



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Maundy Thursday

March 28, 2024

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

~ Prelude ~

"O Sacred Head Now Wounded"

Arr. Philip Keveren

♪ Taizé Chant

"Within Our Darkest Night"

G 644

With - in our dark - est night, you kin - dle the

fire that nev - er dies a - way, nev - er dies a -

way. With - in our dark - est night, you kin - dle the

fire that nev - er dies a - way, nev - er dies a - way.

Collect of the Day

Officiant: The Lord be with you.

People: *And also with you.*

Officiant: Let us pray together.

All: *Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

Exodus 12:1-4, (5-10), 11-14

Reader: *A Reading from the book of Exodus*

The LORD said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbor in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it.

This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the LORD. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgments: I am the LORD. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt.

This day shall be a day of remembrance for you. You shall celebrate it as a festival to the LORD; throughout your generations you shall observe it as a perpetual ordinance.

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

People: *Thanks be to God.*

Psalms 116:1, 10-17

I love the LORD, because he has heard the voice of my supplication, *
because he has inclined his ear to me whenever I called upon him.

How shall I repay the LORD *
for all the good things he has done for me?

I will lift up the cup of salvation *
and call upon the Name of the LORD.

I will fulfill my vows to the LORD *
in the presence of all his people.

Precious in the sight of the LORD *
is the death of his servants.

O LORD, I am your servant; *
I am your servant and the child of your handmaid;
you have freed me from my bonds.

I will offer you the sacrifice of thanksgiving *
and call upon the Name of the LORD.

I will fulfill my vows to the LORD *

in the presence of all his people,
In the courts of the LORD's house, *
in the midst of you, O Jerusalem.

1 Corinthians 11:23-26

Reader: A Reading from Paul's first letter to the church in Corinth.

I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

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

People: Thanks be to God.

♪ Taizé Chant

"Jesus, Remember Me"

G 404

Ostinato Refrain

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

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

John 13:1-17, 31b-35

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

People: Glory to You, Lord Christ.

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord--and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

"Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, 'Where I am going, you cannot come.' I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

Officiant: The Gospel of Christ

People: Praise to You, Lord Christ.

Sermon

The Rev. Jen Crompton

At the Foot-Washing

Fellow servants of our Lord Jesus Christ: On the night before his death, Jesus set an example for his disciples by washing their feet, an act of humble service. He taught that strength and growth in the life of the Kingdom of God come not by power, authority, or even miracle, but by such lowly service. We all need to remember his example, but none stand more in need of this reminder than those whom the Lord has called to the ordained ministry. Therefore, I invite you who share in the royal priesthood of Christ, to come forward, that I may recall whose servant

I am by following the example of my Master. But come remembering his admonition that what will be done for you is also to be done by you to others, for "a servant is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, blessed are you if you do them."

Anthem at the Foot-Washing

"Sonata in B minor K. 87"

Domenico Scarlatti

Prayers of the People

We gather as the household of God, apostles, prophets, martyrs, servants, to pray for the church and all humankind, saying: Come, Lord Jesus.

For refugees, for the homeless, and for all who have nowhere to lay their head, we pray: ***Come, Lord Jesus***

For those unable to eat at the Lord's Table or at any other table we pray:

Come, Lord Jesus

For the body of Christ fractured in a world of violence and war we pray:

Come, Lord Jesus

For those who betray, and for those whom they betray, we pray:

Come, Lord Jesus

For ourselves, who gather to celebrate the Lord's Passover in the bread we eat and the cup we drink, we pray:

Come, Lord Jesus

For all in any need...

[you are invited to add your own prayers silently or in the chat]

.....we pray: ***Come, Lord Jesus***

Celebrant: *Almighty God, we recall the wonders you worked for our ancestors, and we marvel at the love shown us by your Son. Hear us as we pray in the name of your Son, Jesus Christ. Amen.*

[Source: "Intercessions for the Christian People" Liturgical Press, 1990, Order of St. Benedict]

Confession and Absolution

Let us confess our sins against God and our neighbor.

All: ***God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***

Officiant: *May the All-Compassionate God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.*

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

“Spirit of the Living God”

LEVAS 115

Spir - it of the Liv - ing God, Fall fresh on me,
Spir - it of the Liv - ing God, Fall fresh on me.

Melt me, mold me, Fill me, use me.

Spir - it of the Liv - ing God, Fall fresh on me.

♪ Doxology:

Traditional Hymn

*[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

Iona

Celebrant:

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: May Christ 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.

Celebrant: 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 siblings 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:

All: ***Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory;
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.***

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***

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.***

The Breaking of the Bread

The celebrant breaks the Bread

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. 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

“Two Arrangements of “*Were You There*”

Teresa Wilhelmhi and Richard Huggins

♪ Hymn #312

“Strengthen for Service”

Blue Hymnal



1 Strength - en for ser - vice, Lord, the hands that ho - ly
2 Lord, may the tongues which “Ho - ly” sang, keep free from
3 The feet that tread thy hal - lowed courts from light do



things have tak - en; let ears that now have
all de - ceiv - ing; the eyes which saw thy
thou not ban - ish; the bo - dies by thy



heard thy songs to clam - or nev - er wak - en.
love be bright, thy bless - ed hope per - ceiv - ing.
Bo - dy fed with thy new life re - ple - nish.

Words: Syriac Liturgy of Malabar; tr. Charles William Humphreys (1840-1921); alt. Percy Dearmer (1867-1936). By permission of Oxford University Press. Music: *Malabar*, David McKinley Williams (1887-1978). Copyright © The Church Pension Fund.

Silence

Prayer

Celebrant: Let us pray.

All: *Father of all,
we give you thanks and praise, that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,*

*so we and all your children shall be free,
and the whole earth live to praise your name. Amen.*

[We pause for a few moments' silence before stripping the altar.]

The Stripping of the Altar

[We remember how Jesus was stripped of his dignity and his clothing as the altar guild bares the sanctuary. Some sacrament is carried to a side Altar of Repose to be used for communion tomorrow, Good Friday.]

All: *They divide my garments among them; they cast lots for my clothing.*

Psalm 22

Read together in unison

My God, my God, why have you forsaken me? *

and are so far from my cry and from the words of my distress?

O my God, I cry in the daytime, but you do not answer; *

by night as well, but I find no rest.

Yet you are the Holy One, *

enthroned upon the praises of Israel.

Our forefathers put their trust in you; *

they trusted, and you delivered them.

They cried out to you and were delivered; *

they trusted in you and were not put to shame.

But as for me, I am a worm and no man, *

scorned by all and despised by the people.

All who see me laugh me to scorn; *

they curl their lips and wag their heads, saying,

“He trusted in the Lord; let him deliver him; *

Yet you are he who took me out of the womb, *

and kept me safe upon my mother's breast.

I have been entrusted to you ever since I was born; *

you were my God when I was still in my mother's womb.

Be not far from me, for trouble is near, *

and there is none to help.

Many young bulls encircle me; *

strong bulls of Bashan surround me.

They open wide their jaws at me, *

like a ravening and a roaring lion.

I am poured out like water; all my bones are out of joint; *

my heart within my breast is melting wax.

My mouth is dried out like a pot-sherd; my tongue sticks to the roof of my mouth; *

and you have laid me in the dust of the grave.

Packs of dogs close me in, and gangs of evildoers circle around me; *

they pierce my hands and my feet; I can count all my bones.

They stare and gloat over me; *
they divide my garments among them; they cast lots for my clothing.

Be not far away, O Lord; *
you are my strength; hasten to help me.

Save me from the sword,*
my life from the power of the dog.

Save me from the lion's mouth, *
my wretched body from the horns of wild bulls.

I will declare your Name to my brethren; *
in the midst of the congregation I will praise you.

Praise the Lord, you that fear him; *
stand in awe of him, O offspring of Israel; all you of Jacob's line, give glory.

For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them; *
but when they cry to him he hears them.

My praise is of him in the great assembly; *
I will perform my vows in the presence of those who worship him.

The poor shall eat and be satisfied, and those who seek the Lord shall praise him: *
"May your heart live for ever!"

All the ends of the earth shall remember and turn to the Lord, *
and all the families of the nations shall bow before him.

For kingship belongs to the Lord; *
he rules over the nations.

To him alone all who sleep in the earth bow down in worship; *
all who go down to the dust fall before him.

My soul shall live for him; my descendants shall serve him; *
they shall be known as the Lord's for ever.

They shall come and make known to a people yet unborn *
the saving deeds that he has done.

All: ***They divide my garments among them; they cast lots for my clothing.***

[We leave in silence.]

The church will remain open for silent prayer for up to an hour.]

Ministers of the Service

Celebrant:	Rev. Jen Crompton
Preacher:	Rev. Jen Crompton
Eucharistic Minister:	Alan Kiste
Eucharistic Assistant:	Brian Spolarich
Lector:	Sandy Fisher
Music:	Ann Lucas
Flowers:	Sharon Porter
Altar Guild:	Sarah Chesebro
Ushers:	Brian Spolarich & Connie Weldon
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Friday	Mar 29
12:00p	Good Friday Service
2:15p	Prayer at Stations of the Cross
Saturday	Mar 27
7:45 p	The Great Vigil
Sunday	Mar 31
10:30a	Easter Sunday Eucharist Service

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tihini (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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