

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Third Sunday of Lent

March 12, 2023

—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 God: Father, Son, and Holy Spirit.

People: *And blessed be God's kin-dom, now and for ever. Amen.*

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: *Lord of the wellspring, source of life and truth: Jesus asked for water from the hands of a woman in the land of the stranger; may he teach us to name our need, to love our neighbor and to worship you in spirit and in truth, through Jesus Christ, who shows us who we are. Amen*

Prayers for an Inclusive Church, Church Pub. 2009

Exodus 17:1-7

Lector: *A Reading from the Book of Exodus*

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

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

Psalm 95

Source: The Psalter © 1994 Liturgy Training Publications

Come, sing with joy to God, shout to our savior, our rock.
Enter God's presence with praise, enter with shouting and song.
A great God is the Lord, over the gods like a king.

God cradles the depths of the earth, holds fast the mountain peaks.
God shaped the ocean and owns it, formed the earth by hand.

Come, bow down and worship, kneel to the Lord our maker.
This is our God, our shepherd, we are the flock led with care.

Listen today to God's voice: "Harden no heart as at Meribah, on that day in the desert at Massah.
There your people tried me, though they had seen my work.

"Forty years with that lot! I said: They are perverse, they do not accept my ways.
So I swore in my anger: They shall not enter my rest."

Romans 5:1-11

Lector: *A Reading from Paul's letter to the Romans*

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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

John 4:5-42

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

People: ***Praise and Glory to God.***

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Gospeller: This is the Gospel of Christ.

People: *Praise to Christ, the Word.*

Discussion of the Readings

Prayers of the People

We have been birthed for holiness in Christ, by whose arduous labor we are awakened to life. That the wounds of our crucified Christ may not be in vain, let us pray to our God, saying: ***Grant us your mercy, O God.***

For the whole church catholic, for an end to our divisions, for all who lead and all who minister, and for all the baptized, we pray, ***Grant us your mercy, O God.***

For the nations, for peacemakers, for all the world's peoples, for the governing authorities in every city and state especially Joseph our President and Gavin our Governor, and for the wealthy and free to uplift the poor and oppressed, we pray, ***Grant us your mercy, O God.***

For the will to give all your people access to your grace, and for the will to supply food and sustenance to all the world's people, we pray, ***Grant us your mercy, O God.***

For all whom we avoid, those we consider ungodly, the outcasts, and beggars, the downtrodden, for our enemies, and for an end to our hardness of heart, we pray: ***Grant us your mercy, O God.***

For hearts to do what is good and right and true, and for humility before Christ, that we may never

murmur against you, O holy God, we pray: ***Grant us your mercy, O God.***

For all who yearn for health, for the handicapped, for those in mental anguish or spiritual turmoil, for those living with life-threatening illness, and for all who remember and care for them, we pray, starting with those in the bidding book;

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

For all those in need we pray, ***Grant us your mercy, O God.***

We praise you, God of our hope, for all the faithful before us who entered into your labors and worshiped you in truth. That we may live faithful to eternal life, we pray. ***Grant us your mercy, O God.***

Pour your love into our hearts, O God of peace. Give us joy in our suffering, endurance in trials, character in times of weakness, and hope in adversity. So may we live, birthed always anew in you, who has gasped and panted for our life, now and forever.

Adapted from *Intercessions for the Christian People* Liturgical Press 1990

Confession and Absolution

Let us confess our sins to God.

Silence may be kept.

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.

Holy Eucharist

EDW I

Celebrant The Lord be with you.
People ***And also with you.***
Celebrant Lift up your hearts.
People ***We raise our hearts to God.***
Celebrant Let us thank the giver of life..
People ***It is right to give our thanks and praise.***
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 say:

Celebrant and People

***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.***

All

***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.*

The Celebrant continues.

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.***

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: God of abundance, you have fed us with the bread of life and cup of salvation;
you have united us with Christ and one another; and you have made us one with

all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen

The Blessing

May the outrageous welcome of the Creator 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,
Creator, Child, and Holy Spirit, be upon you, and remain with you always.
Amen.

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

Dismissal

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

Today's Eucharist Liturgy is from
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prepared by The Standing Liturgical Commission of the Episcopal Church
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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
Website: www.stbenslososos.org

This Week at St Ben's

Today: Neighborhood Walk starts at approx. 11:45

Tuesday March 14

9:45a Prayers for the Morning

10:30a Spiritual Conversation

5:30p Vespers followed by social time

Wednesday March 15

3:00p Earthcare

Friday May 16

9:00a Gentle Yoga

5:30p Messy Church

Saturday March 18

9:00a Men's Breakfast

Sunday March 19

8:00a Contemplative Communion

10:30a Eucharist

12:30p Parish Council

Announcements

NEIGHBORHOOD WALK Today, rain or shine! The forecast calls for a break in the rain but bring an umbrella just in case. Groups can choose to walk or drive based on preference and conditions. 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. **Sunday, March 12th, 11:30 am - 1:30 pm / lunch provided.**

PEOPLE'S KITCHEN is coming up: we serve lunch on April 1st

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 even if you don't read it. Note the new time of 10:30.

RESPONDING TO CHRISTIAN NATIONALISM: Presiding Bishop Michael Curry says that extreme Christian Nationalism is "an unholy conflation of Christianity and White Supremacy often tinged with Americanism." To learn more, join a virtual Lenten program with the ECR Social Justice Committee to learn about Christian Nationalism - what it is, why it is an urgent threat to our democracy and our faith, and how we can respond to it. The five discussion sessions are on Tuesday evenings at 7:00 pm from Feb 28 through March 28. *It's not too late to join.*

PERSONAL PRAYER – If you'd like prayer support during the week, contact Helen Schnieders (818) 324-2646 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.