



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fifth Sunday after Easter

May 7, 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 ~

"Nearer, My God to Thee"

Tune: BETHANY, Lowell Mason, 1792-1872 Arr. by Mark Hayes  
Dave Alm, Paino

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Celebrant: Alleluia. Christ is risen.

People: *Christ is risen indeed. Alleluia*

♪ Hymn:

Christ Has Arisen

LEVAS 41

Christ has a - ris - en, Al - le - lu - ia. Re - joice and

praise Him, Al - le - lu - ia. For our Re - deem - er burst from the

tomb, E-ven from death dis - pel - ling its gloom. Let us sing praise to Him

with end-less joy. Death's fear-ful sting He has come to de-stroy, Our sin for-

giv-ing, Al-le-lu-ia. Je-sus is liv-ing, Al-le-lu-ia.

Words: Swahili Text; tr. Howard Olson. Music: Haya Tune; *Tumshagilie Mungu*, Makumira, Tanzania; harm. Carl Haywood (b. 1949), from *Songs of Praise*. Copyright © 1992. Words and Music Reprinted from Lead Us Lord by Howard S. Olson, Copyright © 1974 Augsburg Publishing House. Used by permission of Augsburg Fortress.

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

Gather us in

Gather 744

(see pages 3-4)

## Collect of the Day

Celebrant: Christ be with you.

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

Celebrant: Let us pray.

All: Almighty God, whom truly to know is everlasting life: Grant us so perfectly to know your Son Jesus Christ to be the way, the truth, and the life, that we may steadfastly follow his steps in the way that leads to eternal life; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

# ♪ Hymn of Praise

Gather us in

Gather 744



1. Here in this place new light is stream - ing,  
 2. We are the young— our lives are a mys - t'ry,  
 3. Here we will take the wine and the wa - ter,  
 4. Not in the dark of build - ings con - fin - ing,



Now is the dark - ness van - ished a - way,  
 We are the old— who yearn for your face,  
 Here we will take the bread of new birth,  
 Not in some heav - en, light - years a - way, But



See in this space our fears and our dream - ings,  
 We have been sung through - out all of his - t'ry,  
 Here you shall call your sons and your daugh - ters,  
 here in this place the new light is shin - ing,



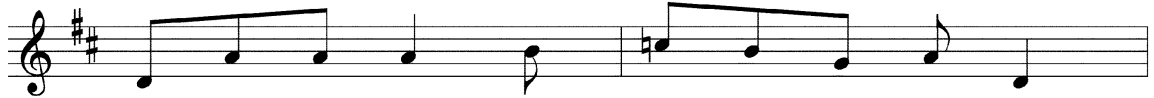
Brought here to you in the light of this day.  
 Called to be light to the whole hu - man race.  
 Call us a - new to be salt for the earth.  
 Now is the King - dom, now is the day.



Gath - er us in— the lost and for - sak - en,  
 Gath - er us in— the rich and the haugh - ty,  
 Give us to drink the wine of com - pas - sion,  
 Gath - er us in and hold us for ev - er,



Gath - er us in— the blind and the lame;  
 Gath - er us in— the proud and the strong;  
 Give us to eat the bread that is you;  
 Gath - er us in and make us your own;



Call to us now, and we shall a - wak - en,  
 Give us a heart so meek and so low - ly,  
 Nour - ish us well, and teach us to fash - ion  
 Gath - er us in— all peo - ples to - geth - er,



We shall a - rise at the sound of our name.  
 Give us the cour-age to en - ter the song.  
 Lives that are ho - ly and hearts that are true.  
 Fire of love in our flesh and our bone.

Text: Marty Haugen, b.1950  
 Tune: GATHER US IN, Irregular; Marty Haugen, b.1950  
 © 1982, GIA Publications, Inc.

(return to page 2 for the Collect of the Day)

## Acts 7:55-60

Reader: *A Reading from the book of Acts*

Filled with the Holy Spirit, Stephen gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. “Look,” he said, “I see the heavens opened and the Son of Man standing at the right hand of God!” But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, “Lord Jesus, receive my spirit.” Then he knelt down and cried out in a loud voice, “Lord, do not hold this sin against them.” When he had said this, he died.

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

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

## **Psalm 31:1-5, 15-16**

In you, O Lord, have I taken refuge;  
let me never be put to shame; \*  
deliver me in your righteousness.

Incline your ear to me; \*  
make haste to deliver me.

Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold; \*  
for the sake of your Name, lead me and guide me.

Take me out of the net that they have secretly set for me, \*  
for you are my tower of strength.

Into your hands I commend my spirit, \*  
for you have redeemed me,  
O Lord, O God of truth.

My times are in your hand; \*  
rescue me from the hand of my enemies,  
and from those who persecute me.

Make your face to shine upon your servant, \*  
and in your loving-kindness save me.

## **1 Peter 2:2-10**

Reader: *A Reading from the first letter of Peter*

Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good.

Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture:

“See, I am laying in Zion a stone,  
a cornerstone chosen and precious;  
and whoever believes in him will not be put to shame.”

To you then who believe, he is precious; but for those who do not believe,

“The stone that the builders rejected  
has become the very head of the corner”,

and

“A stone that makes them stumble,  
and a rock that makes them fall.”

They stumble because they disobey the word, as they were destined to do.  
But you are a chosen race, a royal priesthood, a holy nation, God’s own people,  
in order that you may proclaim the mighty acts of him who called you out of  
darkness into his marvelous light.

Once you were not a people, but now you are God’s people; once you had not  
received mercy, but now you have received mercy.

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

People: *Thanks be to God*

## ♪ Hymn #536

## Open Your Ears

Blue Hymnal



1 O - pen your ears, O faith - ful peo - ple,  
2 They who have ears to hear the mes - sage,  
3 Is - ra - el comes to greet the Sa - vior,  
4 O - pen your ears, O faith - ful peo - ple,



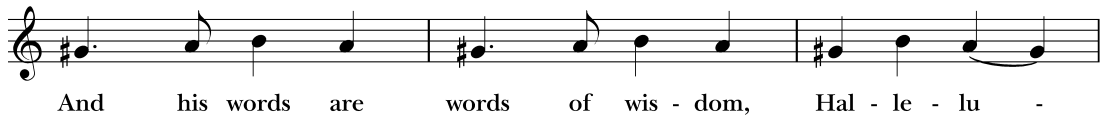
o - pen your ears and hear God’s word. O - pen your hearts, O  
they who have ears, then let them hear. They who would learn the  
Ju - dah is glad to see his day. From east and west the  
o - pen your ears and hear God’s word. O - pen your hearts, O



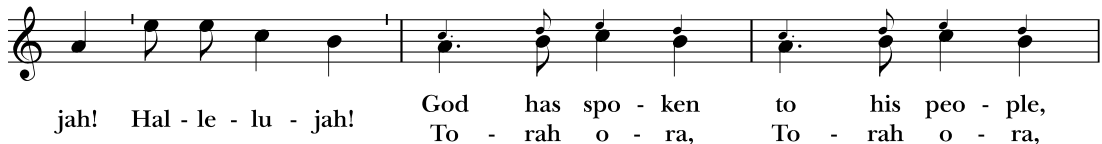
roy - al priest - hood, God has come to you.  
way of wis - dom, let them hear God’s word.  
peo - ples trav - el, he will show the way.  
roy - al priest - hood, God has come to you.



God has spo - ken to his peo - ple, Hal - le - lu - jah!



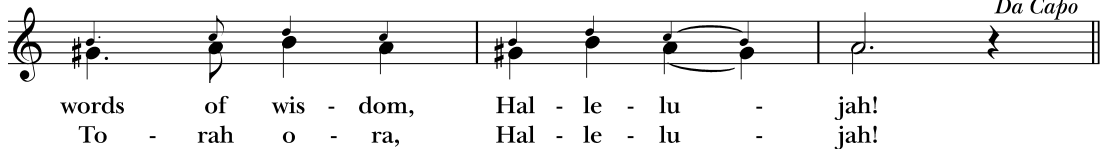
And his words are words of wis - dom, Hal - le - lu -



jah! Hal - le - lu - jah! God has spo - ken to his peo - ple,  
To - rah o - ra, To - rah o - ra,



Hal - le - lu - jah! And his words are  
To - rah o - ra,



words of wis - dom, Hal - le - lu - jah!  
To - rah o - ra, Hal - le - lu - jah!  
*Da Capo*

“Torah ora” is Hebrew for, “The Law is our Light.”

Words: Willard F. Jabusch (b. 1930), alt. Copyright © 1966, 1984 by Willard F. Jabusch. Music: *Torah song [Yisrael V'oraita]*, Hasidic melody; arr. Richard Proulx (b. 1937). Arrangement Copyright © 1985, G.I.A. Publications, Inc.

## John 14:1-14

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

People: ***Glory to You, Lord Christ.***

Jesus said, “Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.”

Philip said to him, “Lord, show us the Father, and we will be satisfied.” Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.”

Gospeller: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

## Sermon

The Rev. Dr. Caroline Hall

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

## Affirmation of Faith

*Church of England*

(please stand as you are able)

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

**All** *We believe in God the Father,  
from whom every family  
in heaven and on earth is named.  
We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.  
We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.  
We believe in one God;  
Father, Son and Holy Spirit.*



## Prayers of the People

Empowered by the Christ's promise that he will do whatever we ask in his name, let us pray, saying: We ask this in Jesus' name.

For the church of God and for its leaders, that our lives may be for the glory of God alone, let us pray: *we ask this in Jesus' name*

For more vigorous efforts to unite all Christian peoples, lest factions and jealousies prevent the spread of the gospel, let us pray: *we ask this in Jesus' name*

For all who exercise the ministry of preaching, that their words may be full of the Spirit and of wisdom, let us pray: *we ask this in Jesus' name*

For those among us whose hearts are troubled and anxious, that they may find support in our care

[here prayers are added from the bidding book,  
and you are invited to add your own prayers silently or aloud]

let us pray: *we ask this in Jesus' name*

For this faith community, that our belief in God will be deepened by the word and sacrament we share, let us pray: *we ask this in Jesus' name*

*God of our Lord Jesus Christ, we bring these and all our needs to you, filled with confidence in the power of Jesus' name. Hear us and answer our prayers in your great wisdom and love. We ask this through Christ who is our risen Lord now and forever.*

Adapted from Intercessions for the Christian People, Liturgical Press 1988

## 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.

## 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.

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/lives; through Jesus Christ our Lord. Amen.

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.

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 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](http://www.stbenslososos.org) at any time.*

# ♫ Offertory Hymn 487      Come My Way

Blue Hymnal



1 Come, my Way, my Truth, my Life: such a  
 2 Come, my Light, my Feast, my Strength: such a  
 3 Come, my Joy, my Love, my Heart: such a



way as gives us breath; such a truth as ends all  
 light as shows a feast; such a feast as mends in  
 joy as none can move; such a love as none can



strife; such a life as kill - eth death.  
 length; such a strength as makes \_\_\_\_\_ his guest.  
 part; such a heart as joys \_\_\_\_\_ in love.



Words: George Herbert (1593-1633). Music: *The Call*, Ralph Vaughan Williams (1872-1958).

## Doxology:

(please stand as you are able)

[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

EOW 1

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 our thanks and praise.***

Celebrant: It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

♪ Sanctus

WLP 858

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.

The celebrant continues.

Blessed are you, gracious God, creator of the universe and giver of life.  
 You formed us in your own image and called us to dwell in your infinite love  
 You gave the world into our care that we might be your faithful stewards  
 and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves;  
 we would not see your goodness in the world around us;  
 and so we violated your creation, abused one another,  
 and rejected your love.

Yet you never ceased to care for us,  
 and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you.  
 You delivered us from slavery, sustained us in the wilderness,  
 and raised up prophets to renew your promise of salvation.  
 Then, in the fullness of time, you sent your eternal Word,  
 made mortal flesh in Jesus.  
 Born into the human family, and dwelling among us,

he revealed your glory.

Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, 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, 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 poured out 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:

All:       **Christ has died.**  
              **Christ is risen.**  
              **Christ will come again.**

The Celebrant continues

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ.

Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ’s Body in the world.

Bring us into the everlasting heritage of your daughters and sons, that with Blessed Mary and Blessed Benedict and all your saints, past, present, and yet to come, we may praise your Name for ever.

***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.***

## Lord's Prayer

*As our Savior Christ has taught us, we now pray:*

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

## The Breaking of the Bread

The celebrant breaks the Bread

### ♪ Fraction Anthem (sung twice)

WLP #878

*Principal Canon*

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.

# ♪ Communion Music

## "I Know That My Redeemer Liveth"

Tune: HANNAH by James Fillmore

Arr. by Darcy Stanley

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Dave Alm, piano

# ♪ Communion Hymn 335 I Am The Bread Of Life

Blue Hymnal



1 I am the bread of life; they who  
 2 (The) Bread that I will give is my  
 3 (Un-) less you eat of the  
 4 I am the re - sur - rec - tion,  
 5 (Yes,) Lord, we be - lieve that



1 come to me shall not hun - ger; they who be -  
 2 Flesh for the life of the world, and they who  
 3 Flesh of the Son of Man and  
 4 I am the life. They who be -  
 5 you are the Christ, the



1 lieve in me shall not thirst. No one can come to  
 2 eat of this bread, they shall live for  
 3 drink of his Blood, you shall not have life with -  
 4 lieve in me, e - ven if they  
 5 Son of God who has



1 me un - less the Fa - ther draw them.  
 2 ev - er. they shall live for ev - er.  
 3 in you. you shall not have life with - in you.  
 4 die, they shall live for ev - er.  
 5 come in - to the world.



*Descant*

And I will raise them up, and I will raise them

*Refrain*

And I will raise them up, and I will raise them

up, and I will raise them up on the

up, and I will raise them up on the

last day. \_\_\_\_\_ 5 Yes, day.

last day. \_\_\_\_\_ 2 The  
3 Un- day.  
4 —  
5 Yes,  
(?)

*Final Ending*

*The descant may be sung after stanzas 4 and 5.*

*We pause for a few minutes silent prayer*

## Final Prayer

Most loving God, creator and redeemer,  
we give you thanks for this foretaste of your glory.  
Through Christ, and with all your saints,  
we offer ourselves and our lives to your service.  
Send us out in the power of your Spirit,  
to stand with you in your world.  
We ask this through Jesus Christ, the servant,  
our friend and brother. **Amen.**

A Prayer Book for New Zealand

## Blessing

## Announcements

### Final Hymn 214

### Hail The Day

Blue Hymnal

1 Hail the day that sees him rise, Al - le - lu - ia!  
2 There the glo - rious tri - umph waits; Al - le - lu - ia!  
\*3 See! he lifts his hands a - bove; Al - le - lu - ia!  
4 Lord be - yond our mor - tal sight, Al - le - lu - ia!

glo - rious to his na - tive skies; Al - le - lu - ia!  
lift your heads, e - ter - nal gates! Al - le - lu - ia!  
See! he shows the prints of love: Al - le - lu - ia!  
raise our hearts to reach thy height, Al - le - lu - ia!

Christ, a - while to mor - tals given, Al - le - lu - ia!  
 Wide un - fold the ra - diant scene; Al - le - lu - ia!  
 Hark! his gra - cious lips be - stow, Al - le - lu - ia!  
 there thy face un - cloud - ed see, Al - le - lu - ia!

en - ters now the high - est heaven! Al - le - lu - ia!  
 take the King of glo - ry in! Al - le - lu - ia!  
 bless - ings on his Church be - low. Al - le - lu - ia!  
 find our heaven of heavens in thee. Al - le - lu - ia!

Words: Charles Wesley (1707-1788), alt. Music: *Llanfair*, Robert Williams (1781-1821).

## Dismissal

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ

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

## ♪ Postlude

**Christus der ist mein Leben**

Johann Gottfried Walther

Sarah Jane Scott, organ

Eucharist Liturgy from *Enriching Our Worship*

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## Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Jerry Walton
Lector:	Bryson McKelvey
Flowers:	Sharon Porter
Ushers:	Maureen Titus and Diana Hammerlund
Altar Guild:	Lisa Gonzalez
Online Host:	Don and Liz Maruska
Tellers:	Alice Welchert and Diana Hammerlund
Technical:	Hannah-Jaye Matthews

## This Week at St Ben's

Today	
12 noon	Pot-luck Lunch
Monday	
6:30p	Parish Council—Zoom
Tuesday	
9:45a	Prayers for the Morning—Zoom
10:15a	Spiritual Conversation—Zoom
5:30p	Vespers followed by supper
Thursday	
6:45p	Choir Practice
Friday	
5:30p	Messy Church
Sunday	
8:00a	Contemplative Communion
10:30a	Eucharist

## **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, TODAY. Act NOW!

**THE BENEDICTION** Newsletter is available today. If you get a paper copy, please collect it and cross off your label. If you don't have a label you probably signed up to only get it electronically.

**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 Helen Schnieders (818-324-2646). 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.

**St. Benedict's Episcopal Church  
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