



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday of Easter

April 23, 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 ~

"Spirit of God, Descend Upon My Heart"

Music by Frederick Cook Atkinson

Dave Alm piano

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♪ Opening Hymn #214

Hail the day

Blue Hymnal

During this hymn we are sprinkled with water as a reminder of our baptism.

Celebrant: *Alleluia. Christ is Risen!*

People: *The Lord 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.*

♪ Hymn of Praise

Hallelujah! We sing your praises!

WLP #784

Hal - le - lu - jah! We sing your prais - es! All our
Ha - le - lu - ya! Pe - lo tsa ro - na, di tha -

hearts are filled with glad - ness! Hal - le - lu - jah! We sing your
 bi - le ka - o - fe - la. Ha - le - lu - ya! Pe - lo tsa

Fine

prai - ses! All our hearts are filled with glad - ness!
 ro - na, di tha - bi - le ka - o - fe - la.

Christ the Lord to us said: "I am wine, I am bread, I am
 Je - sus says to us still: "All who do the Lord's will, all who

wine, I am bread, give to all who thirst and hun - ger!"
 do the Lord's will are my sis - ters and my bro - thers." D.C.

Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Holy God, your mercy is over all your works, and in the web of life each creature has its role and place. We praise you for ocelot and owl, cactus and kelp, lichen and whale; we honor you for whirlwind and lava, tide and topsoil, cliff and marsh. Give us hearts and minds eager to care for your planet, humility to recognize all creatures as your beloved ones, justice to share the resources of the earth with all its inhabitants, and love not limited by our ignorance. This we pray in the name of Jesus, who unifies what is far off and what is near, and in whom, by grace and the working of your Holy Spirit, all things hold together. Amen.*

From Propers for the Honoring of God GC 2012 A-053

Acts 2:14a, 36-41

Reader: *A Reading from the book of the Acts of the Apostles*

Peter, standing with the eleven, raised his voice and addressed the crowd, “Let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.”

Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, “Brothers, what should we do?” Peter said to them, “Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.” And he testified with many other arguments and exhorted them, saying, “Save yourselves from this corrupt generation.” So those who welcomed his message were baptized, and that day about three thousand persons were added.

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

People: *Thanks be to God*



Psalm 116:1-3, 10-17

Let us read responsively.

Reader: I love the LORD, because he has heard the voice of my supplication,
because he has inclined his ear to me whenever I called upon him.

People: The cords of death entangled me;
the grip of the grave took hold of me;
I came to grief and sorrow.

Reader: Then I called upon the Name of the LORD:
"O LORD, I pray you, save my life."

People: How shall I repay the LORD
for all the good things he has done for me?

Reader: I will lift up the cup of salvation
and call upon the Name of the LORD.

People: I will fulfill my vows to the LORD
in the presence of all his people.

Reader: Precious in the sight of the LORD
is the death of his servants.

People: O LORD, I am your servant;
I am your servant and the child of your handmaid;
you have freed me from my bonds.

Reader: I will offer you the sacrifice of thanksgiving
and call upon the Name of the LORD.

People: I will fulfill my vows to the LORD
in the presence of all his people,

Reader: In the courts of the LORD'S house,
in the midst of you, O Jerusalem.

All: Hallelujah!

1 Peter 1:17-23

Reader: *A Reading from the Peter's first letter*

If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. You know that you were

ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.

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

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

♪ Hymn #459

And have the bright immensities

Blue Hymnal

Luke 24:13-35

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

People: *Glory to You, Lord Christ.*

Now on that same day two of Jesus' disciples were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb

and found it just as the women had said; but they did not see him.” Then he said to them, “Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, “Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?” That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, “The Lord has risen indeed, and he has appeared to Simon!” Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Gospeller: The Gospel of Christ.

People: *Praise to You, Lord Christ.*

Sermon

Berkeley Johnson

[We pause for a few moments' reflection before affirming our faith.]

Affirmation of Faith

From the *Iona Abbey*

Worship Book

Let us affirm our faith in Jesus Christ the Son of God.

All: We believe that God is present
in the darkness before dawn;
in the waiting and uncertainty
where fear and courage join hands,
conflict and caring link arms,
and the sun rises over barbed wire.

We believe in a with-us God
who sits down in our midst
to share our humanity.

We affirm a faith
that takes us beyond the safe place:
into action, into vulnerability,
and into the streets.

We commit ourselves to work for change
and put ourselves on the line;
to bear responsibility, take risks,
live powerfully and face humiliation;
to stand with those on the edge;
to choose life
and be used by the Spirit
for God's new community of hope.

Prayers of the People

Lord, that we may know you in the breaking, in the break of day, in the breaking of hearts, and in the breaking of bread, help us to know that you are risen indeed, and that you are with us in the holy communion. May your church ever proclaim your presence, and know that you travel with us on the road we go. Teach us, Lord, to abide in you, that we may know you abide in us. We pray that your church will walk with the downcast, the seekers, the troubled in heart, and help to reveal your love and presence. Lord, abide with us *and we will abide in you.*

We pray today for all who journey, for those who are leaving places of pain and sorrow, for those whose lives may be in danger, for all pilgrims and seekers, for refugees and homeless people, for all who travel by land, sea or air, and for all who have the care of them. Lord, abide with us *and we will abide in you.*

We give thanks that you come to us. Make us aware of your presence in our homes. Help us to be aware of you as our hearts burn within us. Help us to see you, O Christ, in everyone we meet. We pray for the lonely, for all who feel rejected, for the outcasts of society. Lord, abide with us *and we will abide in you.*

We pray for the broken-hearted, for those whose hopes have died, for all who are confused by the pain and sickness of our world. We remember all who travel by lonely paths, all who are coming to the end of their journey in this world and walk towards the

sunset. We pray for the elderly, for all who are in care, for all who cannot cope on their own. Lord, abide with us *and we will abide in you.*

We pray for all who have been killed in road accidents, for all who have come to an untimely end. We pray that you will protect us in our journey, until we share with the saints in your kingdom. Lord, abide with us *and we will abide in you.*

Abide with us Lord, throughout this day. Abide with us in our journeying, and in our homes. Abide with us in our seeking and in our longings. Abide with us now and to eternity, Jesus, risen Lord, who lives and reigns with the Father and the Holy Spirit in glory forever. Amen.

The Peace

Celebrant: The peace of the Lord 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.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or travel, may come forward.
Prayers can be found on the white card in your pew.

Transition Prayer

O Lord,
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 are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed.
You can contribute at our website www.stbenslososos.org at any time.*

Offertory Hymn

I, the Lord of sea and sky

WLP 812

Unison



1. I, the Lord of sea and sky, I have heard my
 2. I, the Lord of snow and rain, I have borne my
 3. I, the Lord of wind and flame, I will tend the



peo - ple cry. All who dwell in deep - est sin My hand will
 peo - ple's pain. I have wept for love of them, They turn a -
 poor and lame. I will set a feast for them, My hand will



save. I who made the stars of night,
 way. I will break their hearts of stone,
 save. Fin - est bread I will pro - vide



I will make their dark - ness bright. Who will bear my
 Give them hearts for love a - lone. I will speak my
 Till their hearts be sat - is - fied. I will give my



light to them? Whom shall I send? _____
 word to them. Whom shall I send? _____
 life to them. Whom shall I send? _____

Refrain



Here I am, Lord. _____ Is it I, Lord? _____ I have



heard you call-ing in the night. I will go, Lord,

if you lead me, I will hold your peo - ple in my

heart. heart.

Words and Music: Daniel L. Schutte. Copyright © 1981, Daniel L. Schutte; and New Dawn Music, 5536 NE Hassalo, Portland, OR 97213. All rights reserved. Used by permission.

♪ Doxology

[Hymn tune #400]

[sung]

Praise God from Whom all blessings flow;

Praise God all creatures here below: Alleluia, Alleluia!

Praise God the Source of all our gifts!

Praise Jesus Christ whose power uplifts!

Praise the Spirit, Holy Spirit! Alleluia! Alleluia! Alleluia!

Holy Eucharist

Iona

Celebrant:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Celebrant: May Christ be with you,

All: *And also with you.*

Celebrant: Lift up your hearts,

All: *We lift them up to God.*

Celebrant: Let us give thanks to God,

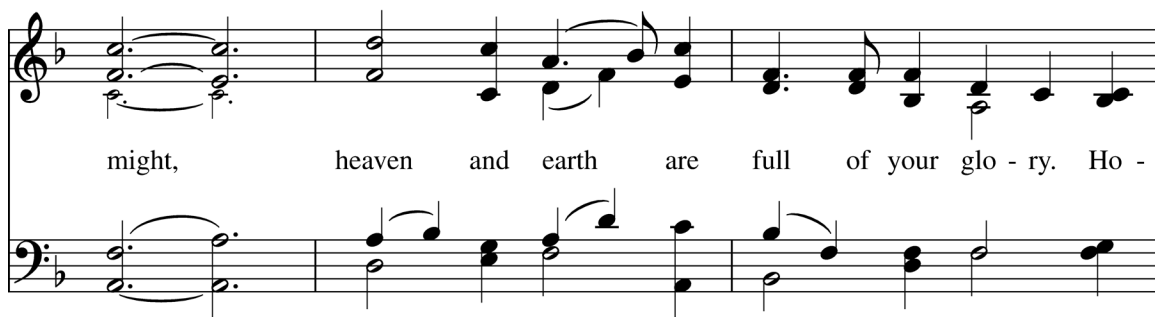
All: *It is right to give both thanks and praise.*

Celebrant: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

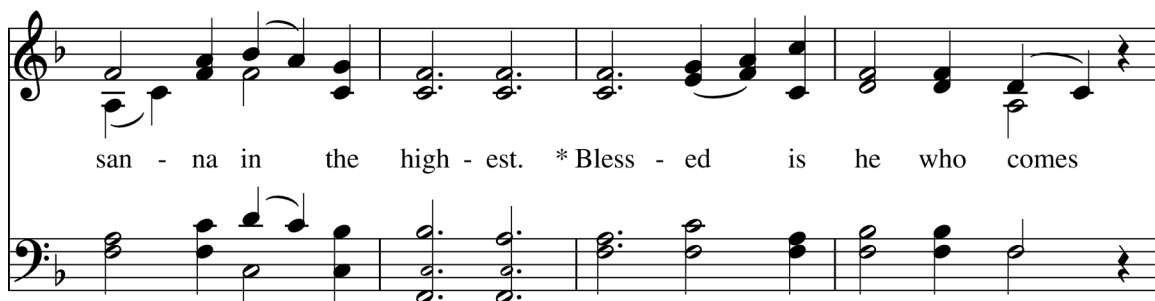
♪ Sanctus

WLP 858

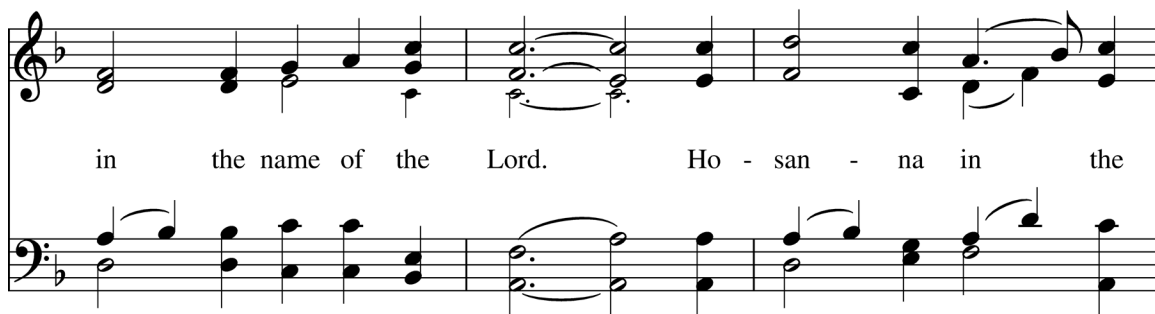
The musical score for the Sanctus is written for voice and piano. It is in the key of B-flat major (two flats) and 6/4 time. The melody is in the treble clef, and the piano accompaniment is in the bass clef. The lyrics are: Ho - ly, ho - ly, ho - ly Lord, God of power and



might, heaven 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. Ho - san - na in the high - est.

Celebrant:

Blessed is our brother Jesus,
who walks with us the road of our world's suffering,
and who is known to us in the breaking of bread.

On the night of his arrest Jesus took bread and having blessed it
he broke the bread and gave it to his disciples, saying,
"This is my body, given to you."

In the same way he took wine and having given thanks for it
he poured it out and gave the cup to his disciples, saying,
"This cup is the new relationship with God,
sealed with my blood. Take this and share it.
I shall drink wine with you next in the coming Kingdom of God."

All: *Loving God, through your goodness we have this bread and wine to offer,
which earth has given and human hands have made.
May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.
We celebrate the life that Jesus has shared among his
community through the centuries, and shares with us now.
Made one in Christ and one with each other, we offer these gifts
and with them ourselves, a single, holy, living sacrifice. Amen.*

Celebrant: Hear us, O Christ, and breathe your Spirit upon us and upon this bread
and wine. May they become for us your body, vibrant with your life,
healing, renewing and making us whole. And as the bread and wine
which we now eat and drink are changed into us, may we be changed
again into you, bone of your bone, flesh of your flesh, loving and caring
in the world.

All: *Through Christ and with Christ and in Christ,
all honor and glory are yours, All-Compassionate God,
in the unity of the Holy Spirit, for ever and ever. AMEN*

The Lord's Prayer

And now, as our Savior Christ has taught us, we pray

*Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
 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 peoples 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 for ever.
 Amen.*

The Breaking of the Bread

The celebrant breaks the Bread

silence

♪ Fraction Anthem

(sung twice)

WLP 874

Who - ev - er eats this bread will live for - ev - er.

Who - ev - er eats this bread will live for - ev - er.

Words and Music: Eric H. F. Law (b. 1957) from *Christ, You Are In The World*. Copyright © 1986, 1992 Eric H. F. Law.

Holy Communion

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 to receive communion, If you prefer to receive a blessing, please cross your arms over your chest. As your group is called forward, please spread out to widen the circle and increase safe social distancing.

♪ Communion Music

“Fairest Lord Jesus”

Schlesische Volkslieder, 1842

Piano Setting by Joel Raney
Dave Alm, piano

© 2007 Hope Publishing

♪ Communion Hymn #209

We Walk by Faith

Blue Hymnal

Silence

Prayer

Holy One, we thank you that you have redeemed all Creation and filled the Universe with your limitless love.

We thank you that in this meal we come close to you and you come close to us; heaven and earth are united.

Now fill us with your grace and strength

to bring your kin-dom on earth,

and to serve all your creatures to the glory of your Name. Amen.

Blessing

Announcements

Final Hymn

I know that my Redeemer lives

Gather 430



1. I know that my Re - deem - er lives;
 2. He lives, to bless me with his love;
 3. He lives, and grants me dai - ly breath;
 4. He lives, all glo - ry to his name;



What joy the blest as - sur - ance gives!
 He lives, to plead for me a - bove;
 He lives, and I shall con - quer death;
 He lives, my Sav - ior still the same;



He lives, he lives, who once was dead;
 He lives, my hun - gry soul to feed;
 He lives, my man - sion to pre - pare;
 What joy the blest as - sur - ance gives;



He lives, my ev - er - last - ing Head!
 He lives, to help in time of need.
 He lives, to bring me safe - ly there.
 I know that my Re - deem - er lives!

Text: Samuel Medley, 1738-1799
 Tune: DUKE STREET, LM; John Hatton, c.1710-1793

Dismissal

Celebrant: Alleluia! Alleluia! Let us go forth into the world,
rejoicing in the power of the Spirit.

All: ***Thanks be to God. Alleluia! Alleluia!***

♪ Postlude

Affirmation of Faith and Eucharist Liturgy

Adapted from The Iona Abbey Worship Book

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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Preacher:	Berkeley Johnson
Deacon:	The Rev. Jen Crompton
Eucharistic Minister:	Sarah Chesebro
Lector:	Bryson McKelvey
Flowers:	Elaine Beckham
Ushers:	Barbara Schippers and Maureen Titus
Intercessor:	Jill Denton
Altar Guild:	Pat Stoneman
Online Host:	Jane Wu
Tellers:	Sandy Fisher and Diana Hammerlund
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

Monday Rector's Sabbath

Tuesday

9:45a Prayers for the Morning

10:15a Spiritual Conversation

5:30p Vespers

Wednesday

11:00a Laundry Love

4:00p Laundry Love

Friday

9:00a Gentle Yoga

ANNOUNCEMENTS

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

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. 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/>

Donations for Diocesan Spring Renewal Missional Project: The Deacons of the Diocese are asking congregations to donate the following items for distribution to those impacted by the recent floods. There is a box by the ushers table for donations to be collected by Tues. April 25.

Donation items requested are: Diapers, Baby Wipes, Toilet Paper, Period Products (Tampons, Sanitary pads), and Hygiene Products (Bar Soap, Shampoo and conditioner, Toothpaste, and toothbrush). *Please, no opened or slightly used products.

Deacon Jen is also accepting gifts of cash or gift cards. If you have questions, please email Deacon Jen at jen@stbenslosos.org.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Jill Denton (805 534-1101) Prayer requests may also be emailed at any time to prayers@stbenslosos.org and requests for pastoral care may be sent to pastoralcare@stbenslosos.org.

LAND ACKNOWLEDGMENT

We acknowledge with gratitude the yak tityu tityu yak tilhini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today. May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

Our Mission Statement

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.

Our Inclusivity Statement

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or 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 Episcopal Church

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