



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fourth Sunday of Lent

March 10, 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 ~

"Prelude and Fugue in D Minor"

J.S. Back

A Penitential Order

Celebrant: Bless the Lord who forgives all our sins.

People: ***His mercy endures for ever.***

Celebrant: Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these."

Mark 12:29-31

Celebrant: *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.***

Celebrant *Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.*

♪ Kyrie

WLP 840

Leader Ky - ri - e

Ky - ri - e e - le - i - son. Ky - ri -

Chris - te
e e - le - i - son. Chris - te e - le - i -
son. Ky - ri - e
son. Chris - te e - le - i - son. Ky - ri -
e e - le - i - son. Ky - ri - e e - le - i - son.

Music: Betty Carr Pulkingham (b. 1928), from *Freedom Mass*, based on traditional African melodies. Copyright © 1989 Celebration, Aliquippa, PA 15001. All rights reserved. International copyright secured. Used by permission.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

Numbers 21:4-9

Reader: A Reading from the book of Numbers

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 107:1-3, 17-22

Give thanks to the LORD, for he is good, *
and his mercy endures for ever.

Let all those whom the LORD has redeemed proclaim *
that he redeemed them from the hand of the foe.

He gathered them out of the lands; *
from the east and from the west,
from the north and from the south.

Some were fools and took to rebellious ways; *
they were afflicted because of their sins.

They abhorred all manner of food *
and drew near to death's door.

Then they cried to the LORD in their trouble, *
and he delivered them from their distress.

He sent forth his word and healed them *
and saved them from the grave.

Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.

Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy.

Ephesians 2:1-10

Reader: A Reading from Paul's letter to the church in Ephesus

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Reader: The word of the Lord.

People: *Thanks be to God.*

♩ Hymn #440

“Blessed Jesus at Thy Word”

Blue Hymnal

1 Bless - ed Je - sus, at thy word we are gath - ered all to
 2 All our know - ledge, sense, and sight lie in deep - est dark - ness
 3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -

hear thee; let our hearts and souls be stirred
 shroud - ed, till thy Spi - rit breaks our night
 ceed - ing, o - pen thou our ears and heart,

now to seek and love and fear thee; by thy teach - ings
 with the beams of truth un - cloud - ed; thou a - lone to
 help us by thy Spi - rit's plead - ing. Hear the cry thy

pure and ho - ly, drawn from earth to love thee sole - ly.
 God canst win us; thou must work all good with - in us.
 Church up - rais - es; hear, and bless our prayers and prais - es.

Words: Tobias Clausnitzer (1619-1684); tr. Catherine Winkworth (1829-1878); alt. Music: *Liebster Jesu*, melody Johann Rudolph Ahle (1625-1673); alt. *Das grosse Cantional: oder Kirchen-Gesangbuch*, 1687; harm. George Herbert Palmer (1846-1926).

John 3:14-21

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

People: Glory to You, Lord Christ.

Jesus said, “Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be

saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.”

Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

Sermon

The Rt. Rev. Lucinda Ashby

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

Renewal of Baptismal Vows

Let us affirm our faith with the renewal of our baptismal covenant.

Celebrant: Do you believe in God the Father?

*People: I believe in God, the Father almighty,
creator of heaven and earth.*

Celebrant: Do you believe in Jesus Christ, the Son of God?

*People: I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.*

Celebrant: Do you believe in God the Holy Spirit?

*People: I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.*

*Celebrant: Will you continue in the apostles' teaching and
fellowship, in the breaking of the bread, and in the
prayers?*

People: I will, with God's help.

*Celebrant: Will you persevere in resisting evil, and, whenever
you fall into sin, repent and return to the Lord?*

People: I will, with God's help.

Celebrant: Will you proclaim by word and example the Good News of God in Christ?

People: I will, with God's help.

Celebrant: Will you seek and serve Christ in all persons, loving your neighbor as yourself?

People: I will, with God's help.

Celebrant: Will you strive for justice and peace among all people, and respect the dignity of every human being?

People: I will, with God's help.

Prayers of the People

O gracious Lord, may your church be a home for the weary, a shelter for the fearful, a strength for the weak, a place of healing and forgiveness to the troubled. We pray for all who are spiritually hungry, for all who have lost faith or who have lost hope. Lord, let your light shine **in our hearts and in your world.**

Lord of life, we pray for the starving peoples, for all without adequate food or shelter, all who do not have a home to call their own. Lord, bless the work of all relief agencies and those who seek to alleviate suffering. Lord, let your light shine **in our hearts and in your world.**

We come to you, Lord of love. We give you thanks for our homes and loved ones; may we not take their love for granted, may we not be a burden to those with whom we live. In loving each other may we learn of your love for us. Lord, let your light shine **in our hearts and in your world.**

Loving God, we pray for families where there is misunderstanding, neglect, violence or apathy. We pray for homes of poverty and fear. We remember all who have lost loved ones recently, all who are caring for loved ones who are ill; for those parted from their loved ones due to sickness. Lord, let your light shine **in our hearts and in your world.**

We pray especially for those in our bidding book.

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

Lord, in love you welcome us home, you come to meet us and lead us to your peace. We pray for all who have the joy of your nearer presence, for our loved ones departed.

Lord, let your light shine **in our hearts and in your world.**

Celebrant: Lord, we seek to make our home in you, for in you is our hope, in you is our peace. May we abide in you as you are in us. Grant, O Lord, in turning to you we may find a new vision, new strength and new love; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

Adapted from *Traces of Glory* by David Adam 1999

The Peace

Celebrant: Walk as children of the light, children of the day, in all goodness and righteousness, and have no dealings with the works of darkness. 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 #149

“Eternal Lord of Love”

Blue Hymnal



1. E - ter - nal Lord of love, be - hold your Church,
 2. So dai - ly dy - ing to the way of self,
 3. If dead in you, so in you we a - rise,



Walk - ing once more the pil - grim way of Lent,
 So dai - ly liv - ing to your way of love,
 You the first - born of all the faith - ful dead;



Led by your cloud by day, by night your fire,
 We walk the road, Lord Je - sus, that you trod,
 And as through ston - y ground the green shoots break,



Moved by your love and t'ward your pres - ence bent:
 Know - ing our - selves bap - tized in - to your death:
 Glo - rious in spring - time dress of leaf and flower,



Far off yet here the goal of all de - sire.
 So we are dead and live with you in God.
 So in the Fa - ther's glo - ry shall we wake.

Text: Thomas H. Cain, b.1931, © 1982
 Tune: FENN HOUSE, 10 10 10 10 10; Michael Joncas, b.1951, © 1988, GIA Publications, Inc.

♪ 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

BCP Prayer B

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:

The image shows three staves of musical notation in G major (one sharp) and 4/4 time. The melody is simple and homophonic, consisting of quarter and eighth notes. The lyrics are written below the notes.

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

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O God,

All: *We remember his death,
 We proclaim his resurrection,
 We await his coming in glory;*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection

under your Christ, and bring us to that heavenly country where, with blessed Mary and blessed Benedict and all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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 sing:

Our Fa - ther in heaven, hal-owed be your Name, your king - dom come,

your will be done, on earth as in heaven. Give us to-day our dai - ly bread.

For-give us our sins as we for-give those who sin a - gainst us.

Save us from the time of trial, and de - liv - er us from e - vil.

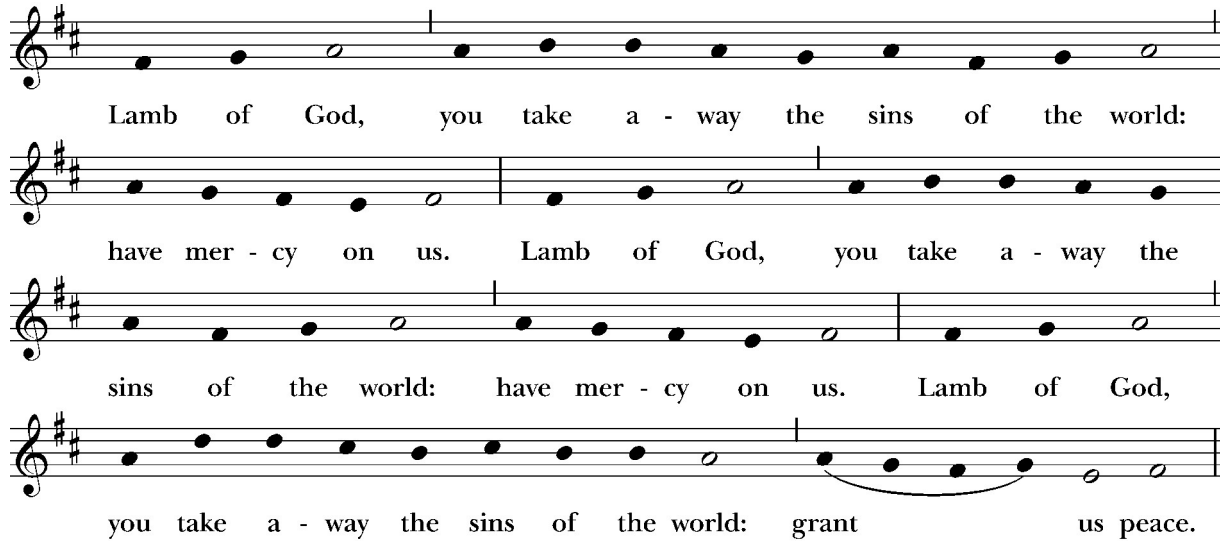
For the king - dom, the power, and the glo - ry are yours, now and for-ev-er. A-men.

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: Christ our Passover is sacrificed for us;

People: *Therefore let us keep the feast.*

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

♪ Communion Music

“Pavane”

Gabriel Faure

♪ Hymn #304

“I Come with Joy”

Blue Hymnal

Unison or harmony



1 I come with joy to meet my Lord, for -
2 I come with Chris - tians far and near to
3 As Christ breaks bread and bids us share, each
4 And thus with joy we meet our Lord. His
5 To - geth - er met, to - geth - er bound, we'll

1 giv - en, loved, and free, in awe and won - der
 2 find, as all are fed, the new com - mu - ni -
 3 proud di - vi - sion ends. That love that made us
 4 pres - ence, al - ways near, is in such friend - ship
 5 go our dif - ferent ways, and as his peo - ple

1 to re - call his life laid down for me.
 2 ty of love in Christ's com - mun - ion bread.
 3 makes us one, and stran - gers now are friends.
 4 bet - ter known: we see, and praise him here.
 5 in the world, we'll live and speak his praise.

Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

Silence

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

Announcements

(please stand as you are able)

♩ Hymn #379

“God is Love, Let Heaven Adore Him”

Blue Hymnal

1 God is Love, let heaven a - dore him; God is Love, let
 2 God is Love; and Love en - folds us, all the world in
 3 God is Love; and though with blind-ness sin af - flicts all

earth re - joice; let cre - a - tion sing be - fore him
 one em - brace: with un - fail - ing grasp God holds us,
 hu - man life, God's e - ter - nal lov - ing - kind - ness

and ex - alt him with one voice. God who laid the earth's foun -
 ev - ery child of ev - ery race. And when hu - man hearts are
 guides us through our earth - ly strife. Sin and death and hell shall

da - tion, God who spread the heaven a - bove, God who breathes through
 break - ing un - der sor - row's i - ron rod, then we find that
 nev - er o'er us fi - nal tri - umph gain; God is Love, so

all cre - a - tion: God is Love, e - ter - nal Love.
 self - same ach - ing deep with - in the heart of God.
 Love for ev - er o'er the u - ni - verse must reign.

Words: Timothy Rees (1874-1939), alt. Held by A.R. Mowbray & Co. Ltd. Music: *Abbot's Leigh*, Cyril Vincent Taylor (1907-1991). Copyright © 1942 Renewal 1970, by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission.

Dismissal

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

All: *Thanks be to God.*

♪ Postlude

“Jesus Walked This Lonesome Valley”

Arr. By Jack Schrader

American Spiritual

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

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Ministers of the Service

Celebrant:	The Rt. Rev. Lucinda Ashby
Preacher:	The Rt. Rev. Lucinda Ashby
Assisting Priest:	Rev. Jen Crompton
Bishop's Chaplain	Sarah Chesebro
Eucharistic Minister:	Alan Kiste
Eucharistic Assistant:	Brian Spolarich
Lector:	Sandy Fisher
Music:	Ann Lucas
Flowers:	Sharon Porter
Ushers:	Maureen Titus & Brian Spolarich
Intercessor:	Helen Schnieders
Altar Guild:	Letty Cotta
Online Host:	Don Maruska
Tellers:	Diana Hammerlund & Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Potluck

This Week at St Ben's

Monday	Mar 11
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Mar 12
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Saturday	Mar 16
9:00a	Men's Breakfast at Celia's Café
Sunday	Mar 17
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 and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

Tuesday Morning Prayers & Spiritual Conversation: The [Tuesday](#) Spiritual Discussion group will be using an Lenten program sponsored by a group called Living Compass. The six-week program includes Sunday and weekday meditations for the Lenten season. The program booklets are available as pdf electronic copies for free. Order booklets at <https://www.livingcompass.org/advent-lent>. You do not have to read the book to participate. Tuesdays at 10:30 on [Zoom](#).

Meet Me in San Luis OOPS! Luncheon was to have been scheduled for the 2nd Thursday of the month, so please meet me at noon on Thursday, March 15 at Golden Gong on Mercado Road at Madonna for conversation, fellowship, and a delectable Chinese lunch. For more info please contact Bryson McKelvey (805) 235-3045.

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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