



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The First Sunday in Lent

February 26, 2023 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~

“Prelude in F Minor”

JS Bach

Well Tempered Clavier Book II

Public Domain

## The Great Litany

EOW

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.*

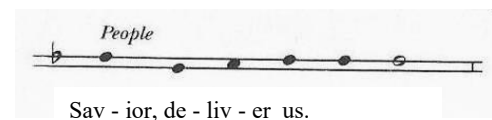
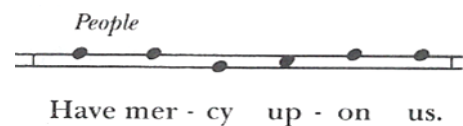
From all evil and mischief; from pride, vanity  
and hypocrisy; from envy, hatred and malice;  
and from all evil intent,  
*Savior deliver us.*

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

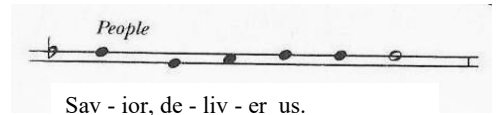
From sins of body and mind; from deceits of the world, flesh and the devil,  
*Savior deliver us.*

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.

***Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy on us.***

♩ **Kyrie**

WLP 840

*Leader* Ky - ri - e

Musical notation for the first system of the Kyrie. It features a treble and bass clef with a 4/4 time signature. The melody is in the treble clef, and the accompaniment is in the bass clef. The lyrics "Ky - ri - e" are written above the first measure. The second system of the first part shows the lyrics "Ky - ri - e e - le - i - son. Ky - ri -".

Chris - te

Musical notation for the second system of the Kyrie. It features a treble and bass clef with a 4/4 time signature. The melody is in the treble clef, and the accompaniment is in the bass clef. The lyrics "e e - le - i - son. Chris - te e - le - i -" are written below the notes.

Ky - ri - e

son. Chris - te e - le - i - son. Ky - ri -

e e - le - i - son. Ky - ri - e e - le - i - son.

Music: Betty Carr Pulkingham (b. 1928), from *Freedom Mass*, based on traditional African melodies. Copyright © 1989 Celebration, Aliquippa, PA 15001. All rights reserved. International copyright secured. Used by permission.

Celebrant **Bless the Lord who forgives all our sins.**

People ***God's mercy endures for ever.***

### 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.***

### 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.

Reader: The Word of the Lord

People: *Thanks be to God*

## **Psalm 32** Of David.

A maskil.

- 1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, \*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the LORD." \*  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in time of trouble;  
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle,  
or else they will not stay near you."
- 11 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the LORD.
- 12 Be glad, you righteous, and rejoice in the LORD; \*  
shout for joy, all who are true of heart.

## **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.

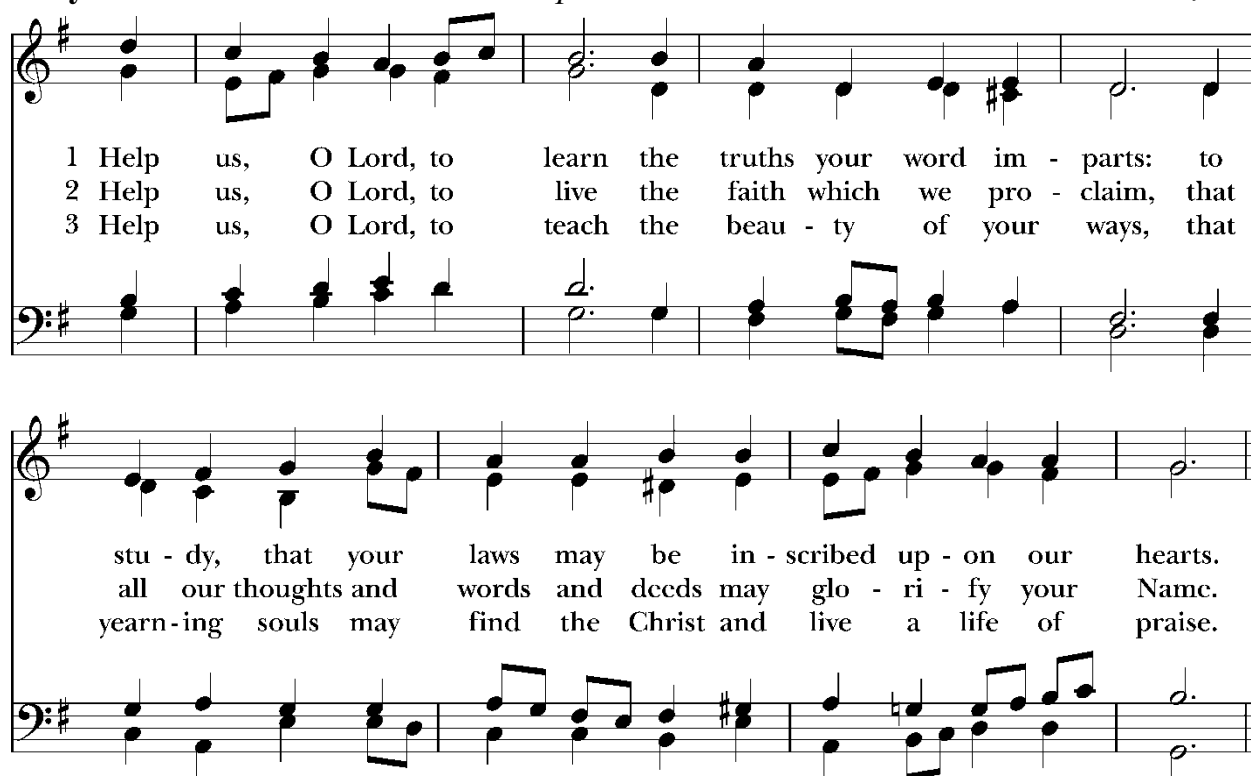
Reader: The Word of the Lord

People: *Thanks be to God*

### ♪ Hymn # 628

### “Help Us O Lord To Learn”

Blue Hymnal



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. (admin. Hope Publishing Company, Carol Stream, IL 60188.) All Rights Reserved. Used by permission. Music: *St. Ethelwald*, William Henry Monk (1823-1889).

### 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: 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**

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**

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.*

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.

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

*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.*

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

## **The Peace**

Celebrant: The peace of Christ be always with you.

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

Please greet one another in the chat.

## **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or travel, please share in the chat.

### **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.*

### Transition Prayer

O Lord,  
You are the light that illumines our path.  
You are the map that gives us direction.  
You are the peace that makes us strong.  
You are the guide whom we faithfully follow.  
May your light illuminate our entire lives.  
And your guidance bring direction to our work.  
May we find inspiration in your Word,  
And peace in our hearts as we follow you.  
*Amen.*

### The Offertory

You may contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.

### ♪ Hymn #150

“Forty Days and Forty Nights”

Blue Hymnal

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
2 Should not we thy sor - row share and from world - ly joys ab - stain,  
3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;



1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smytтан (1822-1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

### ♪ 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: 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 God thanks and praise.*

Celebrant continues:

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 for ever sing this hymn to proclaim the glory of your name:

### ♪ Sanctus

S124

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven 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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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:

Celebrant and People:

***Christ has died.***

***Christ is risen.***

***Christ will come again.***

*The Celebrant continues*

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

S161

Lamb of God, you take a - way the sins of the world:  
have mer - cy on us. Lamb of God, you take a - way the  
sins of the world: have mer - cy on us. Lamb of God,  
you take a - way the sins of the world: grant us peace.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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 and invited to receive communion.  
Please contact the church office to arrange to receive communion in your home.*

## ♪ Communion Music

Largo e mesto, Sonata Op. 10 No. 3

Ludwig van Beethoven

## ♪ Communion Hymn #316

“This is the Hour”

Blue Hymnal

[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

## ♪ Final Hymn #149

“Eternal Lord of Love”

Blue Hymnal

*Unison or harmony*

1 E - ter - nal Lord of love, be - hold your Church  
2 So dai - ly dy - ing to the way of self,  
3 If dead in you, so in you we a - rise,

walk - ing once more the pil - grim way of Lent,  
so dai - ly liv - ing to your way of love,  
you the first - born of all the faith - ful dead;

led by your cloud by day, by night your fire,  
 we walk the road, Lord Je - sus, that you trod,  
 and as through ston - y ground the green shoots break,

moved by your love and toward your pres - ence bent:  
 know - ing our - selves bap - tized in - to your death:  
 glo - rious in spring - time dress of leaf and flower,

Words: Thomas H. Cain (b. 1931)  
 Music: *Old 124th*, melody *Psaumes octante trois de David*, 1551;  
 harm. Charles Winfred Douglas (1867-1944)

10 10. 10 10 10

## Dismissal

## Postlude

“*Fugue No. 8*”

by Wilhelm Friedemann Bach

Today's Eucharist Liturgy is  
 Eucharistic Prayer A from the Book of Common Prayer  
 Certified 1989 According to the use of The Episcopal Church

Music reproduced under OneLicense #A706314

## Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Diana Hammerlund
Lector:	Sandy Fisher
Flowers:	Brian Spolarich
Ushers:	Michael Lucas & Connie Weldon
Intercessor:	Jill Denton
Altar Guild:	Lorienne Schwenk
Online Host:	Jane Wu
Tellers:	Diana Hammerlund and Sandy Fisher
Technical:	Hannah-Jaye Matthew

## 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 should be here later this week 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](http://LivingCompass.org/Lent)

**Discover how you can be a TRAILBLAZER, too!** Are you curious about how we reach out and do even more to share God's love with our neighbors? The Trailblazer Discovery Team is taking church outside our walls with the Prayer Pop-Up, a "mobile coffee hour" experience focused on bringing church to the people. Would you like to walk with us as we explore these questions? Contact Deacon Jen.

**ARTICLES** for the March Benediction newsletter are due Feb 27 to Cathy Gildea: [cathy@gildea.com](mailto: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](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto: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.

**St. Benedict's Episcopal Church**  
**2220 Snowy Egret Lane, Los Osos CA 93402**  
**P.O. Box 6877, Los Osos CA 93412**  
**Phone: (805) 528-0654**  
**Email: [office@stbenslososos.org](mailto:office@stbenslososos.org)**  
**[www.stbenslososos.org](http://www.stbenslososos.org)**

