



## St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday of Easter

April 14, 2024 8:00 am

You are warmly welcome at St. Benedict's for who you are  
and where you are on your faith journey!

### About Our Service

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.

We invite everyone to stand and sit as you are able during various parts of the service. Indicators are found within parentheses throughout the bulletin. Apologies if any are missing.

Please silence your phones.

### During Communion

We have gluten-free wafers available. Please let your nearest usher know *before the service begins* if you would prefer a gluten-free wafer, and they will inform the celebrant.

We use wine per the Canons of the Episcopal Church; it is offered either from the common cup or individual cups. If you prefer to abstain from alcohol for any reason, you may cross your arms over your chest and receive the cup by sight. Taking Communion with just one element (Bread) is considered complete.

(please stand as you are able)

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.***

## Cancticle D

## A Song of the Wilderness

Isaiah 34:1-7,10

The wilderness and the dry land shall be glad, \*  
the desert shall rejoice and blossom;  
It shall blossom abundantly, \*  
and rejoice with joy and singing.  
They shall see the glory of the Lord, \*  
the majesty of our God.  
Strengthen the weary hands, \*  
and make firm the feeble knees.  
Say to the anxious, "Be strong, do not fear! \*  
Here is your God, coming with judgment to save you."  
Then shall the eyes of the blind be opened, \*  
and the ears of the deaf be unstopped.  
Then shall the lame leap like a deer, \*  
and the tongue of the speechless sing for joy.  
For waters shall break forth in the wilderness \*  
and streams in the desert;  
The burning sand shall become a pool \*  
and the thirsty ground, springs of water.  
The ransomed of God shall return with singing, \*  
with everlasting joy upon their heads.  
Joy and gladness shall be theirs, \*  
and sorrow and sighing shall flee away

## 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.*

(please be seated for the readings)

## **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.**

(please stand as you are able as we welcome the Gospel)

### **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.*

## **Discussion**

The Rev. Jen Crompton

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

(please stand as you are able)

## **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 add your own prayers silently or aloud]

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.*

To maintain safe social distancing, please simply greet others verbally or with a bow or nod.

## **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or any special concerns, may come forward.  
Prayers can be found on the white or yellow card in your pew.

## **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 are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.*

(please stand as you are able)

### 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:

All: *Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.*

*Hosanna in the highest.*

*Blessed is he who comes in the name of the Lord.*

*Hosanna in the highest.*

*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

Celebrant: Christ our Passover is sacrificed for us;

People: *Therefore let us keep the feast.*

## **Holy Communion**

Celebrant: 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 to receive communion when the celebrant invites your section forward. If you prefer to receive a blessing, please cross your arms over your chest. As your group is called forward, please spread out to widen the circle and increase safe social distancing.*

Silence

(please stand as you are able)

## **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**

(please stand as you are able)

## **Dismissal**

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

*All: Thanks be to God.*

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

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## **Ministers of the Service**

Celebrant: the Rev. Jen Crompton  
Altar Guild: JW

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.



### **St. Benedict's Episcopal Church**

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