



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. Mary Church



“When the Lord saw that he had turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here I am.”” *Exodus 3:4*

August 30, 2026 – 14th 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*

**Next week (September 6): Two Services Resume!
St Mary Church 9:00 • St Stephen Church 11:15**

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 Shoosmith, 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.*

♪ **Prelude** – Joanne Lambert

Welcome & Land Acknowledgement

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

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

The Gathering of the Community

In this time and place we gather on the ancestral lands of the WSÁNEĆ and Coast Salish Peoples.

From many places and Peoples we come to this house in prayer.

In this time and place we gather in the name of the living God.

We meet in the presence of Jesus Christ, risen and alive.

In this time and place, we gather with the community of faith around the globe and across the ages. **In this time and place, heaven and earth are one.**

In this time and place, we are not alone, but one in Christ.

Knit together in the unity of the Spirit.

In this time and place, hallowed, expectant, one people in God. **In the name of the Holy and Blessed One, Creator, Redeemer, and Holy Spirit. Amen.**

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

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

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

Centering Stillness & Prayer of the Day

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

O God, whose word burns like a fire within us: grant us a bold and faithful spirit, so that, in your strength, we may be unafraid to speak your word and follow where you lead; through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen.**

THE READINGS

First Lesson: Exodus 3: 1-15 – Nancy Choat

3 Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness and came to Mount Horeb, the mountain of God. ²There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. ³Then Moses said, "I must turn aside and look at this great sight and see why the bush is not burned up." ⁴When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." ⁵Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." ⁶He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

⁷Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, ⁸and I have come down to deliver them from the Egyptians and to bring them up out of that land to a good and spacious land, to a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. ⁹The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. ¹⁰Now go, I am sending you to Pharaoh to bring my people, the Israelites, out of Egypt." ¹¹But Moses said to God, "Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?" ¹²He said, "I will be with you, and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall serve God on this mountain.

¹³But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" ¹⁴God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'" ¹⁵God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations.

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

Psalms 105:1-6, 23-26, 45c – Marcia McMenamie

¹ Give thanks to the Lord and call upon his name;

make known his deeds among the peoples.

² Sing to him, sing praises to him, **and speak of all his marvellous works.**

³ Glory in his holy name; **let the hearts of those who seek the Lord rejoice.**

⁴ Search for the Lord and his strength; **continually seek his face.**

⁵ Remember the marvels he has done,
his wonders and the judgements of his mouth,

⁶ O offspring of Abraham his servant, **O children of Jacob his chosen.**

²³ Israel came into Egypt, **and Jacob became a sojourner in the land of Ham.**

²⁴ The Lord made his people exceedingly fruitful;

he made them stronger than their enemies;

²⁵ Whose heart he turned, so that they hated his people,

and dealt unjustly with his servants.

²⁶ He sent Moses his servant, **and Aaron whom he had chosen. Hallelujah!**

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 12:9-21 – Marian Towstego

⁹ Let love be genuine; hate what is evil; hold fast to what is good; ¹⁰ love one another with mutual affection; outdo one another in showing honor. ¹¹ Do not lag in zeal; be ardent in spirit; serve the Lord. ¹² Rejoice in hope; be patient in affliction; persevere in prayer. ¹³ Contribute to the needs of the saints; pursue hospitality to strangers.

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵ Rejoice with those who rejoice; weep with those who weep. ¹⁶ Live in harmony with one another; do not be arrogant, but associate with the lowly; do not claim to be wiser than you are. ¹⁷ Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸ If it is possible, so far as it depends on you, live peaceably with all. ¹⁹ Beloved, never avenge yourselves, but leave room for the wrath of God for it is written, “Vengeance is mine; I will repay, says the Lord.” ²⁰ Instead, “if your enemies are hungry, feed them; if they are thirsty, give them something to drink, for by doing this you will heap burning coals on their heads.” ²¹ Do not be overcome by evil, but overcome evil with good.

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

♪ **Gradual: *Sister Let Me Be Your Servant*** (CP #500)

**Sister let me be your servant, Let me be as Christ to you
Pray that I might have the grace to let you be my servant too.**

**We are pilgrims on the journey, we are travellers on the road
We are here to help each other, Walk the mile and bear the load.**

**I will hold the Christ-light for you in the nighttime of your fear
I will hold my hand out to you, speak the peace you long to hear.**

**Brother, let me be your servant, Let me be as Christ to you;
Pray that I may have the grace to let you be my servant too.**

Gospel Lesson: Matthew 16:21-28 – 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**

²¹ From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes and be killed and on the third day be raised. ²² And Peter took him aside and began to rebuke him, saying, “God forbid it, Lord! This must never happen to you.” ²³ But he turned and said to Peter, “Get behind me, Satan! You are a hindrance to me, for you are setting your mind not on divine things but on human things.

²⁴ Then Jesus told his disciples, “If any wish to come after me, let them deny themselves and take up their cross and follow me. ²⁵ For those who want to save their life will lose it, and those who lose their life for my sake will find it. ²⁶ For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

²⁷ “For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. ²⁸ Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.”

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

♪ Alleluia

Sermon – The Ven. Dr. Lon Towstego

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.

Confession & Absolution

Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness. (*Silence is kept*)

Most merciful God, **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent.**

For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

The Prayers of the People – Richard Routledge

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: *For the Beauty of the Earth* (CP #429)

1. For the beauty of the earth, for the glory of the skies,
for the love which from our birth over and around us lies;

Refrain: Christ our God, to thee we raise; this our sacrifice of praise.

2. For the beauty of each hour; of the day and of the night,
hill and vale, and tree and flower; sun and moon, and stars of light;
3. For the joy of human love; brother, sister, parent, child,
friends on earth and friends above; for all gentle thoughts and mild;
4. For each perfect gift of thine; to our race so freely given,
graces human and divine; flowers of earth and buds of heaven;

Prayer over the Gifts

Merciful God, receive all we offer you this day. Give us grace to love one another, that your love may be made perfect in us. We ask this in the name of Jesus Christ our Lord. **Amen.**

HOLY EUCHARIST

Eucharistic Liturgy for the Islands and Inlets (B)

God is here. **The Spirit is with us.**

Lift up your hearts and minds. **We lift them to God.**

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

Holy and eternal One, in whom we live and move and have our being. You are our origin and our fulfillment; we praise and thank you for drawing us to this sacred meal. From the ocean of your primal love, you fashioned the marvel of creation, and beauty of human life. From this land of towering forests and mist laden coastlines, you humble us and affirm the sacred gift of all creation, calling us to care for everything given and received.

Glory to you, source of all life

From the earliest days the peoples of these islands and inlets learned their dependence on your provision, salmon and deer, song and ceremony, dance, and painted cedar, hallowed these sacred relationships with all life.

Glory to you, source of all life.

In Jesus Christ, you came into our world to reveal your glory, reconcile all peoples to yourself, and make all things new in him. Now, gathered from many places, and joining with the saints of every time and place, we raise our thankful voices in songs of unending praise.

♪ **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.

Blessed are you, most holy One: For on the night before he died Jesus took bread, gave you thanks, broke it, gave it to all gathered, and said: "Take, eat, this is my body which is given for you, do this in remembrance of me."

After supper, he took the cup, gave you thanks, and gave it to them saying:

"Drink this, all of you. This is my blood of the new covenant which is given for you, do this in remembrance of me."

"Behold, I am with you to the end of the age."

Therefore, God of all creation, we lift this Bread of Life, and this Cup of Salvation. Send your Holy Spirit on these gifts, and upon us, that we may know Jesus in the breaking of the bread, and follow him in lives of selfless service and courageous love. **Glory to you, source of all life**

In the fullness of time reconcile all things in Christ, and bring us to that heavenly table, where every tear will be wiped away and we will feast anew. Blessing, praise and thanksgiving be to you, Holy and Eternal One, Undivided Trinity, One God, now and forever. **Amen.**

♪ **The Lord's Prayer** (*Gordon Light*)

As our Saviour taught us, let us sing:

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 forever. Amen.

Breaking of the Bread

Creator of all, who summons the salmon from the depths of the seas to yearn for the place of their origin.

So may your Spirit stir in our hearts to return and find our home in you.

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: *Take My Life*** (CP #435)

Take my life, and let it be; consecrated Lord, to thee;
take my moments and my days; let them flow in ceaseless praise.

Take my hands, and let them move; at the impulse of thy love;
take my feet, and let them be; swift and purposeful for thee.

Take my will, and make it thine; it shall be no longer mine;
take my heart, it is thine own; it shalt be thy royal throne.

Take my love: my Lord, I pour; at thy feet it's treasure store;
take myself, and I will be; ever, only, all for thee

Prayer after Communion

Almighty God, you renew us at your table with the bread of life. May your holy food strengthen us in love and help us to serve you in each other. We ask this in the name 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: *Christ be our Light***

1. Longing for light, we wait in darkness, Longing for truth, we turn to you.
Make us your own, your holy people, Light for the world to see.

Refrain:

Christ be our light. Shine in our hearts. Shine through the darkness.
Christ be our light. Shine through your church, gathered today.

2. Longing for peace, our world is troubled. Longing for hope, many despair.
Your word alone has power to save us. Make us your living voice.
3. Longing for food, many are hungry. Longing for water, many still thirst.
Make us your bread, broken for others, Shared until all are fed.
4. Longing for shelter, many are homeless; longing for warmth, many are cold.
Make us your building, sheltering others, Walls made of living stones.
5. Many the gifts, many the people, Many the hearts that yearn to belong.
Let us be servants to one another, Making your kingdom come.

Dismissal

Go to the widows and the orphans, the poor and oppressed;
We will proclaim the good news and live into God's justice.

♪ **Postlude – Joanne Lambert**

CCLI# 245534



The altar flowers are given by **Cleo Whiting.**

Thank you to all who are assisting today:

🎵 Joanne Lambert, Readers: Nancy Choat, Marcia McMenamie,
Marian Towstego, Assistants: Richard Routledge, Ken Pedlow, David Cooper,
Shirley Schwazer, Sue Rumball, 🍷 Lynn Fallan

SCRIPTURES & READERS FOR NEXT SUNDAY, SEPTEMBER 6

Exodus 12: 1-14 – Jan Bergink (SM) • Deb Butler (SS)

Psalms 149 – Nichola Wade (SM) • Sharryl Pearce (SS)

Romans 12:1-8 – Marian Towstego (SM) • Sue Smith (SS)

Matthew 18:15-20 – Ken Pedlow (SM) • Sean Lyon (SS)

EVENTS & ANNOUNCEMENTS

IN MEMORIAM – We give thanks for the life of Linda McIntyre, 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.

PARISH ADMIN UPDATE – Hannah will be away travelling until September 5th, back in the office September 8th. Please direct parish inquiries to Lon or the parish wardens in her absence.

COFFEE ROSTER – The roster is posted on the Hall bulletin board for coffee hour hosting from September-December. Please sign up if you can host!

CURSILLO MOVEMENT ANNOUNCEMENT – The Cursillo Movement of the Diocese of BC is coming to an end with a final celebration on **Sunday, Sept 20/26**, at **St Philip Anglican Church**, 1797 Cedar Rd, Nanaimo. Doors open at 1:30pm, Celebration at 2pm, Free buffet dinner served at 4:30pm. **RSVP by September 9th to bradshawcursillo@gmail.com.**

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. If you think this program may be helpful to you, a family member, or a friend, please visit <https://beaconcs.ca/shoal-senior-support-services/#communityconnector> or contact the SHOAL Centre for more information: (250) 656-5537

PARISH 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 **AUGUST**” with your name and address.

St Mary: Anglican Appeal – Donations support the mission work and ministry in Canada’s North and our church partners overseas.
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St Stephen: 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 in the Province of the West Indies. 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 Christ Church, Gabriola Island.

Regional Cycle of Prayer: We pray for the Parish of Holy Trinity, North Saanich, The Rev. Denise Doerksen, and the people of the North Saanich community. We pray for the parish as they new and innovative ways to be church and blend that with their living out of Reconciliation and Social Justice.

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

In our Parish: We pray for Sharryl Pearce, Mike Philip, and Kristen Phillips.

For those ill or in need of prayer: Roche, Diana A., Fern, Dennis, Glenda, Dawn, Sybil, Roy, Jillian, Jacqueline Stober, David Scarth, Bob Buchanan.

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 who are incarcerated, for victims of crime, and for all working toward justice, rehabilitation, and reconciliation. We pray for those affected by cycles of poverty, violence, or addiction. We pray especially for those experiencing violence or abuse in their homes or communities, and for those providing shelter, advocacy, safety, and hope.

Globally: Humanitarian concerns: We pray for refugees, asylum seekers, and all who have been displaced from their homes; for those affected by human trafficking, persecution, and violations of human rights; and for children denied access to education and opportunity. We pray for human rights defenders, aid workers, and relief organizations working to protect the vulnerable and uphold human dignity. May their efforts help build a world of greater safety, justice, freedom, and belonging.

St. Mary Anglican Church

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CLERGY CONTACT INFORMATION

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OFFICE HOURS

Tuesday-Friday
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