



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday of Easter

May 1, 2022 10:30 AM

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

~ Prelude ~

"How Beautiful"

Twila Paris

Arr. Lloyd Larson

© 2006 Ariose Music (ASCAP)

Celebrant: Alleluia. Christ is risen.

People: Christ is risen indeed. Alleluia.

All: *Holy and Life-Giving Spirit, You know our innermost thoughts even before they break through into consciousness; You teach us how to pray. Breathe your breath into our hearts and minds this morning. Prepare us for worship, that our thoughts may turn to you and our hearts bow down in grateful praise of God - Creator, Word and Holy Spirit, Amen*

♪ Asperges

"Christ is Risen"

WLP 817

(three times)

Christ is ri-sen from the dead, tramp-ling down death by death, and on

those in the tombs be - stow - ing life, be - stow - ing life!

Celebrant: Christ be with you.

People *And also with you.*

Celebrant Let us pray.

All: *God of the new fire, and feasting at daybreak: come to us in the dullness of routine and the pain of betrayal; call to us in the way of the cross and the joy of resurrection; through Jesus Christ, the Lamb of God, Amen*

1 When morn - ing gilds the skies, my heart, a - wak - ing, cries,
 2 When mirth for mu - sic longs, this is my song of songs:
 3 No love - lier an - ti - phon in all high heaven is known
 4 Ye na - tions of man - kind, in this your con - cord find:
 5 Sing, suns and stars of space, sing, ye that see his face,

1 may Je - sus Christ be praised! When eve - ning sha - dows fall,
 2 may Je - sus Christ be praised! God's ho - ly house of prayer
 3 than, Je - sus Christ be praised! There to the e - ter - nal Word
 4 may Je - sus Christ be praised! Let all the earth a - round
 5 sing, Je - sus Christ be praised! God's whole cre - a - tion o'er,

1 this rings my cur - few call, may Je - sus Christ be praised!
 2 hath none that can com - pare with: Je - sus Christ be praised!
 3 the e - ter - nal psalm is heard: may Je - sus Christ be praised!
 4 ring joy - ous with the sound: may Je - sus Christ be praised!
 5 both now and ev - er - more shall Je - sus Christ be praised!

Words: German, ca. 1800; tr. Robert Seymour Bridges (1844-1930), alt. Music: *Laudes Domini*, Joseph Barnby (1838-1896)

Acts 9:1-6, 7-20

Reader: *A Reading from the Acts of the Apostles*

Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, "Saul, Saul, why do you persecute me?" He asked, "Who are you, Lord?" The reply came, "I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do." The men who were traveling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and

though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank.

Now there was a disciple in Damascus named Ananias. The Lord said to him in a vision, "Ananias." He answered, "Here I am, Lord." The Lord said to him, "Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight." But Ananias answered, "Lord, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; and here he has authority from the chief priests to bind all who invoke your name." But the Lord said to him, "Go, for he is an instrument whom I have chosen to bring my name before Gentiles and kings and before the people of Israel; I myself will show him how much he must suffer for the sake of my name." So Ananias went and entered the house. He laid his hands on Saul and said, "Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit." And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, and after taking some food, he regained his strength.

For several days he was with the disciples in Damascus, and immediately he began to proclaim Jesus in the synagogues, saying, "He is the Son of God."

Reader: *Hear what the Spirit is saying to God's people*

People: ***Thanks be to God***

♪ Psalm 41

Refrain



I will praise you, Lord, you have res - cued me,
I will praise you, Lord, for your mer - cy. I will praise you, Lord,
you have res - cued me: I will praise you, Lord.

Verses

- 1 I will praise you, Lord, you have rescued me
and have not let my enemies rejoice over me.
O Lord, you have raised my soul from the dead,
restored me to life from those who sink into the grave.

2 Sing psalms to the Lord, you who love him, give thanks to his holy name.

His anger lasts but a moment; his favor through life.

At night there are tears, but joy comes with dawn.

3 The Lord listened and had pity. The Lord came to my help.

For me you have changed my mourning into dancing;

O Lord my God, I will thank you for ever.

Revelation 5:11-14

Reader: *A Reading from the Book of Revelation*

I looked, and I heard the voice of many angels surrounding the throne and the living creatures and the elders; they numbered myriads of myriads and thousands of thousands, singing with full voice, "Worthy is the Lamb that was slaughtered to receive power and wealth and wisdom and might and honor and glory and blessing!"

Then I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, singing, "To the one seated on the throne and to the Lamb be blessing and honor and glory and might forever and ever!"

And the four living creatures said, "Amen!" And the elders fell down and worshiped.

Reader: *Hear what the Spirit is saying to God's people*

People: ***Thanks be to God***

ALLELUIA



Music: Alleluia 7; Jacques Berthier, © 1984, Les Presses de Taizé, GIA Publications, Inc., agent

John 21:1-19

Gospeller: The Holy Gospel of Our Savior Jesus Christ According to John

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

Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing.

Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus.

Jesus said to them, "Children, you have no fish, have you?" They answered him, "No." He said to them, "Cast the net to the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in because there were so many fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off.

When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared to ask him, "Who are you?" because they knew it was the Lord. Jesus came and took the bread and gave it to them, and did the same with the fish. This was now the third time that Jesus appeared to the disciples after he was raised from the dead.

When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." A second time he said to him, "Simon son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go." (He said this to indicate the kind of death by which he would glorify God.) After this he said to him, "Follow me."

Gospeller: The Holy Gospel of Our Savior Jesus Christ According to John
People: *Glory to You, Lord Christ.*

Sermon

The Rev. Karen Seigfreidt

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

♪ Affirmation of Faith

[Sung to Hymn Tune #495]

Hail Thou Once Despised

We believe in God almighty, Author of all things that be,
Maker of the earth and heavens, Keeper of the sky and sea.

We believe in God's son, Jesus, now for us both Lord and Christ,
of the Spirit and of Mary born to bring abundant life.

We believe that Jesus suffered, scourged and scorned and crucified;
taken from the cross, was buried—True Life there had truly died.

We believe that on the third day Christ was raised up from the grave,
then ascended to God's right hand. He will come to judge and save.

We believe in God's own Spirit, bonding all the saints within one church, catholic and holy, where forgiveness frees from sin; in the body's resurrection, for the breaking of death's chain gives the life that's everlasting. This the faith that we have claimed.

Prayers of the People

In this Eastertide, the host of heaven proclaim" Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing." Therefore I invite you, who join the worship of the Lamb with the angels and archangels and all the company of heaven, to pray for all for whom he died, saying Holy One, in your mercy, hear our prayer.

All-compassionate and merciful God, you exalted your Son as Leader and Savior, and raised him above all rule and authority. Give your faithful people courage to follow him in obedience to you wherever we are called to witness, Holy One, in your mercy, *hear our prayer.*

As the disciples of Jesus ventured out at his word, so give us the faith to trust and obey his word in our lives as we pursue together the mission of the church through Laundry Love, the Abundance Shop and every area of our lives. Holy One, in your mercy, *hear our prayer.*

As the disciples of Jesus shared food with their master, so give us the generosity to share what we have with those in need especially through People's Kitchen, the Community Dinner and the Rector's Discretionary Fund. Holy One, in your mercy, *hear our prayer.*

As Jesus commanded Peter to feed his sheep, so strengthen all the clergy especially Lucinda our Bishop, Caro our Rector and Susan our Associate Priest to preach the gospel and administer the sacraments with faithfulness and conviction. Holy One, in your mercy, *hear our prayer.*

As the disciples shared a meal with the risen Christ, so by your Holy Spirit bring us in faith to the table of Christ where we may feast on him who is our priest and victim. Holy One, in your mercy, *hear our prayer.*

[Here we add other prayers starting with the requests in the bidding book. Please add your own prayers or thanksgivings silently or aloud.]

Bring us at last with all the saints to the adoration of the Lamb who was slain. Holy One, in your mercy, *hear our prayer.*

Celebrant: To the one who sits upon the throne and to the Lamb be blessing and honor and glory and might forever and ever.

Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

To maintain safe social distancing, please simply greet others verbally or with a bow or nod.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or travel, may come forward.

50. For a Birthday p 830

O God, our times are in your hand: Look with favor, we pray on your servant(s) _____ as *he/she/they* begin(s) another year. Grant that *he/she/they* may grow in wisdom and grace, and strengthen *his/her/their* trust in your goodness all the days of *his/her/their life/lives*; through Jesus Christ our Lord. *Amen.*

51. For a Birthday p 830

Watch over thy child, O Lord, as *his/her/their* days increase; bless and guide *him/her/their* wherever *he/she/they* may be. Strengthen *him/her/them* when *he/she/they* stand(s); comfort *him/her/their* when discouraged or sorrowful; raise *him/her/their* up if *he/she/they* fall; and in *his/her/their* heart may thy peace which passeth understanding abide all the days of *him/her/their* life; through Jesus Christ our Lord. *Amen.*

52. For an Anniversary p 431

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

53. For Travelers p 831

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel [in particular _____]; surround them with your loving care; protect them from every danger; and bring them into safety to their journey's end; through Jesus Christ our Lord. *Amen.*

The Offertory

Collection plates are not passed, but you may put your contributions in the plate by the usher's station before the service, or at the Peace, or contribute at our website any time.

♪ Offertory Hymn



1 Now the green blade ris - eth from the bur - ied grain,
2 In the grave they laid him, Love whom hate had slain,
3 Forth he came at Eas - ter, like the ris - en grain,
4 When our hearts are win - try, griev - ing, or in pain,



wheat that in dark earth man - y days has lain;
think - ing that nev - er he would wake a - gain,
he that for three days in the grave had lain,
thy touch can call us back to life a - gain,



love lives a - gain, that with the dead has been:
 laid in the earth like grain that sleeps un - seen:
 quick from the dead my ris - en Lord is seen:
 fields of our hearts that dead and bare have been:



Refrain
 Love is come a - gain like wheat that spring - eth green.

Words: John Macleod Campbell Crum (1872-1958), alt., from *The Oxford Book of Carols*, Copyright ©1964, Oxford University Press.
 Music: *Noël nouvelet*, medieval French carol; harm. Marcel Dupré (1886-1971); based on "Variation sur un Noël" for organ Marcel Dupré
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♪ Doxology:

[Hymn tune #400]

[sung]

Praise God from Whom all blessings flow
Praise God all creatures here below, Alleluia, Alleluia
Praise God the Source of all our gifts
Praise Jesus Christ whose power uplifts
Praise the Spirit, Holy Spirit, Alleluia, Alleluia, Alleluia

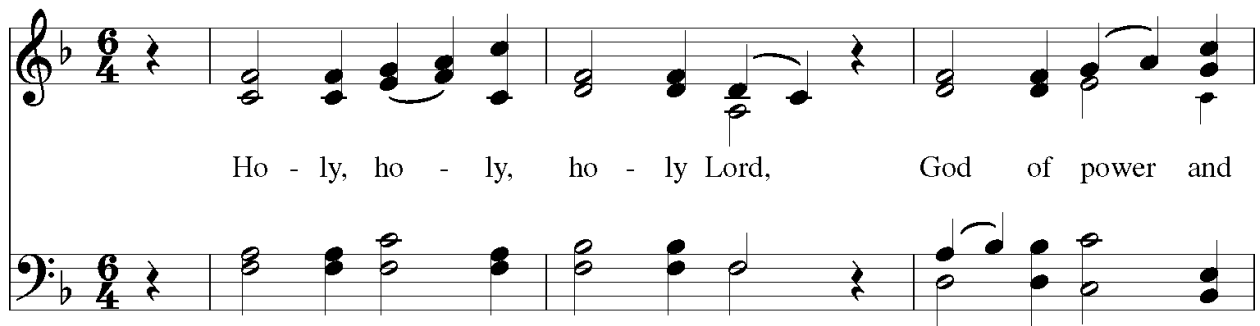
Holy Eucharist

EW1

Celebrant	The Lord be with you.
People	<i>And also with you.</i>
Celebrant	Lift up your hearts.
People	<i>We raise our hearts to God.</i>
Celebrant	Let us thank the giver of life..
People	<i>It is right to give our thanks and praise.</i>
Celebrant	It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:



Ho - ly, ho - ly, ho - ly Lord, God of power and

might, heaven and earth are full of your glo - ry. Ho -

san - na in the high - est. * Bless - ed is he who comes

in the name of the Lord. Ho - san - na in the

high - est. Ho - san - na in the high - est.

Blessed are you, gracious God, creator of the universe and giver of life.
 You formed us in your own image and called us to dwell in your infinite love.
 You gave the world into our care that we might be your faithful stewards
 and show forth your bountiful grace.
 But we failed to honor your image in one another and in ourselves;
 we would not see your goodness in the world around us; and so we violated your creation,
 abused one another, and rejected your love.
 Yet you never ceased to care for us and prepared the way of salvation for all people.
 Through Abraham and Sarah you called us into covenant with you.
 You delivered us from slavery, sustained us in the wilderness, and raised up prophets
 to renew your promise of salvation.

Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus.
Born into the human family, and dwelling among us, he revealed your glory.
Giving himself freely to death on the cross, he triumphed over evil,
opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said:

“Take, eat:

This is my Body which is given for you.

Do this for the remembrance of me.”

As supper was ending, Jesus 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 poured out 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:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with the Blessed Virgin Mary, Blessed Benedict, and all your saints, past, present, and yet to come, we may praise your Name for ever.

Celebrant and People

***Through Christ and with Christ and in Christ,
in the unity of the Holy Spirit,
to you be honor, glory, and praise,
for ever and ever. AMEN.***

As our Savior Christ has taught us, we now pray

***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.*

The Breaking of the Bread

The celebrant breaks the Bread

Silence

♪ Fraction Anthem

Who - ev - er eats this bread will live for - ev - er.

Who - ev - er eats this bread will live for - ev - er.

Holy Communion

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. As your group is called forward, please spread out to widen the circle and increase safe social distancing.

♪ Communion Anthem

"Jerusalem"

from *Paulus* op. 36

Felix Mendelssohn Bartholdy (1809-1847) © 2022 C.F. Peters Ltd. and Co.

Soprano: Anne Kanter

Piano: Ann Lucas

♪ Communion Hymn

“Shepherd of Souls”

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) and piano accompaniment. It is in the key of D major (one sharp) and 4/4 time. The score consists of three systems of music. Each system has a vocal line (treble clef) and a piano line (bass clef). The lyrics are printed below the vocal line.

1 Shep - herd of souls, re - fresh and bless thy cho - sen
2 We would not live by bread a - lone, but by thy
3 Be known to us in break - ing bread, and do not
4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the
word of grace, in strength of which we
then de - part; Sa - vior, a - bide with
and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
trav - el on to our a - bid - ing - place.
us, and spread thy ta - ble in our heart.
heaven - ly wine, be our im - mor - tal food.

Words: James Montgomery (1771-1854), alt. Music: *St. Agnes*, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876) Copyright ©1985, G.I.A. Publications, Inc. All rights reserved. Used with permission.

(We pause for a few minutes silent prayer)

Final Prayer

*Most loving God, creator and redeemer,
we give you thanks for this foretaste of your glory.*

*Through Christ, and with all your saints,
we offer ourselves and our lives to your service.*

*Send us out in the power of your Spirit,
to stand with you in your world.*

*We ask this through Jesus Christ, the servant,
our friend and brother. Amen.*

Blessing

May God who created all things by his word direct you.

May Jesus the Word made flesh dwell among you.

May the Holy Spirit of God inspire you.

And may the blessing of God the All-Compassionate: Author, Word, and Holy Spirit, be among you and remain with you always. *Amen.*

Glimpses of Glory, David Adam

Announcements

Final Hymn

1 Je - sus lives! thy ter - rors now can no long - er, death, ap -
2 Je - sus lives! for us he died; then, a - lone to Je - sus
3 Je - sus lives! our hearts know well nought from us his love shall
4 Je - sus lives! to him the throne o - ver all the world is

pall us; Je - sus lives! by this we know thou, O
liv - ing, pure in heart may we a - bide, glo - ry
sev - er; life, nor death, nor powers of hell tear us
giv - en: may we go where he has gone, rest and

grave, canst not en - thrall us. Al - le - lu - ia!
to our Sa - vior giv - ing. Al - le - lu - ia!
from his keep - ing ev - er. Al - le - lu - ia!
reign with him in hea - ven. Al - le - lu - ia!

Words: Christian Furchtegott Gellert (1715-1769); tr. Frances Elizabeth Cox (1812-1897), alt. Music: *St. Albinus*, Henry John Gauntlett (1805-1876)

Dismissal

Celebrant: Alleluia, alleluia, Let us go forth in peace to love and serve the Lord!

People: *Thanks be to God, alleluia, alleluia!*

♪ Postlude

“Praise to the Lord, the Almighty”

LOBE DEN HERREN

Stralsund Gesangbuch, 1665

Arr. JOHN CARTER

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Church Publishing

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Ministers of the Service

Celebrant:	The Rev. Karen Seigfreidt
Eucharistic Minister:	Lorienne Schwenk
Lector:	Bryson McKelvey
Cantor:	Anne Kanter
Flowers:	Laura Thompson
Ushers:	Alan Kiste & Brian Spolarich
Intercessor:	Louisa Beeler
Altar Guild:	Lorienne Schwenk
Online Host:	Jane Wu
Tellers:	Alice Welchert & Bryson McKelvey
Director of Music:	Dave Alm
Technical:	Hannah Jay Matthew

This Week at St Ben's

Tuesday May 3

9:45a Prayers for the Morning

10:15a Spiritual Conversation Our conversation will be based on the great (and amusing) book, *The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life* by Father James Martin.

5:30p Vespers

Wednesday May 4

6:00p Choir Practice

Thursday May 5

4:30p Community Dinner

Sunday May 8

8:00a Contemplative Communion

9:20a Bible Conversation

10:30a Eucharist

Announcements

The new Benediction is available. If you usually get it in the mail, please take your copy and cross out your label. If there is no label with your name on it, you probably signed up to get it electronically.

We are serving Community Dinner this week. Please let Maureen Titus know how you can help.

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