



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 ~

Original Improvisation

Paul Burkle

A Penitential Order

The New Zealand Prayer Book

Hear 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. The lyrics are: Ky - ri - e e - le - i - son. Ky - ri -

Chris - te

Musical notation for the second system of the hymn. The melody continues in the treble clef. The lyrics are: e e - le - i - son. Chris - te e - le - i -

Ky - ri - e

Musical notation for the third system of the hymn. The melody concludes in the treble clef. The lyrics are: 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: *Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

Jeremiah 31:31-34

Reader: A Reading from the book of Jeremiah

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the Lord,” for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

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

People: *Thanks be to God*

Psalm 119:9-16

How shall a young man cleanse his way? *

By keeping to your words.

With my whole heart I seek you; *

let me not stray from your commandments.

I treasure your promise in my heart, *

that I may not sin against you.

Blessed are you, O Lord; *

instruct me in your statutes.

With my lips will I recite *

all the judgments of your mouth.

I have taken greater delight in the way of your decrees *

than in all manner of riches.

I will meditate on your commandments *

and give attention to your ways.

My delight is in your statutes; *

I will not forget your word.

Hebrews 5:5-10

Reader: A Reading from the letter to the Hebrews

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son, today I have begotten you”;

as he says also in another place,

“You are a priest forever,

according to the order of Melchizedek.”

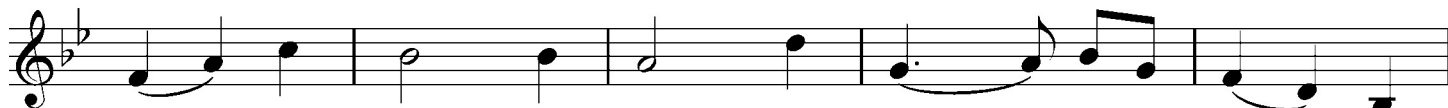
In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

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

People: Thanks be to God



1. I bind un - to my - self to - day the strong Name



of the Trin - i - ty, by in - vo - ca - tion



of the same, the Three in One, and One in Three.



2. I bind this day to me for ev - er, by power of
 *3. I bind un - to my - self the power of the great
 *4. I bind un - to my - self to - day the vir - tues
 *5. I bind un - to mys - elf to - day the power of



faith, Christ’s In - car - na - tion; his bap - tism in the
 love of cher - u - bim; the sweet “Well done” in
 of the star - lit heaven the glo - rious sun’s life -
 God to hold and lead, his eye to watch, his



Jor - dan riv - er; his death on cross for my sal - va - tion;
 judg - ment hour; the ser - vice of the ser - a - phim;
 giv - ing ray, the white - ness of the moon at even,
 might to stay, his ear to heark - en, to my need;



his burst - ing from the spic - ed tomb; his rid - ing
 con - fess - ors’ faith, a - pos - tles’ word, the pa - triarchs’
 the flash - ing of the light - ning free, the whirl - ing
 the wis - dom of my God to teach, his hand to



up the heaven - ly way; his com - ing at the
 prayers, the pro - phets' scrolls; all good deeds done un -
 wind's tem - pes - tuous shocks, the sta - ble earth, the
 guide, his shield to ward; the word of God to



day of doom: I bind un - to my - self to - day.
 to the Lord, and pu - ri - ty of vir - gin souls.
 deep salt sea, a - round the old e - ter - nal rocks.
 give me speech, his heaven - ly host to be my guard.

*6. Christ be with me, Christ with - in me, Christ be - hind me,
 Christ be - neath me, Christ a - bove me, Christ in qui - et,

Christ be - fore me, Christ be - side me, Christ to
 Christ in dan - ger, Christ in hearts of all that

win me, Christ to com - fort and re - store me,
 love me, Christ in mouth of friend and stran - ger.

7. I bind un - to my - self the Name, the strong Name
of the Trin - i - ty, by in - vo - ca - tion
of the same, the Three in One, and One in Three.
Of whom all na - ture hath cre - a - tion, e - ter - nal
Fa - ther, Spi - rit, Word: praise to the Lord of
my sal - va - tion, sal - va - tion is of Christ the Lord.

Words: Att. Patrick (372-466); tr. Cecil Frances Alexander (1818-1895). Music: *St. Patrick's Breastplate*, Irish melody; adapt. Charler Villiers Stanford (1852-1924); St. 6, *Deirdre*, Irish melody; harm. Ralph Vaughan Williams (1872-1958).

John 12:20-33

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

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

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this

world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say—‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

Gospeller: The Gospel of Christ

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

Sermon

The Rev. Karen Siegfriedt

[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

Lord of the church, may we bring others to know you, in knowing you to love you, and in loving you to serve you, whom to serve is perfect freedom. We pray for all involved in liberation theology. Guide and strengthen the mission and outreach of your people. We pray for missionary societies, Lord, as you give yourself for us, ***let us give ourselves to you.***

We pray for leaders of nations, for rulers of peoples, that they may work with sensitivity and in humility. We pray for nations emerging from tyranny, for freedom movements and all who work for liberty. Lord, as you give yourself for us, ***let us give ourselves to you.***

We remember all who have been generous to us, all who have shared their resources and their lives. We pray for parents who sacrificed for us, for their giving of time and of attention. We pray for those who have been denied love, for all who have been deprived of well-being. We remember today children taken into care. Lord, as you give yourself for us, ***let us give ourselves to you.***

We give thanks for the passion and cross of our Lord, for the gift of redemption. We pray for all troubled souls, those anxious about their health, or their future. We remember all that are being persecuted for their beliefs or their principles; for all who are suffering at this time, especially

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

Lord, as you give yourself for us, ***let us give ourselves to you.***

Lord, give comfort to the bereaved, give courage to the dying. We pray for all who have entered where sorrow and pain are no more. We remember loved ones who have entered into eternal life, and we join with them to sing your praises. Lord, as you give yourself for us, **let us give ourselves to you.**

Celebrant: *Lord Jesus Christ, you were lifted up on the cross for us and for our salvation; help us to triumph over evil and to do good, to give ourselves to you as you give yourself for us, and to live and work to your praise and glory. Amen.*

Adapted from *Traces of Glory* by David Adam 1999

The Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

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

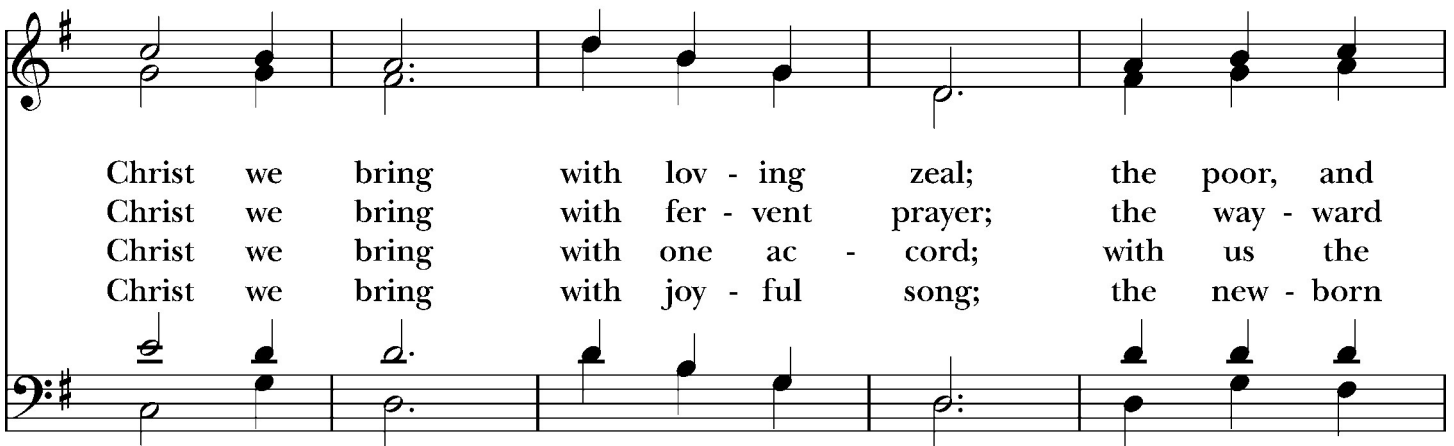
♪ Hymn #537

"Christ for the World We Sing"

Blue Hymnal



1 Christ for the world we sing! The world to
2 Christ for the world we sing! The world to
3 Christ for the world we sing! The world to
4 Christ for the world we sing! The world to



Christ we bring with lov - ing zeal; the poor, and
Christ we bring with fer - vent prayer; the way - ward
Christ we bring with one ac - cord; with us the
Christ we bring with joy - ful song; the new - born

them that mourn, the faint and o - ver - borne,
 and the lost, by rest - less pas - sions tossed,
 work to share, with us re - proach to dare,
 souls, whose days, re - claimed from er - ror's ways,

sin - sick and sor - row - worn, whom Christ doth heal.
 re - deemed at count - less cost from dark de - spair.
 with us the cross to bear, for Christ our Lord.
 in - spired with hope and praise, to Christ be - long.

Words: Samuel Wolcott (1813-1886). Music: *Moscow*, melody Felice de Giardini (1716-1796); harm. *The New Hymnal*, 1916 based on *Hymns Ancient and Modern*, 1875, and Lowell Mason (1792-1892).

♪ 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

EOW1

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.

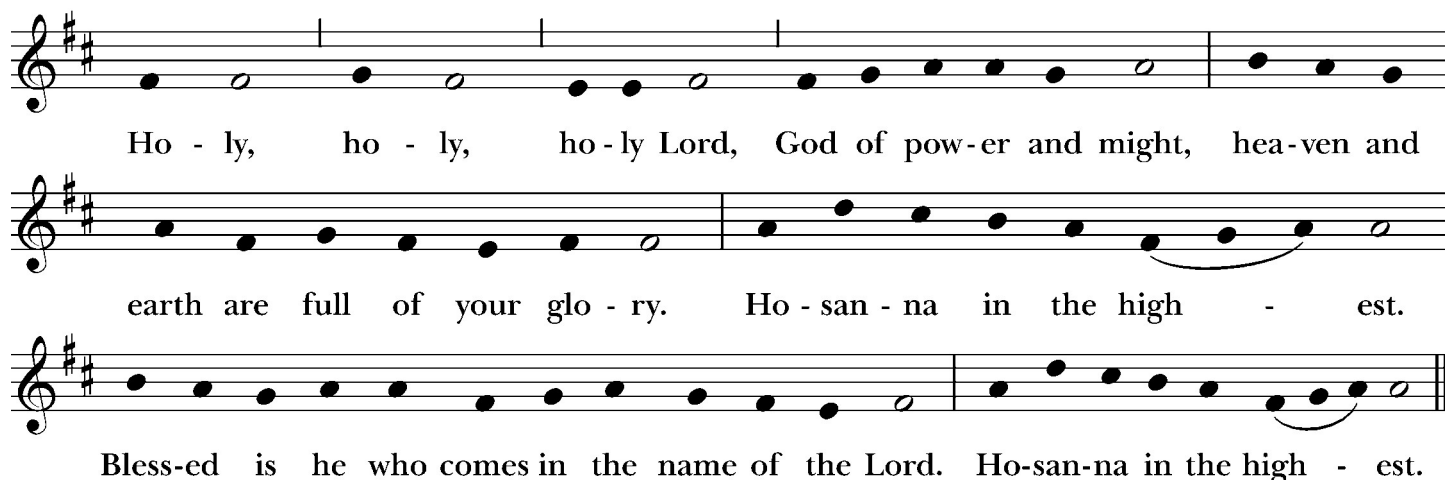
People: ***It is right to give our thanks and praise.***

Celebrant: It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

♪ Sanctus

S-124



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

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people. Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

**All: Christ has died.
Christ is risen.
Christ will come again.**

Celebrant: Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your children, that with blessed Mary and blessed Benedict all your saints, past, present, and yet to come, we may praise your Name for ever.

**All: Through Christ and with Christ and in Christ,
in the unity of the Holy Spirit,
to you be honor, glory, and praise, for ever and 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 - lowed be your Name, your king - dom come,

The first system of musical notation for the Lord's Prayer. It consists of a treble clef staff and a bass clef staff, both in a key signature of one flat (B-flat). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Our Fa - ther in heaven, hal - lowed be your Name, your king - dom come,"



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

The second system of musical notation for the Lord's Prayer. It consists of a treble clef staff and a bass clef staff, both in a key signature of one flat (B-flat). The melody continues from the first system. The lyrics are: "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.

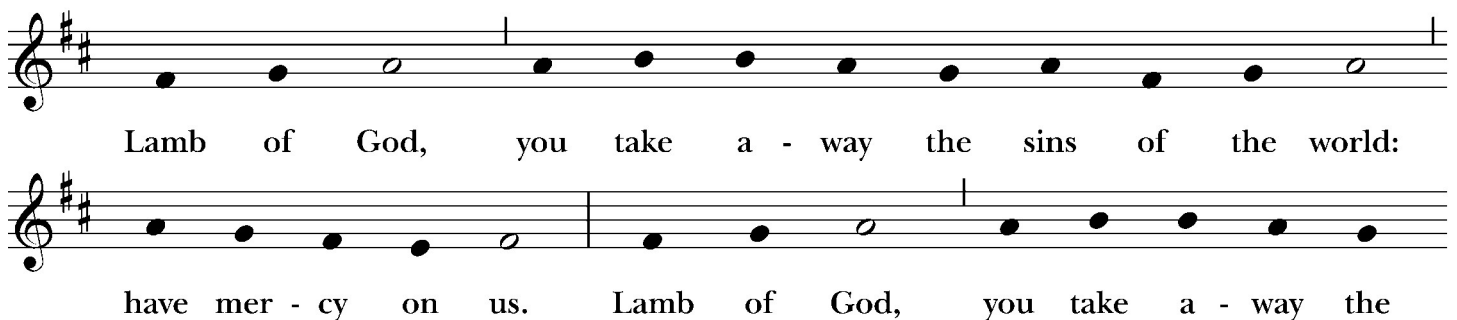
Setting: adapt. Nicholas Rimsky-Korsakov (1844-1908) by George Black © George Black.
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Breaking of the Bread

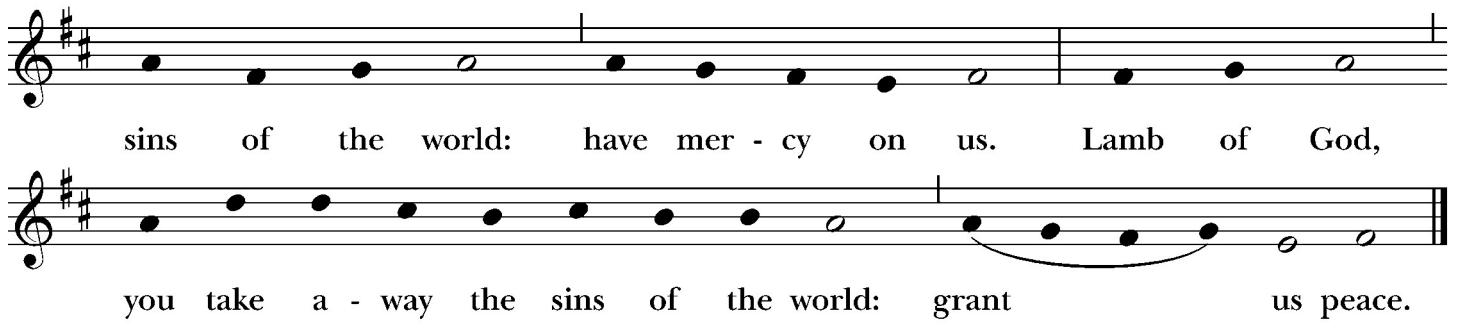
The celebrant breaks the Bread

♪ 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: The Gifts of God for the People of God.

*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

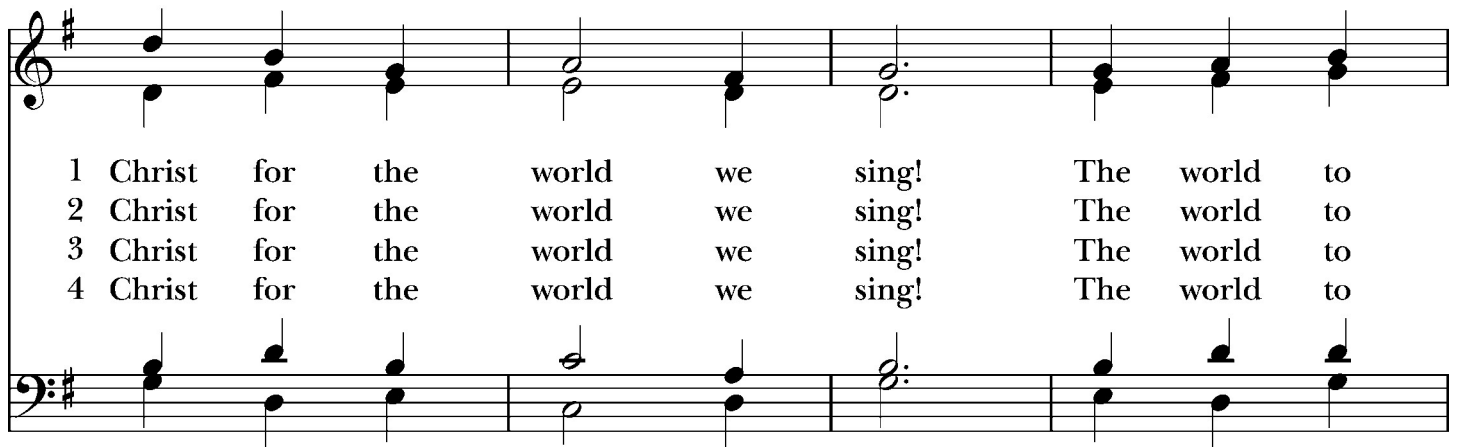
Original Improvisation

Paul Burkle

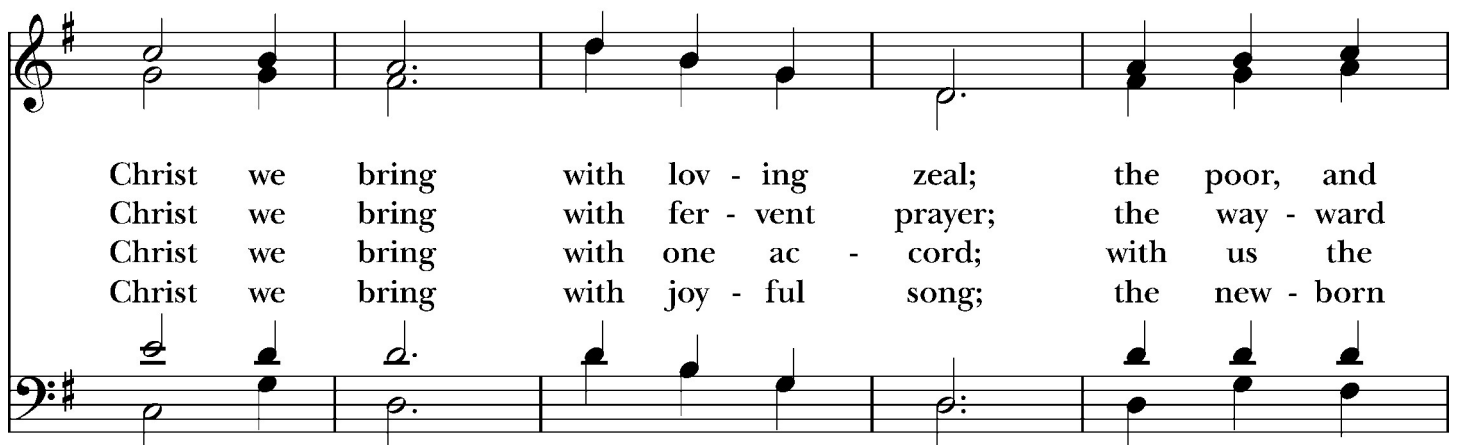
♪ Hymn #537

"What Wondrous Love Is This"

Blue Hymnal



1 Christ for the world we sing! The world to
 2 Christ for the world we sing! The world to
 3 Christ for the world we sing! The world to
 4 Christ for the world we sing! The world to



Christ we bring with lov - ing zeal; the poor, and
 Christ we bring with fer - vent prayer; the way - ward
 Christ we bring with one ac - cord; with us the
 Christ we bring with joy - ful song; the new - born

them that mourn, the faint and o - ver - borne,
 and the lost, by rest - less pas - sions tossed,
 work to share, with us re - proach to dare,
 souls, whose days, re - claimed from er - ror's ways,

sin - sick and sor - row - worn, whom Christ doth heal.
 re - deemed at count - less cost from dark de - spair.
 with us the cross to bear, for Christ our Lord.
 in - spired with hope and praise, to Christ be - long.

Words: Samuel Wolcott (1813-1886). Music: *Moscow*, melody Felice de Giardini (1716-1796); harm. *The New Hymnal*, 1916 based on *Hymns Ancient and Modern*, 1875, and Lowell Mason (1792-1892).

Silence

Prayer


God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen

Blessing

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


Announcements

Descant




Lift high the cross, the love of Christ pro - claim

Refrain




Lift high the cross, the love of Christ pro - claim




till all the world a - dore his sa - cred Name.




till all the world a - dore his sa - cred Name.




Led on their way by this tri - um - phant sign,
 Each new - born ser - vant of the Cru - ci - fied
 O Lord, once lift - ed on the glo - rious tree,
 So shall our song of tri - umph ev - er be:



Repeat Refrain



the hosts of God in con - quering ranks com - bine.
 bears on the brow the seal of him who died.
 as thou hast prom - ised, draw the world to thee.
 praise to the Cru - ci - fied for vic - to - ry.



Dismissal

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

All: ***Thanks be to God.***

♪ Postlude

Original Improvisation

inspired by: *Be Thou My Vision*, Traditional Irish tune

Paul Burkle

Eucharist Liturgy Adapted from [Enriching Our Worship](#)
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Ministers of the Service

Celebrant:	Rev. Karen Siegfriedt
Eucharistic Minister:	Brian Spolarich
Eucharistic Assistant:	Alan Kiste
Lector:	Bob Pelfrey
Music:	Paul Burkle
Flowers:	Pamela Bleisch
Ushers:	Alan Kiste & Connie Weldon
Intercessor:	Louisa Beeler
Altar Guild:	Sarah Chesebro
Online Host:	Elane Beckham
Tellers:	Alice Welchert & Sandy Fisher
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Letty Cotta

This Week at St Ben's

Monday	March 18
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	March 19
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	March 20
3:00p	Earthcare Meeting
Sunday	March 24 (Palm Sunday)
8:00a	Contemplative Service
10:30a	Eucharist Service

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.



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