts



Japanese people on the whole appear to be rather reserved (our guide said that they like to be hugged but are too shy, so bow instead!) They are hard-working (they have only one day off a week) and very law-abiding, stick to the rules (there is no wavering on 3:00 p.m. as the time you can access your hotel room) and ensure everything runs on time. Many are in suits and ties and Buddhist monks are not dressed in Saffron as in Thailand but black cassock-like gowns. All this got me thinking of parallels to European culture. Reflecting on places I have been, I would say that Thailand is like Spain, flamboyant and colourful; China, like France with impressive structures and creative ingenuity; and Japan, more like Germany – sombre, determined, rule-keeping and on time! Japan is an amazing place!

Next time we will look at Japanese religion, its beautiful structures and its all-pervasive influence on society.



Parishioner Profile: Don Campbell

by Sandra Scarth



Recently Don was recognized for his 19 years of service at Christ Church Cathedral as a "Welcoming Steward."

Don was born in Montreal to Les and Mary Campbell. The Campbells were steel people from Glasgow and known as the folks who established the Dominion Bridge company in Canada. That company provided the steel in all the CN Hotels from the Chateau Frontenac in Quebec to the Empress in Victoria and in a number of bridges, including the Lions Gate in Vancouver. The company was headquartered in Lachine Quebec.

Don was born with both his lower legs and feet turned backwards. Thanks to the efforts of his parents and the Montreal Shriners Hospital, his problems were resolved. This is why Don is a committed Shriner and an Ambassador for Shriners International.

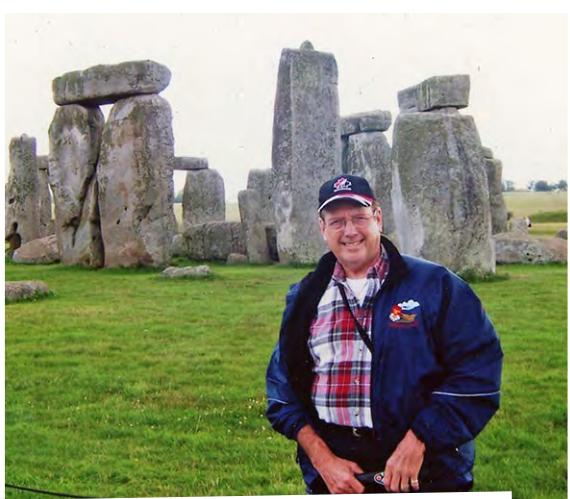
Tragically his father died when he was ten and his younger brother only eight. His mother Mary, who also worked in the offices of Dominion Bridge, requested a transfer to Vancouver after the Campbell relations started interfering and advising her as to how she should bring up her two boys.

After arriving in Vancouver, Mary bought a house on Rupert Street close to the newly constructed Empire Stadium. It was the summer of the 1954 British Empire and Commonwealth Games. Don witnessed the miracle mile race between Roger Bannister of England and John Landy of Australia, the first time two runners broke the four-minute mile in the same race. He also was there for the opening of the BC Lions Football Club. "Roar you Lions, Roar!"

Don attended Templeton Junior High School and soon learned of a part time job opening at the White Spot Drive Ins. The owner Nat Bailey hired him initially as a car hop and later asked him to train staff on Vancouver Island and manage the business there. Don happily moved to the Island and started his long career in the tourism and hospitality industry.

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Parishioner Profile *continued*



Don and his wife Trudie are grateful that their son and daughter and four grandchildren live nearby. Most of the family are involved in sports, particularly soccer and lacrosse. Don and Trudie are proud of the accomplishments of their grandchildren and attend as many of their events as possible.

They both go for walks on a daily basis. Don loves dogs and offers his service as a dog walker to family and friends.

Don has served on several boards including nine years on the Victoria Shamrocks Lacrosse Club. He was also on the board that convinced Victoria Council to agree to the Sports Hall of Fame located in the Save on Foods Memorial Area. He assisted in the training of the Super Hosts for Expo 86.

He served as a Commissionaire at the BC Parliament Buildings, which led to a senior security position at the Victoria University's Vancouver Island Technology Park.

Don has been honoured as a 50 year plus member of the Masons, the Scottish Rite and the Shriners.

Don met retired Bishop Logan at Christ Church Cathedral and first met the Rev. Dr. Lon and Marian through mutual friends. He decided to follow them and become a member of St. Mary's.

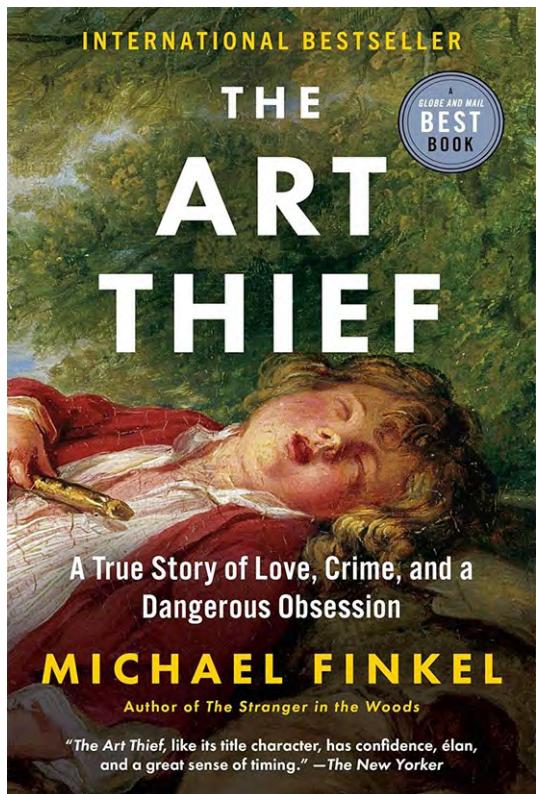
Don continues his volunteerism at the Cathedral by offering historical walks through the building on Mondays at 2:00 p.m. All are welcome!



Book Review: *The Art Thief*

By Michael Finkel

Review by Nancy Choat



The book I have chosen for this issue of *ConneXion* is rather timely, considering the recent (October) break-in and stealing of crown jewels at the Louvre, in Paris.

The book entitled, *The Art Thief*, is a true story of the world's most prolific art thief - a spellbinding portrait of obsession and flawed genius, from a best-selling author, Michael Finkel. For centuries, works of art have been stolen in countless ways, but no one has been as successful at stealing art as the master thief Stephane Breitwieser. Carrying out more than two hundred brazen heists over 10 years, in museums and churches across Europe, Breitwieser, along with his girlfriend, who served as lookout, stole more than three hundred artworks, worth an estimated \$2 billion in total.

In *The Art Thief*, Michael Finkel brings us into Breitwieser's bizarre and fascinating world. Unlike most thieves, Breitwieser never stole for money. Instead, he displayed all his treasures in a pair of secret rooms where he could admire them to his heart's content. Possessed of a remarkable athleticism and innate ability to circumvent nearly any security system, Breitwieser managed to pull off a breathtaking number of bold thefts. Finally, one final act of excessive pride and self-confidence brought everything crashing down.

This is a riveting story of art, crime, love and an insatiable hunger to possess beauty at any cost.

Who's Who in the Pew? *or guess who is sitting in the pew next to you ...*

By Marcia McMenamie

Our last parishioner who was featured in our Who's in the Pew is **Lynn Schumacher**. Lynn is our trusted and capable treasurer. She usually sits near the back of the Church on the Gospel side, often with her husband, the Rev. Paul Schumacher.

Lynn is also our Diocesan representative for "Alongside Hope" previously called "Primates World Relief and Development Fund". When our bishop Anna was last visiting our Parish she installed Lynn into the Order of the Diocese of B.C. Well done Lynn!

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Who's Who in the Pew? *continued*

Here are the clues for our next mystery parishioner. I hope you can guess who this lovely person is!

1. **Where were you born?** *Belfast, Northern Ireland*

2. **What is your favourite childhood memory?**

After being confined to bed for a year due to having TB, their father surprised them with 400 books to keep them engaged as they were on their healing journey to complete health.

3. **What is your favourite colour?** *Purple*

4. **What is your proudest accomplishment?**

Having the opportunity, while living in Iran, to welcome young people into the safety of their home. A place where all were welcome and accepted.

5. **What is your favourite hymn?** *"The Power of the Cross"*

Identity to be revealed in the March ConneXion.

Parish of Central Saanich Stewardship Update

by Ken Pedlow

The following is an update on the financial situation at the St. Mary and St. Stephen churches of the Parish of Central Saanich as of October 31st, 2025.

St. Mary October 31, 2025 Update

| Item | Actual To Oct. 31 | % To Budget Target=83% | 2025 Budget |
|-------------------------------|-------------------|---------------------------|-------------|
| Total Revenue | \$127,827.17 | 76.3% | \$167,500 |
| Total Expenditures | \$137,222.73 | 77.1% | \$177,882 |
| Operating Surplus/ Deficit | (-\$9,395.56) | 90.5% | (-\$10,382) |

St. Stephen October 31, 2025 Update

| Item | Actual To Oct. 31 | % To Budget Target=83% | 2025 BUDGET |
|-------------------------------|-------------------|---------------------------|-------------|
| Total Revenue | \$97,648.40 | 80.4% | \$121,450 |
| Total Expenditures | \$108,234.23 | 73.1% | \$148,154 |
| Operating Surplus/ Deficit | (-\$10,585.83) | 39.6% | (-\$26,704) |

Additional Information:

Offerings (Regular, Open and Festival) comprise the vast majority of the budgeted revenues. Work is already underway on preparing budgets for 2026.

Recipe Page: Gingerbread

Submitted by Nancy Choat

Nothing speaks of the Holiday Season like the smell and taste of **gingerbread!** Below is a recipe for a spiced gingerbread loaf. It can be made and frozen for up to two months or kept in the fridge for up to five days when wrapped in aluminum foil. The flavour gets even better after a day or two!

Ingredients

- 2 cups of all-purpose flour
- 1-1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1/8 tsp fresh ground pepper
- 2/3 cup unsulphured or dark molasses (not black strap!)
- 1/2 cup unsalted butter at room temperature
- 1/3 cup packed light or dark brown sugar
- 1 tsp pure vanilla extract
- 1 tsp baking soda
- 1-1/2 tsp ground cinnamon
- 1/4 tsp salt
- 3/4 cup water hot water
- 1 large egg at room temperature
- 2 tbsp honey (for the topping)

Instructions

- Preheat oven to 350°F.
- Grease a 9 by 5 loaf pan and line with parchment paper.
- In a medium bowl, whisk the flour, baking soda, ginger, cinnamon, cloves, salt and pepper until combined. In a separate bowl, whisk the molasses and hot water together.
- In a stand mixer or handheld mixer, beat the butter on high speed for one minute. Add the brown sugar and beat for another minute, scraping down the sides and up the bottom with a spatula. With the mixer on low speed, add the dry ingredients in three additions alternating with the hot water/molasses and mixing each addition just until incorporated. Avoid overmixing. Batter will be thin. Whisk out any big lumps.
- Pour batter into prepared pan. Bake for 50 to 60 minutes or until a toothpick comes out clean when inserted in the centre of the loaf. Allow to cool completely in the pan before removing it from the pan.
- Warm the 2 tbsp of honey and brush over the top of the loaf. Decorate with dried and/or candied fruit.

Muffins or cupcakes

- Pour the batter into muffin liners or a greased muffin pan. Bake at 350°F for 20 to 22 minutes. It makes 10 to 12 medium sized or large muffins.



The Love of God

By Greg Robinson

Charles Darwin liked the phrase, “survival of the fittest”. However, if that is the total of our existence, then all that drives humanity is our selfish desires, even to the detriment of others.

However, we know that our world is very often not like that. We don't just see a world where everyone is bent on acquiring as much power and wealth as possible. We are also drawn to, a world, where we choose to sacrifice time, wealth and power in order to assist others. We are more than simply the result of raw natural processes.

Natural processes certainly exist but, there is more; there is “love”. There is forgiveness, there is empathy, there is altruism, and there is kindness all pointing to the fact that there is love and empathy that cannot be explained by evolutionary forces. We are not just meaningless matter. The Kingdom of “The World”, driven solely by natural processes runs on violence, and love of self, whereas the Kingdom of God runs on sacrificial love and non-violence: God's Kingdom coming on Earth as in Heaven.

In 1st Kings Elijah hears the “still small voice of God”. That still small voice, or God's Holy Spirit, is the voice that speaks love into all of His creation. God, through His Holy Spirit is the great “heart changer”. However, we have the God given freedom to hear and respond to that voice, or to push it down, and even reject it completely.

We can clearly see the ultimate response to God's love in Jesus. We see it in His life and message, but most profoundly in the Garden of Gethsemane, just prior to the crucifixion. Mark, in his gospel, gives this account.

“Going a little farther, Jesus fell to the ground and prayed; Abba Father take this cup from me. Yet not what I will, but what you will.” Luke adds this: “being in anguish, Jesus prayed more earnestly, and his sweat was like drops of blood falling to the ground.”

Jesus, with mankind's greatest act of love and faith; in response to the scriptures and to God's Holy Spirit through prayer, believed that He was being called to enter into Jerusalem as the Jewish Messiah. He would oppose and expose the corrupt Temple authorities, other religious leaders and the militant revolutionaries. He knew what would happen to anyone who stood up to and opposed them. Jesus knowingly, but with fear and trembling, subjected Himself to the most torturous, most humiliating death ever devised. Jesus was crucified by the evil in men's hearts but resurrected by the love of God. Jesus went to the cross in His humanity but was resurrected in His divine nature.



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The Love of God *continued*

While being nailed naked to the cross in humiliation Jesus cries out; “*My God, my God, why have you forsaken me?*”. This is not intended as a standalone statement. It is the first line of Psalm 22, and it is intended to draw the attention to the whole of Psalm 22 as would be understood by His fellow Jews around the cross. After several verses in the psalm that describe the horrendous suffering that Jesus was enduring the psalm takes on new meaning with these words; “*For He (the Father) has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.*”

From you comes the theme of my praise in the great assembly; before those who fear you, I will fulfill my vows. The poor will eat and be satisfied; those who seek the LORD will praise him— may your hearts live forever!

All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before him.”

We can understand that no matter how abandoned by God we might feel God is with us in our suffering. He is always the same caring and loving Father.

CS Lewis in his book The Four Loves uses four Greek words for love. He calls “agape” love, which translated is “unconditional love”, as being how God loves us. He also uses the “storge” love which includes the love of a parent for a child. Jesus taught us to pray to “our Father” so I see God’s love as a blend of those two. A truly loving parent puts the life and wellbeing of their child ahead of their own. We see this acted out in the life of Jesus.

And we know that love when we see a young parent cradling their child in their arms, or when we witness or perform an act of loving kindness, or when we embrace someone we cherish. In those moments we are experiencing, God’s kingdom coming on Earth as it is in Heaven. We are experiencing the world to come - God’s renewed creation.

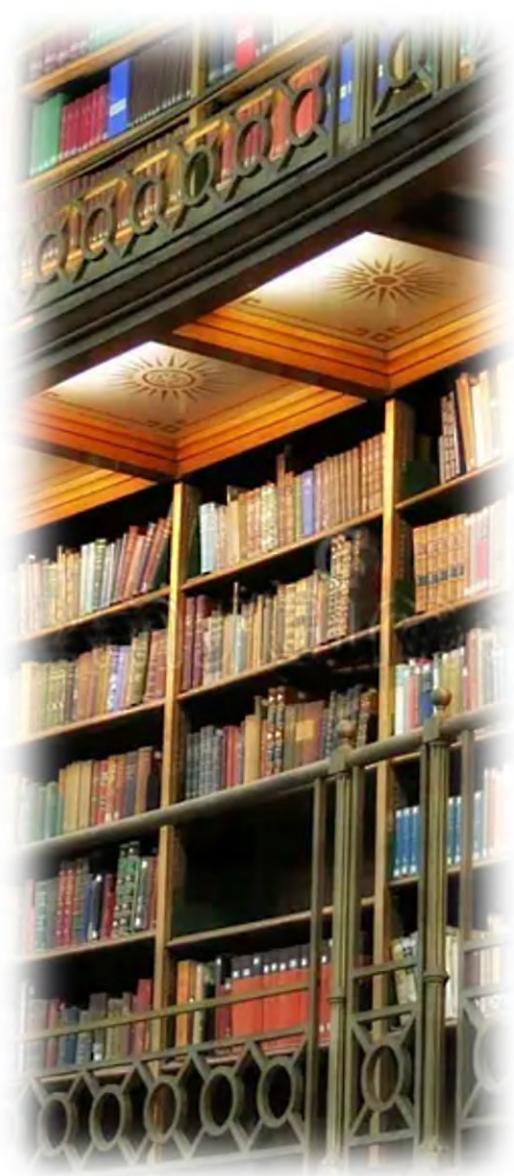
Love, like a virus, is infectious - it’s contagious. Our love for others influences others. Our acts of sacrificial love prepare for the time when God’s love completely permeates all of His renewed creation. God’s love is for all of His creation but as Christians we have the incredible gift of knowing the source of that love.

As the prophet Micah tells us, God calls us to “love kindness and mercy, do justice and to walk humbly with our God”. It can be as simple as brightening up the day of the cashier at a grocery store with a cheerful greeting. It is about using whatever gifts we have been given to serve God’s Kingdom. It is God who gives our life meaning and purpose. With the power of God’s still small voice, His Holy Spirit, we are called to be Christ-like people living lives of Christ-like love. He has given us lives of meaning and purpose.

“*All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before him.*”

The Library and the Hope of Quiet

By Bishop Logan McMenamie



I come to the library with the hope of quiet. There is something grounding about walking into a place built for reading, reflection, and the gentle surprise of picking up a book on impulse. I have been doing this since I was eight or nine. My parents never read and never took me to libraries, yet I found my way into them on my own, and they have remained one of the few places where I still feel an immediate sense of belonging.

Even now, I love the simple ritual: enter, browse the shelves, choose a book, and find a seat away from others. But increasingly, that quiet is becoming difficult to find. Noise levels in many libraries have risen to the point where the experience is often disrupted. It makes me think someone should offer a course titled *Ethics for Parents Bringing Children*, with a companion module for older patrons who may need assistance navigating the space. A refresher in “inside voices” would benefit more than a few.

There are practical matters, too. Book carts should have rubber wheels, so they do not rattle and clang across the floor. Books should be placed down gently, not dropped. Chairs should be lifted rather than dragged. Small things, but collectively they make the difference between a peaceful environment and a distracted one.

I genuinely appreciate that children come to the library. It is a joy to see them engaged—building, creating, imagining—and most importantly, not staring at screens. Introducing them to books at a young age is a gift. But they also need to be introduced to the spirit of the library: to understand it as a place where quiet is both expected and shared. Likewise, a library is not always the ideal place for tutoring sessions, which tend to spill into conversation and explanation.

And then, there are the phones. Must every call be answered immediately? Must every notification draw a response? It seems like a small courtesy to step outside if a call is necessary, rather than broadcasting it to the room.

Still, I love libraries deeply. I love what they represent: learning, discovery, and the quiet companionship of other readers. Perhaps all we need is a gentle reclaiming of the shared understanding that a library is, above all, a place of quiet respect—for books, for others, and for the simple act of reading.

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The Library and the Hope of Quiet *continued*

Increasingly, it is difficult to find places where true quiet remains. My wife says we can simply bring earphones. Yet I grew up without earphones. I did, however, grow up with something that seems to be disappearing, etiquette. It is easy to notice what others do—or fail to do—to preserve it. But perhaps the more important question is the one we ask of ourselves: What do I contribute to creating and protecting spaces for quiet reflection? Only when we each take responsibility can such spaces endure.

The Rector's Discretionary Fund: An Important Part of God's Call to His Church

By Greg Robinson

“*We are blessed in our parish to have a pastor, who has the heart and the life experience to deal compassionately and wisely with those in our parish...*”

Is suggest that there is something that gets overlooked to often in modern day churches, which is crucial to how we function as Christians, and as members of a Christian church. It has been a part of the Christian church since the first Christian groups came together to worship.

In approximately 150AD Justin Martyr wrote a defense of Christianity for the Greco/Roman world. He included in that a description of a Christian worship service. (It is interesting that we call it a service, and it should be a reminder that we are called to a life of service.)

Here is a very brief excerpt from the pen of Justin Martyr.

“They who are well to do, and willing, gives what each thinks fit; and what is collected is deposited with the president, who succours the orphans and widows, and those who through sickness or any other cause, are in want, and those who are in bonds, and the strangers sojourning among us, and in a word, takes care of all who are in need”.

We are blessed in our parish to have a pastor, (not a president), who has the heart and the life experience to deal compassionately and wisely with those in our parish, and sometimes outside the parish, who are in need for one reason or another. We, as parishioners, are called to provide the funds required for Lon to enable to him to assist those who need more than just counselling but require financial assistance.

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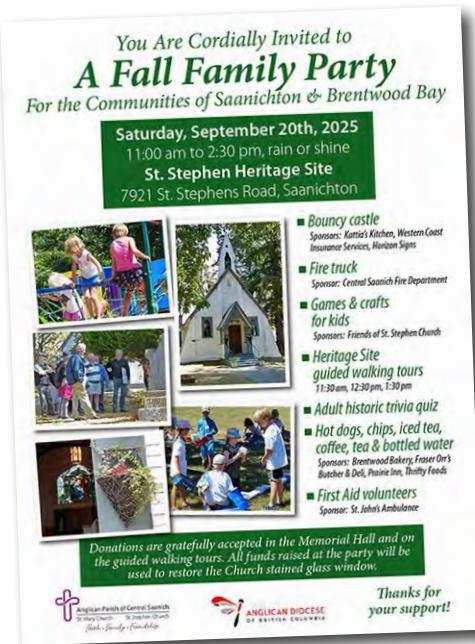
The Rector's Discretionary Fund *continued*

We do that through the "Rector's Discretionary Fund." This isn't a fund that draws funds from the operating fund that sustains our parish. It is a stand-alone fund and has to be designated as such as part of our offerings but is still receipted.

This is an important way that, we as a congregation, can support Pastor Lon in his, and our, calling to bring God's love and hope to our community.

Around the Parish

by Ken Pedlow



Here are some of the significant events of the past three months in the parish during this autumn.

We begin this item by extending our thanks to the **Ven. Penelope Kingham** and **Bishop Logan** for their coverage of our joint services while **Lon** and **Marian Towstego** were on their vacation in Europe. It was wonderful to have their assistance with us during this time.



On Saturday, September 20th, St. Stephen's hosted the first ever Fall Family party. This event included a bouncy castle, tours of the heritage site, games and crafts and refreshments. **Bob Buchanan** and his large team of volunteers put on a wonderful and extremely well-organized event and all who attended had a great time. Funds raised went toward the restoration of the stained-glass window in the Church.



Around the Parish *continued*



On Friday, September 26th the second annual St Mary's Fall Feast Fundraiser was held in Cooper Hall. The pulled pork dinner with all the fixings (coleslaw, potato salad and baked beans) was catered by **Bernie Grimes** and **Barb Lanz** with the help of their team of volunteers. All who attended had a wonderful meal. During the event Bernie presented **Lon Towstego** with an autographed photo of Gainer the Gopher the mascot for the Saskatchewan Roughriders football team, a favourite team of both.

Sunday, September 28th saw the commemoration of Orange Shirt Day in both churches as Tuesday, September 30th was the National Day for Truth and Reconciliation. Many parishioners wore their orange shirts to these services which commemorate the negative residential school experiences of so many First Nations children and their families.



Sunday, October 5th saw the celebration of St Francis Memorial Day at both churches and at 1:00 pm in the afternoon the Blessing of the Animals service was held on the grounds of the St. Francis Memorial Pathway on the St. Stephen's property. St. Francis was known for his association with peace and justice issues of the poor and marginalized and for his love of animals.

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Around the Parish *continued*

Harvest Thanksgiving celebrations were held at both churches on Sunday, October 12th. Decorating of the churches and the collection of donations for the Saanich Peninsula Lions Food Bank were essential components of these services.

The Rev. Dr. Brett Cane on Wednesday, October 22nd presented his photos on Copenhagen and Danish Castles. A good time was had by all who attended this slide show and dessert evening at Cooper Hall.



Saturday, October 25th was a big day at Victoria's Christ Church Cathedral as the Order of the Diocese of British Columbia awards were presented. Three members of the parish were recipients. They were **Lynn Fallan**, **Geri Hinton** and **Lynn Schumacher**. Lynn and Geri were in attendance to receive their awards while Lynn Schumacher was in Toronto on church business. The Cathedral was packed for the ceremony and the new Primate of the Anglican Church of Canada, the Most Rev. Shane Parker, delivered the homily. A wonderful and meaningful service was experienced by those in attendance.

Saturday, November 1st saw the Celebration of Life service at St. Mary for **Ian Stuart** who passed away on October 5th. Ian was very significant part of our parish family over the past number of years. As a Warden at St. Mary, the Chair of the St. Stephen Cemetery Board and the go to person for so many activities and events, his loss at such a young age was felt deeply in the parish. Our prayers go out to **Gillian** and all the family members at this difficult time.

Sunday November 2nd saw the commemoration of All Saints/All Souls days at the services at both churches which saw the reading out of the many names submitted by parishioners of people who have passed away and who we wish to have remembered. The following Sunday remembrance services were held to remember those who have served and died in military service. Many parishioners also attended local community Remembrance Day services on Tuesday November 11th.



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Around the Parish *continued*



On Friday, November 7th, **Neal Widdifield**, the Assistant Fire Chief for Esquimalt, and son of **Lynda Clifford** put on a training session at St. Mary on first aid procedures and use of the AED (Automated External Defibrillators) equipment at both churches. This excellent presentation was very much appreciated by those of us in attendance.



Saturday, November 22nd saw the start of a very busy weekend at St. Mary with the annual Holly Fair sale. The event was a tremendous success as usual and all who attended were treated to the displays of home baking, crafts, jewelry, books, Xmas items, mystery bottles, silent auction and refreshments. Many thanks to all who participated in this event by providing items for sale or being involved in the setup, operation and clean-up of the event. Well done **Lynn Fallan** and **Marcia McMenamie** the conveners.



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Around the Parish *continued*



The next day, Sunday, November 23rd, was the annual visit of the Bishop to the parish. A joint service at 10:00 am at St. Mary was presided over by Bishop Anna and also saw the presentation of the Order of the Diocese of British Columbia award to Lynn Schumacher who was unable to attend the ceremony on October 25th at the Cathedral. A pot-luck lunch and a time of fellowship followed the service.



Tracy Stubbs has had a couple of significant events over the past couple of months. On September 19th she took on the responsibilities of Custodian of the St. Stephen's Cemetery from **Howie Kolson** who entered retirement. On October 12th Tracy also completed the Royal Victoria Half Marathon for which she had been training for some time. Well done, Tracy.

Neil and Vi Racicot and **Barry and Becky Lowe** were able to take a tour of Christ Church Cathedral given by **Don Campbell**.

Don gives tours of the cathedral on Mondays from 2:00 to 4:00 pm. They thoroughly enjoyed it and encourage others to do the same.

We are pleased to report that **Lynda Clifford** has made a good recovery from surgery on her hand.

Leslie Pedlow found an interesting item in the November 5 issue of the Diocese of Calgary newsletter. They referenced the problem they are having distributing their newsletter/email notices because of technical issues between Tithely who manages the website and Shaw email addresses. They are working to resolve this ongoing problem. This is the same issue we have been having in our parish, so we aren't the only ones frustrated by this problem.



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Around the Parish *continued*

Maria King has made the decision to resign from the position of People's Warden at St. Stephen. We give thanks to her for her service over the year and wish her well in the future. We welcome **Mike Philip** as interim People's Warden at St. Stephen until the 2026 Annual General Meeting and give thanks for his offer of service on short notice.

Anglican Parish of Central Saanich Directory

The Ven. Dr. Lon Towstego 250-208-9949 ltowstego@bc.anglican.ca

Parish Council: Ex Officio

Ven. Dr. Lon Towstego

Rev. Gil Shoesmith

Rector's Wardens:

St. Mary
St. Stephen

Ken Pedlow, ken.pedlow@shaw.ca

Robert (Bob) Buchanan, rjbuchanan6201@gmail.com

People's Wardens:

St. Mary
St. Stephen

Vacant

Mike Philip, veraphilip2@gmail.com

Members:

St. Mary
St. Stephen

Lynn Fallan, Becky Lowe, Marcia McMenamie

Lynda Clifford, Terry Hartley

Youth Representative:

Jacob Shoesmith

Synod Delegates:

St. Mary
St. Stephen

Karen McColm, Ken Pedlow (alt)

Don Wilson

Parish Treasurer:

Lynn Schumacher

Leslie Pedlow is primarily at the St Mary's office on Tuesdays, Wednesdays and Thursdays from 8:30 am to 1:00 pm.

At the St. Stephen Church office, **Lon Towstego** will be in the office on Fridays from 9:30 am to 12:00 noon.

Please call or email your respective office for the most up-to-date information on their availability and access to the office.