



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday in Lent

March 12, 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 ~

"When I Survey the Wondrous Cross"

by Lowell Mason, 1824
Tune: HAMBURG

Arr. Lloyd Larson
© 2013 Lorenz Publishing

A Penitential Order

The New Zealand Prayer Book

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.

1 John 1:9

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.

Through the cross of Christ, God have mercy on you, pardon you
and set you free. Know that you are forgiven and be at peace.
God strengthen you in all goodness and keep you in life eternal.
Amen.

The peace of Christ rule in our hearts.
The word of Christ dwell in us richly.



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

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

♪ 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.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

Exodus 17:1-7

Reader: 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?"

Reader: The Word of the Lord

People: *Thanks be to God*

Psalms 95

- 1 Come, let us sing to the LORD; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the LORD is a great God, *
and a great King above all gods.

- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the LORD our Maker.
- 7 For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!
- 8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
- 9 They put me to the test, *
though they had seen my works.
- 10 Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
- 11 So I swore in my wrath, *
"They shall not enter into my rest."

Romans 5:1-11

Reader: A reading from the 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.

Reader: The Word of the Lord

People: ***Thanks be to God***

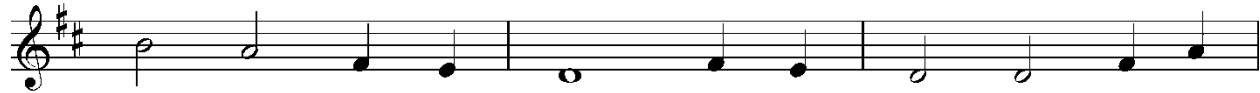
♪ Hymn #686

Come Thou Fount of Every Blessing

Blue Hymnal



1 Come, thou fount of ev - ery bless - ing, tune my
 2 Here I find my great - est trea - sure; hith - er,
 3 Oh, to grace how great a debt - or dai - ly



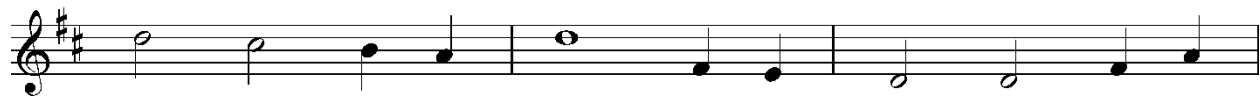
heart to sing thy grace! Streams of mer - cy nev - er
 by thy help, I've come; and I hope, by thy good
 I'm con - strained to be! Let thy good - ness, like a



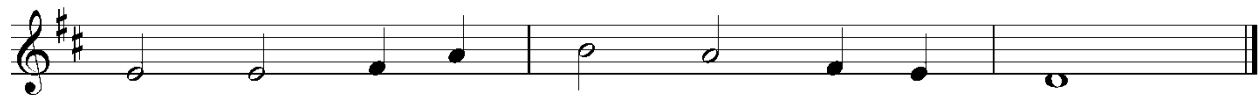
ceas - ing, call for songs of loud - est praise.
 plea - sure, safe - ly to ar - rive at home.
 fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
 Je - sus sought me when a stran - ger wan - dering
 prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934).

John 4:5-42

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

People: *Glory to You, Lord Christ.*

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: 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

Father, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

Let us pray for our own needs and those of others, starting with those in the bidding book

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

Give to the departed eternal rest.
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. 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.

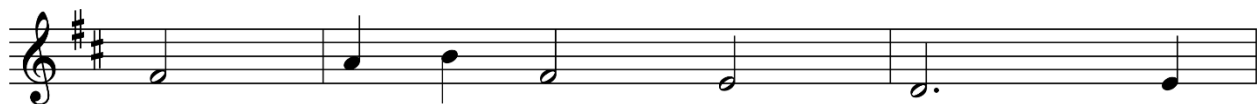
The Offertory

You may contribute at our website www.stbenslososos.org at any time.

♪ Offertory Hymn #458

My Song is Love Unknown vv 1,4,7

Blue Hymnal



| | | | | | | |
|---------|------|-------|------|--------|---------|-------|
| 1. My | song | is | love | un - | known, | My |
| 2. He | came | from | his | blest | throne, | Sal - |
| 3. Some | - | times | they | strew | his | And |
| 4. Why, | | what | has | my | Lord | done? |
| 5. They | | rise | and | needs | will | have |
| 6. In | | life, | no | house, | no | home |
| 7. Here | | might | I | stay | and | sing, |
| | | | | | | No |

Sav - ior's love for me, Love to the love - less
 va - tion to be - stow, But all made strange, and
 his sweet prais - es sing, Re - sound - ing all the
 makes this rage and spite? He made the lame to
 dear Lord made a - way; A mur - der - er they
 Lord on earth might have; In death, no friend - ly
 sto - ry so di - vine; Nev - er was love, dear

shown That they might love - ly be. O
 none The longed - for Christ would know. But
 day Ho - san - nas to their King. Then
 run, He gave the blind their sight. Sweet
 save: The prince of life they slay. Yet
 tomb But what a stran - ger gave. What
 King, Nev - er was grief like thine. This

who am I That for my sake My
 O my friend, My friend in - deed, Who
 "Cru - ci - fy!" Is all they breathe, And
 in - jur - ies! Yet they at these Them -
 cheer - ful he To suf - f'ring goes, That
 may I say? Heav'n was his home; But
 is my friend, In whose sweet praise I

Lord shall take Frail flesh, and die?
 at my need His life did spend.
 for his death They thirst and cry.
 selves dis - please, And 'gainst him rise.
 he his foes, From thence might free.
 mine the tomb Where - in he lay.
 all my days Could glad - ly spend.

Text: Samuel Crossman, c.1624-1683
 Tune: LOVE UNKNOWN, 6 6 6 6 4 4 4; John Ireland, 1879-1962, © John Ireland Trust

♪ 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.*

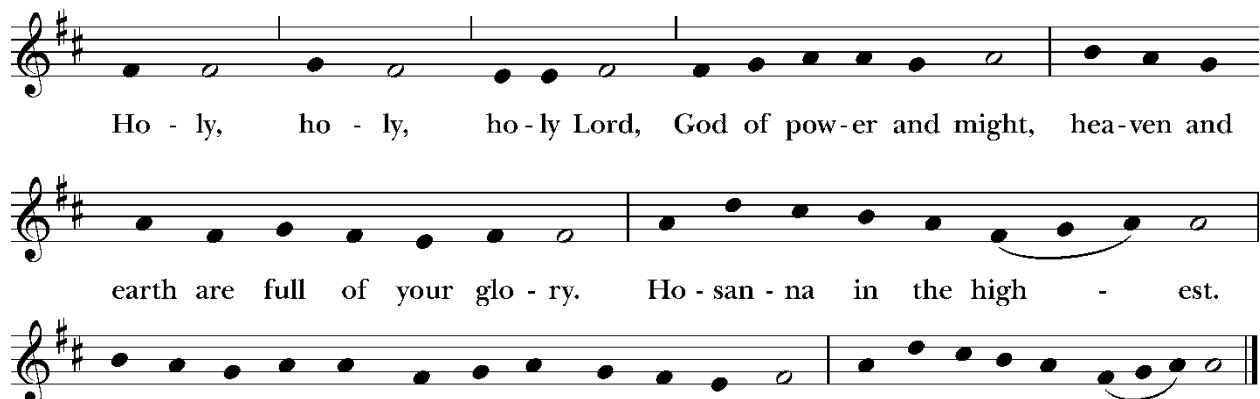
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

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

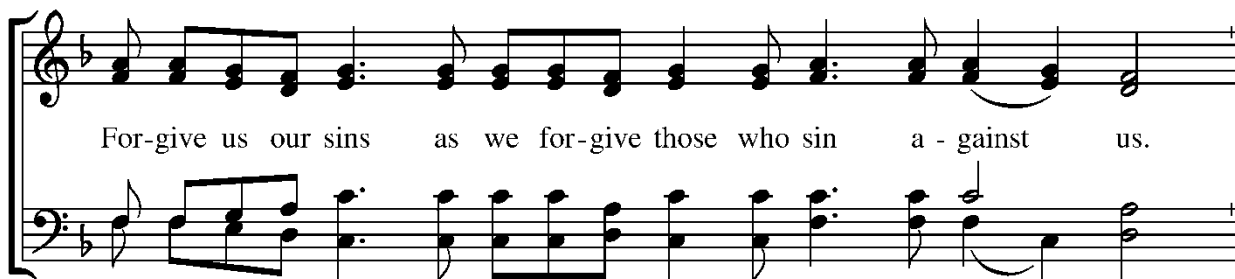
And now, as our Savior Christ has taught us, we are bold to sing,



Our Fa - ther in heaven, hal - lowed be your Name, your king - dom come,




your will be done, on earth as in heaven. Give us to - day our dai - ly bread.



For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of trial, and de - liv - er us from e - vil.



For the king-dom, the power, and the glo - ry are yours, now and for-ev-er. A-men.

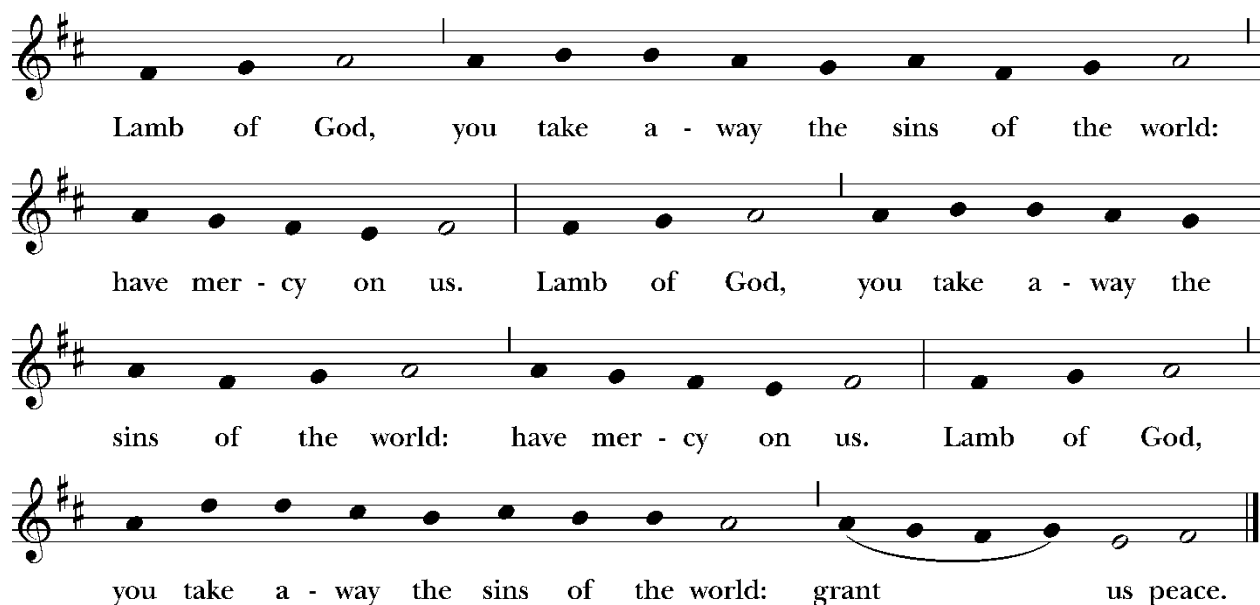
Setting: adapt. Nicholas Rimsky-Korsakov (1844–1908) by George Black © George Black.
Used by permission. All rights reserved.

The Celebrant breaks the Bread

Silence

♪ 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

“Come, Thou Fount of Every Blessing”

NETTLETON
John Wyeth's Repository of Sacred Music, 1813

Arr. Matt Limbaugh
© 2016 Hope Publishing Co.

♪ Communion Anthem

"God so Loved the World"
Composer, John Stainer

The St. Benedict's Singers

[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 #690

“Guide Me O thou Great Redeemer”

Blue Hymnal

1 Guide me, O thou great Je - ho - vah, pil - grim through this
2 O - pen now the crys - tal foun-tain, whence the heal - ing
3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;
 stream doth flow; let the fire and cloud - y pil - lar
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,
 lead me all my jour - ney through; strong de - liv - erer,
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -
 strong de - liv - erer, be thou still my strength and
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.
 shield, be thou still my strength and shield.
 thee, I will ev - er give to thee.

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932).

Dismissal

Postlude

Tocatta in E Minor
Sarah Jane Scott, organ

J. S. Bach

Today's Eucharist Liturgy is
Eucharistic Prayer A from the Book of Common Prayer
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Ministers of the Service

| | |
|-----------------------|---------------------------------|
| Celebrant: | The Rev. Dr. Caroline Hall |
| Deacon | The Rev. Jen Crompton |
| Eucharistic Minister: | Michael Lucas |
| Lector: | Jane Wu |
| Flowers: | Brian Spolarich |
| Ushers: | Maureen Titus & Connie Weldon |
| Intercessor: | Helen Schnieders |
| Altar Guild: | Pat Stoneman |
| Online Host: | Don Maruska |
| Tellers: | Bryson McKelvey, Alice Welchert |
| 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

3:00p Earthcare

Friday

9:00a Gentle Yoga

5:30p Messy Church

Saturday

9:00a Men's Breakfast

Sunday

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

10:30a Eucharist in-person and on FB

12:00p Choir Practice



St. Benedict's strives to be an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful, creative sacramental worship, loving service within our congregation and our wider community, thoughtful inquiry through in-depth study and prayer, and commitment to social and environmental justice.

When we say that everyone is welcome to worship at St. Benedict's, we mean it. Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, physical or mental ability. We embrace and seek to preserve the beautiful, amazing diversity of God's creation. We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ. St. Benedict's is a long-time supporter of the full inclusion of all Christians in every order (lay, deacon, priest, bishop) and every sacrament and rite of the church.

St. Benedict's Episcopal Church
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