



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Third Sunday of Easter

May 4, 2025

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability—your presence here today is a blessing!

About Our Service

Wherever you are on your faith journey, you are warmly welcome at St. Benedict's! If you are unfamiliar with the ritual customs of the Episcopal Church, simply rest into the liturgy and let the rest of the congregation carry you in worship.

~ Prelude ~

Original Improvisation

Paul Burkle

♪ Hymn #200

"Come ye faithful raise the strain"

Blue Hymnal



1 Come, ye faith - ful, raise the strain of tri - um - phant glad - ness!
2 'Tis the spring of souls to - day: Christ hath burst his pri - son,
3 Now the queen of sea - sons, bright with the day of splen - dor,
4 Nei - ther might the gates of death, nor the tomb's dark por - tal,



God hath brought his Is - ra - el in - to joy from sad - ness:
and from three days' sleep in death as a sun hath ris - en;
with the roy - al feast of feasts, comes its joy to ren - der;
nor the watch - ers, nor the seal hold thee as a mor - tal:

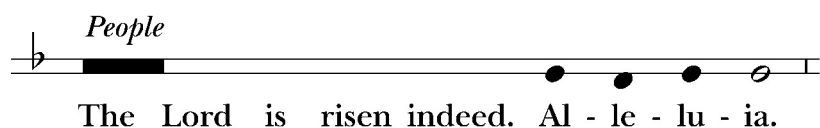


loosed from Pha - raoh's bit - ter yoke Ja - cob's sons and daugh - ters,
all the win - ter of our sins, long and dark, is fly - ing
comes to glad Je - ru - sa - lem, who with true af - fec - tion
but to - day a - midst thine own thou didst stand, be - stow - ing



led them with un - mois - tened foot through the Red Sea wa - ters.
from his light, to whom we give laud and praise un - dy - ing.
wel - comes in un - wear - ied strains Je - sus' re - sur - rec - tion.
that thy peace which ev - er - more pass - eth hu - man know - ing.

Welcome



Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

♪ Gloria

S-278

1. Glo-ry to God in the high-est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -
might - y God and Fa-ther, we wor-ship you, we give you thanks, we
praise you for your glo - ry. 3. Lord Je - sus Christ,
on - ly Son of the Fa-ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy on us;

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

ceive our prayer. 6. For

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

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

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

God the Fa - ther. A - men.

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

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: 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.

People: *Amen*

Acts 9:1-20

Reader: *A Reading from the book of Acts*

Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem.

Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, "Saul, Saul, why do you persecute me?" He asked, "Who are you, Lord?" The reply came, "I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do." [The men who were traveling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank.

Now there was a disciple in Damascus named Ananias. The Lord said to him in a vision, "Ananias." He answered, "Here I am, Lord." The Lord said to him, "Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight." But Ananias answered, "Lord, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; and here he has authority from the chief priests to bind all who invoke your name." But the Lord said to him, "Go, for he is an instrument whom I have chosen to bring my name before Gentiles and kings and before the people of Israel; I myself will show him how much he must suffer for the sake of my name." So Ananias went and entered the house. He laid his hands on Saul and said, "Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit." And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, and after taking some food, he regained his strength.

For several days he was with the disciples in Damascus, and immediately he began to proclaim Jesus in the synagogues, saying, "He is the Son of God."]

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 30

S-411

I will exalt you, O Lord,
because you have lifted me **up** *
and have not let my enemies triumph over **me**.

O Lord my God, I cried out to **you**, *
and you restored me to **health**.

You brought me up, O Lord, from the **dead**; *
you restored my life as I was going down to the **grave**.

Sing to the Lord, you servants of **his**; *
give thanks for the remembrance of his **holiness**.

For his wrath endures but the twinkling of an **eye**, *
his favor for a **lifetime**.

Weeping may spend the **night**, *
but joy comes in the **morning**.



© 1979, Robert Knox Kennedy.

While I felt secure, I said,
 "I shall never be dis-**turbed**. *
 You, Lord, with your favor, made me as strong as
 the **mountains**."



© 1979, Robert Knox Kennedy.

Then you hid your **face**, *
 and I was filled with **fear**.
 I cried to you, O **Lord**; *
 I pleaded with the Lord, **saying**,
 "What profit is there in my blood, if I go down to the **Pit**? *
 will the dust praise you or declare your faith-**fulness**?
 Hear, O Lord, and have mercy upon **me**; *
 O Lord, be my **helper**."

You have turned my wailing into **dancing**; *
 you have put off my sack-cloth and clothed me with **joy**.
 Therefore my heart sings to you without **ceasing**; *
 O Lord my God, I will give you thanks for **ever**.

Revelation 5:11-14

Reader: A Reading from the book of Revelation

I looked, and I heard the voice of many angels surrounding the throne and the living creatures and the elders;
 they numbered myriads of myriads and thousands of thousands, singing with full voice,

"Worthy is the Lamb that was slaughtered
 to receive power and wealth and wisdom and might
 and honor and glory and blessing!"

Then I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them,
 singing,

"To the one seated on the throne and to the Lamb
 be blessing and honor and glory and might forever and ever!"

And the four living creatures said, "Amen!" And the elders fell down and worshiped.

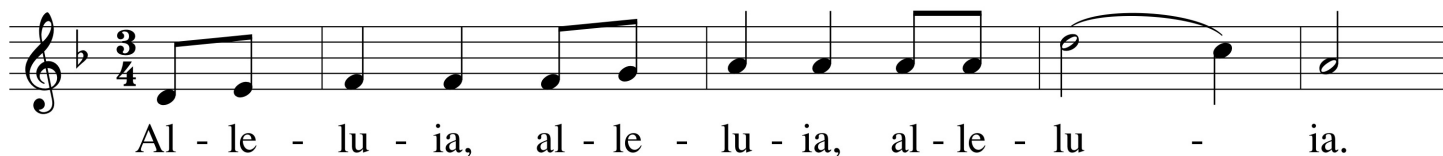
Reader: The word of the Lord.

People: **Thanks be to God.**

♪ Hymn

"Alleluia"

Blue Hymnal



John 21:1-19

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

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

Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing.

Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. Jesus said to them, "Children, you have no fish, have you?" They answered him, "No." He said to them, "Cast the net to the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in because there were so many fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off.

When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared to ask him, "Who are you?" because they knew it was the Lord. Jesus came and took the bread and gave it to them, and did the same with the fish. This was now the third time that Jesus appeared to the disciples after he was raised from the dead.

When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." A second time he said to him, "Simon son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go." (He said this to indicate the kind of death by which he would glorify God.) After this he said to him, "Follow me."

Gospeller: *The Gospel of Christ.*

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

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

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 became truly human.
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.
Who with the Father and the Son is worshiped and glorified,
who 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

Christ Jesus, you came down to lift us up,
you became human that we might share in the divine,
you died that we might rise to life immortal.
Help us to live as those who believe and trust in you,
and grant that we may live for your praise and glory,
Christ our Savior, who rose for us and now lives and reigns
with the Father and the Holy Spirit, one God, now and for ever.

Holy One, you are the God of life, in your presence is the fullness of joy.

We pray to you for all whose vocations have been frustrated by
illness, oppression, opposition, or circumstance:

may they not lose hope, and discover that in every situation
you are there and call them.

We pray for those who preach your word in places where there is little or no response, and for all who witness to you in the midst of opposition and violence.

We pray for all who celebrate Holy Communion and who minister the sacraments.

God of hope, ***fill us with joy and peace in believing.***

We give thanks for communities that all full of life.

We pray for the folks that help to restore and hold together community life.

We pray for all people in places where community has broken down, for all those living in isolation, for all those who have left home with nowhere to go.

We remember all those who are unhoused and for the organizations that offer support.

God of hope, ***fill us with joy and peace in believing.***

We give thanks for those who share their lives with us, our families, our friends, our neighbors, and our parish.

We pray for any who are finding life difficult or distressing, for those whose relationships are breaking down, for homes where there is sorrow and grief.

God of hope, ***fill us with joy and peace in believing.***

Living God, bless all who work hard for little or no reward, all who find no rest from the demands made of them.

We pray for all whose lives are burdened with guilt, regret, or remorse, for those who have lost faith in themselves or in the world around them.

We pray for all who have been involved in accidents or victims of violence.

We remember friends and loved ones who are ill.

God of hope, ***fill us with joy and peace in believing.***

For the prayers of this community...

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

God of hope, ***fill us with joy and peace in believing.***

Holy One, we give thanks that you will seek us out and bring us safely home.

We pray for all those you have enfolded in the love and peace of your kingdom.

We pray that you will keep them in life and joy everlasting.

God of hope, ***fill us with joy and peace in believing.***

Celebrant: Eternal God, accept these prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, now and for ever. ***Amen.***

Confession and Absolution

Let us confess our sins against God and our neighbor.

All: ***God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***

Celebrant: *Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.***

The Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

Please greet one another in the name of Christ.

Announcements

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or any special concerns, may 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.*

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.
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.

Words: Jan Struther (1901-1953). By permission of Oxford University Press. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. *Hymnal* 1982.

♪ 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 *People*

The Lord be with you. And al - so with you.

Celebrant *People*

Lift up your hearts. We lift them to the Lord.

Celebrant

Let us give thanks to the Lord our God.

People

It is right to give him thanks and praise.

Setting: Copyright © Church Publishing Inc.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, the Maker 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:

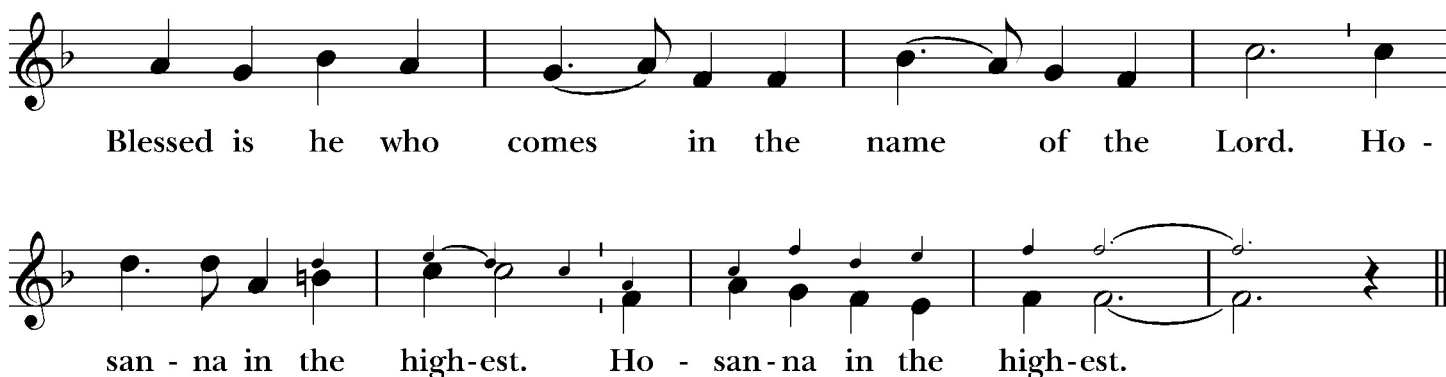
♪ Sanctus

S-125

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,

heaven and earth are full of your glo - ry. Ho -

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



Music: From *A Community Mass*; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, Jesus 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 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 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,

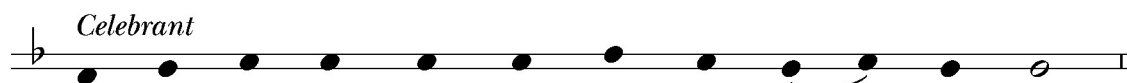
All: ***We remember his death,
We proclaim his resurrection,
We await his coming in glory;***

And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine.

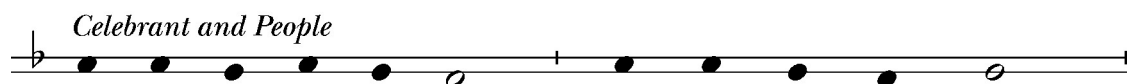
We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, gather all things into the circle of Christ's love, and bring us to that heavenly country where, with blessed Benedict, the patron of the House, and all your saints, we may enter the everlasting heritage of your children; through Jesus Christ, 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.***

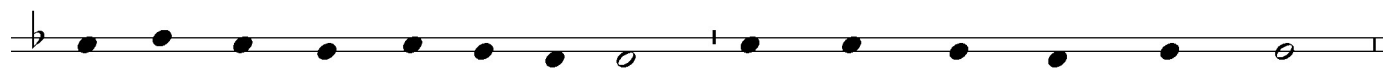
The Lord's Prayer



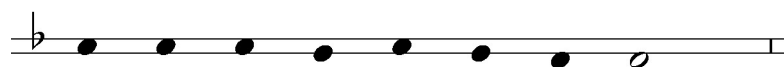
As our Sa - vior Christ has taught us, we now pray,



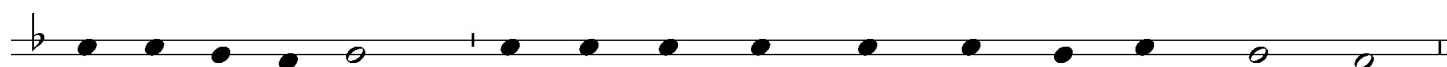
Our Fa - ther in hea - ven, hal - lowed be your Name,



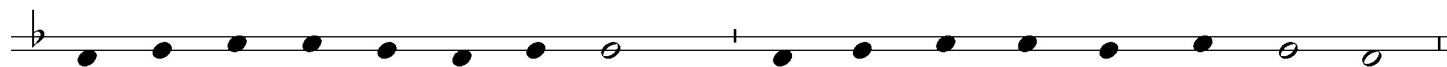
your king - dom come, your will be done, on earth as in hea - ven.



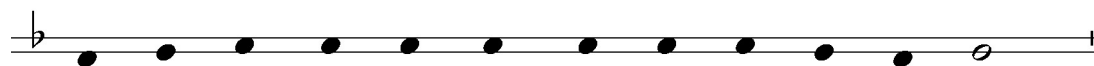
Give us to - day our dai - ly bread.



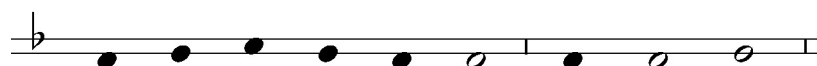
For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of tri - al, 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.

Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

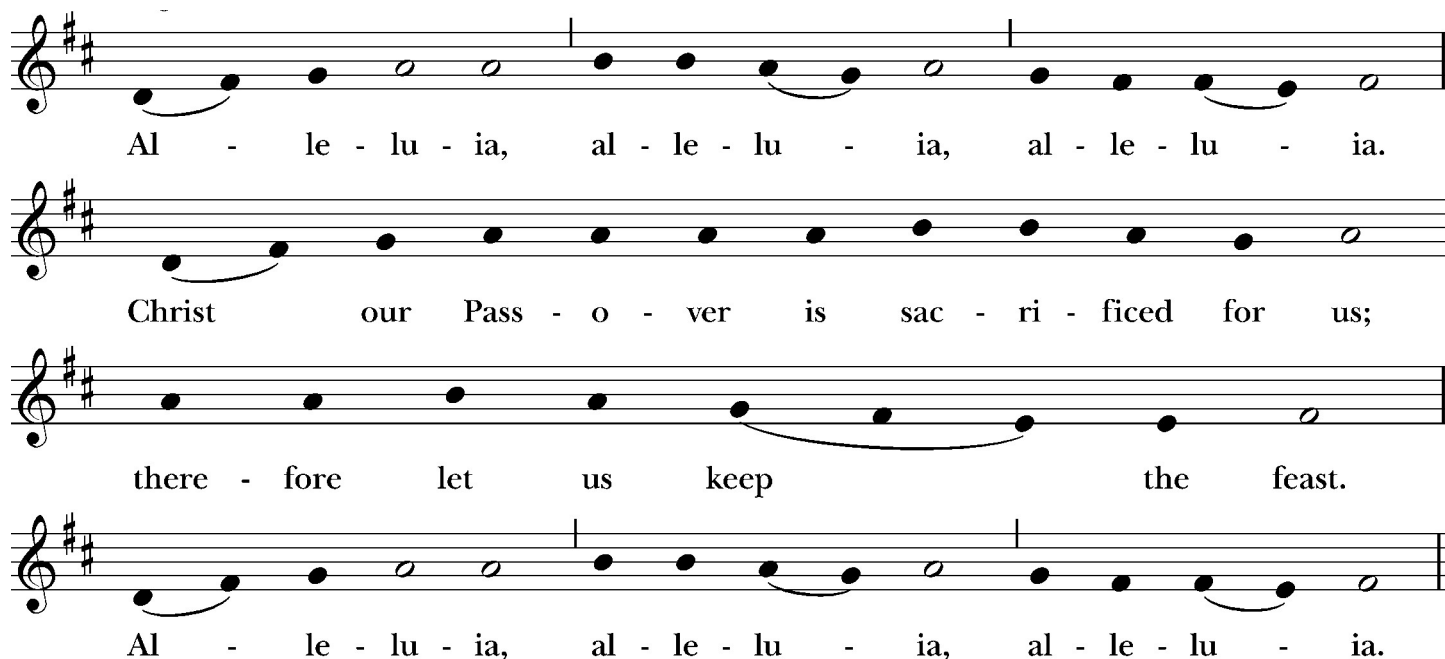
The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

S-154

The cantor will sing the alleluia, which is then repeated by all.
The cantor sings the verse, all join for the concluding alleluia.



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Christ our Pass - o - ver is sac - ri - ficed for us;

there - fore let us keep the feast.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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

♪ Communion Music

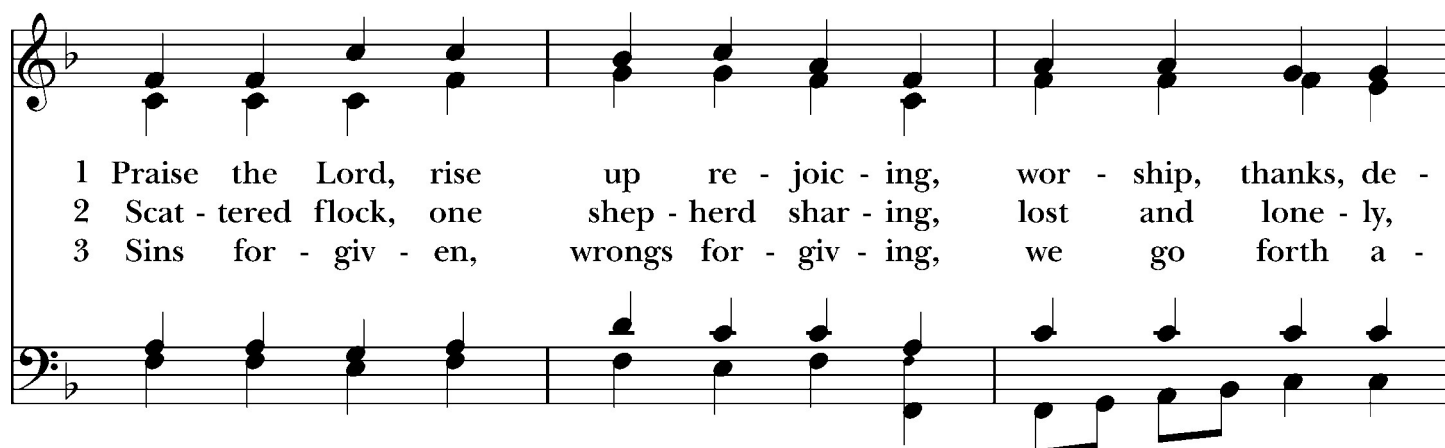
Original Improvisation

Paul Burkle

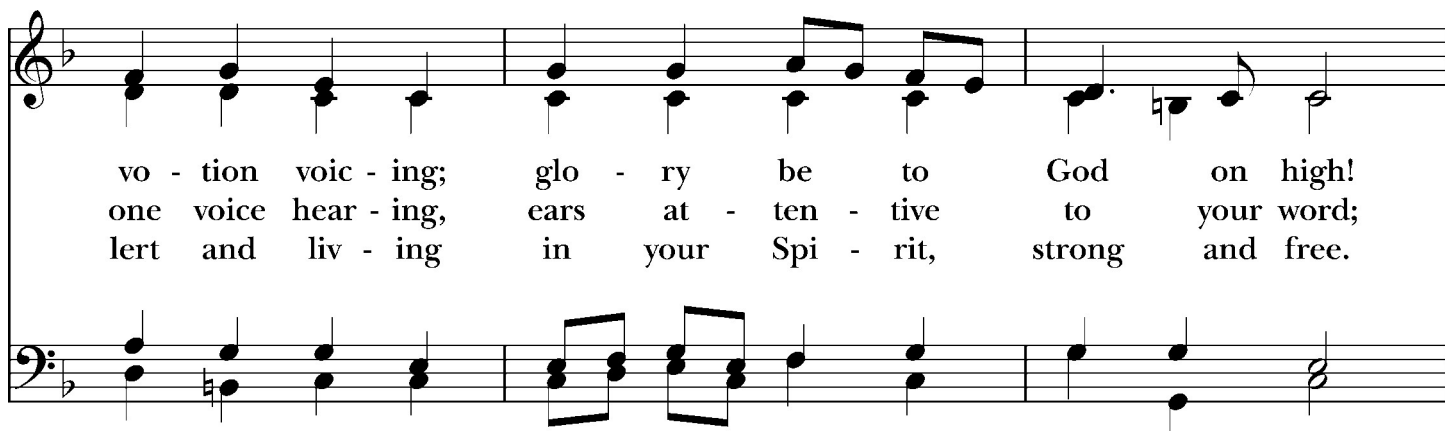
♪ Hymn #334

“Praise the Lord, rise up rejoicing”

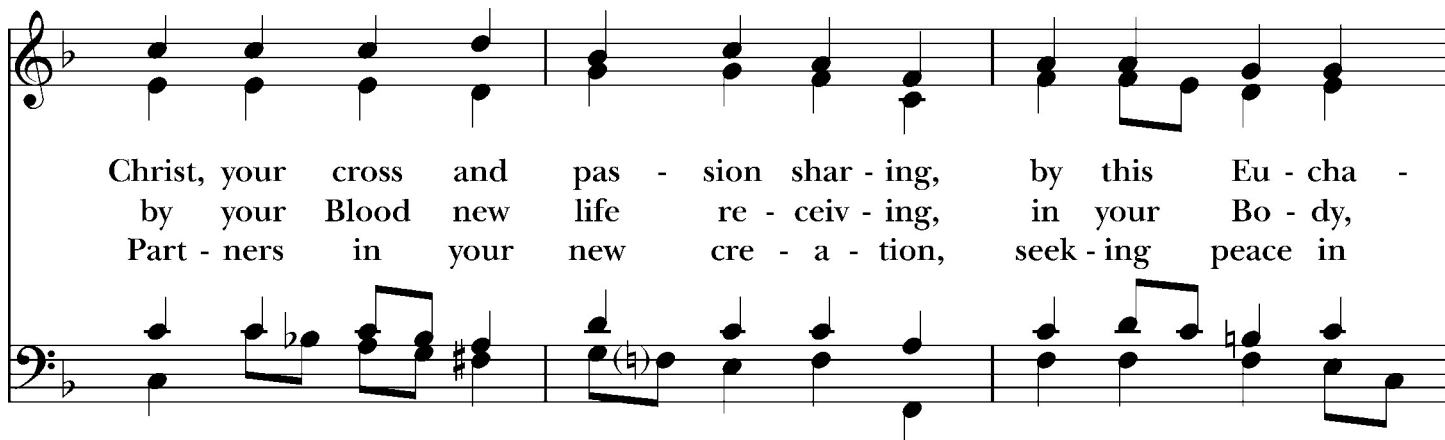
Blue Hymnal



1 Praise the Lord, rise up re - joic - ing, wor - ship, thanks, de -
2 Scat - tered flock, one shep - herd shar - ing, lost and lone - ly,
3 Sins for - giv - en, wrongs for - giv - ing, we go forth a -



vo - tion voic - ing; glo - ry be to God on high!
 one voice hear - ing, ears at - ten - tive to your word;
 lert and liv - ing in your Spi - rit, strong and free.



Christ, your cross and pas - sion shar - ing, by this Eu - cha -
 by your Blood new life re - ceiv - ing, in your Bo - dy,
 Part - ners in your new cre - a - tion, seek - ing peace in



rist de - clar - ing yours the fi - nal vic - to - ry.
 firm be - liev - ing, we are yours, and you the Lord.
 ev - ery na - tion, may we faith - ful fol - lowers be.

Words: Howard Charles Adie Gaunt (1902-1983), alt. By permission of Oxford University Press. Music: *Alles ist an Gottes Segen*, melody att. Johann Balthasar König (1691-1758), alt.; harm. Johann Löhner (1645-1705), after chorale ver. Johann Sebastian Bach (1685-1750).

Silence

Sending of the Eucharistic Visitor

If no visitation is to be made, prayer is not said.

When the Eucharist is brought to people at any place outside our walls, we say the following to send our Lay Eucharistic Visitors or other Ministry team members out with care and blessings.

Celebrant: In the name of this parish family, I send you forth, bearing these holy gifts, to _____. Together, we share in the body and blood of Christ. And we who are many are one Body because we share one Bread and one Cup.

All: *We who are many are one Body, because we share one Bread and one Cup. Amen*

Prayer

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

Blessing

♪ Hymn

“Great is thy faithfulness”

LEVAS 189

1. Great is thy faith - ful - ness, O God my Fa - ther,
2. Sum - mer and win - ter, and spring - time and har - vest,
3. Par - don for sin and a peace that en - dur - eth,

1. There is no shad - ow of turn - ing with thee;
2. Sun, moon and stars in their cours - es a - bove,
3. Thine own dear pres - ence to cheer and to guide;

1. Thou chang - est not, thy com - pas - sions, they fail not,
 2. Join with all na - ture in man - i - fold wit - ness,
 3. Strength for to - day and bright hope for to - mor - row,

1. As thou hast been thou for - ev - er wilt be.
 2. To thy great faith - ful - ness, mer - cy and love.
 3. Bless - ings all mine, with ten thou - sand be - side!

Great is thy faith - ful - ness! Great is thy faith - ful - ness!

Morn - ing by morn - ing new mer - cies I see;

All I have need - ed thy hand hath pro - vid - ed,

Great is Thy faith - ful - ness, Lord un - to me!

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Dismissal

Deacon

Let us go forth in the name of Christ, al - le - lu - ia,

al - le - lu - ia.

People

Thanks be to God, al - le - lu - ia, al - le - lu - ia.

♪ Postlude

Original Improvisation

Paul Burkle

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

Celebrant:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Eucharistic Minister:	Helen Schnieders
Altar Guild:	Lisa Gonzalez
Lector:	Roz Malone
Flowers:	Pamela Bleisch
Ushers:	Jim Malone & Maureen Titus
Intercessor:	Lisa Gonzalez
Music:	Paul Burkle
Tellers:	Sandy Fisher & Steve Cake
Technical:	Hannah Matthews

This Week at St Ben's

Monday	May 5
8:30a	Morning Prayers (Zoom)
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	May 6
8:30a	Morning Prayers (Zoom)
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	May 7
8:30a	Morning Prayers (Zoom)
4:00p	Community Dinner at the South Bay Community Center
Thursday	May 8
8:30a	Morning Prayers (Zoom)
6:00p	Choir Practice
Friday	May
8:30a	Morning Prayers (Zoom)
Sunday	Oct 13
10:30a	Eucharist Service

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Lisa Gonzalez (805-441-3386). 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 and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

SLO Deanery: This coming Sunday (5/4) the folks of the SLO Deanery will convene at St. Luke's, Atascadero. St. Ben's delegates to Diocesan Convention and other diocesan representatives are all expected to attend, and everyone's welcome! The potluck will begin at 1:15pm and the meeting will start at 2pm.

Los Osos Community Dinner on May 7: St. Benedict's will be serving Burritos, Spanish Rice and Black Beans, and we need help with the Spanish Rice and Black Beans ... we expect to serve 120 meals! Food is delivered to Los Osos Community Center by 4pm on 5/7. Can you help? Please be in touch with Maureen Titus if you can donate food or have questions. Thank you St Ben's!

Tuesday Morning Prayers & Spiritual Conversation: The Spiritual Conversation group will be discussing ideas from the book *My Life with the Saints* by James Martin. Martin's inspiring, witty, and always fascinating memoir encompasses saints from the whole of Christian history. His saintly friends include Francis of Assisi, Ignatius of Loyola, Mother Teresa, and other beloved figures. They accompany the author on a lifelong pilgrimage that includes stops in a sunlit square of a French town, a quiet retreat house on a New England beach, the gritty housing projects of inner-city Chicago, the sprawling slums of Nairobi, and a gorgeous Baroque church in Rome. This rich, vibrant, stirring narrative shows how the saints can help all of us find our way in the world. You do not have to read the book to participate. 10:30 Zoom.

PRIDE in the Plaza: St. Ben's Discovery Team will have a table at Pride in the Plaza Saturday, May 31! It's an all-day event and we would like to have folks volunteer to be part of the St. Benedict's team at PRIDE for an hour or two during the day. Please reach out to Barbara Hirahara or Sandy Fischer to join the crew!

Spring Renewal: Registration for Spring Renewal is now open! I'll be attending, can you join me? The Bishop's Office would like to hear from you if cost is a barrier, I understand there may be some scholarships available to help with that. Check the link in the Benedict's Weekly to find out more about this diocesan gathering and to register ... and please do let me know if you're planning on going, I'd LOVE it if some of you are able to make the journey and be there too! ~ Linzi+

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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