



## St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday in Lent

March 3, 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** ~

*"Voluntary I"*

William Boyce (1711-1779)

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### A Penitential Order

*The New Zealand Prayer Book*

**H**ear the teaching of Christ:

A new commandment I give to you,  
that you love one another as I have loved you.

*Spirit of God, search our hearts.*

Hear God's word to all who turn to Christ:

God so loved the world that he gave his only Son, that whoever  
believes in him should not perish but have eternal life. *John 3:16*

If we confess our sins, God is faithful and just, and will  
forgive our sins and cleanse us from every kind of wrong. *1 John 1:9*

God has promised forgiveness to all who truly repent,  
turn to Christ in faith and are themselves forgiving.

In silence we call to mind our sins.

### *Silence*

Let us confess our sins.

***Merciful God,***

***we have sinned***

***in what we have thought and said,***

***in the wrong we have done***

***and in the good we have not done.***

***We have sinned in ignorance:***

***we have sinned in weakness:***

***we have sinned through our own deliberate fault.***

***We are truly sorry.***

***We repent and turn to you.***

***Forgive us, for our Savior Christ's sake,***

***and renew our lives to the glory of your name. Amen.***

Through the cross of Christ, God have mercy on you, pardon you  
and set you free. Know that you are forgiven and be at peace.

God strengthen you in all goodness and keep you in life eternal. ***Amen.***

The peace of Christ rule in our hearts.

*The word of Christ dwell in us richly.*

Officiant: Bless the Lord who forgives all our sins.

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

**Hymn**

**"Kyrie"**

WLP #840

Leader

Ky - ri - e

Musical notation for the first system of the hymn. It consists of a treble clef staff and a bass clef staff, both in 4/4 time and one flat. The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: Ky - ri - e e - le - i - son. Ky - ri -

Musical notation for the second system of the hymn. It consists of a treble clef staff and a bass clef staff, both in 4/4 time and one flat. The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: e e - le - i - son. Chris - te e - le - i -

Musical notation for the third system of the hymn. It consists of a treble clef staff and a bass clef staff, both in 4/4 time and one flat. The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: son. Chris - te e - le - i - son. Ky - ri -

Musical notation for the fourth system of the hymn. It consists of a treble clef staff and a bass clef staff, both in 4/4 time and one flat. The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: 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**

Officiant: Christ be with you.

People: **And also with you.**

Officiant: Let us pray together.

All: ***Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.***

## **Exodus 20:1-17**

Reader: *A Reading from the book of Exodus*

Then God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

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

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

## **Psalm 19**

The heavens declare the glory of God, \*  
and the firmament shows his handiwork.

One day tells its tale to another, \*  
and one night imparts knowledge to another.

Although they have no words or language, \*

and their voices are not heard,  
Their sound has gone out into all lands, \*  
and their message to the ends of the world.  
In the deep has he set a pavilion for the sun; \*  
it comes forth like a bridegroom out of his chamber;  
it rejoices like a champion to run its course.  
It goes forth from the uttermost edge of the heavens  
and runs about to the end of it again; \*  
nothing is hidden from its burning heat.  
The law of the LORD is perfect  
and revives the soul; \*  
the testimony of the LORD is sure  
and gives wisdom to the innocent.  
The statutes of the LORD are just  
and rejoice the heart; \*  
the commandment of the LORD is clear  
and gives light to the eyes.  
The fear of the LORD is clean  
and endures for ever; \*  
the judgments of the LORD are true  
and righteous altogether.  
More to be desired are they than gold,  
more than much fine gold, \*  
sweeter far than honey,  
than honey in the comb.  
By them also is your servant enlightened, \*  
and in keeping them there is great reward.  
Who can tell how often he offends? \*  
cleans me from my secret faults.  
Above all, keep your servant from presumptuous sins;  
let them not get dominion over me; \*  
then shall I be whole and sound,  
and innocent of a great offense.  
Let the words of my mouth and the meditation of my  
heart be acceptable in your sight, \*

O LORD, my strength and my redeemer.

## **1 Corinthians 1:18-25**

*Reader: A Reading from Paul's second letter to the church in Corinth*

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

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

**People: Thanks be to God**

**♪ Hymn #676**

*“There is a Balm”*

Blue Hymnal

*Refrain*

There is a balm in Gil - e - ad, to make the wound - ed  
 whole, there is a balm in Gil - e - ad, to  
 heal the sin - sick soul. soul.

1 Some - times I feel dis - cour - aged, and  
 2 If you can - not preach like Pe - ter, if you

think my work's in vain, but then the Ho - ly  
 can - not pray like Paul, you can tell the love of

Spi - rit re - vives my soul a - gain.  
 Je - sus, and say, “He died for all.”

*Repeat Refrain*

Words: African-American spiritual. Music: *Balm in Gilead*, Afro-American spiritual; acc. David Hurd (b. 1950).

## **John 2:13-22**

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

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

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

*Officiant: The Gospel of Christ*

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

## **Sermon**

Rev. Mike Eggeston

[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: **We trust in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.***

***We trust in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.***

*For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.*

*We trust in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We trust in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.*

## **Prayers of the People**

O Holy One, we give you thanks for the beauty and order of our world. We give thanks for special holy places and for our own church; through them may we learn awe and respect for your world.

We ask you to guide all the leaders of worship, to inspire all preachers of the word, to direct your faithful people in the ways of holiness and peace. Lord, you will be done on earth, **as it is in heaven.**

We pray for all legislators, for those who set standards for us to live by. Guide all those who influence the minds of others. Give to each the wisdom and will to use properly what you have given them. Lord, your will be done on earth, **as it is in heaven.**

We give thanks for those who have shared with us a sense of wonder or mystery. We pray that we may learn to live simply, and to be willing to help others to simply live. Lord, protect us, our homes and loved ones. Be with all who have been made homeless, with young people who have recently left home. Lord, you will be done on earth, **as it is in heaven.**

We pray for all who have become possessed by possessions, for all who are captive to greed and covetousness. We remember all who have suffered through the selfishness of others. Be a strength, O Lord, to all who have suffered robbery or violence, for all who have faced the murder of a loved one. We pray for all who have lost their possessions or livelihood, for those who have become bankrupt. We pray for all who are ill at this time, 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, your will be done on earth, **as it is in heaven.**

We give thanks for all who have faithfully followed your will, for all who have worshipped you in the beauty of holiness. We give thanks for those who founded this church. We pray for loved ones departed; grant that we may share with them in your heavenly peace. Lord, your will be done on earth, **as it is in heaven.**

Officiant: *All Compassionate God, creator of all things, we give you thanks for the resources of our world, for the wonders and mysteries of the universe. Lord, help us to use wisely all you have given to us, for the benefit of others, for the well-being of the earth, and to the glory of your holy Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever. Amen.*

Adapted from *Traces of Glory* by David Adam 1999

## **The Peace**

Officiant: Serve the Lord your God with all your heart, with all your mind, with all your strength. 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 travel, 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](http://www.stbenslososos.org) at any time.

♪ Hymn #707

“Take My Life”

Blue Hymnal

1 Take my life, and let it be con - se - crat - ed, Lord, to thee;  
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.  
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im-pulse of thy love;  
Take my will, and make it thine; it shall be no long - er mine.

take my heart, it is thine own; it shall be thy roy - al throne.  
Take my - self, and I will be ev - er, on - ly, all for thee.

Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876).

## ♪ Doxology:

Thomas Ken, 1692

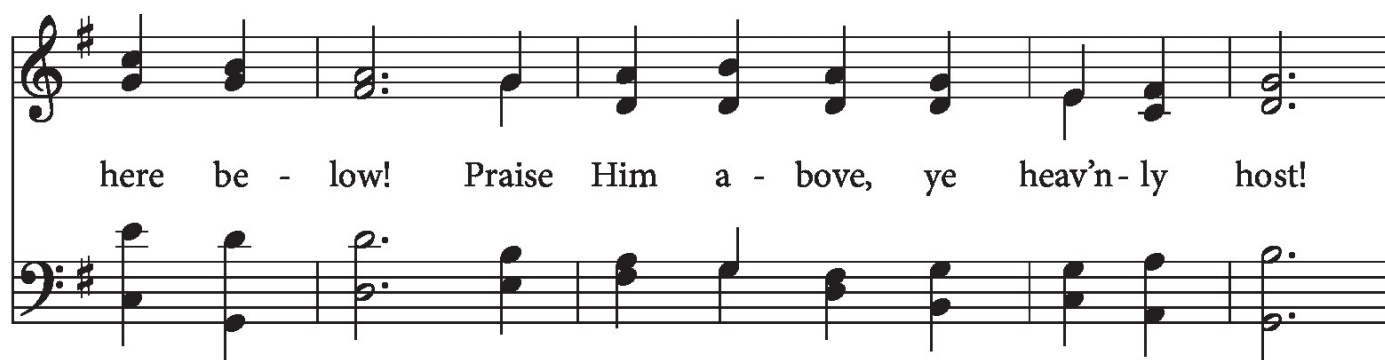
Old Hundredth

[traditional tune]

Louis Bourgeois, 1551



Praise God, from whom all bless - ings flow! Praise Him, all crea - tures



here be - low! Praise Him a - bove, ye heav'n - ly host!



Praise Fa - ther, Son, and Ho - ly Ghost! A - men.

## 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**

1 Lord, make us ser - vants of your peace: where there is  
 2 Where all is doubt, may we sow faith; where all is  
 3 Je - sus, our Lord, may we not seek to be con -  
 4 May we not look for love's re - turn, but seek to  
 5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -  
 2 gloom, may we sow hope; where all is night, may we sow  
 3 soled, but to con - sole, nor look to un - der - stand - ing  
 4 love un - self - ish - ly, for in our giv - ing we re -  
 5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.  
 2 light; where all is tears, may we sow joy.  
 3 hearts, but look for hearts to un - der - stand.  
 4 ceive, and in for - giv - ing are for - given.  
 5 peace, to wake at last in hea - ven's light.

Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182-1226). Copyright © James Quinn, SJ, printed by permission of Geoffrey Chapman, a division on Cassell Ltd. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979). Copyright © 1962, Theodore Presser Co. used by permission of the publisher.

## Dismissal

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

All: *Thanks be to God.*

## ♪ Postlude

*"Finale"*

Malcolm Archer

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is from the outline in the Book of Common Prayer.  
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## Ministers of the Service

Officiant:	Rev Mike Eggleston
Liturgical Assistant:	Michael Lucas
Lector:	Bryson McKelvey
Flowers:	Sharon Porter
Ushers:	Barbara Schippers & Connie Weldon
Intercessor:	Lisa Gonzalez
Altar Guild:	Lisa Gonzalez
Online Host:	Elaine Beckham
Tellers:	Alice Welchert & Bryson McKelvey
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Helen Schnieders

## This Week at St Ben's

Sunday 2:00p	Mar 3 SLO Deanery
Monday 3:30p	Mar 4 Liturgy Committee (Zoom)
Tuesday 9:45a 10:30a	Mar 5 Community Dinner Spiritual Conversation
Wednesday 4:00p 7:00p	Mar 6 Community Dinner CCRT Rehearsal
Sunday 8:00a 10:30a 12:00p	Mar 10 Contemplative Service Eucharist Service with Bishop Lucinda Potluck

## Announcements

**March Potluck** - Potluck for March will be held on March 10th to coincide with the Bishops visit.

**In Anticipation of Bishop Lucinda's Official Visit March 10th** - Please contact Rev Jen Crompton or Lisa Gonzalez as soon as possible if you would like to be Confirmed or Received in the Episcopal Church or wish to Reaffirm your vows in the Episcopal Church.

Confirmation, Reception, and Reaffirmation are concurrent rites where a mature commitment to Christ is welcomed by the Church through the laying on of hands by a bishop. Confirmation is for those wishing to affirm the commitments made for them at their baptism. Reception is for those previously confirmed in another Church who now find their ministry in the Episcopal Church. Reaffirmation is for those who desire to recommit themselves to the vows made at their baptism.

All three require a period of guided preparation and self-examination, which St. Benedict's offers, in anticipation of a Bishop Lucinda's official visit on Sunday March 10th.

**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](#).

**Meet me in San Luis** - You are cordially invited to join us for fellowship, conversation, and a delectable Chinese lunch at noon on Thursday March 7 at Golden Gong, 390 El Mercado at Madonna Road. Please call or text Bryson McKelvey at (805) 235-3045 by Wednesday to reserve or with questions. Gong hay fat choy!

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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