



St Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

The First Sunday of Lent

February 18, 2024 8:00 am

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.

(please stand as you are able)

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.

Officiant: 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.***

Officiant: Bless the Lord who forgives all our sins.

People: God's mercy endures for ever.

Collect of the Day

Officiant: God be with you.

People: And also with you.

Officiant: Let us pray together.

All: ***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.***

(please be seated for the readings)

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

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

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.

Discussion

Brian Spolarich

[We pause for a few moments' reflection]

(please stand as you are able)

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

Officiant: The peace of Christ be always with you.

People: *And also with you.*

To maintain safe social distancing, please simply greet others verbally or with a bow or nod.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or any special concern, may come forward.

Prayers can be found on the white or yellow card in your pew.

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 General Thanksgiving

All: *Holy One, author of all mercies,*

*we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.*

*We bless you for our creation, preservation,
and all the blessings of this life;*

*but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.*

*And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you*

*in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.*

(silence)

The Lord's Prayer

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

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

Blessing

Officiant: Live without fear: your Creator has made you holy, has always protected you, and loves you as a parent. Go in peace to follow the good road and may God's blessing be with you always. *Amen.* (source: from Saint Clare)

Announcements

Dismissal

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

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

Today's Liturgy is from the outline in the Book of Common Prayer.

Ministers of the Service

Officiant:	Brian Spolarich
Flowers:	Pamela Bleisch
Altar Guild:	JW Wright
Technical:	Hannah-Jaye Matthews

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.



St. Benedict's Episcopal Church

PO Box 6877

2220 Snowy Egret Lane

Los Osos, CA 93402

805-528-0654

office@stbenslososos.org

www.stbenslososos.org

