

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

The First Sunday of Lent

February 24, 2022

—8 a.m. Service—

Whoever you are and wherever you are on your faith journey, there's a warm welcome for you here!

Celebrant: Blessed be the God of our salvation.
People: *Who bears our burdens and forgives our sins.*

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*

Canticle H

A Song of Hosea

Hosea 6:1-3

Come, let us return to our God, *
who has torn us and will heal us.
God has struck us and will bind up our wounds, *
after two days revive us,
On the third day restore us, *
that in God's presence we may live.
Let us humble ourselves, let us strive to know the Lord, *
whose justice dawns like morning light, its dawning as sure as the sunrise.
God's justice will come to us like a shower, *
like spring rains that water the earth.

Collect of the Day

Celebrant: God be with you
People: *And also with you.*

Celebrant: Let us pray.

All: *Spirit of the desert, you drove Jesus to the edge of the world to find his truth and calling; scour our hearts and awaken our hunger that freed from empty clinging we might find ourselves in you; through Jesus Christ, the Lord of the wilds. Amen.*

Prayers for an Inclusive Church (2009)

Genesis 2:15-17; 3:1-7

Reader: A reading from the book of Genesis

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

— *Hear What the Spirit is Saying to God's People.*

Psalm 32

Happy the pardoned, whose sin is canceled, in whom God finds no evil, no deceit.

While I hid my sin, my bones grew weak from endless groaning.

Day and night, under the weight of your hand, my strength withered as in a summer drought.

Then I stopped hiding my sin and spoke out, "God, I confess my wrong." And you pardoned me. No wonder the faithful pray to you in danger! Even a sudden flood will never touch them.

You, my shelter, you save me from ruin. You encircle me with songs of freedom.

"I show you the path to walk. As your teacher, I watch out for you.

"Do not be a stubborn mule, needing bridle and bit to be tamed."

Evil brings grief; trusting in God brings love.

Rejoice in the Lord. Be glad and sing, you faithful and just.

Romans 5:12-19

Reader: A reading from the Paul's letter to the Romans

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many

trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

— *Hear What the Spirit is Saying to God's People.*

Matthew 4:1-11

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

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: This is the Gospel of Christ.

People: ***Praise to Christ, the Word.***

Discussion of the Readings

Prayers of the People

Lord, we remember in your presence the sins of your church. We fail to live up to our ideals, we compromise for comfort, we are often too concerned about material things, we seek our own glory. We do not put our trust in you, but trust in our own schemes and plans, in our own strength. Lord, help us to see our priorities, and not to be led astray.
Lord, lead us from temptation ***and deliver us from evil.***

Lord, we belong to a fallen world, where your image is marred and your creation despoiled. We seek quick and cheap results and disregard the consequences. The air is polluted and our rivers foul, our land is raped through greed. Help all who seek to redeem this world and to save it from

destruction. Give vision to world leaders and to all who are in control of our industries. Lord lead us from temptation *and deliver us from evil.*

Lord, make us aware of the wonder and the beauty that is about us. Help us to move towards a better environment. We pray for our homes and all that goes on in them. We pray for our relationships with each other. We pray especially for all who have found a loved one unfaithful. Lord, lead us from temptation *and deliver us from evil.*

We remember all who have suffered through their sinfulness, all who are caught up in vice or crime, all who are drug addicts, all who have been misused or abused by others, all who live below their abilities and ideals, all who are tempted to despair, all who are suicidal. Lord, lead us from temptation *and deliver us from evil.*

We rejoice with all who have triumphed over sin and death. We give thanks for all who have given us a good example to follow, for all who know the forgiveness of sins and the gift of eternal life. May we share with them in your kingdom. Lord, lead us from temptation *and deliver us from evil.*

Almighty God, Give us grace to cast away the works of darkness, cleanse and deliver us from all our sins, confirm and strengthen us in all goodness, and bring us into the way that leads to life; through him who is the Way the Truth and the Life, Jesus Christ our Lord. Amen

Source: Clouds and Glory, 2001 David Adam, Morehouse Publishing

Confession and Absolution

Let us confess our sins to God.

Silence may be kept.

Minister and People:

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Celebrant: May our all-compassionate God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. 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. 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.

The Holy Eucharist

EOW 3

Celebrant May God 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.***

Celebrant All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey.

And so as the morning stars sing your praises we join the heavenly beings and all creation as we say with joy:

All: ***Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.***

Celebrant Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise.

Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

“Take, eat, this is my Body, broken for you.
Do this for the remembrance of me.”

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

Drink this, all of you:
this cup is the new Covenant in my Blood,
poured out for you and for all for the forgiveness of sin.
Do this for the remembrance of me.”

And so, remembering all that was done for us: the cross, the tomb, the resurrection and

ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All *Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!*

Celebrant Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with the blessed virgin Mary, blessed Benedict, and all your people into the joy of our true eternal home.

All *Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.
Blessed are you now and for ever. AMEN.*

The Lord's Prayer

As our Savior Christ has taught us, we now pray:

All *Eternal Spirit,
Life-Giver, Pain-Bearer, Love Maker,
Source of all that is and that shall be, Father and
Mother of us all,
Loving God, in whom is heaven:
The Hallowing of your Name echo through the universe!
The Way of your Justice be followed by the people of the world!
Your Heavenly Will be done by all created beings!
Your Commonwealth of Peace and Freedom sustain our hope
and come on earth!
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. Amen.*

New Zealand Prayer Book

The Breaking of the Bread

The celebrant breaks the consecrated bread.

A period of silence is kept.

Celebrant: We break this bread to share in the Body of Christ.

People: ***We who are many are one body, for we all
share in the one bread.***

Celebrant: The Gifts of God for the People of God. 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.*

Closing 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.***

The Blessing

*May God give you grace, to become the people he has called you to be,
that you may live and work to his praise and glory. And the blessing of God,
Father, Son, and Holy Spirit be among you and remain with you always. Amen.*

Traces of Glory, David Adam © Morehouse Publishing 2000

Dismissal

Let us go forth in peace to love and serve our God.

Thanks be to God.

Today's Eucharist Liturgy is from
"Enriching Our Worship" Supplemental Liturgical Materials
prepared by The Standing Liturgical Commission of the Episcopal Church
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This Week at St Ben's

Monday Rector's Sabbath

Tuesday

9:45a Prayers for the Morning

10:30a Spiritual Conversation

5:30p Vespers

Wednesday

4:00p Community Dinner

Friday

9:00a Gentle Yoga

Sunday

8:00a Contemplative Communion, in-person and on Zoom

10:30a Eucharist in-person and on FB

12:00p Choir Practice

ANNOUNCEMENTS

COMMUNITY DINNER is this Wednesday. Please let Maureen know that you will bring corn bread of coleslaw.

SPIRITUAL CONVERSATION - this week the conversation continues the Celtic path based on the book by Julianne Stanz, [Braving the Thin Places](#). You are welcome even if you don't read it. *Note the new time of 10:30, [Zoom](#)*

LENTEN Devotional: Practicing Compassion with all your Heart, Soul, Strength and Mind. Booklets are available now, or you get a pdf or purchase as an e-book. If you prefer you can get each day's reflection by email. Check it out at LivingCompass.org/Lent

WHO ARE OUR NEIGHBORS? Mark your calendar and make plans to join us on our Neighborhood Walk! As part of our parish's transition work, learn how to see the familiar with a new perspective and help discern how God is calling us into a deeper relationship with our neighbors. Whether it is by walking, driving, or just sitting still in one place, everyone can participate. Sign-up sheet is on the veranda after service, or contact the office. **Sunday, March 12th, 11:30 am - 1:30 pm / lunch provided**

ARTICLES for the March Benediction newsletter are due Feb 27 to Cathy Gildea: cathy@gildea.com

MARCH 12 is the neighborhood walk—an important part of our Transition process. Please see

Sandy Fisher or another member of the Discovery Team for more details.

Everyone is invited to **GENTLE YOGA Fridays** at 9am. For more info see Maureen Titus.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Jill Denton (805-564-1101) If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslososos.org and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

BIDDING BOOK PRAYERS – If you'd like to request prayers for someone to have their names read out during the worship services on Sunday, please write them in the bidding book on the stand by the usher's station as you come into church.



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