



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday of Easter

April 14, 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

During our opening hymn, we are sprinkled with water as a reminder of our baptism.

♪ Opening Hymn

“Christ is Risen From the Dead”

WLP 817

(three times)

Christ is ri-sen from the dead, tramp-ling down death by death, and on

those in the tombs be - stow - ing life, be - stow - ing life!

Music: Early American, adapt. Richard Fabian (b. 1942).

Celebrant: Alleluia! Christ is risen!

People: **Christ 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.**

1 When morn - ing gilds the skies, my heart, a - wak - ing, cries,
 2 When mirth for mu - sic longs, this is my song of songs:
 3 No love - lier an - ti - phon in all high heaven is known
 4 Ye na - tions of man - kind, in this your con - cord find:
 5 Sing, suns and stars of space, sing, ye that see his face,

1 may Je - sus Christ be praised! When eve - ning sha - dows fall,
 2 may Je - sus Christ be praised! God's ho - ly house of prayer
 3 than, Je - sus Christ be praised! There to the e - ter - nal Word
 4 may Je - sus Christ be praised! Let all the earth a - round
 5 sing, Je - sus Christ be praised! God's whole cre - a - tion o'er,

1 this rings my cur - few call, may Je - sus Christ be praised!
 2 hath none that can com - pare with: Je - sus Christ be praised!
 3 the e - ter - nal psalm is heard: may Je - sus Christ be praised!
 4 ring joy - ous with the sound: may Je - sus Christ be praised!
 5 both now and ev - er - more shall Je - sus Christ be praised!

Words: German, ca. 1800; tr. Robert Seymour Bridges (1844-1930), alt. Music: *Laudes Domini*, Joseph Barnby (1838-1896).

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: ***O God, whose blessed Son made himself known to his disciples in the breaking of bread: Open the eyes of our faith, that we may behold him in all his redeeming work; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.***

Acts 3:12-19

Reader: A Reading from the book of Acts

Peter addressed the people, "You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk? The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. But you rejected the Holy and Righteous One and asked to have a murderer given to you, and you killed the Author of life, whom God raised from the dead. To this we are witnesses. And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you.

"And now, friends, I know that you acted in ignorance, as did also your rulers. In this way God fulfilled what he had foretold through all the prophets, that his Messiah would suffer. Repent therefore, and turn to God so that your sins may be wiped out."

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 4

Answer me when I call, O God, defender of my cause; *
you set me free when I am hard-pressed;
have mercy on me and hear my prayer.

"You mortals, how long will you dishonor my glory; *
how long will you worship dumb idols
and run after false gods?"

Know that the LORD does wonders for the faithful; *
when I call upon the LORD, he will hear me.

Tremble, then, and do not sin; *
speak to your heart in silence upon your bed.

Offer the appointed sacrifices *
and put your trust in the LORD.

Many are saying, "Oh, that we might see better times!" *
Lift up the light of your countenance upon us, O LORD.

You have put gladness in my heart, *
more than when grain and wine and oil increase.

I lie down in peace; at once I fall asleep; *
for only you, LORD, make me dwell in safety.

1 John 3:1-7

Reader: A Reading from John's First letter

See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. And all who have this hope in him purify themselves, just as he is pure.

Everyone who commits sin is guilty of lawlessness; sin is lawlessness. You know that he was revealed to take away sins, and in him there is no sin. No one who abides in him sins; no one who sins has either seen him or known him. Little children, let no one deceive you. Everyone who does what is right is righteous, just as he is righteous.

Reader: The word of the Lord.

People: **Thanks be to God.**

♪ Hymn #204

"Now the Green Blade Riseth"

Blue Hymnal



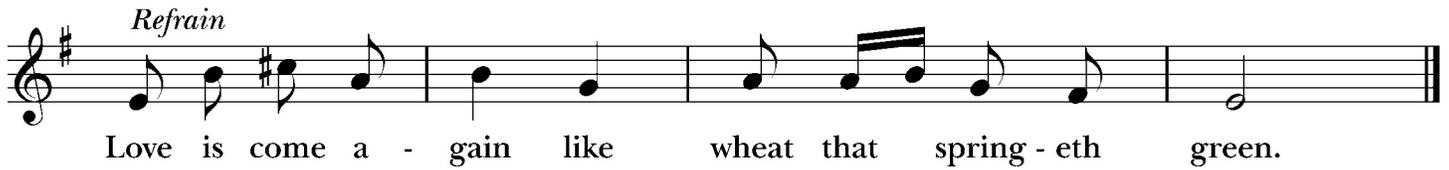
1 Now the green blade ris - eth from the bur - ied grain,
2 In the grave they laid him, Love whom hate had slain,
3 Forth he came at Eas - ter, like the ris - en grain,
4 When our hearts are win - try, griev - ing, or in pain,



wheat that in dark earth man - y days has lain;
think - ing that nev - er he would wake a - gain,
he that for three days in the grave had lain,
thy touch can call us back to life a - gain,



love lives a - gain, that with the dead has been:
laid in the earth like grain that sleeps un - seen:
quick from the dead my ris - en Lord is seen:
fields of our hearts that dead and bare have been:



Words: John Macleod Campbell Crum (1872-1958), alt. From *The Oxford Book of Carols*, Copyright © 1964, Oxford University Press. Music: *Noël nouvelet*, medieval French carol; harm. Marcel Dupré (1886-1971); adapt. Roy F. Kehl (b. 1935); alternative accompaniment George Mims (b. 1938). Copyright © Alphonse Leduc. Adapt. Copyright © Roy F. Kehl. Acc. Copyright © George Mims.

Luke 24:36b-48

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

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

Jesus himself stood among the disciples and said to them, “Peace be with you.” They were startled and terrified, and thought that they were seeing a ghost. He said to them, “Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.” And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, “Have you anything here to eat?” They gave him a piece of broiled fish, and he took it and ate in their presence.

Then he said to them, “These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things.

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

On this day we praise our God for the dying which destroyed our death, and we pray for our world in need of life, saying: **Lord, have mercy.**

The Lord calls us to examine the wounded hands and feet of the risen one and to know the depth of his love for us. Let us approach Christ in faith and share the good news with all we meet. For this let us pray to the Lord: **Lord, have mercy.**

The apostles received the Holy Spirit and the grace to lighten the burdens of one another's sin. May the church be faithful to this gift. May all the baptized live with abundant compassion for all, especially for those shut out from the society. For this let us pray to the Lord. **Lord, have mercy.**

Christ calls us blest who not having seen, yet believe. May more and more of God's people and all the created

order become a sign of the resurrection in the world, and may our faith give courage to the doubting. For this let us pray to the Lord. **Lord, have mercy.**

We are strengthened by Christ's resurrection to share the power of the Spirit with all the suffering. We pray for all in any need. May the power of Christ's resurrection give life to all who have little reason to hope. For this let us pray to the Lord. **Lord, have mercy.**

May that morning star which never sets, Christ our light, find us burning with charity until the world is enlightened with love.

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

For this let us pray to the Lord. **Lord, have mercy.**

Celebrant: *Eternally creative God, give us the faith and courage to recreate the world in your image. We ask this in the name of the risen one, Jesus our Lord and Savior. Amen.*

Adapted 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 any special concerns, 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 #482

"Lord of All Hopefulness"

Blue Hymnal



1 Lord of all hope - ful - ness, Lord of all joy,
2 Lord of all ea - ger - ness, Lord of all faith,
3 Lord of all kind - li - ness, Lord of all grace,
4 Lord of all gen - tle - ness, Lord of all calm,



whose trust, ev - er child - like, no cares could de - stroy,
whose strong hands were skilled at the plane and the lathe,
your hands swift to wel - come, your arms to em - brace,
whose voice is con - tent - ment, whose pres - ence is balm,



be there at our wak - ing, and give us, we pray,
be there at our lab - ors, and give us, we pray,
be there at our hom - ing, and give us, we pray,
be there at our sleep - ing, and give us, we pray,



your bliss in our hearts, Lord, at the break of the day.
your strength in our hearts, Lord, at the noon of the day.
your love in our hearts, Lord, at the eve of the day.
your peace in our hearts, Lord, at the end of the day.

♪ 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

WLP 858

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

might, heaven 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. Ho - san - na in the high - est.

Music: American folk melody; arr. Marcia Pruner, harm. Annabel Morris Buchanan (1889-1983).

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

♪ Fraction Anthem

(sung twice)

WLP874

Principal Canon

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

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

Words and Music: Eric H. F. Law (b. 1957) from *Christ, You Are In The World*. Copyright © 1986, 1992 Eric H. F. Law.

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

Original Improvisation

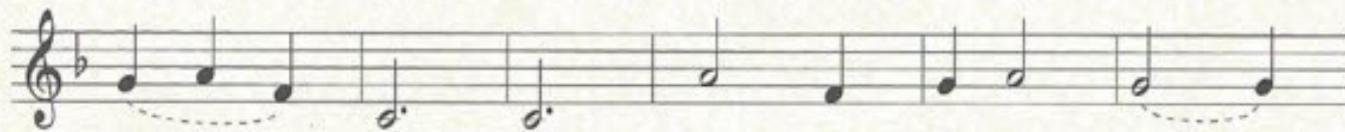
Paul Burkle

♪ Hymn

"Prayer of Peace"

Gather 729

1. Peace be - fore us, peace be - hind us, peace
2. Love be - fore us, love be - hind us, love
3. Light be - fore us, light be - hind us, light
4. Christ be - fore us, Christ be - hind us, Christ
5. Al - le - lu - ia, al - le - lu - ia, al - le -
6. Peace be - fore us, peace be - hind us, peace



un - der our feet.
un - der our feet.
un - der our feet.
un - der our feet.
lu - ia,
un - der our feet.

Peace with - in us, peace
Love with - in us, love
Light with - in us, light
Christ with - in us, Christ
Al - le - lu - ia, al - le -
Peace with - in us, peace



o - ver us, let all a - round us be peace.
o - ver us, let all a - round us be love.
o - ver us, let all a - round us be light.
o - ver us, let all a - round us be Christ.
lu - ia, al - le - lu - ia.
o - ver us, let all a - round us be peace.

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

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

♪ Hymn #296

"We Know that Christ is Raised"

Blue Hymnal



1. We know that Christ is raised and dies no
2. We share by wa - ter in his sav - ing
3. The Fa - ther's splen - dor clothes the Son with
4. A new cre - a - tion comes to life and



more. Em - braced by death, he broke its
death. Re - born, we share with him an
life. The Spir - it's fis - sion shakes the
grows As Christ's new bod - y takes on



fear - ful hold, And our de - spair he turned to
East - er life As liv - ing mem - bers of our
Church of God. Bap - tized, we live with God the
flesh and blood. The u - ni - verse re - stored and



blaz - ing joy. Al - le - lu - ia!
Sav - ior Christ. Al - le - lu - ia!
Three in One. Al - le - lu - ia!
whole will sing: Al - le - lu - ia!

Text: Romans 6:4, 9; John B. Geyer, b.1932, ©
Tune: ENGELBERG, 10 10 10 with alleluia; Charles V. Stanford, 1852-1924

Dismissal

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

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

♪ Postlude

Original Improvisation

Paul Burkle

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

Music reproduced and broadcast under OneLicense #A706314

Ministers of the Service

Celebrant:	the Rev. Jen Crompton
Preacher:	the Rev. Jen Crompton
Eucharistic Ministers:	Bryson McKelvey and Alan Kiste
Eucharistic Assistant:	Brian Spolarich
Lector:	Jim Malone
Music:	Paul Burkle
Flowers:	Brian Spolarich
Ushers:	Barbara Schippers & Brian Spolarich
Intercessor:	Lisa Gonzalez
Altar Guild:	Letty Cotta
Online Host:	Jane Wu
Tellers:	Bryson McKelvey & Diana Hammerlund
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Pamela Bleisch

This Week at St Ben's

Monday	Apr 15
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Apr 16
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	Apr 17
3:00p	Earthcare Meeting
Saturday	April 20
8:00a	Men's Breakfast
Sunday	Sep 10
8:00a	Contemplative Service
10:30a	Eucharist Service
12:30p	Parish Council Meeting

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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