



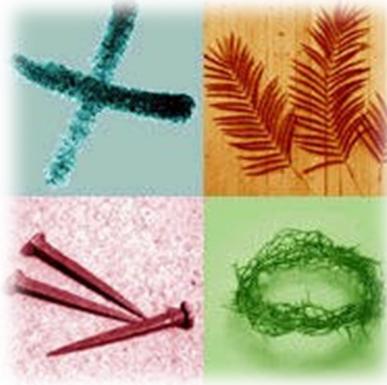
Anglican Parish of Central Saanich

St. Mary Church      St. Stephen Church

*Faith - Family - Friendship*



## Welcome To PARISH OF CENTRAL SAANICH



**FEBRUARY 21, 2021 – LENT 1**

*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.**

Weekly Online Services will also be offered  
at [ParishCS.ca](http://ParishCS.ca)

**The Rev. Lon Towstego, Incumbent**  
**The Rev. Matt Humphrey, Assistant Curate**  
**The Rt. Rev. Dr. Logan McMenamie, Honorary Assistant**

**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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**Prelude: *Spirit, Open my Heart***

*words by Ruth Duck; Tune, trad, Wild Mountain Thyme*

*Chorus*

Spirit, open my heart to the joy and pain of living.  
As you love, may I love in receiving and in giving.  
Spirit, open my heart.

God, replace my stony heart with a heart that's kind and tender.  
All my coldness and fear to your grace I now surrender. (*Chorus*)

Write your love upon my heart  
as my law, my goal, my story.  
In each thought, word and deed,  
may my living bring you glory. (*Chorus*)

May I weep with those who weep, share the joy of sister, brother.  
In the welcome of Christ, may we welcome one another. (*chorus*)

Welcome & Land Acknowledgement

**Gathering Song: *Lord, Who Throughout These Forty Days***

*Words: Claudia F. Hernaman (1873)/Music: Morning Song; (1812)*

Lord, who throughout these forty days  
for us did fast and pray,  
teach us with you to mourn our sins,  
and close by You to stay.

As You did hunger and did thirst,  
so teach us, gracious Lord,  
to die to self, and so to live  
by Your most holy word.

And through these days of penitence,  
and through Your Passion-tide,  
for evermore, in life and death,  
O Lord, with us abide.

Abide with us, that through this life  
of doubts and hope and pain,  
an Easter of unending joy  
we may at last attain!

Presider: Lord, open our lips,

**People: And our mouth shall proclaim your praise.**

Presider: O God, make speed to save us.

**People: O Lord, make haste to help us.**

**All: Glory to the Father, and to the Son, and to the  
Holy Spirit: as it was in the beginning, is now,  
and will be for ever. Amen.  
Alleluia!**

Message for our young people

### **Trisagion**

Holy God, holy and mighty,  
Holy immortal one, have mercy upon us.

## **THE PROCLAMATION OF THE WORD**

### **First Reading - Genesis 9:8-17 NRSV – David Stewart**

<sup>8</sup> Then God said to Noah and to his sons with him, <sup>9</sup> “As for me, I am establishing my covenant with you and your descendants after you, <sup>10</sup> and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark, <sup>11</sup> I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” <sup>12</sup> God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: <sup>13</sup> I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. <sup>14</sup> When I bring clouds over the earth and the bow is seen in the clouds, <sup>15</sup> I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. <sup>16</sup> When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” <sup>17</sup> God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

Hear what the Spirit of God is saying.

**All: Thanks be to God.**

**Psalm 25** (*Sung*) *From: The Scottish Psalter (1929)*

Lord, teach me all your ways,  
reveal your paths to me;  
and lead me in your saving truth,  
show me what I should be.

Remember, Lord, your love,  
your care from ages past;  
and in that love remember me,  
in kindness hold me fast.

Forget my youthful faults,  
forgive my sinful ways;  
within the kindness of your love  
remember me always.

God, who is just and good,  
shows all who sin his way;  
he leads the humble in right paths,  
their teacher day by day.

All pathways of the Lord  
are kindly, true, and sure  
to those who keep his covenant  
and in his ways endure.

## **The Gospel**

Rev. Lon: God be with you.

**All: And also with you.**

Rev. Lon: The Holy Gospel of our Lord Jesus Christ according to  
Mark 1:9-15

**All: Glory to you, Lord Jesus Christ.**

<sup>9</sup> In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. <sup>10</sup> And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. <sup>11</sup> And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

<sup>12</sup> And the Spirit immediately drove him out into the wilderness. <sup>13</sup> He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on

him. <sup>14</sup> Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup> and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

This is the Gospel of Christ

**All: Thanks be to God**

The Sermon –The Rt. Rev. Dr. Logan McMenamie

**Song: *Refiner’s Fire* - by Brian Doerksen**

Purify my heart,  
let me be as gold and precious silver.  
Purify my heart,  
let me be as gold; pure gold.

*chorus*

Refiner's fire, my heart's one desire  
is to be holy;  
set apart for you, Lord;  
I choose to be holy;  
set apart for you, my master,  
ready to do your will.

Purify my heart,  
cleans me from within and make me holy.  
Purify my heart,  
cleans me from my sin, deep within. (*chorus*)

## **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*

David: The Prayer for Ash Wednesday: Almighty and everlasting God, you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Lon: The Prayer of the Day: Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save, through Jesus Christ our Lord. Amen.

### **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

**Sending Song: *The Glory of These Forty Days***

*(CP 170 verses 1 & 5) t. Old 100th*

The Glory of these forty days  
we celebrate with songs of praise;  
for Christ, through whom all things were made,  
himself has fasted and has prayed.

O Father, Son, and Spirit blest,  
to thee be every prayer addressed,  
who art in three-fold name adored,  
from age to age, the only Lord.

Dismissal:

*One:* Go from this place with the cross on your hearts.

***People:* We will empty ourselves with Christ for the life of the world**

CCLI# 245534

## READINGS FOR FEBRUARY 28, 2021

Genesis 17, 1-7, 15-16; Psalm 22:23-31; Mark 8:31-38

### Office Hours:

**All Staff will spend considerable time working from home.  
Please call your respective office for information  
or to make an appointment.  
Drop in visits are not appropriate during  
the mandated shut down period.**

### CLERGY CONTACT INFORMATION

**The Rev. Lon Towstego**

**His Cell Phone:**

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**His email:**

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**The Rev. Matt Humphrey**

**His Cell Phone:**

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**His email:**

**mhumphrey@bc.anglican.ca**

## INTERCESSIONS

**Anglican Cycle of Prayer:** We pray for the Church of the Province of Central Africa; Archbishop of Canterbury Justin; Linda our Primate and the Anglican Church of Canada and Melissa our Metropolitan, National Indigenous Anglican Archbishop Mark.

**Diocesan Cycle of Prayer:** We pray for Anna, our bishop; the community of St. George at Kingcome Inlet, Wakeman, Hopetown & Gilford Island and Bishop Lynne and the Diocese of Kootenay. For the Priests and people of the Roman Catholic Saanich Peninsula Parish.

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

**In our Parish:** We pray those who have been preparing arrangements to decorate the churches during the closure so that our virtual services look as normal as possible. May they now enjoy a Lenten break from their duties.

**For those ill or in need of prayer:** Cathy and John, Liz, Neville, Louise, Diane, Audrey

**For Those with Long-Term Needs:** Ken B, Erica, Cheryl, Margaret & Tony, Sharie, Lise, Ted, Doreen H., Brenda

**For friends beyond the parish:** Jennifer, Pam, Kate, Scott, Steve & John, Grace, Marie S., Marian K., Isaiah, Peggy, Chuck & Emily, Dimas & Violeta, Barb & Rick, Kelley, Shelia & Candice, Geoffrey & Olivia, Stacey, Amanda, Thea



**Join us as we worship the living Christ!**

Our guiding theme: "Hope, our anchor!"

"We have this hope, a sure and steadfast anchor of the soul,"

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