



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Ascension Sunday

May 21, 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 ~

"You Are My All in All",

Composer Jernigan

Arr. Mark Hayes

©Word Music

♪ 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).

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 #213

Come away to the sky

Blue Hymnal

Unison or harmony

1 Come a - way to the skies, my be - lov - ed, a - rise and re -
2 Now with sing - ing and praise, let us spend all the days, by our
3 For the glo - ry we were first cre - a - ted to share, both the
4 We with thanks do ap - prove the de - sign of that love which hath
*5 Hal - le - lu - jah we sing, to our Fa - ther and King, and his

1 joice in the day thou wast born; — on this fes - ti - val day,
2 hea - ven - ly Fa - ther be - stowed, — while his grace we re - ceive
3 na - ture and king - dom di - vine! — Now cre - a - ted a - gain
4 joined us to Je - sus' — Name; — so u - ni - ted in heart,
5 rap - tu - rous prais - es, re - peat: — to the Lamb that was slain,

The musical score consists of two systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is B-flat major (two flats). The first system contains five verses of lyrics. The second system contains five verses of lyrics. The piano accompaniment features chords and moving lines that support the vocal melody.

1 come ex - ult - ing a - way, and with sing - ing to Zi - on re - turn.—
 2 from his boun - ty, and live to the hon - or and glo - ry of God.—
 3 that our lives may re - main, through-out time and e - ter - ni - ty thine.—
 4 let us nev - er - more part, till we meet at the feast of the Lamb.—
 5 hal - le - lu - jah a - gain, sing, all heav - en, and fall at his feet.—

Words: Charles Wesley (1707-1788). Music: *Middlebury*, melody from *The Southern Harmony*, 1835; harm. Jack W. Burnam (b. 1946); alt. acc. Marilyn J. Keiser (b. 1941). Harmonization Copyright © 1984, Jack W. Burnam.

Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

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.*

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

Reader: *A Reading from Peter's First letter*

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.

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

People: *Thanks be to God*

♪ Hymn

Thy Word is a Lamp

Refrain

Thy word is a lamp un-to my feet and a light un-to my
 path. Thy word is a lamp un-to my feet and a
 light un-to my path. *Fine* When I feel a-fraid, and I
 think I've lost my way, still you're there right be-side me.
 Noth-ing will I fear as long as you are near.
 Please be near me to the end.

The refrain of this 20th-century song is a quotation of Psalm 119:105 in the King James Version. That longest of all psalms celebrates the gift of God's law by accumulating many synonyms for it. In Christian practice, this verse has been used to give thanks for all Scripture.

TEXT: Amy Grant, 1984

MUSIC: Michael W. Smith, 1984; arr. John Sharber

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THY WORD

Irregular

Luke 24:44-53

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

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

Jesus said to his disciples, "These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from

Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshiped him, and returned to Jerusalem with great joy; and they were continually in the temple blessing God.

Gospeller: The Gospel of Christ.

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

cf Philippians 2.6-11

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

All: *Though he was divine,
he did not cling to equality with God, but made himself nothing.
Taking the form of a slave, he was born in human likeness.
He humbled himself and was obedient to death,
even the death of the cross.
Therefore God has raised him on high,
and given him the name above every name:
that at the name of Jesus every knee should bow,
and every voice proclaim that Jesus Christ is Lord,
to the glory of God the Father.*

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.**

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

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.**

Lord, as your Son has ascended, let us not be weighed down by sin, but look to him who has brought us everlasting glory, and now reigns with you and the Holy Spirit in your kingdom forever. **Amen.**

Blessing and praise be to you, Lord our God and Father of our Lord Jesus Christ! By your great mercy you have given us new life and new hope through the resurrection of our Lord Jesus Christ from the dead. You have brought us into an inheritance that is imperishable, undefiled and unfading and in heaven. To you be praise, through Christ our Risen Lord, who is alive and reigns with you and the Holy Spirit, one God now and forever. Amen.

The Peace

Celebrant: The peace of the Lord be always with you.

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

Please greet each other in the chat.

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.

51. 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.*

52. 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.*

53. 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 can contribute at our website www.stbenslososos.org at any time.

♪ Offertory Hymn #693

Just as I am

Blue Hymnal

♪ 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

HE III

Celebrant: May our God be with you.

People: *And also with you.*

Celebrant: Lift up your hearts.

People: *We lift them to our God.*

Celebrant: Let us give thanks to the Holy One.

People: *It is right to give God thanks and praise.*

Celebrant: It is indeed right to give you thanks and praise, Creator of the universe. We thank you for your self-revelation in creation, in the Scriptures, in Jesus, the Word made flesh, and in your Body, the Church. You have always been there for us, calling us to be your people, calling us to know your Spirit at work in the cosmos.

We thank you that your child, Jesus, promised not to leave us as orphans, and after he departed this world for life in another dimension, you sent the Holy Spirit to inspire and teach your people to follow in his footsteps. We thank you that the Spirit is always co-creating with us, teaching us how to pray and how to join with all those, both in the seen and in the unseen world, praising you in the never-ending song that echoes through the ages:

♪ 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

We thank you for coming to live on this earth, in this space-time continuum, to teach us about yourself. We thank you that your child, the Christ, did not give up when he met with resistance and cynicism but pursued the path of peace and godliness even when it led to his death.

And we give you thanks that on the night before he died for us, our Savior Jesus Christ took bread, and when he had given thanks to you, 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.”

And so, once again, we commit ourselves to you as we sing:

Refrain

*1. Come Lord Je - sus, send us your Spir - it, re -
new the face of the earth. Come Lord
Je - sus, send us your Spir - it, re - new the face of the
earth.

The Celebrant continues

Remembering now the suffering and death and proclaiming the resurrection and ascension of Jesus our Redeemer, we bring before you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of Christ. Sanctify us also that we may be emboldened to live your resurrection life every day of our lives.

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

And now, as our Savior Christ has taught us, we say:

*Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.*

The Breaking of the Bread

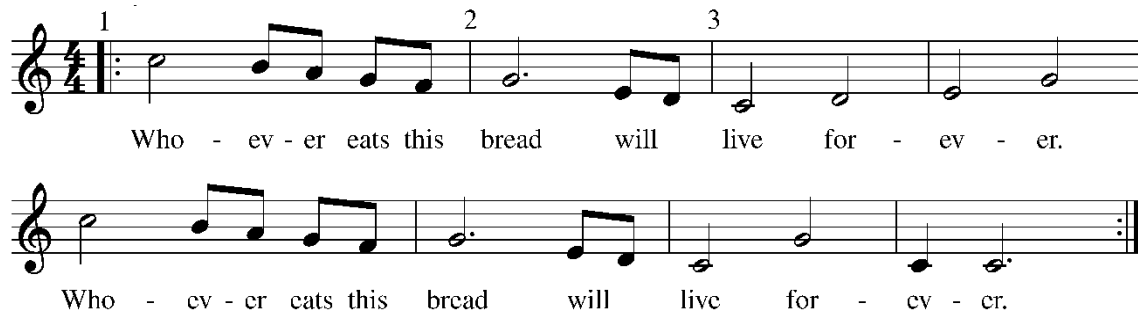
The celebrant breaks the Bread

Silence

♪ Fraction Anthem

(sung two or three times)

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 and invited to receive communion.
Please contact the church office to arrange to receive communion in your home.*

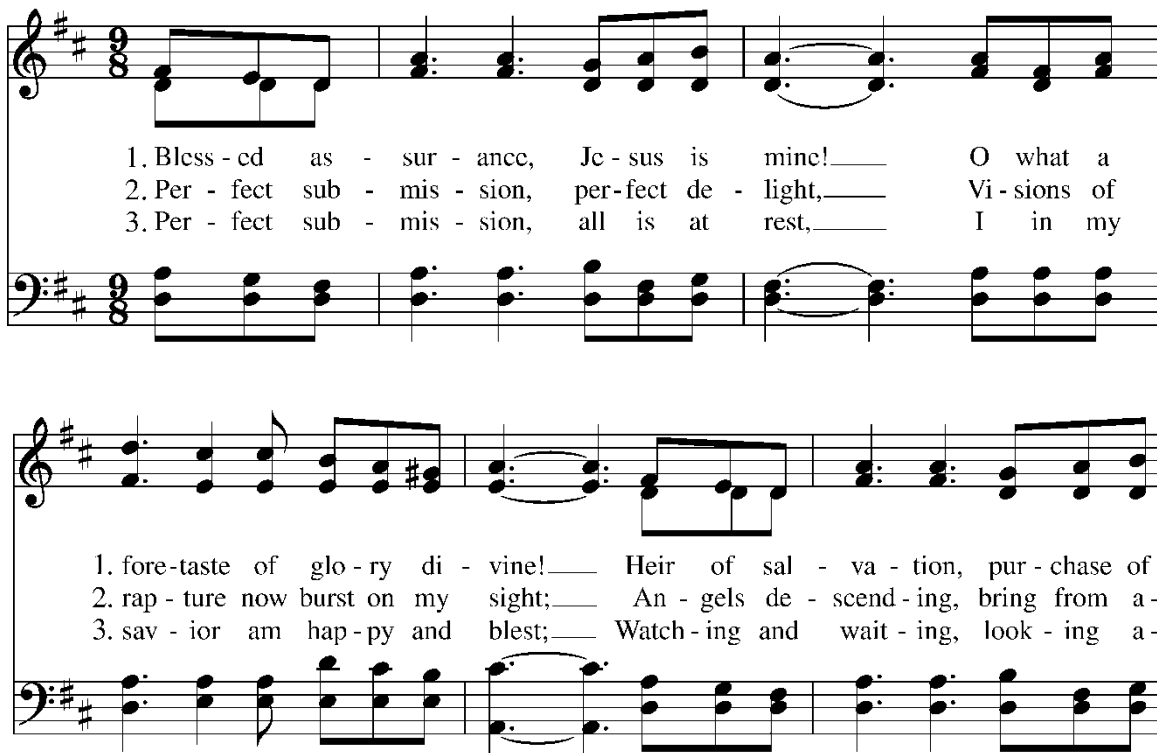
♪ Communion Music

"Movement II from Sonata in F Major",
Mozart

♪ Communion Hymn

Blessed Assurance

LEVAS 184



1. Bless - ed as - sur - ance, Je - sus is mine! — O what a
2. Per - fect sub - mis - sion, per - fect de - light, — Vi - sions of
3. Per - fect sub - mis - sion, all is at rest, — I in my

1. fore-taste of glo - ry di - vine! — Heir of sal - va - tion, pur - chase of
2. rap - ture now burst on my sight; — An - gels de - scend - ing, bring from a -
3. sav - ior am hap - py and blest; — Watch - ing and wait - ing, look - ing a -

1. God, _____ Born of His spir - it, washed in His blood. _____
 2. bove _____ Ech - oes of mer - cy, whis - pers of love. _____
 3. bove, _____ Filled with His good - ness, lost in His love. _____

This is my sto - ry, this is my song, _____ Prais - ing my
 sav - ior all the day long; _____ This is my sto - ry, this is my
 song, _____ Prais - ing my sav - ior all the day long. _____

Words: Fanny J. Crosby (1820-1915). Music: Phoebe P. Knapp (1839-1908).

Silence

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

Announcements

♪ Final Hymn #597

O Day of Peace

Blue Hymnal

Introduction



1 O day of peace that dim - ly shines through all our
2 Then shall the wolf dwell with the lamb, nor shall the



hopes and prayers and dreams, guide us to jus - tice, truth, and
fierce de - vour the small; as beasts and cat - tle calm - ly



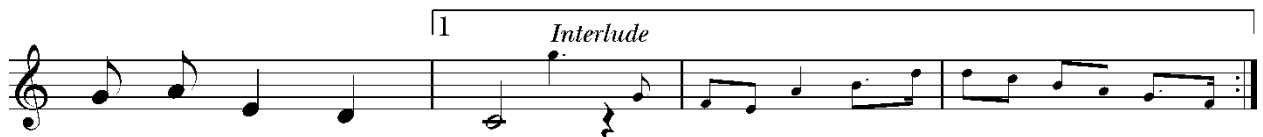
love, de - liv - ered from our self - ish schemes. May swords of
graze, a lit - tle child shall lead them all. Then en - c -



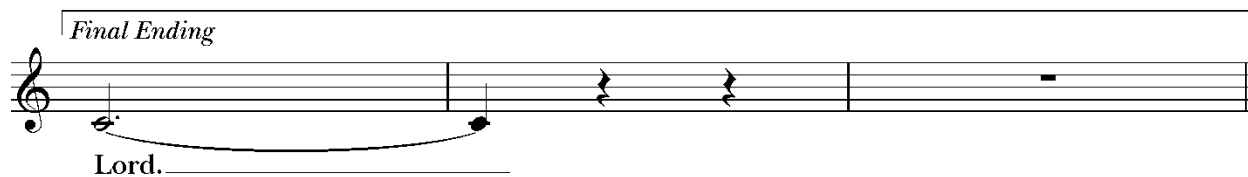
hate fall from our hands, our hearts from en - vy find re -
mies shall learn to love, all crea - tures find their true ac -



lease, till by God's grace our war - ring world shall see Christ's
cord; the hope of peace shall be ful - filled, for all the



prom - ised reign of peace.
earth shall know the (Lord.)



Words: Carl P. Daw, Jr. (b. 1944). Copyright © 1982 by Hope Publishing Co., Carol Stream, IL. 60188. All rights reserved. Used by permission. Music: *Jerusalem*, Charles Hubert Hastings Parry (1848-1918) arr. Jane Wyatt (b. 1934). Copyright © 1916, 1944, 1977, Robertson Publications. Used by permission.

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

“Postlude in G”

Handel

Today's Eucharist Liturgy
is from the outline in the Book of Common Prayer, page 401,
utilizing prayers written by the Rector.
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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Deacon:	The Rev. Jen Crompton
Eucharistic Minister:	Lorienne Schwenk
Lector:	John Horseley
Flowers:	Sarah Chesebro
Ushers:	Connie Weldon and Maureen Titus
Intercessor:	Louisa Beeler
Altar Guild:	Pat Stoneman
Online Host:	Pat Henry and Suzanne Vaughn
Tellers:	Sandy Fisher & Bryson McKelvey
Musician:	Ann Lucas
Technical:	Hannah-Jaye Matthew

This Week at St. Ben's

Sunday

3:00pm Rutter Requiem performed by deanery choirs at St Barnabas, Arroyo Grande

Tuesday

9:45am Prayers for the Morning: [Zoom](#)

10:30am Spiritual Conversation [Zoom](#)

5:30pm Vespers, followed by supper

Wednesday

11:00am Laundry Love

4:00pm Laundry Love

Thursday

3:00pm Healing Ministry

6:45pm Choir Practice

Friday

9:00 am Gentle Yoga

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) know how you can help.

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

JEN COMPTON'S ORDINATION to the priesthood will be here at St. Benedict's on June 28th. 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 and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tiłhini (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.



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