



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Ascension Sunday

May 29, 2022

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

~ Prelude ~

“Crown Him with Many Crowns”,

George J. Elvey Arr. Larry Schackley © 2006 Lorenz Publishing Co.

Celebrant: Alleluia. Christ is Risen!

People: *The Lord 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.*

♪ Hymn of Praise

“A Hymn of Glory”

Blue Hymnal 218

Cantor will sing verse 1, congregation rises to join verses 2 and 3



1 A hymn of glo - ry let us sing, new
2 You are a pre - sent joy, O Lord; you
3 O ris - en Christ, a - scend - ed Lord, all



hymns through-out the world shall ring; by a new way none
will be ev - er our re - ward; and great the light in
praise to you let earth ac - cord, who are, while end - less



ev - er trod Christ takes his place— the throne of God!
you we see to guide us to e - ter - ni - ty. Al -
a - ges run, with Fa - ther and with Spi - rit, One.

le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: ***God unheld by word or wall; power of love beyond all lords of war: lift us from dullness and cynical contempt; make us ready for your Spirit of transforming fire; and turn our hearts to the mending of the world; through Jesus Christ, the name above all names. Amen***

Ephesians 1:15-23

Reader: *A Reading from the letter to the Ephesians*

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

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

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

♪ Hymn

"See the Conqueror"

Blue Hymnal 215

(next page)



1 See the Con - queror mounts in tri - umph; see the King in
 2 He who on the cross did suf - fer, he who from the
 3 Thou hast raised our hu - man na - ture on the clouds to



roy - al state, rid - ing on the clouds, his
 grave a - rose, he has van - quished sin and
 God's right hand: there we sit in heaven - ly



char - iot, to his heaven - ly pal - ace gate!
 Sa - tan; he by death has spoiled his foes.
 plac - es, there with thee in glo - ry stand.



Hark! the choirs of an - gel voic - es joy - ful
 While he lifts his hands in bless - ing, he is
 Je - sus reigns, a - dored by an - gels; Man with



al - le - lu - ias sing, and the por - tals
 part - ed from his friends; while their ea - ger
 God is on the throne; might - y Lord, in



high are lift - ed to re - ceive their heaven - ly King.
 eyes be - hold him, he up - on the clouds a - scends.
 thine as - cen - sion, we by faith be - hold our own.

Gospel

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

People: *Glory to You, Lord Christ.*

Luke 24:44-53

Jesus said to his disciples, "These are my words that I spoke to you while I was still with you-- that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be

proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshiped him, and returned to Jerusalem with great joy; and they were continually in the temple blessing God.

Gospeller: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

Sermon

The Rev. Dr. Caroline Hall

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

Affirmation of Faith

Church of England

All *We believe in God the Father,
from whom every family
in heaven and on earth is named.
We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;
Father, Son and Holy Spirit.*

Amen.

Prayers of the People - A Litany for Healing

EOW2

Let us name before God those for whom we offer our prayers, starting with those in the bidding book...

(Prayers from the bidding book are read. The people may add additional prayers silently or aloud.)

God the Father, your will for all people is health and salvation;

We praise you and thank you, O Lord.

God the Son, you came that we might have life, and might have it more abundantly;

We praise you and thank you, O Lord.

God the Holy Spirit, you make our bodies the temple of your presence;

We praise you and thank you, O Lord.

Holy Trinity, one God, in you we live and move and have our being;

We praise you and thank you, O Lord.

Lord, grant your healing grace to all who are sick, injured, or disabled,
that they may be made whole;

Hear us, O Lord of life.

Grant to all who seek your guidance, and to all who are lonely, anxious,

or despondent, a knowledge of your will and an awareness of your presence;

Hear us, O Lord of life.

Mend broken relationships, and restore those in emotional distress
to soundness of mind and serenity of spirit;

Hear us, O Lord of life.

Bless physicians, nurses, and all others who minister to the suffering,
granting them wisdom and skill, sympathy and patience;

Hear us, O Lord of life.

Grant to the dying peace and a holy death, and uphold by the grace and
consolation of your Holy Spirit those who are bereaved;

Hear us, O Lord of life.

Restore to wholeness whatever is broken by human sin, in our lives,
in our nation, and in the world;

Hear us, O Lord of life.

You are the Lord who does wonders:

You have declared your power among the peoples.

With you, O Lord, is the well of life:

And in your light we see light.

Hear us, O Lord of life:

Heal us, and make us whole.

All-Compassionate God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.

Confession of Need

Celebrant Let us confess our need for God's healing grace.

All ***Compassionate God,***
we confess our weaknesses and our need for your strengthening touch.
We confess that some illnesses stem from our own fault,
while others are beyond our control.
We turn to you, source of life,
and ask in the name of our Savior Jesus Christ
for the gifts of true healing and life in you. Amen

Celebrant May the God of love visit you in your times of trial and weakness,
and raise you to newness of life, through Jesus Christ,
in the power of the Holy Spirit. ***Amen.***

Prayers for Healing

The ministry of Jesus invites us to new life in God and with each other. We proclaim the Good News that God desires us to be healthy and one in the body of Christ. You are invited to offer yourself, whatever your sickness of spirit, mind, or body, and ask for healing and wholeness in the Name of the holy and undivided Trinity.

(We invite you to pray for healing for yourself, each other, and the planet.

♪ *Fairest Lord Jesus*

Schleische Volkslieder, 1842 arr. Becki Slagle Mayo © 2006 Hope Publishing Co.

We will take some silence together to remember the lives lost in violence this week in Uvalde, and on May 14 in Buffalo.

♪ *Calling My Children Home*

Doyle Lawson, Charles Waller and Robert Yates c.Fauquier Music and Zap Publishing Co.
Lorienne Schwenk and Brian Spolarich

Let us pray together:

***Generous God,
we give you thanks for your beloved Jesus Christ,
in whom you have shared the beauty and pain of human life.
Look with compassion upon all for whom we pray,
and strengthen us to be your instruments of healing in the world,
by the power of the Holy Spirit. Amen.***

The 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.

Prayers can be found on the white card in your pew.

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

“Heal me”

WLP 85



1. Heal me, hands of Je - sus, and search out all my pain: re -
2. Cleanse me, blood of Je - sus, take bit - ter-ness a - way; let
3. Know me, mind of Je - sus, and show me all my sin; dis -
4. Fill me, joy of Je - sus: anx - i - e - ty shall cease and



store my hope, re - move my fear and bring me peace a - gain.
me for - give as one for-given and bring me peace to - day.
pel the mem - o - ries of guilt, and bring me peace with - in.
heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

♪ 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

EOW2

Celebrant: The 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 our thanks and praise.*

Celebrant: We praise you and we bless you, holy and gracious God, source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep and brought all things into being:

sun, moon, and stars; earth, winds, and waters; and every living thing.

You made us in your image,

and taught us to walk in your ways.

But we rebelled against you, and wandered far away;

and yet, as a mother cares for her children, you would not forget us.

Time and again you called us

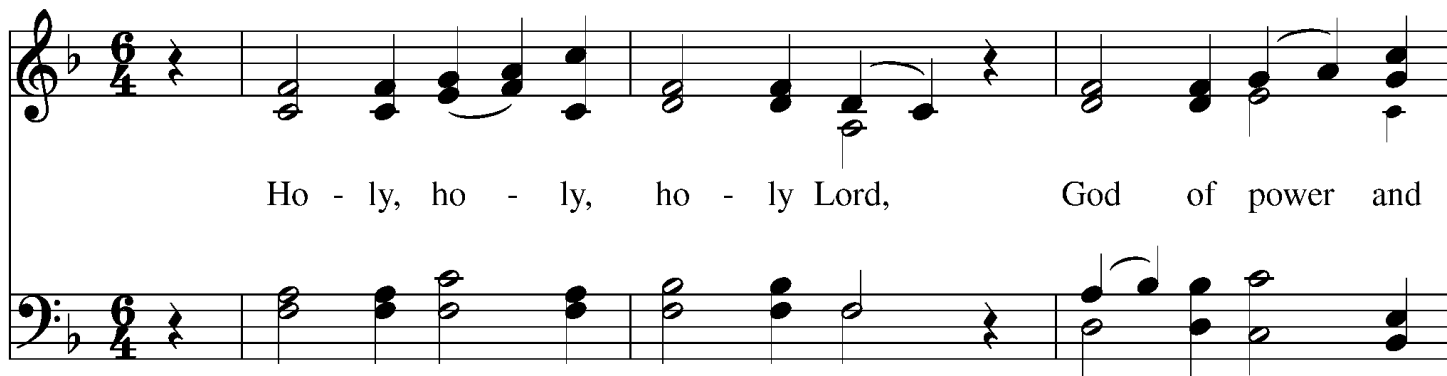
to live in the fullness of your love.

And so this day we join with Saints and Angels

in the chorus of praise that rings through eternity,

lifting our voices to magnify you as we sing:

♪ Sanctus



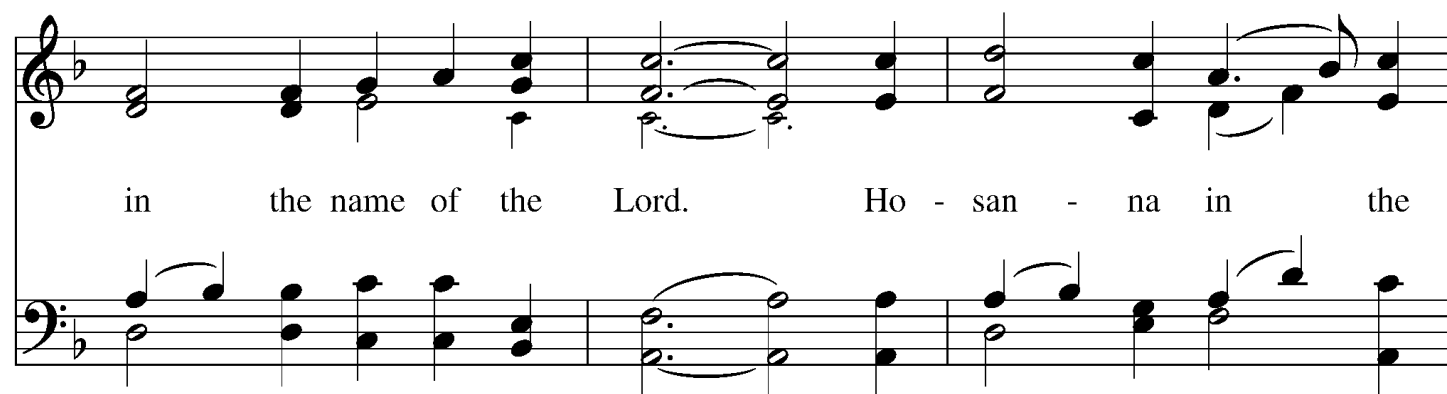
Ho - ly, ho - ly, ho - ly Lord, God of power and




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.

Celebrant continues:

Glory and honor and praise to you, holy and living God.
To deliver us from the power of sin and death
and to reveal the riches of your grace,
you looked with favor upon Mary, your willing servant,
that she might conceive and bear a son,
Jesus the holy child of God.
Living among us, Jesus loved us.
He broke bread with outcasts and sinners,
healed the sick, and proclaimed good news to the poor.
He yearned to draw all the world to himself
yet we were heedless of his call to walk in love.
Then, the time came for him to complete upon the cross
the sacrifice of his life,
and to be glorified by you.

On the night before he died for us,
Jesus was at table with his friends.
He took bread, gave thanks to you,
broke it, and gave it to them, 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.
Again, he gave thanks to you,
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.”

Now gathered at your table, O God of all creation,
and remembering Christ, crucified and risen,
who was and is and is to come,
we offer to you our gifts of bread and wine,
and ourselves, a living sacrifice.
Pour out your Spirit upon these gifts
that they may be the Body and Blood of Christ.
Breathe your Spirit over the whole earth
and make us your new creation,
the Body of Christ given for the world you have made.
In the fullness of time bring us,
with Blessed Mary and Blessed Benedict and all your saints,
from every tribe and language and people and nation,
to feast at the banquet prepared
from the foundation of the world.

All: *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.*

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

WLP 874

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

Lord's Prayer

*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.*

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.

“Larghetto”

from Violin Sonata in D major (HWV 371) Georg Friedrich Händel © 2001 by Bärenreiter-Verlag, Kassel

Soloist: Lorianne Schwenk

♩ Communion Hymn

"I heard the voice"

Blue Hymnal 692

1 I heard the voice of Je - sus say, "Come un - to me and rest;
 2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
 3 I heard the voice of Je - sus say, "I am this dark world's light;

and in your wea - ri - ness lay down your head up - on my breast."
 the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."
 look un - to me, your morn shall rise, and all your day be bright."

I came to Je - sus as I was, so wea - ry, worn, and sad;
 I came to Je - sus, and I drank of that life - giv - ing stream;
 I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.
 my thirst was quenched, my soul re - vived, and now I live in him.
 and in that light of life I'll walk till pil - grim days are done.

*The bracketed notes are to be treated as triplet groups.

Final Prayer

Celebrant: Let us pray.

All: *Loving God, we give you thanks
for restoring us in your image
and nourishing us with spiritual food
in the Sacrament of Christ's Body and Blood.
Now send us forth
a people, forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior. Amen.*

Blessing

May the outrageous welcome of the Father accept us for who we are;
may the incarnation of the Word touch and hold us close;
may the wandering of the Spirit help us risk ourselves for love;
and may the blessing of God All-Compassionate,
Father, Son, and Holy Spirit, be upon you, and remain with you always. *Amen*

Prayers for an Inclusive Church © 2009 Church Pub. Co.

Announcements

♪ Final Hymn

WLP 78

“Lord you give the Great Commission”

Next pages

Dismissal

♪ Postlude

Bryn Calfaría

William Owen, 1834 arr. Penny Rodriguez © 2007 Lorenz Publishing Co.

Eucharist Liturgy Adapted from Enriching Our Worship

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1. Lord, you give the great com - mis - sion: "Heal the
 2. Lord, you call us to your ser - vice: "In my
 3. Lord, you make the com - mon ho - ly: "This my
 4. Lord, you show us love's true mea - sure: "Fa - ther,
 5. Lord, you bless with words as - sur - ing; "I am

sick and preach the word." Lest the church ne -
 name bap - tize and teach." That the world may
 bod - y, this my blood." Let us all, for
 what they do, for - give." Yet we hoard as
 with you to the end." Faith and hope and

glect its mis - sion, and the gos - pel go un -
 trust your prom - ise, life a - bun - dant meant for
 earth's true glo - ry, dai - ly lift life heav - en -
 pri - vate trea - sure all that you so free - ly
 love re - stor - ing, may we serve as you in -

heard, help us wit - ness to your pur - pose
 each, give us all new fer - vor, draw us
 ward, ask - ing that the world a - round us
 give. May your care and mer - cy lead us
 tend and, a - mid the cares that claim us,

Refrain

with re - newed in - teg - ri - ty. }
 clos - er in com - mun - i - ty. }
 share your chil - dren's lib - er - ty. } With the Spir - it's
 to a just so - ci - e - ty. }
 hold in mind e - ter - ni - ty. }

gifts em - power us for the work of min - is - try.

Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Diana Hammerlund
Lector:	Lisa Gonzalez
Flowers:	Elaine Beckham
Ushers:	Barbara Schippers
Altar Guild:	Lorienne Schwenk & Lisa Gonzalez
Online Hosts:	Elaine Beckham
Tellers:	Diana Hammerlund & Dianne Long
Director of Music:	Dave Alm
Technical:	Hannah Jaye Matthew

This Week at St Ben's

Tuesday May 31

- 9:45a Prayers for the Morning
- 10:15a Spiritual Conversation Our conversation is 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 followed by social time

Wednesday June 1

- 6:00p Choir Rehearsal

Saturday June 4

- 12:00p People's Kitchen

Sunday June 5

- 9:20a Bible Conversation
- 10:30a Eucharist

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