



## St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Ash Wednesday

February 14, 2024

You are warmly welcome at St. Benedict's for who you are  
and where you are on your faith journey!

### About Our Service

If you'd like to request prayers for someone to have their names read out during the worship services on Sunday, please write them in the bidding book on the stand by the usher's station as you come into church.

We invite everyone to stand and sit as you are able during various parts of the service. Indicators are found within parentheses throughout the bulletin. Apologies if any are missing.

Please silence your phones.

### During Communion

We have gluten-free wafers available. Please let your nearest usher know *before the service begins* if you would prefer a gluten-free wafer, and they will inform the celebrant.

We use wine per the Canons of the Episcopal Church; it is offered either from the common cup or individual cups. If you prefer to abstain from alcohol for any reason, you may cross your arms over your chest and receive the cup by sight. Taking Communion with just one element (Bread) is considered complete.

(please stand as you are able)

**Celebrant:** Bless the Lord who forgives all our sins.

**People:** *God's mercy endures for ever.*

**All:** *Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

## ♪ Taizé

G 586

Ostinato Chorale

O Lord, hear my prayer, O Lord, hear my prayer:  
when I call an - swer me. O Lord, hear my prayer, O  
Lord, hear my prayer. Come and lis - ten to me. O

Text: Psalm 102; Taizé Community, 1982  
Tune: Jacques Berthier, 1923-1994  
© 1982, Les Presses de Taizé, GIA Publications, Inc., agent

(please be seated for the readings)

## Isaiah 58:1-12

*Reader: A Reading from the book of Isaiah*

Thus says the high and lofty one who inhabits eternity, whose name is Holy: Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you

serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

Reader: The word of the Lord.

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

### **Psalm 103:8-14**

The Lord is full of compassion and mercy, \*  
slow to anger and of great kindness.

He will not always accuse us, \*  
nor will he keep his anger for ever.

He has not dealt with us according to our sins, \*  
nor rewarded us according to our wickedness.

For as the heavens are high above the earth, \*  
so is his mercy great upon those who fear him.

As far as the east is from the west, \*  
so far has he removed our sins from us.

As a father cares for his children, \*  
so does the Lord care for those who fear him.

For he himself knows whereof we are made; \*  
he remembers that we are but dust.

## **2 Corinthians 5:20b-6:10**

*Reader: A Reading from second Corinthians*

**W**e entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see--we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Reader: The word of the Lord.

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

(please stand as you are able as we welcome the Gospel)

♪ Hymn

O Word of God, Come into this Space

G826

\*Ostinato Refrain

O Word of God, come in - to this space. O  
 Word of God, come send us your grace.  
 O - pen our minds; show us your truth.  
 Trans - form our lives a - new.

\*Verses available in accompaniment books.

Refrain text and music © 2002, Ricky Manalo, CSP. Published by OCP. All rights reserved.

**Matthew 6:1-6,16-21**

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

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

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and

wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

*Gospeller: The Gospel of Christ.*

*People: Praise to You, Lord Christ.*

## **Sermon**

Rev. Jen Crompton

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

(please stand as you are able)

## **The Invitation**

Celebrant: **Dear People of God:** The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.

*Silence is kept for a time, all kneeling.*

## **Imposition of Ashes**

Celebrant: Almighty God, you have created us out of the dust of the earth. Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. **Amen.**

*Please come forward for the imposition of ashes.*

Celebrant: Remember that you are dust, and to dust you shall return.

## **Psalm 51**

Have mercy on me, O God, according to your  
loving-kindness; \*  
in your great compassion blot out my offenses.

Wash me through and through from my wickedness \*  
and cleanse me from my sin.

For I know my transgressions, \*  
and my sin is ever before me.

Against you only have I sinned \*  
and done what is evil in your sight.

And so you are justified when you speak \*  
and upright in your judgment

Indeed, I have been wicked from my birth, \*  
a sinner from my mother's womb.

For behold, you look for truth deep within me, \*  
and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure; \*  
wash me, and I shall be clean indeed.

Make me hear of joy and gladness, \*  
that the body you have broken may rejoice.

Hide your face from my sins \*  
and blot out all my iniquities.

Create in me a clean heart, O God, \*  
and renew a right spirit within me.

Cast me not away from your presence \*  
and take not your holy Spirit from me.

Give me the joy of your saving help again \*  
and sustain me with your bountiful Spirit.

I shall teach your ways to the wicked, \*  
and sinners shall return to you.

Deliver me from death, O God, \*  
and my tongue shall sing of your righteousness,  
O God of my salvation.

Open my lips, O Lord, \*  
and my mouth shall proclaim your praise.

Had you desired it, I would have offered sacrifice; \*  
but you take no delight in burnt-offerings.

The sacrifice of God is a troubled spirit; \*  
a broken and contrite heart, O God, you will not despise.

## **Litany of Penitence**

*The Celebrant and People together, all kneeling*

***Most holy and merciful Father: We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone.***

*The Celebrant continues*

We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

***Have mercy on us, Lord.***

We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit. ***Have mercy on us, Lord.***

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives, ***We confess to you, Lord.***

Our self-indulgent appetites and ways, and our exploitation of other people,  
***We confess to you, Lord.***

Our anger at our own frustration, and our envy of those more fortunate than ourselves,  
***We confess to you, Lord.***



Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work, ***We confess to you, Lord.***

Our negligence in prayer and worship, and our failure to commend the faith that is in us, ***We confess to you, Lord.***

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty, ***Accept our repentance, Lord.***

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us, ***Accept our repentance, Lord.***

For our waste and pollution of your creation, and our lack of concern for those who come after us, ***Accept our repentance, Lord.***

Restore us, good Lord, and let your anger depart from us; ***Favorably hear us, for your mercy is great.***

Accomplish in us the work of your salvation, ***That we may show forth your glory in the world***

By the cross and passion of your Son our Lord, ***Bring us with all your saints to the joy of his resurrection.***

*The Priest stands and, facing the people, says*

Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and

commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel. Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy; through Jesus Christ our Lord. ***Amen.***

## **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.

## ♪ Hymn #150

## 40 Days and 40 Nights

Blue Hymnal

### Holy Eucharist

BCP Prayer A

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.*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

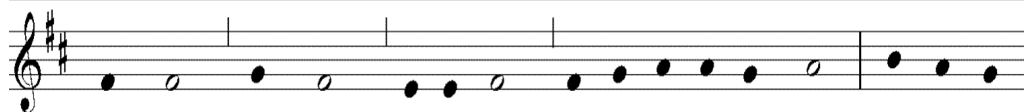
Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

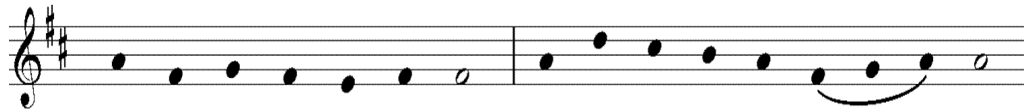
### ♪ Sanctus

S 124

*The Celebrant continues*



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven 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.

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, “Take, eat: This is my Body, which is given for you.

Do this for the remembrance of me.”

After supper he 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 shed for you and for many for the forgiveness of sins.

Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

Celebrant and People:       ***Christ has died,  
Christ is risen.  
Christ will come again.***

Celebrant: We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him.

Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ.

All:                               ***By him, and with him, and in him, in the unity of the Holy Spirit all  
Honor and glory is yours, Almighty Father, now and for ever. Amen.***

## The Lord's Prayer

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

### ♪ Fraction Anthem

S161

Lamb of God, you take a - way the sins of the world:  
have mer - cy on us. Lamb of God, you take a - way the  
sins of the world: have mer - cy on us. Lamb of God,  
you take a - way the sins of the world: grant us peace.

## **Holy Communion**

The celebrant continues:

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.

*If God is calling you, you are welcome to receive communion when the celebrant invites your section forward. 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.*

The piano introduction consists of four measures. The right hand plays a series of chords and moving lines, while the left hand provides a steady bass line with quarter notes.

The vocal line begins with a whole rest for the first measure, followed by a melodic line in the second measure.

- |           |               |        |               |
|-----------|---------------|--------|---------------|
| 1. Peace  | be - fore us, | peace  | be - hind us, |
| 2. Love   | be - fore us, | love   | be - hind us, |
| 3. Light  | be - fore us, | light  | be - hind us, |
| 4. Christ | be - fore us, | Christ | be - hind us, |

The piano accompaniment continues with the same rhythmic pattern as the introduction, supporting the vocal line.

peace	un - der our	feet.	Peace	with - in us,
love	un - der our	feet.	Love	with - in us,
light	un - der our	feet.	Light	with - in us,
Christ	un - der our	feet.	Christ	with - in us,

The piano accompaniment continues with the same rhythmic pattern as the introduction, supporting the vocal line.

peace	o - ver us,	let all	a - round us	be	peace.
love	o - ver us,	let all	a - round us	be	love.
light	o - ver us,	let all	a - round us	be	light.
Christ	o - ver us,	let all	a - round us	be	Christ.

The piano accompaniment concludes with the same rhythmic pattern as the introduction, supporting the vocal line.

6.

6. peace. \_\_\_\_\_ Let all a - round us be peace. \_\_\_\_\_

6. Let all a - round us be peace. \_\_\_\_\_

- 5. Alleluia, alleluia, alleluia.  
Alleluia, alleluia, alleluia.
- 6. Peace before us, peace behind us,  
peace under our feet.  
Peace within us, peace over us,  
let all around us be peace. (*three times*)

Silence  
(please stand as you are able)

## Prayer

*All-compassionate and ever-living God,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.*

## Blessing

Celebrant: Grant, most merciful Lord, to your faithful people pardon and peace that they may be cleansed from all their sins and serve you with a quiet mind through Christ our Savior. **Amen.**

(please stand as you are able)

## ♪ Hymn # (3x)

## Jesus, Remember Me

G 404

Je-sus, re-mem-ber me when you come in - to your king - dom.

The first system of musical notation is in 3/4 time, key of B-flat major. The treble clef staff contains the melody, and the bass clef staff contains the accompaniment. The lyrics are written below the treble clef staff.

Je-sus, re-mem-ber me when you come in - to your king - dom.

The second system of musical notation is in 3/4 time, key of B-flat major. The treble clef staff contains the melody, and the bass clef staff contains the accompaniment. The lyrics are written below the treble clef staff. The system ends with a double bar line and repeat dots.



## **Dismissal**

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

*All: Thanks be to God. (no alleluias during Lent)*

## **♪ Postlude**

*Ah Holy Jesus*

Philip Keveren

Today's Liturgy is from the outline in the Book of Common Prayer.  
Music reproduced and broadcast under OneLicense #A706314

## **Ministers of the Service**

Celebrant:	Rev. Jen Crompton
Preacher:	Rev. Jen Crompton
Eucharistic Minister:	Michael Lucas
Eucharistic Assistant:	Brian Spolarich
Lector:	John Horsley
Music:	Ann Lucas
Ushers:	Maureen Titus
Altar Guild:	Lisa Gonzalez
Technical:	Hannah-Jaye Matthews

## **This Week at St Ben's**

Sunday	Feb 18
8:00a	Liturgy of the Word
10:30a	Eucharist Service
Monday	Feb 19
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Feb 20
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	Feb 21
3:00p	Earthcare Meeting
Sunday	Feb 25
8:00a	Contemplative Service
10:30a	Eucharist Service

## Announcements

**Personal Prayer:** If you'd like prayer support during the week, contact Helen Schnieders (818-324-2646). If no answer, please leave a message and your call will be returned. 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).

**Tuesday Morning Prayers & Spiritual Conversation:** The Tuesday morning Spiritual conversation will be discussing ideas from the book [\*How to Live: What the Rule of St. Benedict Teaches Us About Happiness, Meaning and Community\*](#) by Judith Valente. You do not have to read the book to participate. Tuesdays at 10:30 on [Zoom](#).

An all-gender restroom is located through the white door at the left of the sanctuary. All other restrooms are located by exiting out the doors and going down the outdoor wooden walkway towards the red door and then down the hallway to the left. Please ask an usher for assistance if needed.



## 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

PO Box 6877

2220 Snowy Egret Lane

Los Osos, CA 93402

805-528-0654

[office@stbenslososos.org](mailto:office@stbenslososos.org)

[www.stbenslososos.org](http://www.stbenslososos.org)

