

St Benedict's Episcopal Church



~ Tending Mind and Soul ~

Los Osos, California

The Sixth Sunday of Easter

May 14, 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 ~

Contemplation

Mendelssohn, Song Without Words Op. 30 No. 1

Marian Keser, Piano

Celebrant: Alleluia. Christ is Risen!

People: *The Lord is risen indeed. Alleluia!*

♪ Hymn 297:

Descend O Spirit

Blue Hymnal

During this hymn we will be sprinkled with holy water to remind us of our baptism



1 De - scend, O Spi - rit, purg - ing flame, brand
2 For - bid us not this sec - ond birth; grant



us this day with Je - sus' Name! Con - firm our faith, con -
un - to us the great - er worth! En - list us in your



sume our doubt; sign us as Christ's, with - in, with - out.
ser - vice, Lord; bap - tize all na - tions with your Word.

Words: Scott Francis Brenner (1903-1991), alt. Reprinted and used from *The Worship Book — Services and Hymns*, Copyright © 1972, The Westminster Press. Music: *Erhalt uns Herr*, melody from *Geistliche Lieder*, 1543; harm. Johann Sebastian Bach (1685-1750).

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 # 178

Alleluia

Blue Hymnal

Descant

Refrain

1-4 *Final Ending*

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia! Give thanks to the
 lu - ia, al - le - lu - ia!
 ris - en Lord. Al - le - lu - ia, al - le - lu - ia! Give
 Praise to his Name. Name.
 Praise to his Name. Name.

1 Je - sus is Lord of all the earth.
 2 Spread the good news o'er all the earth:
 3 We have been cru - ci - fied with Christ.
 4 Come, let us praise the liv - ing God,

Repeat Refrain

He is the King of crea - tion.
 Je - sus has died and has ris - en. Al - le -
 Now we shall live for ev - er.
 joy - ful - ly sing to our Sa - vior.

The descant may be sung after stanzas 3 and 4.

Words: Donald Fishel (b. 1950). Copyright © 1973, The Word of God. All Rights Reserved. P.O. Box 8617, Ann Arbor, MI 48107. Music: *Alleluia No. 1*, Donald Fishel (b. 1950); arr. Betty Pulkingham (b. 1928), Charles Mallory (b. 1950) and George Mims (b. 1938). Melody Copyright © 1973, The Word of God. All Rights Reserved. P.O. Box 8617, Ann Arbor, MI 48107.

Collect of the Day

Celebrant: Christ be with you.
 People: *And also with you.*
 Celebrant: Let us pray.

All: Trinity of love, inviting us to abide in you: may we follow the Spirit of truth through desert wild and city street, rutted field and snowbound height, battleground and market square, that your demanding love might speak to the heart of the manifold world; through Jesus Christ, our Brother. Amen.

Acts 17:22-31

Reader: *A Reading from the book of Acts*

Paul stood in front of the Areopagus and said, “Athenians, I see how extremely religious you are in every way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, ‘To an unknown god.’ What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, so that

they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. For ‘In him we live and move and have our being’; as even some of your own poets have said,

‘For we too are his offspring.’

Since we are God’s offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.”.

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

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

♪ Psalm 66:7-18

Let us rejoice then in God,

who rules forever with might, keeping a watch on all nations. Let no rebels raise their heads!

Bless our God, you peoples, loudly sound God's praise,

who kept our spirits alive and our feet from stumbling.

God, you have tested us, refined us like silver in fire.

You led us into a trap, you put a weight on our backs,

you let others beat us down. We passed through water and fire, but then you brought us relief.

I come to your house with gifts to keep the vow I made.

This promise was on my lips when I was afflicted.

I will offer sacrifice, burnt offerings of rams, wild bulls and goats.

Come, listen, all who fear God, as I tell what happened to me.

To God I cried aloud, praise upon my tongue,

“If I have evil in my heart, let my Lord not listen!”

1 Peter 3:13-22

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

Now who will harm you if you are eager to do what is good? But even if you do suffer for doing what is right, you are blessed. Do not fear what they fear, and do not be intimidated, but in your hearts sanctify Christ as Lord. Always be ready to make your defense to anyone who de-

mands from you an accounting for the hope that is in you; yet do it with gentleness and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

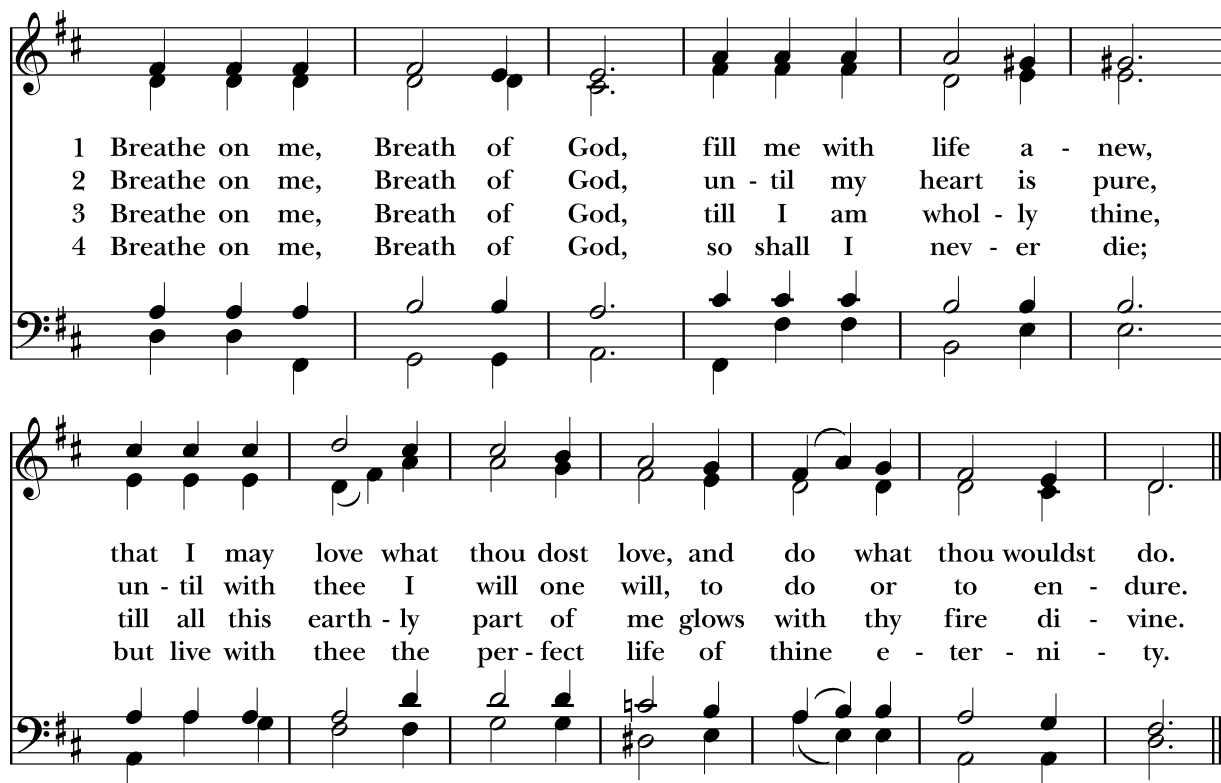
Reader: *Hear what the Spirit is saying to God's people*

People: *Thanks be to God*

♪ Hymn #508

“Breathe on me breath of God ”

Blue Hymnal



1 Breathe on me, Breath of God, fill me with life a - new,
 2 Breathe on me, Breath of God, un - til my heart is pure,
 3 Breathe on me, Breath of God, till I am whol - ly thine,
 4 Breathe on me, Breath of God, so shall I nev - er die;

that I may love what thou dost love, and do what thou wouldst do.
 un - til with thee I will one will, to do or to en - dure.
 till all this earth - ly part of me glows with thy fire di - vine.
 but live with thee the per - fect life of thine e - ter - ni - ty.

Words: Edwin Hatch (1835-1889), alt. Music: *Nova Vita*, Lister R. Peace (1885-1969).

John 14:15-21

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

People: *Glory to You, Lord Christ.*

Jesus said, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

"I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them."

Gospeller: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

Sermon

Lisa Gonzalez

[

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

Affirmation of Faith

Church of England

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.*

Amen.

Prayers of the People

Let us now demonstrate the hope that fills our hearts by turning to God in prayer, saying:

Lord, hear our prayer.

Empower with your Spirit, O Lord, all ministers of the gospel, that they may preach the word boldly and without apology. **Lord, hear our prayer.**

Empower with your Spirit, O Lord, the newly baptized, that they may never cease to praise you for the hope that fills their hearts. **Lord, hear our prayer.**

Empower with your Spirit, O Lord, all leaders of nations, that they may be unrelenting in their quest for peace. **Lord, hear our prayer.**

Empower with your Spirit, O Lord, all the suffering peoples of this world, especially those who suffer for doing right. **Lord, hear our prayer.**

Empower with your Spirit, O Lord, those among us who experience desolation, especially those for whom God seems most remote. **Lord, hear our prayer.**

Empower with your Spirit, O Lord, all the sick and the dying that they may find life. **Lord, hear our prayer.**

[Here prayers are added from the bidding book. please add your own prayers of thanksgiving or intercession silently or aloud]

Gracious God, it is in the power of your abundant and life-giving Spirit that we call upon you in prayer. Deepen our hope in your presence and your promise; hear us in your tender love, now and forever.

The Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

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 at any time.

♪ **Offertory Hymn #397 “Now thank we all our God ”**

Blue Hymnal

1 Now thank we all our God, with heart, and hands, and voices,
 2 O may this bounteous God through all our life be near us!
 3 All praise and thanks to God the Father now be given,

who wondrous things hath done, in whom his world rejoices;
 With ever-joyful hearts and blessed peace to cheer us;
 the Son, and him who reigns with them in highest heaven,

who from our mother's arms hath blessed us on our way
 and keep us in his grace, and guide us when perplexed,
 eternal, Triune God, whom earth and heaven adore;

with countless gifts of love, and still is ours to-day.
 and free us from all ills in this world and the next.
 for thus it was, is now, and shall be, evermore.

♪ 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

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: The Lord 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.***

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

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*

And now as our Savior Christ taught us, we are bold to say:

*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.*

New Zealand Prayer Book

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

1 2 3
 Who - ev - er eats this bread will live for - ev - er.
 Who - ev - er eats this bread will live for - ev - er.

Holy Communion

Celebrant Look, the Body of Christ is broken for the life of the world.
 Here is Christ coming to us in bread and in wine.
 The gifts of God for the people of God.

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

“Let Us Break Bread Together on our knees” & “Let Us Be Bread”

Marian Kaser, Piano

♪ Communion Anthem

“The Lord is My Shepherd” John Rutter

The St. Benedict’s Singers

Marian Kaser, Piano; Elizabeth Diggel, Flute

Final Prayer

Eternal God, whose Son at supper prayed
that his disciples might be one,
as he is one with you:
draw us closer to him,
that in common love and obedience to you
we may be united to one another
in the fellowship of the one Spirit,
that the world may believe that he is Lord,
to your eternal glory;
through Jesus Christ our Lord. Amen.

Church of England (adapted)

Blessing

May the everlasting God shield you, east and west and wherever you go,
And the blessing of God be upon us, *the blessing of the God of life.*
The blessing of Christ be upon us, *the blessing of the Christ of love.*
The blessing of the Spirit be upon us, *the blessing of the Spirit of grace.*
The blessing of the Trinity be upon us, now and for ever more. *Amen.*

Announcements

♪ Final Hymn #390 “Praise to the Lord, the Almighty” Blue Hymnal

Descant

4 Praise to the Lord! O let all that is in me a -

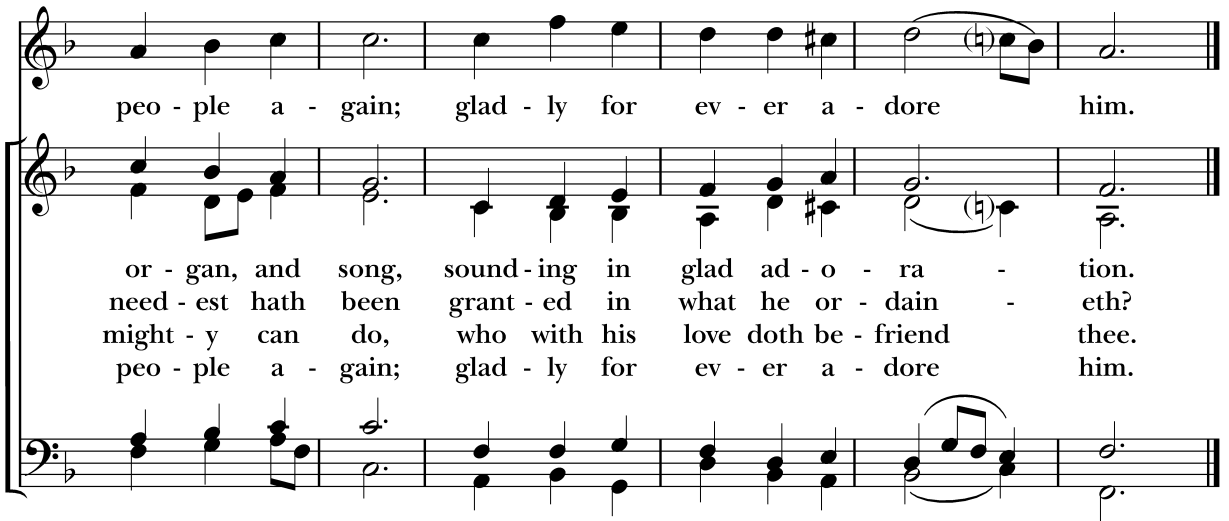
1 Praise to the Lord, the Al - might - y, the King of cre -
2 Praise to the Lord; o - ver all things he glo - rious - ly
3 Praise to the Lord, who doth pros - per thy way and de -
4 Praise to the Lord! O let all that is in me a -

dore him! All that hath life and breath come now with

a - tion; O my soul, praise him, for he is thy
reign - eth: borne as on ea - gle - wings, safe - ly his
fend thee; sure - ly his good - ness and mer - cy shall
dore him! All that hath life and breath come now with

prais - es be - fore him! Let the a - men sound — from his

health and sal - va - tion: join the great throng, psal - ter - y,
saints he sus - tain - eth. Hast thou not seen how all thou
ev - er at - tend thee; pon - der a - new what the Al -
prais - es be - fore him! Let the a - men sound from his



peo - ple a - gain; glad - ly for ev - er a - dore him.

or - gan, and song, sound - ing in glad ad - o - ra - tion.
 need - est hath been grant - ed in what he or - dain - eth?
 might - y can do, who with his love doth be - friend thee.
 peo - ple a - gain; glad - ly for ev - er a - dore him.

Words: Joachim Neander (1650-1680); tr. *Hymnal 1940*, alt. Copyright © The Church Pension Fund. Music: *Lobe den Herren*, melody from *Erneuerten Gesangbuch*, 1665; harm. *The Chorale Book for England*, 1863; desc. Craig Sellar Lang (1891-1971). Descant, Copyright © 1953, Novello and Company Limited. Used by permission.

Dismissal

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

🎵 **Postlude** **Praise Him! Praise Him!** **Mark Hayes**
 Marian Kaser, Piano

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Deacon	The Rev. Jen Crompton
Preacher	Lisa Gonzalez
Eucharistic Minister:	Bryson McKelvey
Lector:	Connie Weldon
Flowers:	Elaine Beckham
Ushers:	Barbara Schipper and Brian Spolarich
Intercessor:	Lisa Gonzalez
Altar Guild:	Letty Cotta
Online Host:	Elaine Beckham
Tellers:	Steve Cake & Sandy Fisher
Musician	Marian Kaser
Technical:	Hannah Jay Matthew

This Week at St Ben's

Tuesday

- 9:45a Prayers for the Morning (Zoom)
- 10:30a Spiritual Conversation (Zoom)
- 5:30p Vespers followed by social time

Wednesday

- 3:00p Earthcare (Zoom)

Thursday

- 6:45p Choir

Friday

- 9:00a Gentle Yoga
- 6:30p PARTY!!!!!!

Sunday

- 8:00a Contemplative Communion
- 10:30a Eucharist

ANNOUNCEMENTS

CARO'S RETIREMENT PARTY is on Friday, 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. 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. It will be sung by the choirs of the SLO Deanery churches including several members of St. Benedict's. Please plan to come. This is a short and beautiful work by one o four favorite composers.

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

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 and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

BIRTHDAYS: May 17, Tim Strawn; May 20, Breana Hammerlund



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