



40 years

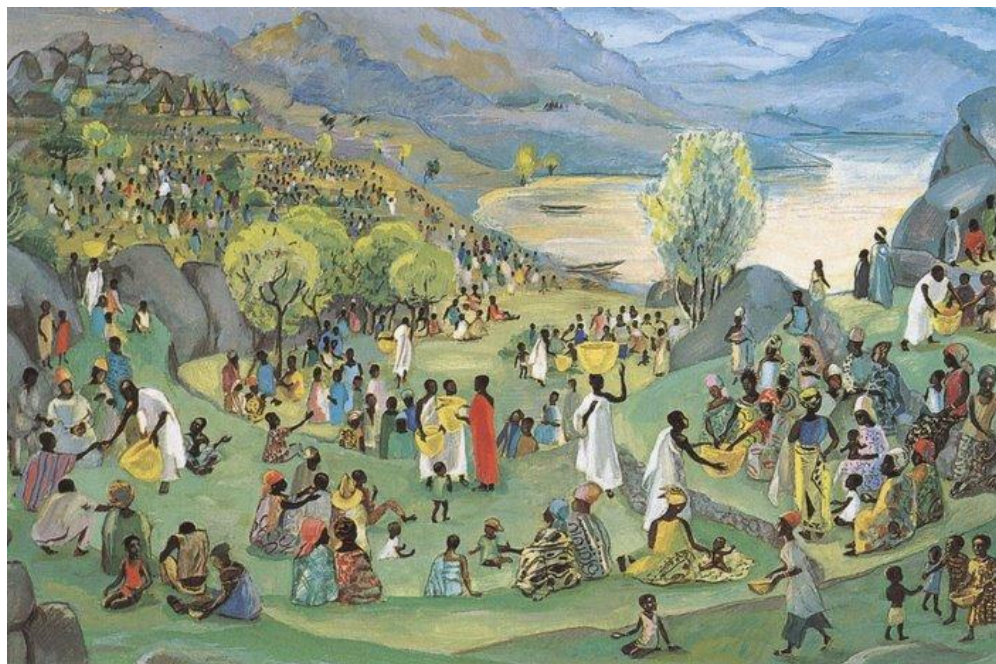
Anglican Church
of the Advent
we create belonging

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The Right Rev. Anna Greenwood-Lee, Bishop
Rev. Sr. Ingrid Andersen, Priest

Tenth Sunday after Pentecost
10:00 a.m. Service
August 2, 2026



JESUS MAFA. Jesus multiplies the loaves and fish, from *Art in the Christian Tradition*

Sunday Services are at 8:30 a.m. (Traditional Rite)
10:00 a.m. (Contemporary)

Office Hours Mon to Thurs 9:30 am – 12:30 pm

Online Bible Study Thursdays at 6:00 p.m.

WELCOME TO ANGLICAN CHURCH OF THE ADVENT

If you are new to our parish, please identify yourself to the sidespersons or priest so we can welcome you and tell you about our church.

We recognize that we worship on the traditional lands of Coast Salish peoples. We commit ourselves to continue with our First Nations neighbours on the journey of healing, truth, and reconciliation.

The Rev. Sr. Ingrid Andersen preaches & presides.

This service is being broadcast live on the Internet. By attending this morning, you acknowledge and consent to the fact that video images of you may appear there.

Please have your electronic devices on silent mode during the service.

10:00 a.m. Holy Eucharist Book of Alternative Services, p. 185

*Lay Eucharistic Minister is Shaena Wallace
Sidespeople are Rose Chandler & Scott Weatherell
Ministry of the Chalice – Lydia French & Mike Armstrong
Music Director is Nell Howard*

THE GATHERING OF THE COMMUNITY

Leader: As we meet today, we begin by remembering the Songhees and x^wsepsəm nations, on whose traditional land we now gather in gratitude. We acknowledge their story and their stewardship of the land and water, the plants, and animals, through the many generations. As we meet today, we remember those who have called this place their home in recent years — the community of faith known as Anglican Church of the Advent. Let us greet one another with words and signs of welcome.

Opening Hymn: CP 307 When Long Before Time

Sentence of the Day: We do not live by bread alone, but by every word that comes from the mouth of God.

Collect of the Day: Almighty God, **your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom. Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread,**

who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

(Please be seated)

THE STORY OF FAITH IS PROCLAIMED

Chat at the Chancel:

Hymn: MV 213 Take Up His Song (Vs. 4)

© 2005 Laura A. Herman; Arrangement © 2006 Robin King

Take up his song of love and go into the world,
Take up his song of love in ev'ry moment.
In ev'ry moment of the journey, we're laying down our lives,
lay them down, in love, lay them down, and take up his song.

First Reading: Genesis 32:22-31

Janet Denford

The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

Hear what the Spirit says to the Church.

Thanks be to God.

Psalm: 17:1-7, 16

Shaena Wallace

Hear my plea of innocence, O Lord; give heed to my cry; *** listen to my prayer, which does not come from lying lips.**

Let my vindication come forth from your presence; *** let your eyes be fixed on justice.**

Weigh my heart, summon me by night, * **melt me down; you will find no impurity in me.**

I give no offence with my mouth as others do; * **I have heeded the words of your lips.**

My footsteps hold fast to the ways of your law; * **in your paths my feet shall not stumble.**

I call upon you, O God, for you will answer me; * **incline your ear to me and hear my words.**

Show me your marvellous loving-kindness, * **O Saviour of those who take refuge at your right hand from those who rise up against them.**

But at my vindication I shall see your face; * **when I awake, I shall be satisfied, beholding your likeness.**

Second Reading: Romans 9:1-5

Keith Denford

I am speaking the truth in Christ - I am not lying; my conscience confirms it by the Holy Spirit - I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

Hear what the Spirit says to the Church.

Thanks be to God.

(Please stand as you are able for the Gradual Hymn.

Gradual Hymn: VU 471 Eat This Bread and Never Hunger

© 1993 Hope Publishing Company

Refrain: Eat this bread and never hunger, drink this cup and never thirst; Christ invites us to the table where the last become the first.

Asking for a cup of water, Jesus touched forbidden ground; and the woman, with a question, told the world what she had found. **[R]**

Walking down a desert highway, Jesus healed a man born blind;
soon the man became a witness to the truth we seek and find. [R]

Weeping for his friend at graveside, Jesus felt the pain of death;
yet he knew God's power to waken: living water, living breath. [R]

(Please remain standing for the Gospel reading)

The Lord be with you. **And also with you.**

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

Glory to you Lord Jesus Christ.

Gospel: Matthew 14:13-21

Rev. Ingrid Andersen

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of Christ.

Praise to you Lord Jesus Christ.

Sermon: Rev. Sr. Ingrid Andersen

RESPONDING TO THE WORD

Prayers of the People:

Janet Denford

(Please be seated for the prayers)

Each petition will end with – God of abundance.

Please respond with – **Hear our prayer.**

Confession & Absolution: God has promised forgiveness to all who truly repent, turn to Christ in faith and are themselves forgiving. In silence we call to mind our sins.

Merciful God, **we have sinned in what we have thought and said, in the wrong we have done and in the good we have not done. We have sinned in ignorance: we have sinned in weakness: we have sinned through our own deliberate fault. We are truly sorry. We repent and turn to you. Forgive us, for our Saviour Christ's sake, and renew our lives to the glory of your name. Amen.**

Through the cross of Christ, God have mercy on you, pardon you and set you free. Know that you are forgiven and be at peace. God strengthen you in all goodness and keep you in life eternal. **Amen.**

-From A New Zealand Prayer Book

(Please stand as you are able for the Peace)

The Peace:

The peace of the Lord be always with you. **And also with you!**

All are warmly welcomed to join us at the Lord's Table. If you prefer not to receive communion but prefer to receive a blessing, please cross your arms over your chest. Gluten-free bread is available upon request. Please leave your communion glasses in the bowls on the left and right as you return to your seat.

THE SACRED MEAL IS SHARED

Offertory Hymn: MV 12 Come Touch Our Hearts (Come Touch and Bless)

© 2002 Common Cup Company; Arrangement © 2002 by Andrew Donaldson

Come touch our hearts that we may know compassion,
from failing embers build a blazing fire;
love strong enough to overturn injustice, to seek a world more gracious,
come touch and bless our hearts.

Come touch our souls that we may know and love you,
your quiet presence all our fears dispel;
create a space for spirit to grow in us, let life and beauty fill us,
come touch and bless our souls.

Come touch our minds and teach us how to reason,
set free our thoughts to wonder and to dream;
help us to open doors of understanding, to welcome truth and wisdom,
come touch and bless our minds.

Come touch us in the moments we are fragile,
and in our weakness your great strength reveal;
that we may rise to follow and to serve, steady now our nerve,
come touch and bless our wills.

Come touch us now, this people who are gathered,
to break the bread and share the cup of peace;
that we may love you with our heart, our soul, our mind, our strength, our all,
come touch us with your grace.

Prayer over the Gifts: God our sustainer, **accept all we offer you this day, and feed us continually with that bread which satisfies all hunger, your Son our Saviour Jesus Christ. Amen.**

Eucharistic Prayer: #4 (BAS Pg. 201)

The Sanctus: VU 951 Santo, Santo, Santo (Anon., Argentina)

**Santo, santo, santo. Mi Corazón te Adora!
Mi Corazón te sabe decir; Santo eres Dios!
Holy, holy, holy, my heart, my heart adores you!
My heart is glad to say the words: You are holy, God!**

Lord's Prayer:

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Our Father in Heaven, Hallowed be your name, your kingdom come, your will be done, on earth as it is 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 pow'r and the glory are yours now and forever. Amen.

The Breaking of the Bread:

**We break this bread to share in the body of Christ.
We, being many, are one body, for we all share in the one bread.**

The gifts of God for the People of God.

Thanks be to God.

The Communion:

Communion Anthem: I Am the Bread of Life (Yo Soy el Pan de Vida)

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(Sung by Choir)

(Please stand as you are able for the Prayer after Communion)

Prayer after Communion: God of grace, we have shared in the mystery of the body and blood of Christ. May we who have tasted the bread of life live with you for ever. We ask this in the name of Jesus Christ our Lord. Amen.

Doxology: Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

SENDING FORTH

Shared Ministry:

Birthdays & Anniversaries:

Sending out of Lay Eucharistic Visitors:

In the name of God and of this congregation, we send you forth bearing these holy gifts, that those to whom you go may share with us in Christ's body and blood.

We being many, are one body, because we all share in the one bread.

May those who receive it from you be strengthened and encouraged in the community we have together in our Lord Jesus Christ. **Amen.**

Blessing:

Commissioning Hymn: CP 575 Let Streams of Living Justice

Commissioning:

Go in peace to love and serve the Lord.

In the name of Christ!

INTERCESSIONS

TODAY WE PRAY

For The Church of the Province of Uganda.

We pray for our Primate Shane, John our Metropolitan,

Anna our Bishop, and Ingrid our Priest.

*In the Western Peninsula & Gulf Islands region for The Venerable Dr. Lon Towstego
and all in ministry at the Parish of Central Saanich.*

FOR THOSE WHO HAVE ASKED US TO PRAY FOR THEM

*We pray for those who have asked for our prayers and for those we know and love,
especially Don, Barb, Don, Audrey, Cena, Andrew, Tina, Jenny, Jim, Wayne, and
Neil, and the residents and staff of Broadmead Lodge.*

READINGS FOR NEXT WEEK

Genesis 37:1-4, 12-28; Ps 105:1-6, 16-22, 45c; Romans 10:5-15; Matthew 14:22-33

SHARED MINISTRY

40th anniversary fabric project - Thank you to everyone who participated in this project on Sunday. We had a wonderful time!

Jose Perena Pratt, Mary Wills and Linda Van Sickle have been busy putting together an amazing assortment of fabrics – quilting cottons, batiks, silks, satins, lace, and velvets in four main colours (green, white and gold, red and purple). With the help of the ladies of the Tuesday What-Sew-Ever Group, we have cut these beautiful fabrics into an assortment of pieces, large and small, and in a variety of shapes.

On Sunday, August 9th, we will have the red and purple projects ready for the whole congregation to create hangings for Pentecost and Lent. You will have a chance to select a few pieces in each colour, and add them using glue sticks to the background piece for each of the fabric collages. Jose, Mary, and Linda will be there to help out. When we've made each creation together, we will take them home and finish them by sewing through the pieces and the background, and finishing the edges with beautiful binding. Both pieces will then hang in the entranceway to the Chapel, where the blue collage made by the congregation ten years ago currently hangs.

What a way to celebrate our 40th anniversary as a parish family!

Family Board Games Night - Do you enjoy board games? Feel like unplugging from social media and getting together with friends for some games, snacks and plenty of laughs?

Then join us on **Saturday, August 8th at 5 PM** in the hall for the next Family Board Games Night. There will be tons of games for everyone. Party games, strategy games, dice, cards...you name it! Did we mention snacks and drinks? That's right! In true board game café style, we will have bowlfuls of snacks, popcorn, and drinks available to keep tummies from grumbling. All proceeds will go to the Coffee Fund. See you there!

Marion Knoll's 100th Birthday - Join Marion with all her friends and family to celebrate her 100th Birthday! **Saturday, August 15th, 3 PM at St. Mary's Metchosin Anglican Church (4125 Metchosin Rd.)**. Please RSVP to: marionknolls100thbirthday@gmail.com. The Hall will be open all day, so you are welcome to arrive early!

Outdoor Eucharist Service & Picnic - Join us outside on the church lawn for our very popular annual Parish Outdoor Eucharist Service & Picnic that is happening on **August 23rd at 10 am**. Bring your hats, chairs, blankets, sunscreen and a pop-up shade shelter if you have one! Sign-up sheets for the potluck are in the Narthex.

Parish Office Closure – Caroline will be away in August from the 4th to the 20th. The parish office will be closed; however, emails and voicemails will be monitored for urgent or time sensitive messages. Please also know that you can contact the wardens, Carol and Shaena, by emailing them at anglicanwardens@colwoodanglican.ca, or approaching them in person.

Fall Garden Clean-Up Day - Join us on **Saturday, September 19 at 9:00 a.m.** as we come together to tend, refresh, and care for our parish grounds. All volunteers are welcome, and no experience is needed — just a willingness to lend a hand and to enjoy time in community. Garden gloves, a spade and rainproof clothing are recommended.

A light lunch will be provided following the clean-up as a small thank-you to everyone who participates.

To help us plan, please RSVP by emailing Ariana Whitman at a.m.whitman@outlook.com, or call the parish office at (250) 474-3031.

We look forward to gathering in care for creation and in fellowship as we prepare the gardens for the season ahead.

From the Parish Library - This week's Top Shelf features books by two very different love- and grace-inspired priests, Brennan Manning and Nadia Bolz-

Weber. For a quick and charming read from Bishop Logan's library, check the top of the children's table. Instructions for borrowing a book are on the end of the pink box marked Library, underneath the book display.

MARK YOUR CALENDARS

Aug 4-20 Caroline away

Aug 8 Family Board Games Night, Hall, 5 pm

Aug 22 Spanish Service & Potluck, 6 pm

Aug 23 Parish Picnic & Eucharist, church lawn, 10 am

Aug 27 Prayer Shawl Mtg, 10 am, St. John's Rm

Sep 2 Community Coffee Social, 9:30-11, Hall

Sep 5 Taize Service, 5 pm

Sep 9 Ladies Guild Meeting, 1:30 pm

Sept 13 Welcome Back Sunday

Sept 15 Parish Council Mtg, 6:30 pm

Sep 19 Celebration of Asian Cuisine, 6 pm

Sep 24 Prayer Shawl Mtg, 10 am, St. John's Rm

Sep 26 Spanish Service & Potluck, 6 pm

Sep 27 Parish Coffee Welcome, after 10:00 service

Sept 28-Oct 2 BOOK SALE PREP WEEK

Oct 3 BOOK SALE DAY