



Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Faith - Family - Friendship



ANGLICAN DIOCESE
OF BRITISH COLUMBIA

Welcome To PARISH OF CENTRAL SAANICH St. Stephen Church



“The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it.” Exodus 2:5

August 23, 2026 – 13th Sunday after Pentecost

Join us as we worship the living Christ!

*We acknowledge that we gather to worship on the traditional lands of the
W̱SÁNEĆ and Coast Salish Peoples*

Weekly Sunday Service at 10:00 from May 31-August 30, 2026

Next week (August 30): Service at St Mary Church

Continue to monitor our website - ParishCS.ca

The Ven. Dr. Lon Towstego, Incumbent

Associated Clergy

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

The Ven. Dr. Lon Towstego, Presiding

A Warm Welcome to all who worship with us, especially visitors.

With thanks, please mute your cell phones during the service.

*The congregation says or sings the items in **bold** typeface.*

Front cover art: <https://www.freebibleimages.org/illustrations/spi-baby-moses/>

♪ **Prelude** – Praise Band: Be Alright – Evan Craft, Sean Cook & Willy Gonzalez
© 2020 CCLI# 7160689

Welcome & Land Acknowledgement

♪ **Gathering Song: *Jesus, Messiah*** - Daniel Carson, Chris Tomlin, Ed Cash and
Jesse Reeves © 2008 CCLI# 5183443

1. He became sin, who knew no sin;
That we might become His righteousness;
He humbled Himself, and carried the cross.
Love so amazing, Love so amazing.

Refrain: Jesus, Messiah; Name above all names;
Blessed Redeemer; Emmanuel.
The Rescue for sinners, the Ransom from heaven;
Jesus, Messiah, Lord of all.

2. His body the bread, His blood the wine
Broken and poured out, all for love.
The whole earth trembled, and the veil was torn.
Love so amazing, Love so amazing. **Refrain**

Bridge: All our hope is in You, All our hope is in You;
All the glory to You, God, The Light of the world. **Refrain**

The Gathering of the Community

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all. **And also with you.**
Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

♪ **Hymn of Praise: *Gloria*** – Mass for the King of Glory – Betty Carr
Pulkingham © 1973 (arr. for one voice by Daisy Essery)

Glory to God, Glory to God in the highest,
And peace to his 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**

Centering Stillness & Prayer of the Day

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

O God, with all your faithful followers of every age, we praise you, the rock of our life. Be our strong foundation and form us into the body of your Son, so that we may gladly minister to all the world, through Jesus Christ, our Saviour and Lord. **Amen.**

THE READINGS

First Lesson: Exodus 1:8 – 2:10 – Sean Lyon

⁸ Now a new king arose over Egypt who did not know Joseph. ⁹ He said to his people, “Look, the Israelite people are more numerous and more powerful than we. ¹⁰ Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land.” ¹¹ Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. ¹² But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. ¹³ The Egyptians subjected the Israelites to hard servitude ¹⁴ and made their lives bitter with hard servitude in mortar and bricks and in every kind of field labor. They were ruthless in all the tasks that they imposed on them.

¹⁵ The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, ¹⁶ “When you act as midwives to the Hebrew women and see them on the birthstool, if it is a son, kill him, but if it is a daughter, she shall live.” ¹⁷ But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. ¹⁸ So the king of Egypt summoned the midwives and said to them, “Why have you done this and allowed the boys to live?” ¹⁹ The midwives said to Pharaoh, “Because the Hebrew women are not like the Egyptian women, for they are vigorous and give birth before the midwife comes to them.” ²⁰ So God dealt well with the midwives, and the people multiplied and became very strong. ²¹ And because the midwives feared God, he gave them families. ²² Then Pharaoh commanded all his people, “Every son that is born to the Hebrews you shall throw into the Nile, but you shall let every daughter live.”

² Now a man from the house of Levi went and married a Levite woman. ² The woman conceived and bore a son, and when she saw that he was a fine baby, she hid him three months. ³ When she could hide him no longer, she got a papyrus basket for him and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. ⁴ His sister stood at a distance, to see what would happen to him.

⁵ The daughter of Pharaoh came down to bathe at the river, while her attendants

walked beside the river. She saw the basket among the reeds and sent her maid to bring it. ⁶When she opened it, she saw the child. He was crying, and she took pity on him. “This must be one of the Hebrews’ children,” she said. ⁷Then his sister said to Pharaoh’s daughter, “Shall I go and get you a nurse from the Hebrew women to nurse the child for you?” ⁸Pharaoh’s daughter said to her, “Yes.” So the girl went and called the child’s mother. ⁹Pharaoh’s daughter said to her, “Take this child and nurse it for me, and I will give you your wages.” So the woman took the child and nursed it. ¹⁰When the child grew up, she brought him to Pharaoh’s daughter, and he became her son. She named him Moses, “because,” she said, “I drew him out of the water.”

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

Psalm 124 – Sue Smith

If it had not been the Lord who was on our side - **let Israel now say:**

² if it had not been the Lord who was on our side,

when our enemies attacked us,

³ then they would have swallowed us up alive,

when their anger was kindled against us;

⁴ then the flood would have swept us away; **the torrent would have gone over us;**

⁵ then over us **would have gone the raging waters.**

⁶ Blessed be the Lord, **who has not given us as prey to their teeth.**

⁷ We have escaped like a bird from the snare of the hunters;

the snare is broken, and we have escaped.

⁸ Our help is in the name of the Lord, **who made heaven and earth.**

Glory be to the Father and to the Son and to the Holy Spirit; **as it was in the beginning, is now, and ever shall be, world without end. Amen.**

Second Lesson: Romans 12:1-8 – Marian Towstego

I appeal to you therefore, brothers and sisters, on the basis of God’s mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. ²Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect.

³For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think but to think with sober judgment, each according to the measure of faith that God has assigned. ⁴For as in one body we have many members and not all the members have the same function, ⁵so we, who are many, are one body in Christ, and individually we are members one of another. ⁶We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ⁷ministry, in ministering; the teacher, in teaching; ⁸the encourager, in encouragement; the giver, in sincerity; the leader, in diligence; the compassionate, in cheerfulness.

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

♪ **Gradual: *Good To Me*** - Craig Musseau © 1990 CCLI # 313480

**I cry out for Your hand of mercy to heal me.
I am weak, I need Your love to free me.
Oh Lord, my rock, my strength in weakness.
Come rescue me, oh Lord.**

**You are my hope, Your promise never fails me.
And my desire is to follow You forever.
For You are good, for You are good, For You are good to me.
For You are good, for You are good, For You are good to me.**
(Repeat from beginning)

Gospel Lesson: Matthew 16:13-20 – Richard Routledge

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

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

Glory to you, Lord Jesus Christ

♪ **Alleluia**

¹³ Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” ¹⁴ And they said, “Some say John the Baptist but others Elijah and still others Jeremiah or one of the prophets.” ¹⁵ He said to them, “But who do you say that I am?” ¹⁶ Simon Peter answered, “You are the Messiah, the Son of the living God.” ¹⁷ And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you but my Father in heaven. ¹⁸ And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. ¹⁹ I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” ²⁰ Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

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

♪ **Alleluia**

Sermon – The Ven. Dr. Lon Towstego

♪ **Anthem: *Who Do Men Say That I Am?*** - Daisy Essery © 1990 Joyful Noise
Music CCLI# 3311334

The Apostle's Creed

Let us confess the faith of our baptism, as we say,
**I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord. He was conceived by the
power of the Holy Spirit and born of the Virgin Mary.
He suffered under Pontius Pilate, was crucified, died, and was buried.
He descended to the dead. On the third day he rose again.
He ascended into heaven, and is seated at the right hand of the Father.**

He will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting. Amen.

The Prayers of the People – Sean Lyon

The Peace

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

The members of the community offer a sign of peace to one another.

♪ **Offertory: You Are Salt for the Earth** – Marty Haugen © 1986 G.I.A. Publications, Inc.

Cantor: Abby Moss

1. You are salt for the earth, O people: **Salt for the Kingdom of God!**

Share the flavour of life, O people: **Life in the Kingdom of God!**

Refrain: Bring forth the Kingdom of mercy,

Bring forth the Kingdom of peace;

Bring forth the Kingdom of justice,

Bring forth the City of God!

2. You are a light on the hill, O people: **Light for the City of God!**

Shine so holy and bright, O people: **Shine for the Kingdom of God!**

Refrain

3. You are a seed of the Word, O people: **Bring forth the Kingdom of God!**

Seeds of mercy and seeds of justice, **Grow in the Kingdom of God!**

Refrain

4. We are a blest and a pilgrim people: **Bound for the Kingdom of God!**

Love our journey and love our homeland: **Love is the Kingdom of God!**

Refrain x2

Prayer over the Gifts

God of glory, receive all we offer this day as a symbol of our love, and increase in us that true and perfect gift. We ask this in the name of Jesus Christ our Lord.
Amen.

HOLY EUCHARIST

Book of Alternative Services – Eucharistic Prayer 3

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

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

Blessed are you, gracious God, creator of heaven and earth; by water and the

Holy Spirit you have made us a holy people in Jesus Christ our Lord;

you renew that mystery in bread and wine and nourish us, to show forth your

glory in all the world. Therefore with angels and archangels, and with all the holy

people who have served you in every age, we raise our voices to proclaim the
glory of your name:

♪ Sanctus: (Land of Rest)

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest. Hosanna in the highest.**

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

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

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

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

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

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

The Lord's Prayer

As our Saviour taught us, let us pray:

♪ Lord's Prayer - Jodi Page © 1974 Celebration Services

**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.**

Administration of Holy Communion

*All are invited to share in the Bread or a Blessing. • Gluten Free Wafers are available upon request.
Please cross your arms at the rail if you would like a blessing.*

♪ **Communion: *One Bread, One Body*** - © 1978 John B Foley, SJ & OCP Publications

Refrain: One bread, one body, one Lord of all
One cup of blessing which we bless
And we, though many, throughout the Earth
We are one body in this one Lord

1 - Gentile or Jew, servant or free, woman or man, no more ***Refrain***

2 - Many the gifts, many the works, one in the Lord of all ***Refrain***

3 - Grain for the fields, scattered and grown, gathered to one for all. ***Refrain***

Prayer after Communion

Living God, increase in us the healing power of your love. Guide and direct us that we may please you in all things, for the sake of Jesus Christ our Lord. **Amen**

Doxology & Blessing

Glory to God, whose power working in us, can do infinitely more than we can ask or imagine. Glory to God, From generation to generation, in the Church and in Christ Jesus, For ever and ever. **Amen**

♪ **Sending Song: *Blessed Be Your Name*** - Beth & Matt Redman © 2002 CCLI# 3798438

1. Blessed be Your name in the land that is plentiful,
Where Your streams of abundance flow, blessed be Your name.
Blessed be Your name when I'm found in the desert place,
Though I walk through the wilderness, blessed be Your name.

Ev'ry blessing You pour out I'll turn back to praise.
When the darkness closes in, Lord, still I will say,

Refrain: "Blessed be the name of the Lord, Blessed be Your name.
Blessed be the name of the Lord, Blessed be Your glorious name."

2. Blessed be Your name when the sun's shining down on me,
When the world's all as it should be, blessed be Your name.
Blessed be Your name on the road marked with suffering,
Though there's pain in the offering, blessed be Your name.

Ev'ry blessing You pour out I'll turn back to praise.
When the darkness closes in, Lord, still I will say, ***Refrain***

You give and take away, You give and take away.
My heart will choose to say, "Lord, blessed be Your name." (repeat)

Refrain x 2

Dismissal

♪ **Postlude – *Desesperado*** – Evan Craft and Samuel Montañez © 2021 CCLI# 7170849

Thank you to all who are assisting today:

♪ Praise Band: Rachel & Abby Moss, Greg Robinson, Gary Stubbs,
Readers: Sean Lyon, Sue Smith, Marian Towstego, Richard Routledge

SCRIPTURES & READERS FOR NEXT SUNDAY, AUGUST 30

Exodus 3:1-15 – Nancy Choat • **Psalms 105:1-6,23-26,45** – Marcia McMenamie
Romans 12:9-21 – Marian Towstego • **Matthew 16:21-28** – Richard Routledge

EVENTS & ANNOUNCEMENTS

IN MEMORIAM – We give thanks for the life of **Linda Hendren**, wife of Blaine, our custodian at St. Mary. Please keep Blaine and family in your prayers. We pray that Linda Rest in peace and the light of Christ shine upon her always.

INTERCESSIONS UPDATE – Please contact Hannah (admin@parishcs.ca) to indicate if there are names on the Intercessions List (Ill or in need of prayer, Long-term needs, and Friends beyond the parish) that should be added or removed. **To help us keep the list current, existing names will remain for another week unless we hear from you that they should continue to be included.** In the Greater Community is updated every week, and Global section also added.

SUPPORT FOR OLDER ADULTS IN OUR COMMUNITY – The Community Connector Program at SHOAL Centre is available to help older adults on the Saanich Peninsula connect with local programs, services, and resources that support health, independence, and quality of life. Community Connectors can assist with finding social groups, transportation options, food supports, housing information, recreation opportunities, and other community services tailored to your needs. If you think this program may be helpful to you, a family member, or a friend, please visit the Beacon Community Services Community Connector webpage or contact the SHOAL Centre for more information.
<https://beaconcs.ca/shoal-senior-support-services/#communityconnector>
SHOAL Centre: (250) 656-5537

ST. MARY OUTREACH – In your offering envelope package you will find special monthly outreach envelopes. For those who do not have offering envelopes, you may bring your outreach offering in a plain envelope, marked “Outreach for Month of ____” with your name and address.

August	Anglican Appeal – Donations support the mission work and ministry in Canada’s North and our church partners overseas.
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ST. STEPHEN OUTREACH

August	Victoria Humane Society – Rescues dogs and cats, and sometimes other small animals. The costs incurred are significant, from transport, medical care, and on-going food costs and incidentals.
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INTERCESSIONS

Anglican Cycle of Prayer: We pray for the Church of the Province of West Africa. We pray for Archbishop Sarah Mullally; the Anglican Church of Canada and Archbishop Shane Parker, Primate; John Stephens, Metropolitan of The Province of B.C and Yukon We also pray for Archbishop Chris and the Anglican Council of Indigenous Peoples.

Diocesan Cycle of Prayer: We pray for Anna, our bishop, and for our regional archdeacons.

Regional Cycle of Prayer: We pray for the people of the Parish of St. Margaret of Scotland, and the people of the parish and neighborhood. Be with them as they spread the good news, the Gospel to the folk on the Island and around it. Be with their rotating clergy and Lay Assistant team.

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

In our Parish: We pray for Rachel & Gary Moss and their family, Alan Noble, and Carol Peaker.

For those ill or in need of prayer: Neville & Patricia, Roche, Diana A., Fern, Dennis, Glenda, Dawn, Sybil, Roy, Jillian, Jacqueline Stober, Marie Heaps, David Scarth, Bob Buchanan, Fran Moss.

For Those with Long-Term Needs: Cheryl, Ted, Phil J., Natalie, Jamie, Jane & Paul, Margery, Courtney, Kristen, Brad, Kim, Lynn S., Brett.

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, Sheila, David F., Dani R. & family, Paula, Hayden, Carlos, Bryan, Karen & family, Drew, Sheila P., Amy, Betty E., Sue P., Michelle, Carl G., Keith & Lillian, Michael A., Jasmine, Kai, Cathy Swinscoe, Arianne, Chad, Yvonne N., Terry O, Ronald P., Rudi D., Alysha, Cassidy.

In the greater community: We pray for those experiencing homelessness or housing insecurity, and for those working to provide safe housing, compassionate care, and lasting solutions. We pray for families struggling with the rising cost of living, and for those facing difficult financial decisions. We pray for food banks and those experiencing food insecurity.

Globally: We pray for communities around the world experiencing prolonged drought and water scarcity, for farmers whose lands and livelihoods are threatened by desertification, and for all without reliable access to clean and safe drinking water. We pray for those working to protect and restore vital water sources, and for wisdom, cooperation, and sustainable solutions so that all may share in the life-giving gift of water.

St. Mary Anglican Church

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Office: 250-652-1611

CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

Cell Phone: (250) 208-9949

Email: ltowstego@bc.anglican.ca

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OFFICE HOURS

Tuesday-Friday

9:00-1:00

admin@parishcs.ca

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