

CONNECTION



The Quarterly Newsletter of the Anglican Parish of Central Saanich

Number 60



St. Mary Church

1973 Cultra Avenue,
Saanichton, BC V8M 1L7



St. Stephen Church

7921 St. Stephen Road,
Saanichton, BC V8M 2C3

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
(see page 2)

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
(see page 2)

Office: 250-652-4311
Email: admin@parishcs.ca
Web: www.ParishCS.ca

September 2026

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Incumbent: Ven. Dr. Lon Towstego

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

Deacon: The Rev. Gil Shoesmith



www.ParishCS.ca

Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Dates to Note

Our website, www.ParishCS.ca, is the best place to keep in touch with what is going on

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.

- **The regular two Sunday services at St. Mary at 9:00 a.m. and at St. Stephen at 11:15 a.m.** will resume on Sunday, September 6th.
- **The Wednesday Eucharist services at St. Mary at 10:00 a.m.**, having continued through the summer months with a social and sharing time, will resume with the **‘Sermon Circle’ Bible Study following at 10:45 a.m.** on September 9th.
- **Sunday September 20th:** A combined service at St. Stephen at 10:00 a.m. This is to facilitate the attendance of members of the parish at the Cursillo Movement final celebration in the afternoon.
- **Saturday, September 26th:** Men’s Breakfast at St. Stephen at 9:30 a.m. Details to be announced.
- **Saturday, October 3rd:** The Western, Peninsula and Gulf Islands Regional Conference to be held at St. Mary.
- **Sunday, October 4th:** The Blessing of the Animals service at St. Stephen. Details to be announced.
- **Sunday October 18th:** A combined service at St. Mary at 10:00 a.m. with the preacher and presider the Ven Jenny Replogle. More details to follow.
- **Saturday November 14th:** Holly Fair Sale at St. Mary from 9:30 a.m. to 1:00 p.m. Please see future communications for further details.
- **November 20th to 22nd:** The Diocesan Synod at Christ Church Cathedral.

Prayer Chain Contact: Becky Lowe is the Prayer Chain Coordinator.
Email address: prayers@parishcs.ca

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



Thank-you, Thank-you, Thank-you

This is an article on Christian Stewardship. I begin with the three thank-you(s) above as I am so grateful and impressed by our community, our church family's terrific response to the call to stewardship that we hear from God.

This summer we collectively reacted to a voice we were hearing about **upgrading the sound system at St. Mary**. We have more than covered that. I have heard so many positive comments on the upgrade. Well, done!

We were recently challenged to reach out into our local community and work with Central Saanich to have **a bench installed on the edge of our St. Mary property**. The residents of Legion Manor and other seniors in our neighborhood need this practical resting spot. Jesus promises us rest. It is great for us to see that as something to share.

For St. Stephen we still accept donations towards the improvements to **the stained-glass windows**. The work was done a few years ago, and we just keep reimbursing the fund where the money came from.

The **Seminarian Fund** is still active. We have always split the dispersal among our Seminarian/postulants, Gary Moss, Melanie Ihmel, and Richard Routledge. After they are ordained, it is my hope that we will continue the fund for future seminarians and postulants.

Regular giving to the parish is especially vital and life giving. You support all that we do as a parish by giving regularly. We can give by requesting "**Envelopes**" and putting cash or cheques in them. You can drop these in the collection plate. Early in the next year you will receive tax receipts. We can use **automatic withdrawals** from our bank accounts. Just see Hannah in our office or our Treasurer, Lynn Schumacher, for the document you need to fill in and sign. You can also **E-transfer** to treasurer@parishcs.ca. We have a square available if you wish to use a credit card. See Lynn Schumacher for that option.

You can also see Lynn regarding **Legacy Giving** from your wills or other financial instruments.

I am hearing you say that Lon is only talking about money! Yes, financial stewardship is one aspect of supporting God's ministry through our church. There are others, such as our time and talents.

*“Regular giving
to the parish is
especially vital
and life giving.”*

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From the Pastor's Pen *continued*



Giftng the church with our **God given, God inspired talents and time is so important as well.** So many of you do this now by volunteering in various roles and activities. I personally appreciate it and thank you. An important role for all of us is that of encouraging others. Sometimes an encouraging message at the appropriate moment can make someone's day.

From the Book of Common Prayer, Page 555, (adapted slightly for gender and contextual appropriateness.) I like to call it "The Rhythm of Life"

Every Christian man or woman should from time-to-time frame for themselves a RULE OF LIFE in accordance with the precepts of the Gospel and the faith and order of the Church; wherein they may consider the following: The regularity of their attendance at public worship and especially at the holy Communion. The practice of private prayer, Bible-reading, and self-discipline. Bringing the teaching and example of Christ into their everyday life. The boldness of their spoken witness to his faith in Christ. Their personal service to the Church and the community. The offering of money according to their means for support of the work of the Church at home and worldwide.

BLESSED be thou, LORD God of Israel, for ever and ever. All that is in the heaven and in the earth is thine. All things come of thee, and of thine own have we given thee. *1 Chronicles 29. 10, 11, 14.*

Blessings everyone!

Lon+

Women's Coffee Hour

An idea sprang from a conversation around a table over coffee after church and a new activity began in our parish on the fourth Friday of May. The women of the Parish of Central Saanich were invited to join Becky Lowe and Lynn Schumacher for a time of conversation accompanied by coffee (or tea) and muffins.



The format: Quite simple – we visit! Perhaps with a question or game as a conversation starter. We enjoy tea or coffee and a treat. No agenda, no tasks except to prepare the tea and coffee and tidy up after. (Offers to buy or bake the treat are always appreciated, but not expected)

The result: We are getting to know one another as individuals and not just the person who sits in the pew across from us. There are lots of laughs, caring, and, at times, serious conversations.

As we grow as a group and get to know each other, the format may change or vary from time to time. It will be up to the group to decide. If you are interested in joining us, please plan to attend at 10:00 a.m. on the fourth Friday of the month. The meeting place alternates between St Mary's hall and St Stephen's boardroom.

If you miss the location information in the bulletin, call the office or speak with Becky (250-516-3176) or Lynn (250-686-57130). We look forward to having you join us.



Cane's Corner:

By the Rev. Dr. Brett Cane

This present issue of *Connexion* is being distributed while I am still on my five-week trip to the UK and Europe, postponed due to my cancer operation back in May. Part of the trip is being spent with dear friends from my last parish in Manitoba who winter in Winnipeg and summer in Sicily. This will have been my fourteenth visit to Sicily since the first one in 2009 and I have a number of slides and stories which I have divided into five parts and will share the first one with you in this issue. This first part covers the town where my friends have their home, along with the surrounding region. I want to give credit to Wikipedia for many of the facts I will be using to give context to my photos.



My friends' home is in Castellammare del Golfo, an important tourist location situated half-way between the major cities of Palermo and Trapani on the Sicilian west coast. The wife of the couple has family roots in the town and that is why they have made it their second home. The name of the town means "Sea Fortress on the Gulf", arising from the Arab/medieval fortress in the harbor.

Its origins stem from the 6th century BC when it served as a seaport for the nearby inland town of Segesta (see below) which interacted with the many Greek colonies on the Island. It later became part of the Roman empire and then occupied by the Arabs, who first built the castle fortress, which was later enlarged by the Normans when they took over the island in the late 11th century. The town is also noted for having been the birthplace of many American Mafia figures and has been a location for various films, including *Ocean's Twelve* and the TV series *Inspector Montalbano*.



Winding streets and steps with many restaurants, cafes and bars head upwards from its marina/harbour to the town center with its central gardens.

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Cane's Corner *continued*



The Chiesa Madre (mother church) whose present simplified Baroque building dates from 1726-1736



Favourite haunts include "La Duchessa" pizzeria and the "Tropical" gelato cafe



The streets are very narrow and the perhaps twelve-foot wide houses are built right to the property line, rising some three or four floors, with a small courtyard in the rear. In addition to these town houses, however, most residents have a "casa vacanza" or summer home three to five km outside the town with orchards and large kitchens to host extended family events.



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Cane's Corner *continued*

Near their casa vacanza is the delightful village of Scopello which is divided between guard towers and an historic tuna fishery on the shoreline dating back to the 16th century along with and a 17th century village on the hillside above which grew up around a little



fortified *baglio* (manor house), which now hosts a couple of restaurants, a café and a shop and many BnB's. The village is one of the most important and oldest in Sicily with Greek, Roman, Arab and Norman settlements on the site.

Moving inland, we come to the ruins of the ancient town of Segesta with origins from the 7th century BC as one of three indigenous groups (possibly Trojan refugees) and served as a regional capital with independent army and a mint. Sharing culture and conflicts with nearby Greek colonies it finally allied with Rome who felt a kindred



origin due their common Trojan backgrounds and they were given the privileges of Roman citizenship. The city sits on the top of a hill 305m above sea level has two of the best-preserved Classical monuments anywhere – the temple and the theatre. The well-preserved Doric temple was built in the 420s BC of fine Greek design, similar to the Parthenon. The temple was never finished and never roofed over – no one knows why. The theatre dates to the 2nd century BC and originally had a capacity or around 4,000. It still hosts theatre events and Greek dramas throughout the summer months. It has excellent acoustics; while visiting for the first time, I sang “Amazing Grace” which was heard by members of a German biker gang in the stands who applauded!

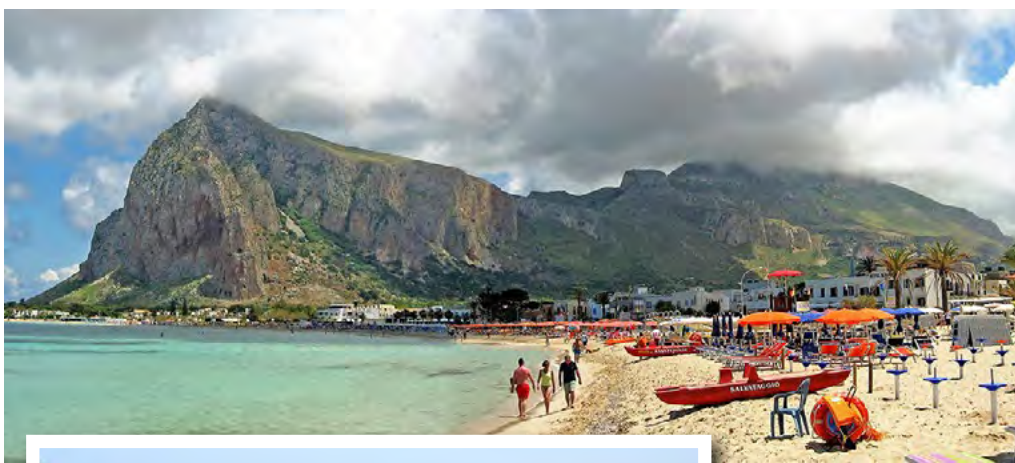


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Cane's Corner *continued*



Nearby are the Terme Segestane, hot springs which figure in Greek mythology and whose mineral-rich waters (ranging up to 47° Celsius) are a major draw for tourists and locals alike, including myself and my friends.



Continuing westward, we encountered various towns and beaches and spectacular scenery. In Sicily, most of the roads are elevated because of the extreme mountainous terrain and also to allow farmers to grow crops underneath them.

One town even allowed me to go to purgatory and back!



The Trinacria ("Three Cornered") is the symbol of Sicily: the three Legs represent the island's triangular shape; the head of Medusa as mythic guard to chase away bad luck and evil; the wheat stalks to show the land's rich harvests and fertility.

Here ends part 1 of my Sicilian travels – I have four more parts covering most of the Island to continue the series in between articles on my current travels.

Recipe Page: Ultimate One Bowl Zucchini Bread

Submitted by Nancy Choat

I know there are many recipes for using up the large amounts of zucchini that are appearing in our gardens and at markets. This particular one for bread is very easy. It made me think that maybe some readers may make a few loaves for the upcoming Holly Fair. It freezes very well

Equipment

- 1 standard loaf pan (9 by 5 inches)

Ingredients

- 3 large eggs
- 1/2 cup of vegetable oil
- 1/2 cup lightly packed brown sugar
- 3/4 cup granulated sugar
- 1/2 tsp cinnamon
- 1/4 tsp grated nutmeg
- 2 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 cups of all-purpose flour
- 2 cups of lightly shredded zucchini
- 2/3 of a cup of chopped walnuts (optional)

Instructions

1. Preheat oven to 350°F.
2. Butter loaf pan and line with parchment paper for easy removal.
3. In a large mixing bowl, whisk the eggs, oil, sugars, cinnamon, nutmeg and vanilla. Mix well to break up the eggs.
4. Blend in the baking powder, soda and salt, so they are mixed in thoroughly. Stir in the flour. When the flour is almost incorporated, fold in the zucchini and nuts. **Do not over mix this batter!**
5. Turn batter into prepared pan and smooth out. Bake for 60 minutes or until a toothpick inserted near the centre comes out without wet batter.
6. Let the bread cool on a rack for 10 to 15 minutes before turning out of the pan.
7. Slice and enjoy warm with butter or cream cheese.



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

By Marcia McMenamie

Last issue's mystery parishioner was Nancy Choat.

Nancy is a regular Sunday service attendee. She usually sits next to Catherine Wing in a pew close to the front. She is an enthusiastic lover of music and books and is always up for an adventure!

While being born and raised in Toronto Nancy has made B.C. her home province for many years. Throughout her life she has helped many people in her career as a nurse. Her friends are many and from far and near. Nancy has a beautiful home and is a wonderful hostess. Please take time to chat to Nancy about her varied interests.

Thank you, Nancy, for letting us get to know you a little better.



Humility and How I Achieved It

By Greg Robinson

Our good friend Rev. Brett likes to tell about the time that he jokingly asked a new assistant to preach on the subject of “Humility and How I Achieved it”, never dreaming that he would take it seriously. To Brett’s horror the joke was taken seriously, and the new assistant did as he had been instructed. I have no idea of what it was he said but I found the question intriguing.

When I consider the questions that arise when considering humility, I can’t help but think about what Winston Churchill said about his political adversary Clement Attlee when he stated that, “He is a humble man with much to be humble about.”

There is a call for personal humility throughout the Bible. In the Old Testament Micah 6:8 says that *“He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly, to love mercy and to walk humbly with your God”*. Paul in Ephesians 4:2 calls us to *“Be completely humble and gentle; be patient, bearing with one another in love”*.

I like to joke that I take great pride in my humility, but if I stop and think about it, I really can’t tell you if I’m a prideful person or not. I don’t think I am but doesn’t even thinking that make me prideful?

From a Christian perspective I think there are two types of pride. Let’s say that I am a competitive runner and I enter a race. In this race I finish first. The question then is, do I take pride in finishing first as I was a better runner than everyone else in the race, or do I take pride in the fact that I have just run my best time ever, in which case I could have been just as proud if I had finished last?

Sometimes we get brought up short when we become prideful. I have never forgotten a time about forty years ago when I was staying at a downtown hotel in Winnipeg on a cold winter day. It was noon time and I needed a bite to eat before getting picked up for work, and so I popped over to the bus depot where I could get something quickly. Just before I got there a man approached me saying that he hadn’t eaten in two days and would I give him two dollars to eat. Thinking to myself that as a good Christian man I have to respond and so I gave him five dollars and, in the back of my mind I couldn’t help but think that God must be very happy with me. However, I was somewhat disappointed because as soon as I gave it to him, he disappeared and I was left wondering how he had used the five dollars. I then went in to eat and a couple of minutes later he shows up again, but with a friend, and they both ate for the five dollars. I had given up five dollars, but he had given up all that he had for his friend. It was the best lesson in humility that I have ever experienced.

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Humility and How I Achieved It *continued*

Here is a reading from the book of Luke: *“While Jesus was in the Temple; he watched the rich people dropping their gifts in the collection box. Then a poor widow came by and dropped in two small coins.*

“I tell you the truth,” Jesus said, “this poor widow has given more than all the rest of them. For they have given a tiny part of their surplus, but she, poor as she is, has given everything she has.”

Both my personal account, and this account in of Luke’s tell stories of those who gave to others everything they had without looking for recognition from others. Both were acts of humble charity or self-giving love.

There is a prayer in the old prayer book that was used as the collection is brought to the altar. It reads this way: “All things come of thee O Lord and of thine own have we given thee”. All life with all of its possibilities is a gift from God. He has given us physical bodies, and He has given us hearts and minds capable of empathy. Then He has given us His “Still Small Voice”, His Holy Spirit, to gently nudge us towards those Christ-like actions.

In God’s Kingdom it isn’t our money or even our time that God wants. What God wants is our hearts. He desires hearts freely given over to his Holy Spirit. He wants us to live lives that are based on Christ like love. The money, time or anything else that we have to offer are simply outcomes of what happens when we give our hearts, in whole or in part, to God’s Holy Spirit that reaches out to all humankind.

Maybe the thing I value most about being a Christian is that the God that I know is a God of kind generous love.

Ultimately, we are judged on the condition of our hearts. All the good that we have done is simply the symptom of what happens when we respond to the Holy Spirit’s call on our hearts and minds. He wants us, as Micah tells us, to have hearts that lead us to act justly, to love mercy and to walk humbly with our God.

All that we can do or be is a gift from God, and God calls us to use those gifts to love and serve all of His good creation. He has given us His Holy Spirit, His Still Small Voice, to guide us. All we have to do is to choose to respond to that voice, His Holy Word. Ultimately all we can do is humbly be grateful that the God who had breathed life into us is the same God who working through us has given us the gift of allowing us to be the agents of bringing His “Kingdom to Earth as in Heaven.

Once again, we should always remember that old prayer. “All things come of thee O Lord and of your own have we given thee”.

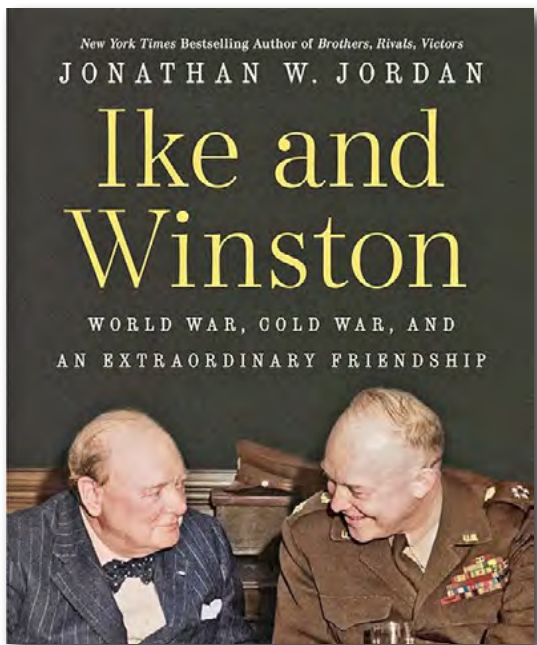
Personally, I am still very much a work in progress.

“All things
come of
thee
O Lord
and of
thine own
have we
given thee.”

Book Review: *Ike and Winston - World War, Cold War and an Extraordinary Friendship*

By Jonathan W. Jordan

Review by Nancy Choat



I have not read this recently (2026) published book by Jonathan W. Jordan but if you are a war buff, this will definitely appeal to you. It was recently reviewed in the Globe and Mail. Growing up during WWII I do remember my father fondly talking about Gen. Eisenhower and Mr. Churchill. I checked the library (GVL) catalogue and there are seventeen holds on it as of August 11. But it would make a wonderful gift for anyone interested in knowing more about these two famous men.

Abstract: "Two military legends forged an unlikely friendship as they stood shoulder to shoulder to bring down Adolf Hitler. Their armies victorious, they joined forces again to lead the West into a strange new world in which human survival depended on preserving a precarious peace. From World War to Cold War, Winston Churchill and Dwight Eisenhower cherished a heartfelt friendship even as the nations they loved drifted apart in a time of fallen empires and the threat of nuclear annihilation. This friendship was the axle around which the invasions of North Africa and Italy, the D-Day landings, and the conquest of Germany revolved. After the guns fell silent, each man guided his homeland through a new and more menacing struggle against Josef Stalin's communist empire. Told through extensive research, including the words of Eisenhower, Churchill, and their close associates, *Ike and Winston* reveals an affectionate bond forged in war and nurtured in peace"-- Provided by the publisher.

Around the Parish

by Ken Pedlow

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

For the months of June, July and August, the two congregations at St Mary and St. Stephen have been combining to hold **one service each Sunday at 10:00 a.m.** This has given us an extended opportunity to experience each other's worship styles and get to know the broader parish community much better. Attendance has been very good at these services. The normal pattern of two services on Sunday, one at each church, will recommence in September.

The **Wednesday morning services** at St. Mary have continued through the summer with a time of social gathering and sharing taking the place of the usual Bible Study. These have been extremely well attended, and a great feeling of community has developed among those participating. For those who have missed these services during the summer hiatus of previous years, this result has been much appreciated and may set the pattern for future summers.

From Terry Frost's baptism



The last **men's breakfast** of the season was held on Saturday June 20th at St. Stephen. There was a round table of introductions and sharing of experiences instead of a designated speaker and it was an excellent opportunity to get to know each other better. The next breakfast is tentatively scheduled for Saturday, September 26th.

Congratulations are extended to **Sasha Moss** who has graduated from Stelly's Secondary School. Sasha has been invited to live with their Uncle Brian in Brisbane, Australia for a year. We wish you all the best in your future endeavours.

On July 12th the joint service at St. Stephen included the baptism of **Terry Frost**. Terry is a recent addition to our parish family and a good friend of our warden, **Bob Buchanan**. We welcome Terry's cheerful demeanor and his skill in creating cardboard cartoon figures for members of the congregation.

Also, on Sunday July 12th two carloads of members of the parish flower guilds drove to St. John's, Cobble Hill to see the play *Dreamers and Schemers*. Our own Parish Administrative Assistant, **Hannah Nickel** is one of the cast members, and it was a very successful outing, and all thoroughly enjoyed it. Hannah has many artistic and musical talents and has been a wonderful addition to the parish.

On Sunday, July 19th the new upgrades to **the sound system at St. Mary** were experienced by the congregation for the first time. The changes included new speakers at the front of the sanctuary, the relocation of the previous rear speakers, new amplifiers and an additional



The cast of
*Dreamers and
Schemers*

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Around the Parish *continued*

headset microphone. The improvement in the quality of the audio produced was immediately recognized and appreciated by a large number of parishioners. Many thanks go out to all who supported this project financially, especially the anonymous donor who covered almost half of the \$11,000 expense.

Another project over the summer has been the decision to financially support the installation of a bench on East Saanich Road. This initiative was proposed by **Shelby Titian** and following discussions between the parish and Central Saanich funding has been provided for this donation to the community.



On Friday, July 31st a **Corn Boil Dinner** with ham was held at the St Stephen Memorial Hall. This event was well attended, and a wonderful meal was enjoyed by all. Many thanks to the crew who prepared and set up for the meal.

The weekend of August 7th to 9th saw the annual **Island Star Party**, sponsored by the Victoria Centre of the Royal Astronomical Society of Canada, held on the grounds of St. Stephen. The weather was again ideal, and the event was a success for all who attended.

On Sunday, August 30th a hot dog and corn luncheon was held at the last joint service of the summer season to recognize the work of **Richard Routledge** as a postulant in the parish. Richard has been a delight to have with us and has eagerly participated in all aspects of our parish life and worship. His last Sunday with us will be September 13th but this luncheon is our best opportunity to thank him for all he has done for and with us over the past many months.

A new activity for the parish is a monthly Friday morning women's coffee hour gathering. This initiative has been led by **Lynn Schumacher** and **Becky Lowe** and is an excellent opportunity to build community among our female parishioners. For more details on these coffee hours see the article in this issue of *ConneXion*.

Another initiative of the parish is the Prayer Shawl Ministry which has seen significant growth in recent times. **Lynda Clifford** is the main contact for this ministry at St. Stephen and **Leslie Pedlow** has just taken on the coordination role for St Mary. Given the increasing demand for these prayer shawls, those currently creating these shawls would encourage anyone interested in



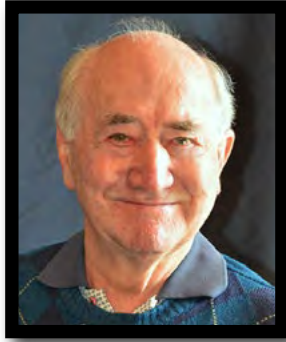
Images from the Corn Boil

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Around the Parish *continued*



Derek and Betty
Osman



David
Campbell

participating in the ministry to contact Lynda or Leslie. Training is available for those interested. They would also appreciate any financial donations towards the \$30.00 cost of the wool for each shawl.

We pray for the family and friends of **Betty Osman** who passed away on July 13, 2026. Betty, and her pre-deceased husband **Derek**, were long time and heavily involved members of the parish. In recent years they had moved to Regina to be closer to family.

We also mourn the passing of **David Campbell** on June 24, 2026. David was a former long-time member of the St Mary's congregation.

We also mourn the passing of **Linda McIntyre**, the wife of Blaine Hendren, the long-time provider of janitorial services to St Mary and formerly of St. Stephen. Please keep Blaine and his family and friends in your prayers.

On April 2nd our own **Nelles Shackleton** was awarded the Melvin Jones Fellow award by the Lions Clubs International Foundation. This award is for dedicated humanitarian services. Nelles volunteers in many organizations and is always generous with her time. This is her faith in action, and it is nice to see it being recognized. Congratulations, Nelles.

Finally, congratulations to the recipients of the St Mary and Lily Shields bursaries for Indigenous students at Stelly's Secondary School. The \$1,000 bursaries were presented at the school awards ceremony at the end of June.



Nelles
Shackleton

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,
Robert (Bob) Buchanan**

People's Wardens: St. Mary
St. Stephen

**Marcia McMenamie
Mike Philip**

Members: St. Mary
St. Stephen

**Lynn Fallan, Becky Lowe
Terry Hartley, Sharryl Pearce**

Youth Representative:

Jacob Shoesmith

Synod Delegates: St. Mary
St. Stephen

**Karen McColm
Don Wilson, Lynda Clifford (alt)**

Parish Treasurer:

Lynn Schumacher

Hannah Nickel is at the St. Mary office on Tuesday to Friday from 9:00 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.