



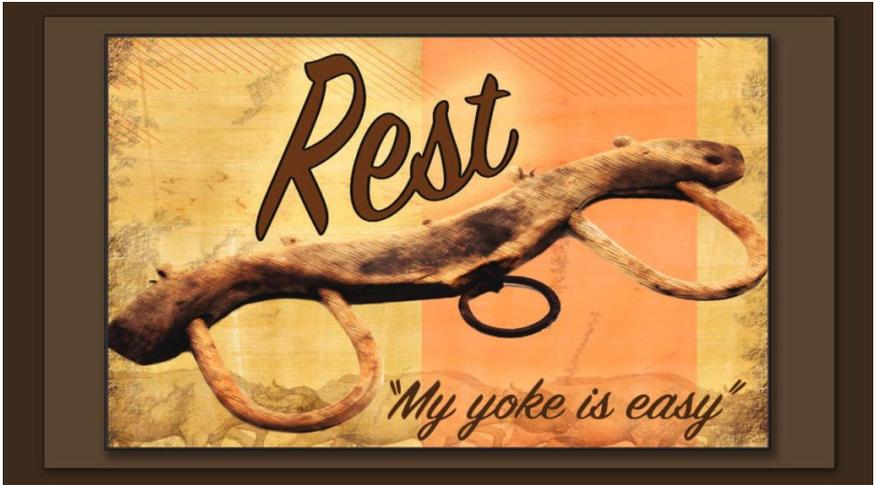
Anglican Parish of Central Saanich  
St. Mary Church      St. Stephen Church  
*Faith - Family - Friendship*



ANGLICAN DIOCESE  
OF BRITISH COLUMBIA

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## Welcome To PARISH OF CENTRAL SAANICH



**JULY 5, 2020 –PENTECOST 5**

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

**Weekly Online Services will be offered .**  
**Onsite Services & Events are cancelled**  
**until further notice.**

ParishCS.ca

**THE REV. LON TOWSTEGO, INCUMBENT**  
**THE REV. MATT HUMPHREY, ASSISTANT CURATE**

**MORNING PRAYER**  
**Book of Alternative Services**  
*The Rev. Lon Towstego, Presider*

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A Warm Welcome to all who are worshipping with us on-line this morning! The congregation says or sings the items in **bold** typeface.

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*Bells Ring*

Young Person's Introduction

Welcome & Land Acknowledgement

**Gathering Hymn: *Beautiful Saviour* by Stuart Townend**

Presider: The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit,  
be with you all.

**All: And also with you.**

Presider: Almighty God,

**All: 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.**

Confession and Absolution led by the Presider

Almighty God have mercy upon you, pardon and  
deliver you from all your sins, confirm and strengthen  
you in all goodness, and keep you in eternal life;  
through Jesus Christ our Lord. **Amen.**

**Gloria** (*Ashgrove*)

**Sing glory to God in the heights of the heavens  
Salvation and peace to God's people on earth  
Our Sovereign, our Saviour, our God, our Creator  
We worship and praise you and sing of your worth.**

**Creation unites in the power of the Spirit  
In praise of the Father, through Jesus the Son  
So complex, so simple, so clear, so mysterious  
Our God ever three yet eternally one.**

**This Lord Jesus Christ, only Son of the Father  
The lamb who has carried the burden of shame  
Now seated on high in the glory of heaven  
Have mercy upon us who call on your name.**

**For you, only you, we acknowledge as holy  
We name you alone as our Saviour and Lord  
You only, O Christ, with the Spirit exalted,  
Are one with the Father, forever adored.**

**Creation unites in the power of the Spirit  
In praise of the Father, through Jesus the Son  
So complex, so simple, so clear, so mysterious  
Our God ever three yet eternally one.**

Prayer for Children

### **THE PROCLAMATION OF THE WORD**

**Genesis 24:34-38, 42-49, 58-67 NRSV – Greg Robinson**

34 So he said, “I am Abraham’s servant. 35 The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. 36 And Sarah my master’s wife bore a son to my master when she was old; and he has given him all that he has. 37 My master made me swear, saying, ‘You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; 38 but you shall go to my father’s house, to my kindred, and get a wife for my son.’”

42 “I came today to the spring, and said, ‘O Lord, the God of my master Abraham, if now you will only make successful the way I am going! 43 I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, “Please give me a little water from your jar to drink,” 44 and who will say to me, “Drink, and I will draw for your camels also”—let her be the woman whom the Lord has appointed for my master’s son.’”

45 “Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, ‘Please let me drink.’ 46 She quickly let down her jar from her shoulder, and said, ‘Drink, and I

will also water your camels.’ So I drank, and she also watered the camels. 47 Then I asked her, ‘Whose daughter are you?’ She said, ‘The daughter of Bethuel, Nahor’s son, whom Milcah bore to him.’ So I put the ring on her nose, and the bracelets on her arms. 48 Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master’s kinsman for his son. 49 Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.”

58 And they called Rebekah, and said to her, “Will you go with this man?” She said, “I will.” 59 So they sent away their sister Rebekah and her nurse along with Abraham’s servant and his men. 60 And they blessed Rebekah and said to her,

“May you, our sister, become  
thousands of myriads;  
may your offspring gain possession  
of the gates of their foes.”

61 Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

62 Now Isaac had come from[a] Beer-lahai-roi, and was settled in the Negeb. 63 Isaac went out in the evening to walk[b] in the field; and looking up, he saw camels coming. 64 And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, 65 and said to the servant, “Who is the man over there, walking in the field to meet us?” The servant said, “It is my master.” So she took her veil and covered herself. 66 And the servant told Isaac all the things that he had done. 67 Then Isaac brought her into his mother Sarah’s tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother’s death.

Hear what the Spirit of God is saying.

**Psalms 45:11-18 NRSV** – *Greg Robinson*

11 and the king will desire your beauty.  
Since he is your lord, bow to him;  
12 the people of Tyre will seek your favor with gifts,  
the richest of the people 13 with all kinds of wealth.

The princess is decked in her chamber with gold-woven robes;

14 in many-colored robes she is led to the king;

behind her the virgins, her companions, follow.

15 With joy and gladness they are led along

as they enter the palace of the king.

16 In the place of ancestors you, O king, shall have sons;

you will make them princes in all the earth.

17 I will cause your name to be celebrated in all generations;

therefore the peoples will praise you forever and ever.

Hear what the Spirit of God is saying.

**Romans 7:15-25a NRSV – David Stewart**

15 I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. 16 Now if I do what I do not want, I agree that the law is good. 17 But in fact it is no longer I that do it, but sin that dwells within me. 18 For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. 19 For I do not do the good I want, but the evil I do not want is what I do. 20 Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

21 So I find it to be a law that when I want to do what is good, evil lies close at hand. 22 For I delight in the law of God in my inmost self, 23 but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. 24 Wretched man that I am! Who will rescue me from this body of death? 25 Thanks be to God through Jesus Christ our Lord!

So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

Hear what the Spirit of God is saying.

**Matthew 11:16-19, 25-30 NRSV – Lindsay Pedlow**

16 “But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

17 ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

18 For John came neither eating nor drinking, and they say, ‘He has a demon’; 19 the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

25 At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; 26 yes, Father, for such was your gracious will. 27 All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

28 “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 29 Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”

This is the Gospel of Christ

Message/Reflection –The Rev. Matt Humphrey

**Hymn: *I Heard the Voice of Jesus* (verses 1 & 2)**

## **AFFIRMATION OF FAITH**

### **THE APOSTLES’ CREED**

Presider: Let us confess the faith of our baptism, as we say,

**All: 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.**

## INTERCESSIONS AND THANKSGIVINGS

Prayers of the People (sit or kneel) – *David Stewart*

**Offertory Hymn: *Great Is Thy Faithfulness***

The Prayer of the Day: God of heaven and earth, you reveal your wisdom to the childlike; may we learn from your Son humility of heart, so that we find refreshment and rest even as we shoulder the cross of Christ; who, with you and the Holy Spirit, lives and reigns, one God, now and for ever. Amen.

*Opening Prayers (1997) alt.*

**The Lord's Prayer** (*said*)

Presider: Gathering our prayers and praises into one, let us pray as our Saviour taught us.

**All: 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.**

**Doxology**

Presider: Glory to God

**All: whose love, 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.**

Blessing

Dismissal:

*One:* Let us go in peace to love and serve God. Alleluia!

*People:* Thanks be to God. Alleluia!

## **Go Now in Peace**

**Go now in Peace. Never be afraid.  
God will go with you each hour of every day.  
Go now in Faith, steadfast strong and true.  
Know He will guide you in all you do.**

**Go now in love, and show you believe.  
Reach out to others, so all the world can see.  
God will be there, watching from above.  
Go now in peace, in faith and in love.  
Amen. Amen. Amen.**

CCLI# 245534

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### **READINGS FOR PENTECOST 6 – JULY 12, 2020**

**Genesis 25:19-34; Psalm 119:105-112;  
Romans 8:1-11; Matthew 13:1-9**

#### **Office Hours:**

**All Staff will spend considerable time working from home.  
Please email or call your respective office for information  
or to make an appointment.**

**Drop in visits are not appropriate during  
the mandated shut down period.**

## **RETURNING FOR IN-PERSON WORSHIP**

Lon, Matt and the Leadership Team, have been planning and developing a carefully thought out safety plan for Liturgical Worship services returning to both St. Mary Church and St. Stephen Hall.

The Parish plan is based on the Diocesan/Provincial Health requirements that must be followed closely.

What will worship services be like? We look to be creative and make it meaningful and engaging. It will be different than what we know so we invite you to come with an open and discerning heart.

If you are feeling well then come along and experience in person worship again.

You will be asked to check -in with a greeter/coordinator (we must keep a list of who comes to every event in a Parish building).

You will be asked to sanitize your hands (we have Health Canada approved hand sanitizer for everyone).

Seating for the service will follow a seating plan that ensures physical distancing. It must be adhered to. The Service Order will be on a single use bulletin, no hymn lyrics will be included as you will be asked not to sing but listen to the music leaders.

Communion will be offered: you will receive wafers only from Lon or Matt (wearing a disposable mask). You will be directed on how to line up to receive by Wardens/Sidesperson.

Washrooms will be available for use; you be asked to ensure you follow simple cleaning after use guidelines. You may have to wait your turn as only one person per washroom is allowed.

We have asked that everyone who plans to attend check in with Wardens via email/phone to ensure we can accommodate.

The Worship service (recorded alternating weeks at St. Mary and St. Stephen) will still be available online in the late afternoon on Sunday.

## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for the United Church of Pakistan; Justin our Archbishop; Linda our Primate and Melissa our Metropolitan, National Indigenous Anglican Archbishop, Mark MacDonald; and the Anglican Church of Canada.

**Diocesan Cycle of Prayer:** We pray for Ansley, the Diocesan Administrator; Aneeta and the people of St. Mary of the Incarnation, Metchosin; and Bishop-elect Lincoln and all in the Territory of the People Anglican Church. For Father Rolf and our brothers and sisters at St. Elizabeth and Our Lady of the Assumption of the Roman Catholic Parish.

**For the Election of a Bishop:** Eternal God, shepherd and guide, in your mercy give your Church in this diocese a shepherd after your own heart who will walk in your ways, and with loving care watch over your people. Give us a leader of vision and a teacher of your truth. So may your Church be built up and your name gloried; through Jesus Christ our Lord. Amen. *A Prayer Book for Australia*

**Our Parish Ministers:** Lon, Brett, Bob, Lorry, Logan and Matt

**In our Parish:** We pray for all ministries that we partner with God. We pray for creativity in continuing these ministries virtually during difficult times.

**For the Repose of the Souls:** of Ruth Beach and Beverly Fulek and for comfort and strength for their families and friends.

**For those ill or in need of prayer:** Ken B, Betty and Derek, Lynn, Daniel, Erica, Cathy and John, Cheryl, Lise, Jen B., Doreen H., Diana A.

**For Those with Long-Term Needs:**  
Cathy, Margaret, Sharie, Ted, Ed B., Pat M.

**For friends beyond the parish:** Jennifer, David, Don. R., June, Linda L., Kathleen, Pam, Hugh B. & his family, Joan, Warwick, Rita, George, Steve, Diane, Trish, Dawn, Vikki, Wendy L., Kate, Scott, Steve and John, Andrea S., Tabitha, Anne & Brian, Steve, Hilda

**CLERGY CONTACT INFORMATION**

**The Rev. Lon Towstego**

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**His email:** ltowstego@bc.anglican.ca

**The Rev. Matt Humphrey**

**His Cell Phone:** 1-(604) 721-4795  
**His email:** mhumphrey@bc.anglican.ca

**THANK YOU** to everyone who has taken the time to drop off or mail in your offerings. Your dedication to your church is heartwarming.

If you would like to contribute to the work of our Parish, you may send a cheque (made payable to either St. Mary's Church or payable to St. Stephen's Church) and mail it to the respective address below.

The Wardens & Treasurer

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