

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Lent 4

March 19, 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: Bless the Lord who forgives all our sins.

People: *God's mercy endures for ever*

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: *Creator and Healer, root of all goodness, working your Sabbath will in the chaos of our life: teach us the insight that gives true judgement and praises you wherever you are found making miracles from spit and mud; through Jesus Christ, the son of the earth. Amen.*

Prayers for an Inclusive Church (2009)

I Samuel 16:1-13

Reader: *A Reading from the first book of Samuel*

The LORD said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the LORD said, "Take a heifer with you, and say, 'I have come to sacrifice to the LORD.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the LORD commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the LORD; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the LORD." But the LORD said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the LORD chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the LORD chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The LORD has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The LORD said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the LORD came mightily upon David from that day forward. Samuel then set out and went to Ramah.

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

Psalm 23

Source: The Psalter © 1994 Liturgy Training Publications

The Lord is my shepherd, I need nothing more.
You give me rest in green meadows,
setting me near calm waters, where you revive my spirit.
You guide me along sure paths; you are true to your name.
Though I should walk in death's dark valley,
I fear no evil with you by my side, your shepherd's staff to comfort me.
You spread a table before me as my foes look on.
You soothe my head with oil; my cup is more than full.
Goodness and love will tend me every day of my life.
I will dwell in the house of the Lord as long as I shall live.

Ephesians 5:8-14

A Reading from the Letter to the Ephesians

Once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, “Sleeper, awake! Rise from the dead, and Christ will shine on you.”

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

John 9:1-41

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

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

As Jesus walked along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man’s eyes, saying to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, “Is this not the man who used to sit and beg?” Some were saying, “It is he.” Others were saying, “No, but it is someone like him.” He kept saying, “I am the man.” But they kept asking him, “Then how were your eyes opened?” He answered, “The man called Jesus made mud, spread it on my eyes, and said to me, ‘Go to Siloam and wash.’ Then I went and washed and received my sight.” They said to him, “Where is he?” He said, “I do not know.”

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, “He put mud on my eyes. Then I washed, and now I see.” Some of the Pharisees said, “This man is not from God, for he does not observe the sabbath.” But others said, “How can a man who is a sinner perform such signs?” And they were divided. So they said again to the blind man, “What do you say about him? It was your eyes he opened.” He said, “He is a prophet.”

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, “Is this your son, who you say was born blind? How then does he now see?” His parents answered, “We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.” His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, “He is of age; ask him.”

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshiped him. Jesus said, "I came into this world for judgment so that those who do not see may see, and those who do see may become blind." Some of the Pharisees near him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains."

Gospeller: This is the Gospel of Christ.
People: *Praise to Christ, the Word.*

Discussion of the Readings

Prayers of the People

Father, creator of light, we remember all who walk in darkness, all who do not know your love, all who are unaware of your light. We pray that your church may shine as a light in the world and bring all peoples to you who are the true light. We pray for all who go out in mission, all who proclaim your love. Jesus, Light of the world, **scatter the darkness from our hearts and minds.**

We pray for all who are caught up in works of darkness, those who misuse your world, those who have no respect for people or their feelings, those who deal in wickedness and vice; that a new awareness may conquer their blindness, a new vision dispel their darkness. Jesus, Light of the world, **scatter the darkness from our hearts and minds.**

Lord, forgive the hurt we cause by our own blindness. May the brightness of your light bring joy to our homes, new love to our relationships, deep peace to our communities. Jesus, Light of the world, **scatter the darkness from our hearts and minds.**

We pray for all who are blind, for all whose sight is failing. We remember all whose minds are darkened by fear or sin, all who are beset by dark deeds of the past. We pray for all who are consumed by hatred or by desire for revenge. Jesus, Light of the world, **scatter the darkness from our hearts and minds.**

[here prayers are added from the bidding book and
you are invited to add your own prayers silently or aloud]

Jesus, Light of the world, **scatter the darkness from our hearts and minds.**

We praise you for all who have entered into a fuller vision, all who have awakened to your glory in heaven. We pray that we may not sorrow for the departed but rejoice in their freedom. Jesus, Light of the world, **scatter the darkness from our hearts and minds.**

Open our eyes to your presence, open our ears to your call, open our hearts to your love; that we may give ourselves to you and walk before you as children of light; through him who is the Light of the World, Jesus Christ our Lord. Amen.

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 2

Celebrant: May God 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: 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 say:

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 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 the Blessed Virgin Mary, 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 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

Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road and may God's blessing be with you always.
Amen.

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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This Week at St Ben's

Monday Rector's Sabbath

Tuesday
9:45a Prayers for the Morning
No Spiritual Conversation this week
5:30p Vespers
Friday
9:00a Gentle Yoga

ANNOUNCEMENTS

Caro+ will be away Friday March 24—Tuesday March 28. If you need help please contact Hannah in the office or Maureen Titus

SPIRITUAL CONVERSATION - no conversation this week. The next one starts on March 28th with a video of Brian McClaren, author of The Great Spiritual Migration which will be the base of the next conversation.

PEOPLE'S KITCHEN We serve our neighbors at 40 Prado on April 1st at 11:30 Please let Pat Henry know how you can help.

HOLY WEEK and EASTER Services

Tuesday April 4, 4:45 Stations of the Cross 5:30 Vespers
Thursday April 6, 7:00p Maundy Thursday service
Good Friday, April 7, 12:00 Good Friday Liturgy
2:15 Stations of the Cross
Easter Vigil, April 8 7:45p
Easter Day, April 9 8am and 10:30am

PERSONAL PRAYER – If you'd like prayer support during the week, contact Louisa Beeler (805-543-2898) 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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