

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Seventh Sunday of Easter

May 21, 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. 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: *Threefold One, relationship in unity, love given and received through all the ages long: give us that unity which is not enclosed but alive and accepting with the open heart of love; through Jesus Christ, the glory of God. Amen.*

## Acts 1:6-14

When the apostles had come together, they asked Jesus, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the

Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

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

## **PSALM 68 (1-10, 33-36)**

God rises up, enemies of heaven scatter:  
they disperse like smoke, they melt like wax, they perish before God.

But the just are glad, they rejoice before God and celebrate with song.  
Sing to God’s name, play hymns! God rides the clouds. Send up a song!

Rejoice!  
Father to the fatherless, defender of widows: God in the temple!

God gives the homeless a home, sets prisoners free to prosper,  
but the rebellious are banished to the wild.

God, when you led your people, when you marched in the desert,  
earth shook, heaven rained before you, Israel’s God, the Lord of Sinai.  
You gave us downpours to refresh the promised land

Rulers of earth, sing to God. Make music for the Lord  
who rides the clouds, whose voice is thunder.

Acknowledge the power of God who governs Israel,  
whose strength is in the stormclouds.

You inspire wonder in your temple, God of Israel,  
as you fill your people with power and might.  
Blessed be God!

## **1 Peter 4:12-14; 5:6-11**

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

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

## **John 17:1-11**

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

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

Jesus looked up to heaven and said, "Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

"I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one."

Gospeller: This is the Gospel of Christ.

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

## **Discussion of the Readings**

## Prayers of the People

Risen and ascended Lord, come among us. **Fill us with your glory.**

Deliver your church from the evil one. Destroy the works of darkness, and help us to walk as children of the light, that we may proclaim you as King of kings and Lord of lords. Risen and ascended Lord, come among us. **Fill us with your glory.**

Deliver your creation from corruption. Free us from the powers of evil. Bring us into the glorious liberty of the children of God, that the kingdoms of the world may become the Kingdom of God. Risen and ascended Lord, come among us. **Fill us with your glory.**

Vanquish our emptiness and confusion. Free us from hard-heartedness, that our homes may be uplifted, that our hearts may be raised. Risen and ascended Lord, come among us. **Fill us with your glory.**

That the despairing and discouraged may find hope, that the downtrodden may rise to new freedoms, that the downcast may be lifted up, that the weak, the ill, the dying, may be given hope courage and strength, Risen and ascended Lord, come among us. **Fill us with your glory.**

That all may, in heart and mind, ascend and experience your power and your glory, that we may rejoice with our loved ones who are in the fullness of your kingdom. Risen and ascended Lord, come among us. **Fill us with your glory.**

[you are encouraged to add your own intercessions and thanksgivings silently or aloud]

## The Peace

Celebrant: The Lord our God is a mighty king: rejoice and be glad and praise him for his greatness. The peace of the Lord be always with you

People: ***And also with you.***

## 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.*

New Zealand Prayer Book

## 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**

Rejoice this day, for Christ has ascended into heaven. Christ has opened the gate of glory. Christ ever prays for us at the right hand of the Father. Christ descended to life us up to be with him. And the blessing... **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  
"Enriching Our Worship" Supplemental Liturgical Materials  
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## **This Week at St Ben's**

### Monday

4:00pm Alter Guild Polishing Day

### Tuesday

9:45a Prayers for the Morning (Zoom)

10:15a Spiritual Conversation (Zoom)

5:30p Vespers

### Wednesday

11:00am Laundry Love

4:00pm Laundry Love

### Thursday

4:00pm Healing Ministry (Zoom)

6:45pm Choir Practice

### Friday

9:00am Gentle Yoga

### Sunday

8:00a Contemplative Communion

10:30a Eucharist

## ANNOUNCEMENTS

**THANK YOU!** To everyone who contributed, planned and cleaned up after Caro's Retirement Party.

**REQUIEM by JOHN RUTTER.** This afternoon there will be a performance of John Rutter's beautiful Requiem in Caro's honor at St Barnabas Episcopal Church in Arroyo Grande at 3pm. It will be sung by the choirs of the SLO Deanery churches including several members of St. Benedict's. Please plan to come.

**ENDING services:** Caro+ will lead Sunday worship for the last time next Sunday, May 28 and her service of farewell will be at 6:30 on Wednesday May 31 with the Bishop presiding.

**LAUNDRY LOVE** is a week early this month – this Wednesday May 24. Please let Maureen Titus ([naseema6@sbcglobal.net](mailto:naseema6@sbcglobal.net)) know how you can help.

**PEOPLE'S KITCHEN** – we serve lunch on Saturday June 3<sup>rd</sup> at 40 Prado. Please let Connie Weldon ([Slorn1@gmail.com](mailto:Slorn1@gmail.com)) know what you will bring. She is particularly looking for someone to take the food and for servers.

**JEN'S ORDINATION** to the priesthood will be here at St. Benedict's on June 28<sup>th</sup>. Woohoo!

**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](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

### **St. Benedict's Episcopal Church**

2220 Snowy Egret Lane, Los Osos CA 93402  
P.O. Box 6877, Los Osos CA 93412  
Phone: (805) 528-0654 Email: [office@stbenslososos.org](mailto:office@stbenslososos.org)  
Website: [www.stbenslososos.org](http://www.stbenslososos.org)