



St. Benedict's Episcopal Church

~ Tending Mind and Soul ~

The Second Sunday in Lent
March 5, 2023

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

~ Prelude ~ "Voluntary I"

William Boyce (1711-1779)

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A Penitential Order

The New Zealand Prayer Book

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

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

Hear the teaching of Christ:

A new commandment I give to you,
that you love one another as I have loved you.

Spirit of God, search our hearts.

Hear God's word to all who turn to Christ:

God so loved the world that he gave his only Son, that whoever
believes in him should not perish but have eternal life. *John 3:16*

If we confess our sins, God is faithful and just, and will
forgive our sins and cleanse us from every kind of wrong.

God has promised forgiveness to all who truly repent,
turn to Christ in faith and are themselves forgiving.
In silence we call to mind our sins.

Silence

Let us confess our sins.

***Merciful God, we have sinned
in what we have thought and said,
in the wrong we have done
and in the good we have not done.***

***We have sinned in ignorance: we have sinned in weakness:
we have sinned through our own deliberate fault.***

We are truly sorry. We repent and turn to you.

***Forgive us, for our Savior Christ's sake,
and renew our lives to the glory of your name. Amen.***



♪ Kyrie

WLP 840

Leader

Ky - ri - e

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

Chris - te

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

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.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Holy God, whose wild Spirit's breath defies our frozen idols: take the night time of our fear and make it a welcoming womb for us and all the world; through Jesus Christ in whom we are born anew. Amen.*

Genesis 12:1-4a

Reader: A reading from the book of Genesis

The LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the LORD had told him; and Lot went with him.

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

All: *Thanks be to God*

Psalm 121

Of David.

A maskil.

I lift up my eyes to the hills; *

from where is my help to come?

My help comes from the Lord, *

the maker of heaven and earth.

He will not let your foot be moved *

and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel *

shall neither slumber nor sleep;

The Lord himself watches over you; *

the Lord is your shade at your right hand,

So that the sun shall not strike you by day, *

nor the moon by night.

The Lord shall preserve you from all evil; *

it is he who shall keep you safe.

The Lord shall watch over your going out and your coming in, *

from this time forth for evermore.

Romans 4:1-5, 13-17

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

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader: *Hear What the Spirit is saying to God’s people.*

All: *Thanks be to God*

♪ Hymn #490

“I want to walk”

Blue Hymnal

1 I want to walk as a child of the light.
 2 I want to see the bright-ness of God.
 3 I'm look-ing for the com-ing of Christ.

I want to fol-low Je-sus.
 I want to look at Je-sus.
 I want to be with Je-sus.

God set the stars to give light to the world. The
 Clear sun of right-eous-ness, shine on my path, and
 When we have run with pa-tience the race, we

star of my life is Je-sus.
 show me the way to the Fa-ther.
 shall know the joy of Je-sus.

Refrain

a tempo

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John 3:1-17

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

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

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows

where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?”

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

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

Deacon: Let us stand and join in the Affirmation of our Faith.

I believe in God almighty,
author of all things that be,
Maker of the earth and heavens,
Keeper of the sky and sea.
I believe in God’s son, Jesus,
now for us both Lord and Christ,
of the Spirit and of Mary
born to bring abundant life.

I believe that Jesus suffered,
scourged and scorned and crucified;
taken from the cross, was buried—
True Life there had truly died.
I believe that on the third day
Christ was raised up from the grave,
then ascended to God right hand.
He will come to judge and save.

I believe in God’s own Spirit,
bonding all the saints within
One church, catholic and holy,
where forgiveness frees from sin;
in the body’s resurrection,
for the breaking of death’s chain
gives the life that’s everlasting.
This the faith that I have claimed.

Prayers of the People

Let us come before God in this Lententide, praising and blessing and adoring our everliving God, saying: In your glorious mercy, ***Holy One, hear our prayer.***

O God, who spoke through the prophets and who lives in the only begotten one, show to your church all things. Help us hear your purpose and receive your grace; confirm in your truth all the baptized, especially bishops and clergy, theologians and teachers, mystics and martyrs. In your glorious mercy: ***Holy One, hear our prayer.***

God of promise and deliverance, we thank you for birthing us in the waters of baptism and for drowning our death in your unending life. We beg that your love well up within us, that our whole lives may worship you. In your glorious mercy: ***Holy One, hear our prayer.***

God of the people of Israel, Sovereign of every nation, grant your vision of mercy and justice to all who rule in the earth especially Joseph, our president. Prosper the labors of those seeking peace. Assist all who work for reconciliation in the streets and for reformation in prisons. In your glorious mercy: ***Holy One, hear our prayer.***

O Holy One with the pierced limbs and side, bind us to all those who suffer. Keep us mindful of all innocent victims, the oppressed, the outcast, the alien, the forlorn. Summon us to restlessness until all who suffer find rest from their sorrow. In your glorious mercy: ***Holy One, hear our prayer.***

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

God of Abraham and Sarah the great I AM, we give you thanks for the signs of your radiant presence in the faith of our forebears especially Blessed Benedict. Bless us with awe to receive their testimony. Transfigure us by the gift of faith for our life's journey, until we behold face to face your glorious beauty, through Christ our Savior. Amen.

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 God,
 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 at any time.

♪ Hymn #448

“O Love How Deep”

Blue Hymnal



1 O love, how deep, how broad, how high, how pass - ing
 2 For us bap - tized, for us he bore his ho - ly
 3 For us he prayed; for us he taught; for us his
 4 For us to wick - ed hands be - trayed, scourged, mocked, in
 5 For us he rose from death a - gain; for us he
 6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
 2 fast and hun - gered sore; for us temp - ta - tions
 3 dai - ly works he wrought: by words and signs and
 4 pur - ple robe ar - rayed, he bore the shame - ful
 5 went on high to reign; for us he sent his
 6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
2 sharp he knew; for us the tempt - er ov - er - threw.
3 ac - tions, thus still seek - ing not him - self, but us.
4 cross and death; for us gave up his dy - ing breath.
5 Spi - rit here to guide, to strength - en, and to cheer.
6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tuorum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949).

♪ 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

EOW Prayer 2

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:

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.

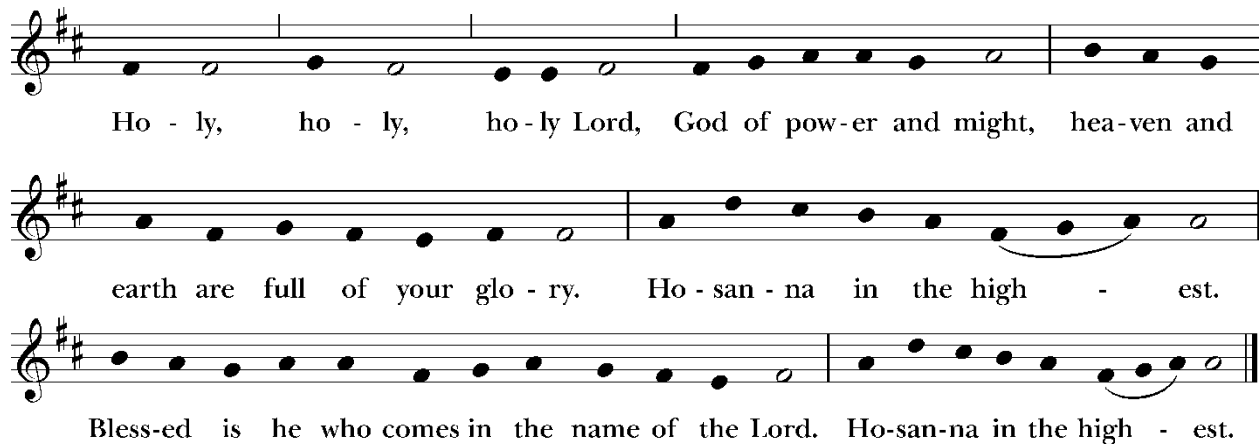
But we rebelled against you,
and wandered far away;
and yet, as a mother cares for her children,
you would not forget us.

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

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.

Celebrant and People:

*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.*

The Celebrant continues:

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 our Blessed Mother 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.

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

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

Silence is observed

♪ 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

“Agnus Dei” from Mass in G by Franz Schubert (1797-1828)

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Dave Alm. Piano

♪ Communion Hymn #337

“And now o father”

Blue Hymnal

1 And now, O Fa - ther, mind - ful of the love that
 2 Look Fa - ther, look on his a - noint - ed face, and
 *3 And then for those, our dear - est and our best, by
 *4 And so we come; O draw us to thy feet, most
 bought us, once for all, on Cal - vary's tree, and hav - ing with us
 on - ly look on us as found in him; look not on our mis -
 this pre - vail - ing pres - ence we ap - peal; O fold them clos - er
 pa - tient Sa - vior, who canst love us still! And by this food, so

him that pleads a - bove, we here pre - sent, we here spread
us - ings of thy grace, our prayer so lan - guid, and our
to thy mer - cy's breast! O do thine ut - most for their
awe - some and so sweet, de - liv - er us from ev - ery

forth to thee, that on - ly of - fering per - fect in thine
faith so dim: for lo! be - tween our sins and their re -
soul's true weal! From taint - ing mis - chief keep them pure and
touch of ill: in thine own ser - vice make us glad and

[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

See pages 15-16 for more announcements.

Final Hymn #473

“Lift High the Cross”

Blue Hymnal

Descant

Lift high the cross, the love of Christ pro - claim

Refrain

Lift high the cross, the love of Christ pro - claim

till all the world a - dore _____ his sa - cred Name.

till all the world _____ a - dore _____ his sa - cred Name.

Led on their way by this tri - um - phant sign,
 Each new - born ser - vant of the Cru - ci - fied
 O Lord, once lift - ed on the glo - rious tree,
 So shall our song of tri - umph ev - er be:

Repeat Refrain

the hosts of God in con - quering ranks com - bine.
 bears on the brow the seal of him who died.
 as thou hast prom - ised, draw the world to thee.
 praise to the Cru - ci - fied for vic - to - ry.

Words: George William Kitchin (1827-1912) and Michael Robert Newbolt (1874-1956). Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). All rights reserved. Used by permission. Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (b. 1937). Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). All rights reserved. Used by permission.

Dismissal

Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Deacon:	The Rev. Jen Crompton
Eucharistic Minister:	Diana Hammerlund
Acolyte:	Areanna Welch
Lector:	John Horsley
Flowers:	Laura Thompson
Ushers:	Ron Thompson and Barbara Skipper
Intercessor:	Lisa Gonzalez
Altar Guild:	Letty Cotta
Online Host:	Elaine Beckham
Tellers:	Dianne Long/Steve Cake
Technical:	Hannah-Jaye Matthew

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This Week at St Ben's

Monday Clergy away until Thursday

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

Both Caro+ and Deacon Jen will be participating in the SLO Clergy Retreat this week Monday—Thursday. If needed, they can be contacted by text.

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

The March-April BENEDICTION newsletter is available now,. If you receive a paper copy, please take it today and cross off your label.

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](#)*

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.

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.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Lisa Gonzalez (805-441-3386) 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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