



St. Benedict's Episcopal Church

Los Osos, California

~ *Tending Mind and Soul* ~

The First Sunday in Lent

MARCH 6th, 2022

1 Lent Year C

Whoever you are and wherever you are in your faith journey,
there is a warm welcome for you here at St. Benedict's!

~Prelude~

“On Eagle’s Wings”

Michael Joncas

Arr. Douglas Wagner
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The Great Litany

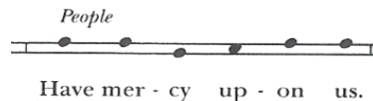
EDW

Holy God, Creator of heaven and earth,
Have mercy upon us.

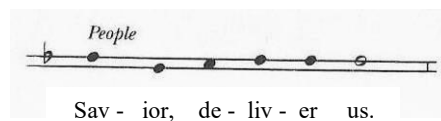
Holy and Mighty, Redeemer of the world,
Have mercy upon us.

Holy Immortal One, Sanctifier of the faithful,
Have mercy upon us.

Holy, blessed and glorious Trinity, One God,
Have mercy upon us.



From all evil and mischief; from pride, vanity
and hypocrisy; from envy, hatred and malice;
and from all evil intent,
Savior deliver us.



From sloth, worldliness and love of money; from hardness of
heart and contempt for your word and your laws,
Savior deliver us.

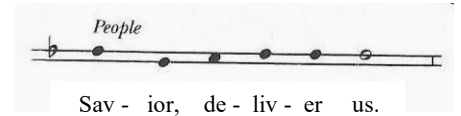
From sins of body and mind; from deceits of the world, flesh and the devil,
Savior deliver us.

From famine and disaster; from violence,
murder, and dying unprepared,
Savior deliver us.

In all times of sorrow; in all times of joy; in the hour of our death
and at the day of judgment,
Savior deliver us.

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,
Savior deliver us.

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,
Savior deliver us.



By your agony and trial; by your cross and passion; by your precious death and burial,
Savior deliver us.

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,
Savior deliver us.

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

A musical score for a hymn. It consists of two systems of music. The first system has a treble clef and a bass clef. The treble clef part has a key signature of one flat and a common time signature. The lyrics "Ho - ly God, Ho - ly and Might - y," are written below the treble clef staff. The bass clef part has a key signature of one flat and a common time signature. The lyrics "Ho - ly Im - mor - tal One, Have mer - cy up - on us." are written below the bass clef staff. The music is written in a simple, hymn-like style with block chords and single notes.

Collect of the Day

Celebrant: God be with you.

People: ***And also with you.***

Celebrant: Let us pray together.

All: ***Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.***

Deuteronomy 26:1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Reader: The Word of the Lord

People: *Thanks be to God*

Psalm 91:1-2, 9-16 [Chanted]

S-414



- A He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.
- B He shall say to the Lord, "You are my refuge and my stronghold, *
my God in whom I put my trust."
- A Because you have made the Lord your refuge, *
and the Most High your habitation,
- B There shall no evil happen to you, *
neither shall any plague come near your dwelling.
- A For he shall give his angels charge over you, *
to keep you in all your ways.
- B They shall bear you in their hands, *

lest you dash your foot against a stone.

- A You shall tread upon the lion and adder; *
you shall trample the young lion and the serpent under your feet.
- B Because he is bound to me in love, therefore will I deliver him; *
I will protect him, because he knows my Name.
- A He shall call upon me, and I will answer him; *
I am with him in trouble; I will rescue him and bring him to honor.
- B With long life will I satisfy him, *
and show him my salvation.

Romans 10:8b-13

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Reader: The Word of the Lord

People: *Thanks be to God*

Hymn # 628

"Help Us O Lord to Learn"

1 Help us, O Lord, to learn the truths your word im - parts: to
2 Help us, O Lord, to live the faith which we pro - claim, that
3 Help us, O Lord, to teach the beau - ty of your ways, that

stu - dy, that your laws may be in - scribed up - on our hearts.
all our thoughts and words and deeds may glo - ri - fy your Name.
yearn - ing souls may find the Christ and live a life of praise.

Words: William Watkins Reid, Jr. (b. 1923), alt. Copyright ©1959 by The Hymn Society of America. All rights reserved. Used with permission.
Music: *St. Ethelwald*, William Henry Monk (1823-1889)

Luke 4:1-13

Gospeller: The Holy Gospel of Our Lord Jesus Christ According to Luke.

People: ***Glory to You, Lord Christ.***

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

Gospeller: The Gospel of Christ.

People: ***Praise to You, Lord Christ.***

The Sermon

The Rev. Dr. Caroline Hall

[We pause for a few moments of silent reflection before affirming our faith.]

Nicene Creed

Deacon Let us stand and join in the Affirmation of our Faith.

All: ***We trust in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.***

***We trust in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.***

*For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.*

*We trust in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We trust in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.*

Prayers of the People

The Leader and People pray responsively

BCP Form III

Father, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest;
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

[Prayers are read from the bidding book; additional prayers may be offered silently or aloud.]

*Lord, hear the prayers of your people; and what we have asked faithfully, grant that
we may obtain effectually, to the glory of your Name, through Jesus Christ, our Lord. Amen.*

The Peace

Celebrant: The peace of Christ be always with you.
People: *And also with you.*

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or travel, may come forward.
Prayers can be found on the white card in your pew.

The Offertory

Hymn #143 "The Glory Of These Forty Days"



1 The glo - ry of these for - ty days we
2 A - lone and fast - ing Mo - ses saw the
3 So Dan - iel trained his mys - tic sight, de -
4 Then grant us, Lord, like them to be full
*5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
2 lov - ing God who gave the law; and to E - li - jah,
3 liv - ered from the li - ons' might; and John, the Bride - groom's
4 oft in fast and prayer with thee; our spi - rits strength - en
5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
2 fast - ing, came the steeds and char - i - ots of flame.
3 friend, be - came the her - ald of Mes - si - ah's name.
4 with thy grace, and give us joy to see thy face.
5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. Copyright © by permission Oxford University Press. All rights reserved. Used with permission.
Music: *Erhalat uns, Herr*, melody from *Geistliche Lieder*, 1543; harm. Johann Sebastian Bach (1685-1750)

Doxology:

Traditional Hymn Tune

*Praise God from Whom all blessings flow
Praise God all creatures here below,
Praise God above, ye heavenly host.
Praise Father Son and Holy Ghost. Amen.*

The Eucharist

BCP Prayer A

Celebrant **T**he Lord be with you.
People ***And also with you.***
Celebrant Lift up your hearts.
People ***We lift them to the Lord.***
Celebrant Let us give thanks to the Lord our God.
People ***It is right to give God thanks and praise.***

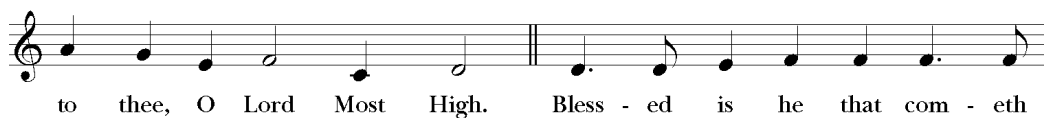
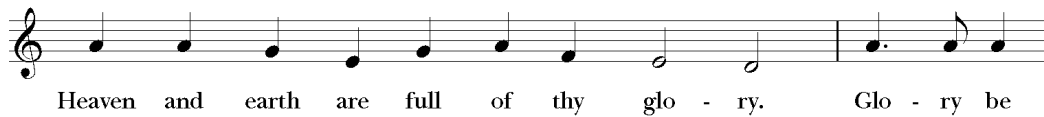
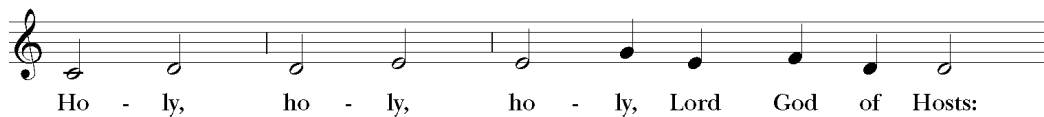
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

Sanctus

S113



Setting: John Merbecke 1518-1585 adapted Hymnal 1992

The Celebrant continues:

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ:

***By him, and with him, and in him, in the unity of the Holy Spirit
all honor and glory is yours, Almighty Father, now and for ever. Amen.***

The Lord's Prayer

And now, as our Savior Christ has taught us, we are bold to say,

***Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen***

The Celebrant breaks the Bread

Fraction Anthem

S 157

O Lamb of God, that ta - kest a - way the
sins of the world, have mer - cy up - on us.
O Lamb of God, that ta - kest a - way the
sins of the world, have mer - cy up - on us.
O Lamb of God, that ta - kest a - way the
sins of the world, grant us thy peace.

Celebrant: The Gifts of God for the People of God.
Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.
This is God's table, and all are welcome here.

If God is calling you, you are welcome to receive communion,
If you prefer to receive a blessing, please cross your arms over your chest.

Communion Music

"The Call" R. Vaughn Williams
from *Five Mystical Songs* arr. David McKeown © 2014 Marc Cerisier
Soloist: Anne Kanter

"Almighty God, Who Hast Me Brought"
Thomas Ford ca. 1580-1648 © 1980 GIA Publications, Inc.
St. Benedict's Singers

Almighty God who hast me brought
in safety to the present day
Keep me from sin in heart and thought
And teach me what to do and say.

[We pause for a few moments' reflection before joining in our final prayer.]

All: *Eternal God, heavenly Father,
You have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace, and grant us strength and courage
to love and serve you with gladness and singleness of heart;
through Christ our Lord. Amen.*

The Solemn Prayer Over the People

Blessing

Announcements

Hymn

“A Mighty Fortress”

H 688

1 A might - y for - tress is our God, a bul - wark nev - er
2 Did we in our own strength con - fide, our striv - ing would be
3 And though this world, with dev - ils filled, should threat - en to un -
4 That word a - bove all earth - ly powers, no thanks to them, a -

fail - ing; our help - er he a - mid the flood
los - ing; were not the right man on our side,
do us; we will not fear, for God hath willed
bid - eth; the Spi - rit and the gifts are ours

of mor - tal ills pre - vail - ing: for still our an - cient foe
the man of God's own choos - ing: dost ask who that may be?
his truth to tri - umph through us; the prince of dark - ness grim,
through him who with us sid - eth: let goods and kin - dred go,

doth seek to work us woe; his craft and power are great,
 Christ Je - sus, it is he; Lord Sa - ba - oth his Name,
 we trem - ble not for him; his rage we can en - dure,
 this mor - tal life al - so; the bo - dy they may kill:

and, armed with cru - el hate, on earth is not his e - qual.
 from age to age the same, and he must win the bat - tle.
 for lo! his doom is sure, one lit - tle word shall fell him.
 God's truth a - bid - eth still, his king - dom is for ev - er.

Words: Martin Luther (1483-1546); tr. Frederick Henry Hedge (1805-1890); based on Psalm 46
 Music: *Ein feste Burg*, melody Martin Luther (1483-1546); harm. Johann Sebastian Bach (1685-1750)

Dismissal

Postlude

“I’ve Got Peace Like a River”

Traditional Spiritual

Arr. by Anthony Giamanco

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ANNOUNCEMENTS

This Week’s Calendar

Sunday, March 6

- 9:20 am – Bible Conversation
- 10:30 am – Eucharist service – (also live-streamed on [FB](#))

Monday, March 7 RECTOR’S SABBATH

Tuesday, March 8

- 9:45 am – Prayers for the Morning ([Zoom](#))
- 10:15 am – Spiritual Conversation- see below ([Zoom](#))
- 5:30 pm – Vespers: in person and on [Zoom](#)

Wednesday, March 9

- 6:00 pm – Choir Rehearsal

Thursday, March 10

- 11am Lord Teach us to Pray - six week study of the Lord's Prayer

Sunday March 4

- 8am - Contemplative Communion in-person and on [Zoom](#)
- 9:20 am – Bible Conversation
- 10:30 am – Eucharist (in-person and live-streamed on [FB](#))

TUESDAY SPIRITUAL CONVERSATION The weekly Spiritual Conversation will start again on Tuesday March 8 and will be based on the book "[In God's Presence: Theological Reflections on Prayer](#)" by Marjorie Suchocki. This conversation is open to anyone and everyone whether or not you read the book. On-line via Zoom on Tuesdays at 10:15am. A service of Prayers for the Morning is also available on Tuesdays, starting at 9:45 on Zoom

LORD TEACH US TO PRAY - a study of the spirituality of the Lord's Prayer started March 3 at 11am and continues every Thursday during Lent. You may join at any time. The study booklet costs \$17 if you can afford it. Please contact Jay to get the book.

OFFICE HOURS: Jay is in the office on Monday, Wednesday and Friday from 2-5. If you need something at other times please contact Caro+

BIRTHDAYS THIS WEEK—

- March 9 Jill Denton
- March 10 John Horsley

PERSONAL PRAYER – A member of the Healing Prayer Ministry team is available each week (except the 5th Sunday) after the 10:30 service to pray with you for special concerns. If you'd like this prayer support during the week, contact Lisa Gonzalez 805-441-3386. If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed to prayers@stbenslosos.org.