

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Second Sunday of Easter

April 16, 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: Alleluia. Christ is Risen

People: *Christ is Risen indeed. Alleluia.*

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 M

A Song of faith

1 Peter 1:3-4,18-21

Blessed be the God and Father of our Lord Jesus Christ, *
by divine mercy we have a new birth into a living hope;
Through the resurrection of Jesus Christ from the dead, *
we have an inheritance that is imperishable in heaven.
The ransom that was paid to free us *
was not paid in silver or gold,
But in the precious blood of Christ, *
the Lamb without spot or stain.
God raised Jesus from the dead and gave him glory *
so that we might have faith and hope in God.

Collect of the Day

Celebrant: God be with you

People: *And also with you.*

Celebrant: Let us pray.

All: *Alpha and Omega, our beginning and our end, you break through the locks of gated communities and hardened hearts: accept our doubts, heal our desire for certainty and, by your Spirit's gentle touch, make us a people forgiven and forgiving; through Jesus Christ, the Giver of Peace. Amen.*

Prayers for an Inclusive Church (2009)

Acts 2:14a,22-32

Peter, standing with the eleven, raised his voice and addressed the crowd, “You that are Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know— this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law. But God raised him up, having freed him from death, because it was impossible for him to be held in its power. For David says concerning him,

‘I saw the Lord always before me,
for he is at my right hand so that I will not be shaken;
therefore my heart was glad, and my tongue rejoiced;
moreover my flesh will live in hope.
For you will not abandon my soul to Hades,
or let your Holy One experience corruption.
You have made known to me the ways of life;
you will make me full of gladness with your presence.’

“Fellow Israelites, I may say to you confidently of our ancestor David that he both died and was buried, and his tomb is with us to this day. Since he was a prophet, he knew that God had sworn with an oath to him that he would put one of his descendants on his throne. Foreseeing this, David spoke of the resurrection of the Messiah, saying,

‘He was not abandoned to Hades,
nor did his flesh experience corruption.’

This Jesus God raised up, and of that all of us are witnesses.”

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

Psalm 16

Source: The Psalter © 1994 Liturgy Training Publications

- 1 Protect me, God, I turn to you for help.
- 2 I profess, "You are my Lord, my greatest good."
- 3 I once put faith in false gods, the idols of the land.
- 4 Now I make no offering to them, nor invoke their names. Those who chase after them add grief upon grief.
- 5 Lord, you measure out my portion, the shape of my future;
- 6 you make off the best place for me to enjoy my inheritance.
- 7 I bless God who teaches me, who schools my heart even at night.
- 8 I am sure God is here, right beside me. I cannot be shaken.
- 9 So my heart rejoices, my body thrills with life, my whole being rests secure.
- 10 You will not abandon me to Sheol, nor send your faithful one to death.
- 11 You show me the road to life: boundless joy at your side forever!

1 Peter 1:3-9

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. In this you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith-- being more precious than gold that, though perishable, is tested by fire-- may be found to result in praise and glory and honor when Jesus Christ is revealed. Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.

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

John 20:19-31

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

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

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

Gospeller: This is the Gospel of Christ.

People: ***Praise to Christ, the Word.***

Discussion of the Readings

Prayers of the People

Lord, we give thanks for all who, though they have not seen you, have believed.
We give thanks for the disciples and your appearing to them in the Upper Room.
Help us to know that you are with us in your risen power.
We pray for Christians who are fearful of persecution, for all who are suffering because of their faith.
May your church speak out boldly in the power of your resurrection.
Christ, risen Lord, be with us
and give us your peace.

We pray for all who are seekers after justice, freedom and peace.
Bless the work of the United Nations and all peace-keeping forces.
Protect all who seek to bring new life and peace to troubled communities.
We pray for community workers and all local councils.
Christ, risen Lord, be with us
and give us your peace.

We give thanks for those who taught us the faith, who shared their beliefs with us.
We are grateful for all who have set us examples to follow.
May we rejoice in your presence in our homes.
May we show forth your power in our lives.
Bless us in all our dealings and relationships.
Christ, risen Lord, be with us
and give us your peace.

We pray for all who are locked in by guilt or fear, all who are afraid to venture because of risk and danger.
We pray for all who need healing of past hurts, for the healing of memories,
for all who are suffering from losing loved ones through accidents, crime, or illness.
Christ, risen Lord, be with us
and give us your peace.

We give thanks for all who have passed beyond death and rejoice in your kingdom, for all who have triumphed over sin and suffering and are now at peace.
Christ, risen Lord, be with us
and give us your peace.

*Blessing and praise be to you, Lord our God and Father of our Lord Jesus Christ!
By your great mercy you have given us new life and new hope through the resurrection of our Lord Jesus Christ from the dead. You have brought us into an inheritance that is imperishable, undefiled and unfading and in heaven. To you be praise, through Christ our Risen Lord, who is alive and reigns with you and the Holy Spirit, one God now and forever. 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.*

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

Alleluia, alleluia, let us go forth in peace to love and serve our God
Thanks be to God, alleluia, alleluia.

Today's Eucharist Liturgy is from
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This Week at St Ben's

Tuesday

9:45a Prayers for the Morning
10:15a Spiritual Conversation
5:30p Vespers

Wednesday

3:00p Earthcare

Friday

9:00a Gentle Yoga
5:30 Messy Church

Sunday

8:00a Contemplative Communion
10:30a Eucharist

ANNOUNCEMENTS

RECTOR VACATION: Caro+ and Jill will be away this week, Monday—Saturday. If you need help please contact Maureen Titus or Hannah (the office is open M/W/F 2-5)

SEARCH COMMITTEE: We are now forming the Search Committee which will complete the Parish Profile and accept applications for our new priest. We hope to have a diverse group which is representative of the parish as a whole. If you would like to express an interest in participating, there are nomination forms on the ushers table. If you are unable to pick one up please ask Hannah Jaye to mail you one.

SPIRITUAL CONVERSATION - This week we will continue a conversation based on the ideas in [The Great Spiritual Migration](#) by Brian McLaren. You do not have to read the book to participate. Tuesdays at 10:30.

PEOPLE'S KITCHEN; We are looking for someone to lead this ministry going forward. For more information talk to Pat Henry or to Caro+.

We know you are looking forward to sharing **Caro's Retirement Party** with her, our church and community members on May 19. The Parish Council invites your donations to defray the costs. Donations may be made at church, by mail or online. Please mark your gift for Caro's Party expenses. We appreciate your generosity to make this a wonderful celebratory day.

The Diocesan **SPRING RENEWAL** is April 28-29 in Salinas. This year, the Rt. Rev. Diana Akiyama, Bishop of the Episcopal Diocese of Oregon, is the Keynote Speaker. She will engage us more deeply with our theme for 2023, "Courage in the Wilderness." Participants will worship, share a banquet to honor our ministries, enjoy presentations and conversation, and most of all, simply be together as a diocese. Spring Renewal is an in-person only event and there will not be an online option available. Everyone is welcome. Registration is now open. <https://www.realepiscopal.org/spring-renewal-2023/>

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

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