



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Ascension Day

May 12, 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

Celebrant: Alleluia. Christ is risen.

People: **Christ is risen indeed. Alleluia.**

Celebrant: Let us pray.

**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 #214

## "Hail the Day That Sees Him Rise"

Blue Hymnal

1 Hail the day that sees him rise, Al - le - lu - ia!  
2 There the glo - rious tri - umph waits; Al - le - lu - ia!  
\*3 See! he lifts his hands a - bove; Al - le - lu - ia!  
4 Lord be - yond our mor - tal sight, Al - le - lu - ia!

glo - rious to his na - tive skies; Al - le - lu - ia!  
lift your heads, e - ter - nal gates! Al - le - lu - ia!  
See! he shows the prints of love: Al - le - lu - ia!  
raise our hearts to reach thy height, Al - le - lu - ia!

Christ, a - while to mor - tals given, Al - le - lu - ia!  
 Wide un - fold the ra - diant scene; Al - le - lu - ia!  
 Hark! his gra - cious lips be - stow, Al - le - lu - ia!  
 there thy face un - cloud - ed see, Al - le - lu - ia!

en - ters now the high - est heaven! Al - le - lu - ia!  
 take the King of glo - ry in! Al - le - lu - ia!  
 bless - ings on his Church be - low. Al - le - lu - ia!  
 find our heaven of heavens in thee. Al - le - lu - ia!

Words: Charles Wesley (1707-1788), alt. Music: *Llanfair*, Robert Williams (1781-1821).

## Collect of the Day

Celebrant: God be with you.

**People:** *And also with you.*

Celebrant: Let us pray together.

**All:** ***O God, the Sovereign of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.***

## Acts 1:15-17, 21-26

**Reader:** *A Reading from the book of Acts*

In those days Peter stood up among the believers (together the crowd numbered about one hundred twenty persons) and said, "Friends, the scripture had to be fulfilled, which the Holy Spirit through David foretold concerning Judas, who became a guide for those who arrested Jesus-- for he was numbered among us and

was allotted his share in this ministry. So one of the men who have accompanied us during all the time that the Lord Jesus went in and out among us, beginning from the baptism of John until the day when he was taken up from us-- one of these must become a witness with us to his resurrection." So they proposed two, Joseph called Barsabbas, who was also known as Justus, and Matthias. Then they prayed and said, "Lord, you know everyone's heart. Show us which one of these two you have chosen to take the place in this ministry and apostleship from which Judas turned aside to go to his own place." And they cast lots for them, and the lot fell on Matthias; and he was added to the eleven apostles.

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

*People: Thanks be to God*

## **Psalm 1**

Happy are they who have not walked in the counsel of the wicked, \*  
nor lingered in the way of sinners,  
nor sat in the seats of the scornful!

Their delight is in the law of the LORD, \*  
and they meditate on his law day and night.

They are like trees planted by streams of water,  
bearing fruit in due season, with leaves that do not wither; \*  
everything they do shall prosper.

It is not so with the wicked; \*  
they are like chaff which the wind blows away.

Therefore the wicked shall not stand upright when judgment comes, \*  
nor the sinner in the council of the righteous.

For the LORD knows the way of the righteous, \*  
but the way of the wicked is doomed.

## **1 John 5:9-13**

*Reader: A Reading from John's first letter*

If we receive human testimony, the testimony of God is greater; for this is the testimony of God that he has testified to his Son. Those who believe in the Son of God have the testimony in their hearts. Those who do not believe in God have made him a liar by not believing in the testimony that God has given concerning his Son. And this is the testimony: God gave us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life.

I write these things to you who believe in the name of the Son of God, so that you may know that you have eternal life.

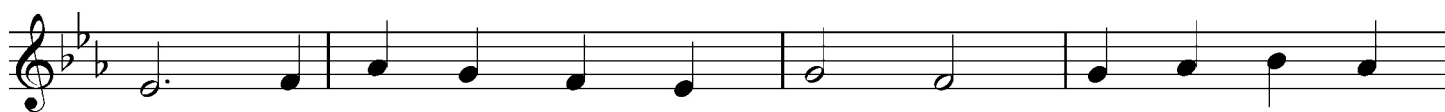
*Reader: Hear what the Spirit is saying to God's people*

*People: Thanks be to God*

♫ Hymn #528

"Lord You Give the Great Commission"

Blue Hymnal



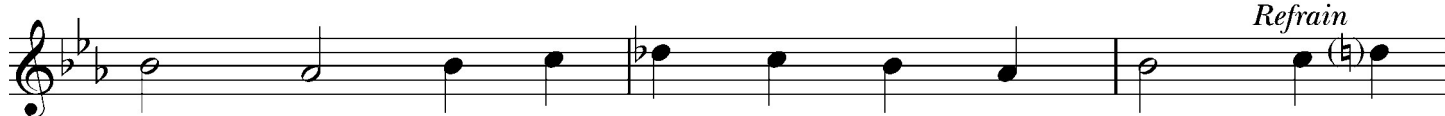
1 Lord, you give the great com - mis - sion: "Heal the sick and  
 2 Lord, you call us to your serv - ice: "In my name bap -  
 3 Lord, you make the com - mon ho - ly: "This my bo - dy,  
 4 Lord, you show us love's true mea - sure: "Fa - ther, what they  
 5 Lord, you bless with words as - sur - ing: "I am with you



1 preach the word." Lest the Church ne - glect its mis - sion  
 2 tize and teach." That the world may trust your prom - ise,  
 3 this my blood." Let your priests, for earth's true glo - ry,  
 4 do, for - give." Yet we hoard as pri - vate trea - sure  
 5 to the end." Faith and hope and love re - stor - ing,



1 and the Gos - pel go un - heard, help us wit - ness to your  
 2 life a - bun - dant meant for each, give us all new fer - vor,  
 3 dai - ly lift life hea - ven - ward, ask - ing that the world a -  
 4 all that you so free - ly give. May your care and mer - cy  
 5 may we serve as you in - tend, and, a - mid the cares that



*Refrain*

1 pur - pose with re - newed in - teg - ri - ty;  
 2 draw us clos - er in com - mu - ni - ty;  
 3 round us share your chil - dren's lib - er - ty; with the  
 4 lead us to a just so - ci - e - ty;  
 5 claim us, hold in mind e - ter - ni - ty;



Spi - rit's gifts em - power us for the work of min - is - try.



## John 17:6-19

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

*People: Glory to You, Lord Christ.*

Jesus prayed for his disciples, "I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth."

*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**

We give you thanks and praise for all teachers of the faith, for those who have proclaimed your word and taught of your love. We pray for all being prepared for baptism, for all confirmation classes. We remember those being prepared for ordination, that we with them may learn to wait upon the Spirit, and to become witnesses of the resurrection. Spirit of God, we wait upon you. ***Strengthen us and restore us.***

Strengthen, O God, all who work to meet the needs of the world. We pray that talents may not be lost through neglect or discouragement. We remember all who work in commerce and in industry. We pray for farmers and agricultural workers, for fishermen and all who work upon the sea. Spirit of God, we wait upon you. ***Strengthen us and restore us.***

O Holy One, guide the communities to which we belong into peace; that there may be peace in our streets, peace in our homes, peace in all our dealings; that our loved ones may live and abide in peace. Spirit of God, we wait upon you. ***Strengthen us and restore us.***

For all who are waiting for clinical results and tests, those who await a doctor's diagnosis or an operation. Support all who wait by an ailing loved one, all near to and awaiting the hour of death. Spirit of God, we wait upon you. Strengthen us and restore us.

We remember especially those for whom prayers are requested in our bidding book.

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

We give thanks for your renewing powers, and we pray for our loved ones departed, that in you they may know newness of life. Spirit of God, we wait upon you. ***Strengthen us and restore us.***

Celebrant: Holy Spirit of God, we watch for you, we wait for you, we look for you, we long for you. Come Holy Spirit, renew us, refresh us, restore us and inspire us, that we may live and work to your glory; through Jesus Christ our Lord, who with you, O Spirit, are with the Creator, one God for ever and ever. ***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.***

Please greet one other 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](http://www.stbenslososos.org) at any time.*

♪ Hymn

"Blessed Assurance"

LEVAS 184

1. Bless - ed as - sur - ance, Je - sus is mine!\_\_\_\_ O what a  
2. Per - fect sub - mis - sion, per - fect de - light,\_\_\_\_ Vi - sions of  
3. Per - fect sub - mis - sion, all is at rest,\_\_\_\_ I in my

1. fore-taste of glo - ry di - vine!\_\_\_\_ Heir of sal - va - tion, pur - chase of  
2. rap - ture now burst on my sight;\_\_\_\_ An - gels de - scend - ing, bring from a -  
3. sav - ior am hap - py and blest;\_\_\_\_ Watch - ing and wait - ing, look - ing a -

1. God, \_\_\_\_\_ Born of His spir - it, washed in His blood. \_\_\_\_\_  
 2. bove \_\_\_\_\_ Ech - oes of mer - cy, whis - pers of love. \_\_\_\_\_  
 3. bove, \_\_\_\_\_ Filled with His good - ness, lost in His love. \_\_\_\_\_

This is my sto - ry, this is my song, \_\_\_\_\_ Prais - ing my

sav - ior all the day long; \_\_\_\_\_ This is my sto - ry, this is my

song, \_\_\_\_\_ Prais - ing my sav - ior all the day long. \_\_\_\_\_

## ♪ 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

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.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

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

## ♪ 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*

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 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)

WLP 874

*Principal Canon*

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

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

## 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 #302

"Father We Thank Thee"

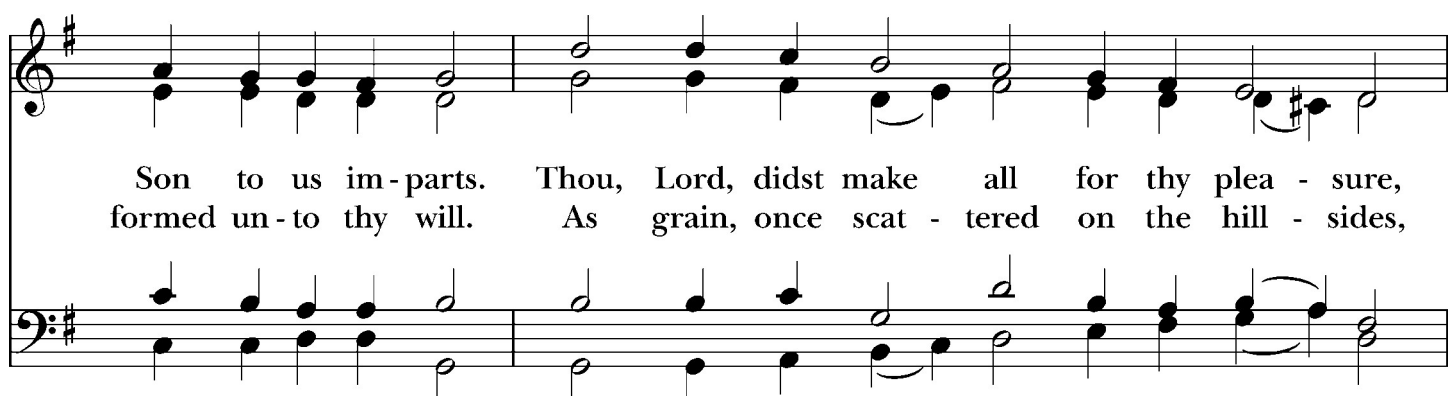
Blue Hymnal



1 Fa - ther, we thank thee who hast plant - ed thy ho - ly Name with -  
 2 Watch o'er thy Church, O Lord, in mer - cy, save it from e - vil,



in our hearts. Know - ledge and faith and life im - mor - tal Je - sus thy  
 guard it still, per - fect it in thy love, u - nite it, cleansed and con -



Son to us im - parts. Thou, Lord, didst make all for thy plea - sure,  
 formed un - to thy will. As grain, once scat - tered on the hill - sides,



didst give us food for all our days, giv - ing in Christ the  
 was in this bro - ken bread made one, so from all lands thy

Bread e - ter - nal; thine is the power, be thine the praise.  
Church be gath - ered in - to thy king - dom by thy Son.

Words: Greek, ca. 110; tr. F. Bland Tucker (1895-1984), rev. Copyright © The Church Pension Fund. Music: *Rendez à Dieu*, melody and harm. att. Louis Bourgeois (1510?-1561?).

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

## Announcements

## ♪ Hymn #390

## "Praise to the Lord the Almighty"

Blue Hymnal

1 Praise to the Lord, the Al - mighty - y, the King of cre -  
2 Praise to the Lord; o - ver all things he glo - rious - ly  
3 Praise to the Lord, who doth pros - per thy way and de -  
4 Praise to the Lord! O let all that is in me a -

a - tion; O my soul, praise him, for he is thy  
 reign - eth: borne as on ea - gle - wings, safe - ly his  
 fend thee; sure - ly his good - ness and mer - cy shall  
 dore him! All that hath life and breath come now with

health and sal - va - tion: join the great throng, psal - ter - y,  
 saints he sus - tain - eth. Hast thou not seen how all thou  
 ev - er at - tend thee; pon - der a - new what the Al -  
 prais - es be - fore him! Let the a - men sound from his

or - gan, and song, sound - ing in glad ad - o - ra - tion.  
 need - est hath been grant - ed in what he or - dain - eth?  
 might - y can do, who with his love doth be - friend thee.  
 peo - ple a - gain; glad - ly for ev - er a - dore him.

Words: Joachim Neander (1650-1680); tr. *Hymnal* 1940, alt. Copyright © The Church Pension Fund. Music: *Lobe den Herren*, melody from *Erneuerten Gesangbuch*, 1665; harm. *The Chorale Book for England*, 1863; desc. Craig Sellar Lang (1891-1971). Descant, Copyright © 1953, Novello and Company Limited. 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 ♪

### *Original Improvisation*

Paul Burkle

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#### **Ministers of the Service**

Celebrant:	the Rev. Jen Crompton
Eucharistic Minister:	Brian Spolarich
Eucharistic Assistant:	Alan Kiste
Lector:	Bob Pelfrey
Music:	Paul Burkle
Flowers:	Brian Spolarich
Ushers:	Alan Kiste & Connie Weldon
Intercessor:	Berkeley Johnson
Altar Guild:	Pat Stoneman
Online Host:	Don Maruska
Tellers:	Steve Care & Alice Welchert
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Alan Estes

#### **This Week at St Ben's**

Monday	May 13
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	May 14
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	May 15
3:00p	Earthcare Meeting
Saturday	May 18
9:00a	Men's Breakfast at Celia's
Sunday	May 19
8:00a	Contemplative Service
10:30a	Eucharist Service
12:30p	Parish Council Meeting

## Announcements

**Join us at Central Coast Pride events!** St Benedict's Discovery Team continues its work to reach out to the community around us. Upcoming plans include staffing booths at local Central Coast Pride events. Each year the central coast LGBTQ+ community comes together in joyful celebration, and we will be there representing St. Ben's, offering blessings, prayer, and some water or lemonade instead of our traditional coffee. All are welcome to join and share in our support for our local LGBTQ+ community. You could even help at the booth and then enjoy the rest of Pride Fest. Join us as we share the love!

Festive pride attire is recommended but not required.

- Pride in the Plaza Saturday June 1 from 11-5 pm
- Pride in the Park on Sunday June 2 from 1-6

Learn more at the website: [SLOpride.com/events](https://SLOpride.com/events).

**The Tuesday Spiritual Discussion group** - The Tuesday morning Spiritual conversation will conclude our discussion on the book How to Live: What the Rule of St. Benedict Teaches Us About Happiness, Meaning and Community by Judith Valente on May 7th. We will not meet on May 14th. Beginning May 21st we will be taking a look at Marilynne Robinson's Reading Genesis, which is "a powerful consideration of the profound meanings and promise of God's enduring covenant with humanity. This magisterial book radiates gratitude for the constancy and benevolence of God's abiding faith in Creation."

You do not have to read the book to participate. Tuesdays at 10:30 on Zoom.

### **The Life and Writings of Dietrich Bonhoeffer: A four week on-line Conversation**

Bonhoeffer was a German Lutheran pastor, theologian and professor known for his staunch resistance to the Nazi dictatorship, including vocal opposition to genocidal persecution of the Jews.

This four-week on-line discussion will explore the major themes of his writing and speaking and how he not only helped transform an entire faith community in Germany during World War II, but how his beliefs continue to impact the Christian faith of people throughout the world today. It will challenge us to re-examine some of our own ideas in the light of his clarity of thought.

Each week a 20 minute video will introduce a discussion of the church and our calling as Christians to respond to the challenges of our time. The four sessions are titled:

1. What is the Church?
2. Living in Christian Community

### 3. Religionless Christianity

### 4. Come and Die

This conversation is offered by the diocesan Social Justice Committee on Tuesdays at 7pm during May; starting May 7<sup>th</sup>. Please register in advance at

[https://us06web.zoom.us/meeting/register/tZwudemugzwtHNGgFw\\_JMhLmMQWrgG8GpBgC](https://us06web.zoom.us/meeting/register/tZwudemugzwtHNGgFw_JMhLmMQWrgG8GpBgC).

**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.

**PERSONAL PRAYER** – If you'd like prayer support during the week, contact Berkeley Johnson (805) 550-5133. If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to [prayers@stbenslososos.org](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

**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.

**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.

**Take Action on Our Church's Values:** The Episcopal Church provides a great set of Action Alerts on key issues before Congress via the Church's website: [episcopalchurch.org](http://episcopalchurch.org). The alerts help Episcopalians automate expressing our views to our representatives in Congress. You also can edit your messages to personalize your concerns.

A reminder that **all organic waste** must now be put into a green container not into the trash. Thank you to Ron Thompson for getting us a new compost container - note that it is WHITE. Less organic waste in the landfill means less methane and less global warming. In SLO County green waste means food waste and paper napkins/paper towels that have been used for food waste, flowers and other organic material but NOT items that are labeled compostable like plates, cutlery etc. Thank you for caring for the planet and obeying the law. *No bags of any kind may go in the compost or the recycle bins.*

**UKRAINIAN REFUGEES** in Poland still need help. We are sending money to our retired Rector Caro Hall's sister's church in Nowy Sacz, Poland. Please put "Ukraine" on your check or on-line gift.

**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 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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