

# St. Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The 4<sup>th</sup> Sunday in Easter

April 30, 2023

—8 a.m. Service—

Whoever you are and wherever you are on your faith journey, there's a warm welcome for you here!

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Celebrant: Alleluia, alleluia Christ is Risen  
People: *Christ is risen indeed, alleluia, 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 K**

**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: *Life abundant, God of grace, you call us by name to live without fear: in peace may we resist all who kill and despoil your people, that their hearts might be turned to the only source of life; through Jesus Christ, the gateway. Amen.*

## **Acts 2:42-47**

Reader: *A Reading from the book of Acts*

Those who had been baptized devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

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

## **Psalm 23**

A psalm of David.

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.

## **1 Peter 2:19-25**

It is a credit to you if, being aware of God, you endure pain while suffering unjustly. If you endure when you are beaten for doing wrong, what credit is that? But if you endure when you do right and suffer for it, you have God's approval. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps.

“He committed no sin,  
and no deceit was found in his mouth.”

When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

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

## The Gospel

### John 10:1-10

Gospeller: The Holy Gospel of Our Savior Jesus Christ According to John  
People: *Glory to You, Lord Christ.*

Jesus said, "Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. They will not follow a stranger, but they will run from him because they do not know the voice of strangers." Jesus used this figure of speech with them, but they did not understand what he was saying to them.

So again Jesus said to them, "Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly."

Gospeller: The Gospel of Christ.  
People: *Praise to Christ the Word*

## Discussion of the Readings

### Prayers of the People

Gathered in the care of the Good Shepherd and guardian of our souls, let us in trust pray for the church and the world, saying: **Lord, have mercy.**

For all who serve the holy church of God, who serve tables and who preach and pray, who shepherd the lost and care for those in need, **let us pray to the Lord.**

For all who are persecuted for the gospel, for all who have been martyred for their witness to the truth, for all in lonely places who rejoice in the hope of the resurrection, and for the blessed community of the saints, living and dead, **let us pray to the Lord.**

For all in the world who care for the sick, the dying, the hungry and the destitute, the mentally ill and the deformed, **let us pray to the Lord.**

For victims of rage and sudden violence, especially for abused children and spouses, for political prisoners, victims of extortion, of murder, and of natural catastrophe, **let us pray to the Lord.**

For all here gathered and our specific needs, that we may come to receive abundant life at God's hand, and at the last to rest in Christ's shepherding love, **let us pray to the Lord.**

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

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

O God of wonder, ***hear our prayer.***

*O loving God, we commend to your mercy all who have died and pray that we and all your saints may share life in your eternal dominion. Enable us to know that by Christ's wounds we have been healed, and that by the power of his risen and Spirit-giving life we are empowered to serve you all our days. We pray through Jesus Christ, our risen Lord.*

"Intercessions for the Christian People" © 1990 Liturgical Press

## **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 Eucharist**

God is here.

***God's Spirit is with us.***

Lift up your hearts.

***We lift them to the Lord.***

Let us give thanks to God.

***It is right to offer thanks and praise.***

It is right indeed, it is our joy and our salvation, holy Lord, all-compassionate and everlasting God, at all times and in all places to give you thanks and praise through Christ your only Son.

You are the source of all life and goodness; through your eternal Word you have created all things from the beginning and formed us in your own image; uniquely human you created each of us.

When we sinned and turned away you called us back to yourself and gave your Son to share our human nature.

By his death on the cross, he made the one perfect sacrifice for the sin of the world and freed us from the bondage of sin.

You raised him to life triumphant over death;  
you exalted him in glory.

In him you have made us a holy people by sending upon us  
your holy and life-giving Spirit.

Therefore, with the faithful who rest in him, with angels and archangels and all the company of heaven, we proclaim your great and glorious name, forever praising you and saying:

*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 glory and thanksgiving to you, Holy Father;  
on the night before he died your Son, Jesus Christ, took bread;  
when he had given you thanks, he broke it, gave it to his disciples, and said:

Take, eat, this is my body  
which is given for you; do this to remember me.

After supper he took the cup; when he had given you thanks,  
he gave it to them and said:

Drink this, all of you,  
for this is my blood of the new covenant  
which is shed for you and for all  
for the forgiveness of sins;  
do this as often as you drink it, to remember me.

*Glory to you, Lord Christ; your death we show forth;  
your resurrection we proclaim; your coming we await;  
Amen! Come Lord Jesus.*

Therefore loving God, recalling your great goodness to us in Christ,  
his suffering and death, his resurrection and ascension,  
and looking for his coming in glory, we celebrate our redemption  
with this bread of life and this cup of salvation.  
Accept our sacrifice of praise and thanksgiving  
which we offer through Christ our great high priest.

Send your Holy Spirit that these gifts of bread and wine which we receive  
may be to us the body and blood of Christ,  
and that we, filled with the Spirit's grace and power,  
may be renewed for the service of your kingdom.

United in Christ with all who stand before you in earth and heaven,  
we worship you, O God, in songs of everlasting praise.

*Blessing, honor and glory be yours,  
here and everywhere,  
now and forever. Amen*

## **The Lord's Prayer**

New Zealand Prayer Book

As our Savior Christ has taught us we now pray:

*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 your reign is 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: *Father of all,  
We give you thanks and praise,  
That when we were still far off  
You met us in your Son and brought us home.  
Dying and living, he declared your love,  
Gave us grace and opened the gate of glory.  
May we who share Christ's body live his risen life;  
We who drink his cup bring life to others;  
We whom the Spirit lights give light to the world.*

*Keep us firm in the hope you have set before us,  
So we and all your children shall be free,  
and the whole earth live to praise your name. Amen.*

## **The Blessing**

## Dismissal

### This Week

#### Tuesday:

**9:45AM** – Prayers for the Morning

**10:30AM** – Spiritual Conversation

**5:30PM** – Vespers

#### Wednesday:

**4PM** – Community Dinner

#### Thursday:

**6:45PM** – Choir Practice

#### Friday:

**9AM** – Gentle Yoga

### Announcements

**SEARCH COMMITTEE:** The primary tasks of the Search Committee are to finalize the Parish Profile, interview Rector candidates, and present a slate of candidates to the Vestry for final selection. The Parish Council will be selecting 5-8 members to insure broad representation from the parish. If you are interested in serving, Statement of Interest forms are located on the Usher's Table and are due to Maureen Titus, Presiding Warden, by May 7. Act NOW!

**NEWCOMERS:** All newcomers are invited to this afternoon's welcome gathering. For more information ask Sandy Fisher or Caro+.

**COMMUNITY DINNER:** We are serving on Wednesday. Please let Maureen know that you can bring Spanish Rice or Black beans to the South Bay Community Center by 4pm. Thank you!

**THE BENEDICTION** Newsletter is coming out soon. The deadline for articles is May 1. Please send your contributions to Cathy Gildea.

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

**CARO'S RETIREMENT PARTY** is on May 19 at 6:30. 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.

**REQUIEM by JOHN RUTTER.** Also in Caro's honor, there will be a performance of Rutter's Requiem in Caro's honor at St Barnabas Episcopal Church in Arroyo Grande on May 21 at 3pm.

**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.

**PERSONAL PRAYER** – If you'd like prayer support during the week, contact Lisa Gonzalez (805 441-3386). Prayer requests may also be emailed at any time to [prayers@stbenslososos.org](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

Today's Eucharist Liturgy is from  
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