



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The First Sunday of Lent

February 18, 2024 10:30 am

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

~ Prelude ~

O the Deep, Deep Love of Jesus

Teresa Wilhelmhi

The Great Litany

EOW

Holy God, Creator of heaven and earth,

Have mercy upon us.

Holy and Mighty, Redeemer of the world,

Have mercy upon us.

Holy Immortal One, Sanctifier of the faithful,

Have mercy upon us.

Holy, blessed and glorious Trinity, One God,

Have mercy upon us.

From all evil and mischief; from pride, vanity
and hypocrisy; from envy, hatred and malice;
and from all evil intent,

Savior, deliver us.

From sloth, worldliness and love of money;
from hardness of heart and contempt for your word and your laws,

Savior, deliver us.

From sins of body and mind; from deceits of the world, flesh and the devil,

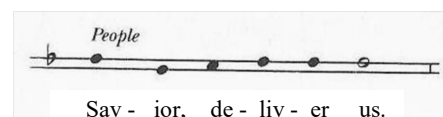
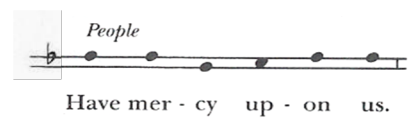
Savior, deliver us.

From famine and disaster; from violence, murder, and dying unprepared,

Savior, deliver us.

In all times of sorrow; in all times of joy; in the hour of our death
and at the day of judgment,

Savior, deliver us.



By the mystery of your holy incarnation; by your birth, childhood
and obedience; by your baptism, fasting and temptation,

Savior, deliver us.

By your ministry in word and work; by your mighty acts
of power; by the preaching of your reign,

Savior, deliver us.

By your agony and trial; by your cross and passion; by your precious death and burial,

Savior, deliver us.

By your mighty resurrection; by your glorious ascension; and by your sending of the
Holy Spirit,

Savior, deliver us.

Celebrant: Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins;
and grant us the grace of your Holy Spirit to amend our lives according to your word.

All: ***Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy on us.***

Celebrant: Bless the Lord who forgives all our sins.

People: God's mercy endures for ever.

Collect of the Day

Celebrant: God be with you.

People: And also with you.

***Celebrant: Let us pray Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan:
Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of
each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives
and reigns with you and the Holy Spirit, one God, now and for ever. Amen.***

Genesis 9:8-17

Reader: A Reading from the book of Genesis

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

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

People: Thanks be to God

Psalm 25:1-9

To you, O LORD, I lift up my soul;
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.

Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.

Show me your ways, O LORD, *
and teach me your paths.

Lead me in your truth and teach me, *
for you are the God of my salvation;
in you have I trusted all the day long.

Remember, O LORD, your compassion and love, *
for they are from everlasting.

Remember not the sins of my youth and my transgressions; *
remember me according to your love
and for the sake of your goodness, O LORD.

Gracious and upright is the LORD; *
therefore he teaches sinners in his way.

He guides the humble in doing right *
and teaches his way to the lowly.

All the paths of the LORD are love and faithfulness *
to those who keep his covenant and his testimonies.

1 Peter 3:18-22

Reader: A Reading from first Peter

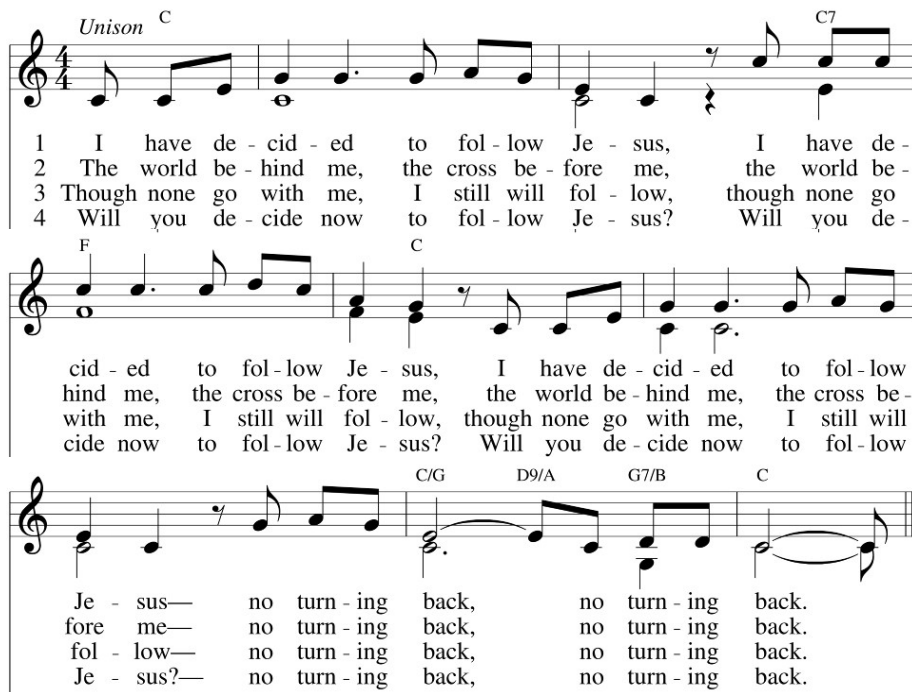
Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently 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

I Have Decided to Follow Jesus



1 I have de - cid - ed to fol - low Je - sus, I have de -
2 The world be - hind me, the cross be - fore me, the world be -
3 Though none go with me, I still will fol - low, though none go
4 Will you de - cide now to fol - low Je - sus? Will you de -

cid - ed to fol - low Je - sus, I have de - cid - ed to fol - low
hind me, the cross be - fore me, the world be - hind me, the cross be -
with me, I still will fol - low, though none go with me, I still will
cide now to fol - low Je - sus? Will you de - cide now to fol - low

Je - sus— no turn - ing back, no turn - ing back.
fore me— no turn - ing back, no turn - ing back.
fol - low— no turn - ing back, no turn - ing back.
Je - sus?— no turn - ing back, no turn - ing back.

WORDS: Anonymous
MUSIC: Indian folk tune

ASSAM
10.10.10.8.

Mark 1:9-15

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

People: Glory to You, Lord Christ.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

Gospeller: The Gospel of Christ

People: Praise to You, Lord Christ.

Sermon

Rev. Art Stevens

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

Affirmation of Faith

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.
Amen.*

cf Philipians 2.6-11

Prayers of the People

Christ our Lord, as we are baptized in your Name, protect us from all evil and deliver us from all temptation. May we use this Lent as a time of dedication and renewal. We pray that your church may stand against evil and seek good. We remember before you all who have lost faith, those who no longer pray themselves, those who find it difficult to trust in you or in anyone. Lord, we trust in you. ***Deliver us from all evil.***

We pray for people who have become possessed by greed or selfishness, for all who have become insensitive to the needs of others. We remember all exploited peoples: we pray for those driven off their land and out of their homes; for all caught up in sectarian violence or in war, for all who feel inadequate, or unable to cope. Lord, we trust in you. ***Deliver us from all evil.***

We give thanks for all who have set us an example of godly living, for people of discipline and dedication. We pray today for athletes and sportspeople, for all who learn discipline through their hobbies or work. We pray for those with whom we work, for our families and friends. Lord, we trust in you. ***Deliver us from all evil.***

We give you thanks for healers and reconcilers of people. We pray for all whose relationships have broken down, for those full of animosity and hatred; that we all may learn to forgive as we are forgiven. Lord, we trust in you. ***Deliver us from all evil.***

We pray for people who are dealing with sickness or injury, with grief or loss or any need. We bring before you those for whom our prayers have been asked, and for those in our hearts.

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

Lord, we trust in you. ***Deliver us from all evil.***

We give you thanks and praise for all who have triumphed over evil and temptation and who now serve you in the peace of your kingdom. We pray for those who are departed and at the last we may share with them in glory. Lord, we trust in you. ***Deliver us from all evil.***

Celebrant: *Most holy Lord, you were tempted, as we are; be our strength in times of weakness. When we fall lift us up, when we are in error direct us. In all our wanderings, be our guide; that we may be your faithful people to our life's end. We ask this in the name of the one true and ever-living God. Amen.*

Adapted from *Traces of Glory* by David Adam 1999

The Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

Please greet others in the chat.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or special concern, please share in the chat.

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.

♪ Hymn #448 **O Love, How Deep, How Broad, How High** Blue Hymnal



1 O love, how deep, how broad, how high, how pass - ing
 2 For us bap - tized, for us he bore his ho - ly
 3 For us he prayed; for us he taught; for us his
 4 For us to wick - ed hands be - trayed, scourged, mocked, in
 5 For us he rose from death a - gain; for us he
 6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
 2 fast and hun - gered sore; for us temp - ta - tions
 3 dai - ly works he wrought: by words and signs and
 4 pur - ple robe ar - rayed, he bore the shame - ful
 5 went on high to reign; for us he sent his
 6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
 2 sharp he knew; for us the tempt - er ov - er - threw.
 3 ac - tions, thus still seek - ing not him - self, but us.
 4 cross and death; for us gave up his dy - ing breath.
 5 Spi - rit here to guide, to strength - en, and to cheer.
 6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tuorum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949).

♪ **Doxology:**

Traditional

[sung] *Praise God from Whom all blessings flow
 Praise God all creatures here below,
 Praise God above ye heavenly host.
 Praise Father Son and Holy Ghost. Amen.*

Holy Eucharist

EOW1

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

S-124

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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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.

Celebrant: 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 children, that with blessed Mary and blessed Benedict all your saints, past, present, and yet to come, we may praise your Name for ever.

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 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

S-161

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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Holy Communion

Celebrant: The Gifts of God for the People of God.

*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

“Were You There?” and “Let Us Break Bread Together”
Philip Keveren

♩ Hymn #339

Deck Thyself, My Soul, with Gladness

Blue Hymnal

1 Deck thy - self, my soul, with glad - ness, leave the
 2 Sun, who all my life dost bright - en; Light, who
 3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's
 dost my soul en - light - en; Joy, the best that an - y
 glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der
 know - eth; Fount, whence all my be - ing flow - eth:
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this
 at thy feet I cry, my Ma - ker, let me
 from this ban - quet let me mea - sure, Lord, how

won-drous ban-quet found-ed— high o'er all the heavens he
 be a fit par-ta-ker of this bless-ed food from
 vast and deep its trea-sure; through the gifts thou here dost

reign-eth, yet to dwell with thee he deign-eth.
 hea-ven, for our good, thy glo-ry, giv-en.
 give me, as thy guest in heaven re-ceive me.

Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt. Music: *Schmücke dich*, melody Johann Crüger (1598-1662); harm. *The English Hymnal*, 1906.

Silence

Prayer

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen

Blessing

Celebrant: May the God of Unconditional Love help us determine to walk the walk of Jesus. To convert fears into hopes, hopes into invitations to take loving actions, and the agency and energy to love wisely and unreservedly. **Amen.**

Announcements

♪ Hymn #537

Christ for the World We Sing

Blue Hymnal

1 Christ for the world we sing! The world to
 2 Christ for the world we sing! The world to
 3 Christ for the world we sing! The world to
 4 Christ for the world we sing! The world to

Christ we bring with lov - ing zeal; the poor, and
 Christ we bring with fer - vent prayer; the way - ward
 Christ we bring with one ac - cord; with us the
 Christ we bring with joy - ful song; the new - born

them that mourn, the faint and o - ver - borne,
 and the lost, by rest - less pas - sions tossed,
 work to share, with us re - proach to dare,
 souls, whose days, re - claimed from er - ror's ways,

sin - sick and sor - row - worn, whom Christ doth heal.
 re - deemed at count - less cost from dark de - spair.
 with us the cross to bear, for Christ our Lord.
 in - spired with hope and praise, to Christ be - long.

Words: Samuel Wolcott (1813-1886). Music: *Moscow*, melody Felice de Giardini (1716-1796); harm. *The New Hymnal*, 1916 based on *Hymns Ancient and Modern*, 1875, and Lowell Mason (1792-1892).

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**

Amazing Grace

Arr. Laura Page

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Ministers of the Service

Celebrant:	Rev. Art Stevens
Preacher:	Rev. Art Stevens
Eucharistic Minister:	Brian Spolarich
Eucharistic Assistant:	Alan Kiste
Lector:	John Horsley
Flowers:	Pamela Bleisch
Ushers:	Maureen Titus & Alan Kiste
Intercessor:	Louisa Beeler
Altar Guild:	Lisa Gonzalez
Online Host:	Don Maruska
Tellers:	Bryson McKelvey & Diana Hammerlund
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Barbara Schippers

This Week at St Ben's

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
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 Louisa Beeler (805) 543-2898. 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 and requests for pastoral care may be sent to 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.



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