



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Easter Sunday

March 31, 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 ~

"Joyful Joyful We Adore Thee/He Has Made Me Glad"

Arr. by Carol Tornquist
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from "Keys for Blended Worship"

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♪ Hymn #180 "He Is Risen" Blue Hymnal

1 He is ris - en, he is ris - en! Tell it out with
2 Come, ye sad and fear - ful - heart - ed, with glad smile and
*3 Come, with high and ho - ly hymn - ing, hail our Lord's tri -
4 He is ris - en, he is ris - en! He hath o - pened

joy - ful voice: he has burst his three days' pris - on;
ra - diant brow! Death's long sha - dows have de - part - ed;
um - phant day; not one dark - some cloud is dim - ming
hea - ven's gate: we are free from sin's dark pris - on,

let the whole wide earth re-joice: death is con- quered,
 Je- sus' woes are o- ver now, and the pas- sion
 yon- der glo- rious morn- ing ray, break- ing o'er the
 ris- en to a ho- lier state; and a bright- er

we are free, Christ has won the vic- to- ry.
 that he bore— sin and pain can vex no more.
 pur- ple east, sym- bol of our Eas- ter feast.
 Eas- ter beam on our long- ing eyes shall stream.

Words: Cecil Frances Alexander (1818-1895), alt. Music: *Unser Herrscher*, Joachim Neander (1650-1680).

Celebrant: *Alleluia*. Christ is Risen!

People: The Lord is risen indeed. *Alleluia!*


All: *All-compassionate and most merciful God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.*

♪ Hymn #S-278


“Glory to God in the Highest”

Blue Hymnal

1. Glo-ry to God in the high-est, and
 peace to his peo- ple on earth. 2. Lord God, heaven- ly King, al-




might - y God and Fa - ther, we wor - ship you, we give you thanks, we




praise you for your glo - ry. 3. Lord Je - sus Christ,



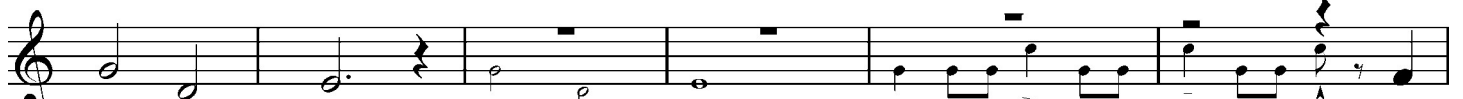
on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you



take a - way the sin of the world: have mer - cy on us;



5. you are seat - ed at the right hand of the Fa - ther: re -




ceive our prayer. 6. For



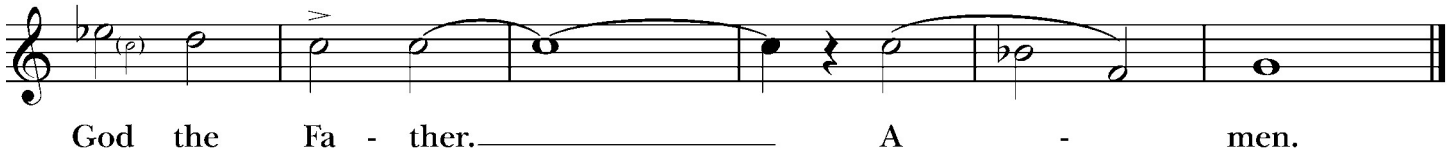
you a - lone are the Ho - ly One, you a - lone are the Lord,



7. you a - lone are the Most High, Je - sus Christ, with the



Ho - ly Spi - rit, in the glo - ry of



Music: William Mathias (1934-1992). Copyright © 1976 Oxford University Press.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: ***All-merciful God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.***

Isaiah 25:6-9

Reader: A Reading from the book of Isaiah

On this mountain the LORD of hosts will make for all peoples
a feast of rich food, a feast of well-aged wines,
of rich food filled with marrow, of well-aged wines strained clear.

And he will destroy on this mountain
the shroud that is cast over all peoples,
the sheet that is spread over all nations;
he will swallow up death forever.

Then the Lord GOD will wipe away the tears from all faces,
and the disgrace of his people he will take away from all the earth,
for the LORD has spoken.

It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us.
This is the LORD for whom we have waited;
let us be glad and rejoice in his salvation.

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 118:1-2, 14-24

Give thanks to the Lord, for he is good; *
his mercy endures for ever.

Let Israel now proclaim, *
"His mercy endures for ever."

The Lord is my strength and my song, *
and he has become my salvation.

There is a sound of exultation and victory *
in the tents of the righteous:

"The right hand of the Lord has triumphed! *
the right hand of the Lord is exalted!
the right hand of the Lord has triumphed!"

I shall not die, but live, *
and declare the works of the Lord.

The Lord has punished me sorely, *
but he did not hand me over to death.

Open for me the gates of righteousness; *
I will enter them;
I will offer thanks to the Lord.

"This is the gate of the Lord; *
he who is righteous may enter."

I will give thanks to you, for you answered me *
and have become my salvation.

The same stone which the builders rejected *
has become the chief cornerstone.

This is the Lord's doing, *
and it is marvelous in our eyes.

On this day the Lord has acted; *
we will rejoice and be glad in it.

Acts 10:34-43

Reader: A Reading from the book of Acts

Peter began to speak to Cornelius and the other Gentiles: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ--he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of

Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name."

Reader: The word of the Lord.

People: **Thanks be to God.**

♪ Hymn #188

"Love's Redeeming Work is Done"

Blue Hymnal



1 Love's re - deem - ing work is done, fought the fight, the bat - tle won.
2 Lives a - gain our glo - rious King; where, O death, is now thy sting?
3 Soar we now where Christ has led, fol - lowing our ex - alt - ed Head;



Death in vain for - bids him rise; Christ has o - pened par - a - dise.
Once he died our souls to save, where thy vic - to - ry, O grave?
made like him, like him we rise, ours the cross, the grave, the skies.

Words: Charles Wesley (1707-1788), alt. Music: *Savannah*, from *Harmonia Sacra*, ca. 1760.

John 20:1-18

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

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

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'" Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

Sermon

The Rev. Jen Crompton

[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

Alleluia! What was dead shall live; what was dark shall shine; what was forgotten shall be remembered, for the Lord is risen and walks among us. Let us confidently bring before God the needs of all our world, asking God for renewal, saying: Christ is risen, ***Christ is risen indeed.***

God of life, in gratitude and great joy we laud you for the gifts of Christ's resurrection. On this day give us hope, for Christ is risen: ***Christ is risen indeed.***

On this feast day which brings joy to all Christian believers, may we commit ourselves to work toward the unity of the church, that Christ's body may be one, for Christ is risen: ***Christ is risen indeed.***

Honoring the gift of Christ's risen body, may we rise to serve all those whose needs keep them from seeing themselves as the image of God; for Christ is risen: ***Christ is risen indeed.***

For all who have need of the gift of Easter; for all who journey from illness to health, from despair to hope, from grief to consolation, from loneliness to love; for all our brothers and sisters, that death may have no more power over us, for Christ is risen: ***Christ is risen indeed.***

For all who suffer and all who mourn, that today the Lord God will wipe away all tears, for Christ is risen: ***Christ is risen indeed.***

May we have the persistent faith of Mary Magdalene and the surprised belief of Peter and John. May we long to be God's sign of life in our world, for Christ is risen: ***Christ is risen indeed.***

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

May we be one in faith with all who have died in Christ, for our life is hid with Christ in God; for Christ is risen:

Celebrant: *God of life, we thank you for the mystery planted in us, the paradox of life from death and community from scattered disciples. We praise you for the dying which saves us from death and for the rising which brings us life. We pray, as we live, through Jesus the risen one, in the power of the Holy Spirit, now and forever. Amen.*

From Intercessions for the Christian People

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 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.

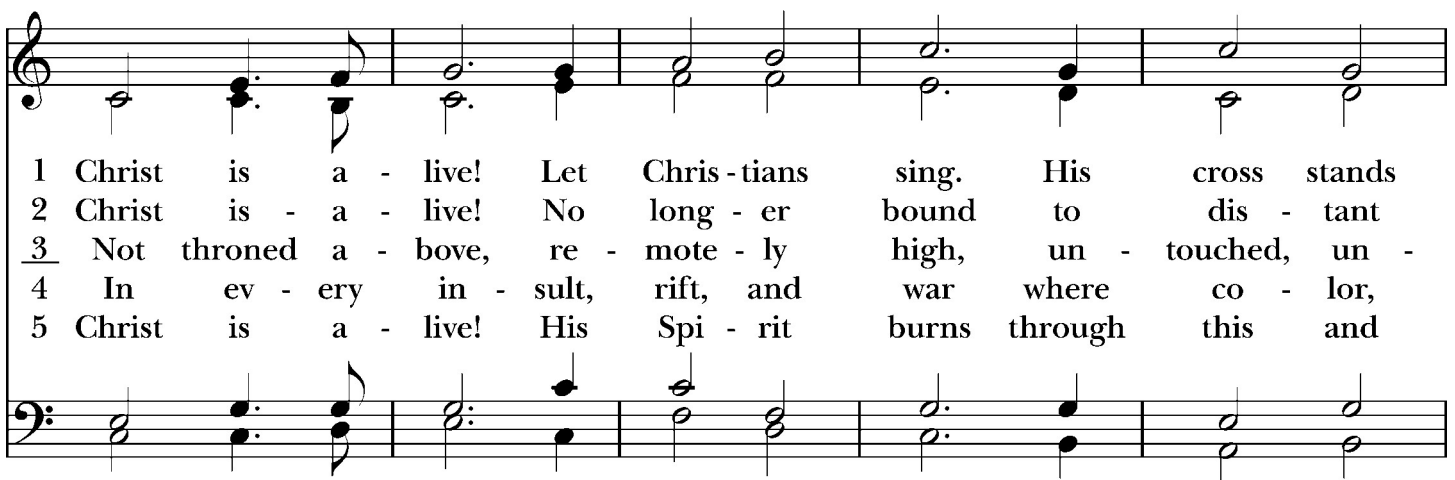
The Offertory

You can contribute at our website www.stbenslososos.org at any time.

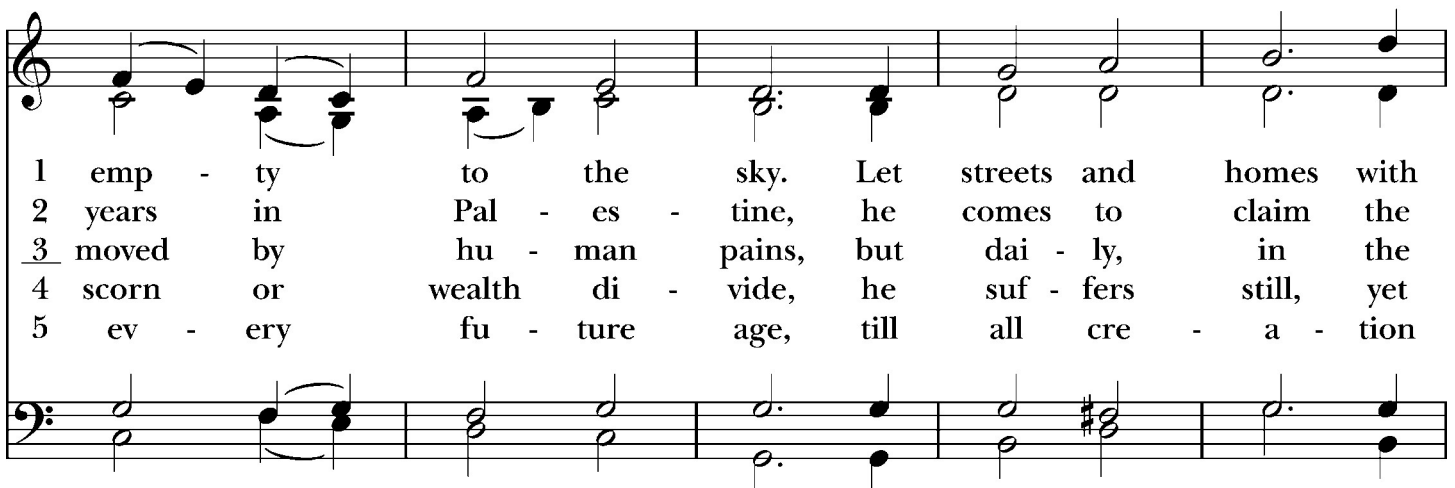
♪ Hymn #182

“Christ is Alive! Let Christians Sing”

Blue Hymnal



1 Christ is a - live! Let Chris - tians sing. His cross stands
2 Christ is - a - live! No long - er bound to dis - tant
3 Not throned a - bove, re - mote - ly high, un - touched, un -
4 In ev - ery in - sult, rift, and war where co - lor,
5 Christ is a - live! His Spi - rit burns through this and



1 emp - ty to the sky. Let streets and homes with
2 years in Pal - es - tine, he comes to claim the
3 moved by hu - man pains, but dai - ly, in the
4 scorn or wealth di - vide, he suf - fers still, yet
5 ev - ery fu - ture age, till all cre - a - tion

1 prais - es ring. His love in death shall nev - er die.
 2 here and now and con - quer ev - ery place and time.
 3 midst of life, our Sa - vior with the Fa - ther reigns.
 4 loves the more, and lives, though ev - er cru - ci - fied.
 5 lives and learns his joy, his jus - tice, love, and praise.

Words: Brian A. Wren (b. 1936), rev. Copyright © 1975 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Truro*, melody from *Psalmodia Evangelica, Part II*, 1789; harm. Lowell Mason (1792-1872), alt.

♪ Doxology:

[Hymn tune #400]

[sung] *Praise God from Whom all blessings flow*
Praise God all creatures here below, Alleluia, Alleluia
Praise God the Source of all our gifts
Praise Jesus Christ whose power uplifts
Praise the Spirit, Holy Spirit, Alleluia, Alleluia, Alleluia

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 God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth.

But chiefly are we bound to praise you for the glorious resurrection of your Son Jesus Christ our Lord; for he is the true Paschal Lamb, who was sacrificed for us, and has taken away the sin of the world. By his death he has destroyed death, and by his rising to life again he has won for us everlasting life.

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:

Sanctus

Ho - ly, ho - ly, ho - ly Lord, God of power and

might, Ho - ly, ho - ly, ho - ly Lord,

God of power and might, hea - ven and earth are

full, full of your glo - ry. Ho -

san - na in the high - est. 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. Ho - san - na in the high - est.

Music: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 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 God, now and for 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

Antiphon
Cantor; then All

Who - ev - er eats this bread will live for ev - er.

Cantor

1. This is the true bread which comes down from hea - ven

Cantor

and gives life to the world. [Ant.] 2. Who - ev - er

believes in me shall not hun - ger or thirst, for the bread

which I give for the life of the world is my flesh. [Ant.]

Music: Mode 1 melody; adapt. Mason Martens (1933-1991). Copyright © 1983 Mason Martens.

Holy Communion

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.

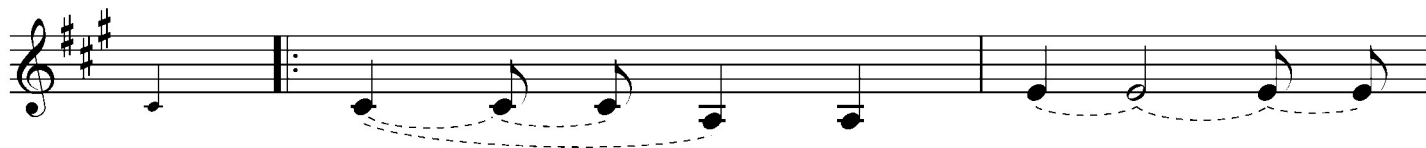
If God is calling you, you are welcome and invited to receive communion.

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

♪ Communion Music

“I Know That My Redeemer Liveth” from Handel’s Messiah

Kim Sargen, soprano



1 I am the bread of life;— they who
 2 (The) Bread that— I will give— is my
 3 (Un-) less— you eat— of the
 4 I am the re - sur - rec - tion, —
 5 (Yes,) Lord, — we be - lieve— that—



1 come to me shall not— hun - ger; they who be -
 2 Flesh for the life of the world, — and they who
 3 Flesh of the Son of — Man — and —
 4 I — am the — life. — They who be -
 5 you — are the — Christ, — the —



1 lieve in me shall not thirst. No one can come to
 2 eat — of this bread, they shall — live for
 3 drink — of his Blood, you shall not have life with -
 4 lieve — in me, e - ven — if they
 5 Son — of God who — has



1 me — un - less the — Fa - ther draw them.
 2 ev - er. — they shall — live for ev - er.
 3 in you. you shall not have life with - in you.
 4 die, — they shall — live for ev - er.
 5 come — in - to — the — world. —

Descant

And I will raise them up, and I will raise them

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

up, and I will raise them up on the

last day. 1-4 *Final Ending*

5 Yes, day.

last day. 2 The

3 Un- day.

4 —

5 Yes,

The descant may be sung after stanzas 4 and 5.

Prayer

*All-compassionate and ever-living God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, loving God, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.*

Blessing

Celebrant: The God of peace, who brought again from the dead our Lord Jesus Christ, the great Shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do their will, working in you that which is well-pleasing in their sight; and the blessing of God All-merciful, the Creator, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

God's Blessing be with you, Christ's peace be in you, the Spirit's outpouring be on you, now and always.
Amen.

Announcements

Potluck on April 7th: Wondering what you should bring? We've got a suggestion for that, if your last name begins with...

A-F bring a Dessert

G-L bring a Main Dish

M-Z bring a Salads & Sides

More announcements at the end

Page down for hymn

Descant

1 Je - sus Christ is risen to - day, Al - le - lu - ia!
 2 Hymns of praise then let us sing, Al - le - lu - ia!
 3 But the pains which he en-dured, Al - le - lu - ia!
 4 Sing we to our God a - bove Al - le - lu - ia!

our tri - um - phant ho - ly day, Al - le - lu - ia!
 un - to Christ, our heaven - ly King, Al - le - lu - ia!
 our sal - va - tion have pro - cured; Al - le - lu - ia!
 praise e - ter - nal as his love; Al - le - lu - ia!

who did once up - on the cross, Al - le - lu - ia!
 who en - dured the cross and grave, Al - le - lu - ia!
 now a - bove the sky he's King, Al - le - lu - ia!
 praise him, all ye heaven - ly host, Al - le - lu - ia!

suf - fer to re - deem our loss. Al - le - lu - ia!
 sin - ners to re - deem and save. Al - le - lu - ia!
 where the an - gels ev - er sing. Al - le - lu - ia!
 Fa - ther, Son, and Ho - ly Ghost. Al - le - lu - ia!

Words: Latin, 14th cent.; tr. *Lyra Davidica*, 1708, alt. St. 4, Charles Wesley (1707-1788). Music: *Easter Hymn*, from *Lyra Davidica*, 1708; adapt. *The Compleat Psalmist*, 1749, alt., desc. *Hymns Ancient and Modern*, Revised, 1950. Descant by permission of 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. Alleluia! Alleluia!!***

♪ Postlude

"Rejoice the Lord is King"

Arr. by Dan Forrest

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Special Flowers Given Today By

Helen Schnieders in Thanksgiving for *Her Family*

Barbara Shields in Memory of *Donald Shields*

Ministers of the Service

Celebrant:	the Rev. Jen Crompton
Eucharistic Minister:	Michael Lucas
Eucharistic Assistant:	Lisa Gonzalez
Lector:	Roz Malone
Music:	Ann Lucas
Flowers:	Sharon Porter, Elaine Beckham
Ushers:	Jim Malone & Lisa Gonzalez
Intercessor:	Louisa Beeler
Altar Guild:	Pat Stoneman
Online Host:	Don Maruska
Tellers:	Bryson McKelvey & Diana Hammerlund
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Barbara Hirahara

This Week at St Ben's

Tuesday April 2

- 9:45a Prayers for the Morning (Zoom)
- 10:30a Spiritual Conversation (Zoom)
- 6:30p CCRT rehearsal

Saturday April 6

- 12:00p People's Kitchen
- 2:00p Climate Action Community Workshop

Sunday April 7

- 10:30a Eucharist Service
- 12:00p Potluck Lunch

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G-L bring a Main Dish

M-Z bring a Salads & Sides

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@stbenslosos.org and requests for pastoral care may be sent to pastoralcare@stbenslosos.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](#).

Call for a Ceasefire Now - As we begin the Easter Season, we ask you to join us in prayer for our siblings in the Holy Land. We also invite you to advocate for an immediate and sustained ceasefire and unrestricted humanitarian aid.

Over the past months, the United Nations, including the World Food Programme and the World Health Organization, has declared that a famine is "imminent" and conditions are worsening by the day. The time to act is now.

Please join us and contact your representatives and call for them to do everything possible to enable an immediate and sustained ceasefire, allow for full access to humanitarian assistance to end starvation and avert all risk of famine, and urge the release of hostages. You can take find materials to aid you in taking action via the EpiscopalChurch.org website.

The Altar Guild serves each Sunday by setting up and creating sacred space and then putting the vessels and linens away at the end as well as by looking after everything we use in worship. There are openings for two or more people to join the team. If God is calling you to this special ministry please talk to Diana Hammerlund.

BIDDING BOOK PRAYERS: 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.

UKRAINIAN REFUGEES in Poland need help. We are sending money to Caro's sisters church in Nowy Sacz, Poland. Please put "Ukraine" on your check or on-line gift.

RALPH'S CARD: Please consider registering your Food for Less or Ralph's card as donating to St Benedict's. In the last quarter 20 households contributed this way and we received over \$200. Searching by our organization number HV013 is much easier when signing up.

NAME TAGS: We are asking everyone to wear a name tag. Please check the name tag board by the door for yours. If you don't have one, or if an old one has become too shabby, please ask the office to make one for you. In the meantime, you can fill out an adhesive tag for the day.

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tiłhini (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

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