



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

Trinity Sunday

June 15, 2025 10:30 am

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 ~

Waltz Op. 39 No 15 and Intermezzo Op. 10 no 6

Johannes Brahms

Welcome

Celebrant: Blessed be the one, holy, and living God.

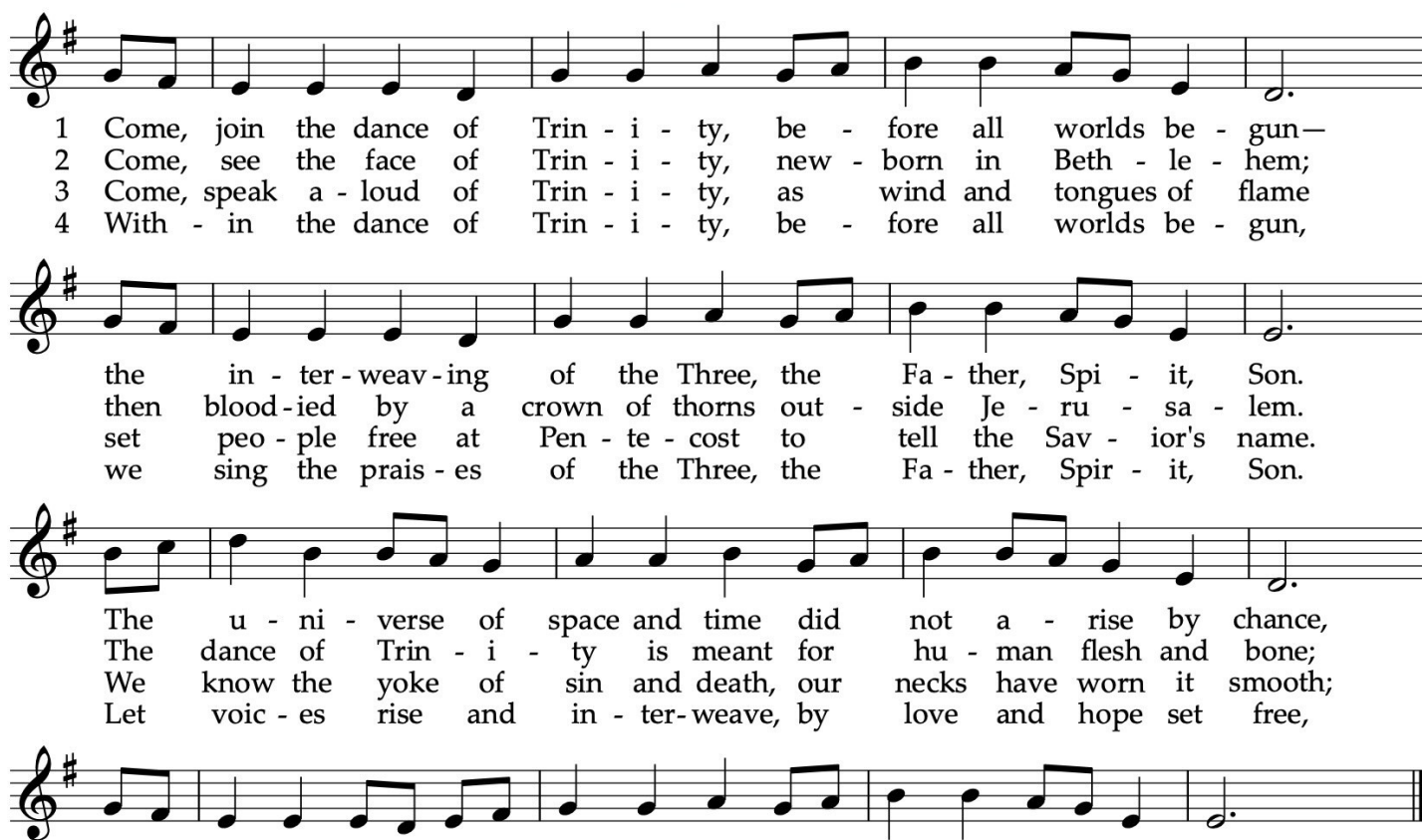
People: *Glory to God for ever and ever.*

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

“Come, join the dance of Trinity”



1 Come, join the dance of Trin - i - ty, be - fore all worlds be - gun—
 2 Come, see the face of Trin - i - ty, new - born in Beth - le - hem;
 3 Come, speak a - loud of Trin - i - ty, as wind and tongues of flame
 4 With - in the dance of Trin - i - ty, be - fore all worlds be - gun,

the in - ter - weav - ing of the Three, the Fa - ther, Spi - it, Son.
 then blood - ied by a crown of thorns, out - side Je - ru - sa - lem.
 set peo - ple free at Pen - te - cost to tell the Sav - ior's name.
 we sing the prais - es of the Three, the Fa - ther, Spir - it, Son.

The u - ni - verse of space and time did not a - rise by chance,
 The dance of Trin - i - ty is meant for hu - man flesh and bone;
 We know the yoke of sin and death, our necks have worn it smooth;
 Let voic - es rise and in - ter - weave, by love and hope set free,

but as the Three, in love and hope, made room with - in the dance.
 when fear con - fines the dance in death, God rolls a - way the stone.
 go tell the world of weight and woe that we are free to move!
 to shape in song this joy, this life: the dance of Trin - i - ty.

Words: Richard Leach (born 1953); Copyright 2001, Selah Publishing Co., Inc.

Music: *Kingsfold*, English folk tune; Public Domain

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Almighty and everlasting God, you have given to us your servants grace,

by the confession of a true faith, to acknowledge the glory of the eternal Trinity,

and in the power of your divine Majesty to worship the Unity:

Keep us steadfast in this faith and worship,

and bring us at last to see you in your one and eternal glory,

O Father; who with the Son and the Holy Spirit live and reign, one God, for ever and ever.

People: *Amen*

Proverbs 8:1-4, 22-31

Does not wisdom call,
and does not understanding raise her voice?

On the heights, beside the way,
at the crossroads she takes her stand;

beside the gates in front of the town,
at the entrance of the portals she cries out:

"To you, O people, I call,
and my cry is to all that live.

The LORD created me at the beginning of his work,
the first of his acts of long ago.

Ages ago I was set up,
at the first, before the beginning of the earth.

When there were no depths I was brought forth,
when there were no springs abounding with water.

Before the mountains had been shaped,
before the hills, I was brought forth--

when he had not yet made earth and fields,
or the world's first bits of soil.

When he established the heavens, I was there,
when he drew a circle on the face of the deep,

when he made firm the skies above,
when he established the fountains of the deep,

when he assigned to the sea its limit,
so that the waters might not transgress his command,

when he marked out the foundations of the earth,
then I was beside him, like a master worker;

and I was daily his delight,
rejoicing before him always,

rejoicing in his inhabited world
and delighting in the human race."

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

People: ***Thanks be to God***

Canticle 13

Benedictus es, Domine
Song of the Three Young Men, 29-34

S-411



1. Glo - ry to you, _____ Lord

God of our fa - thers; _____ you are wor - thy of praise;

glo - ry to you. _____ 2. Glo - ry to you _____

— for the ra - di-ance of your ho - ly Name; _____ we will

praise you and high - ly ex - alt you for ev - er. _____

3. Glo - ry to you _____ in the splen - dor of your

tem - ple; _____ on the throne of your ma - jes - ty, glo - ry to

you. _____ 4. Glo - ry to you, seat - ed bet -

ween the Cher - u - bim; _____ we will praise you and

high - ly ex - alt you for ev - er. _____

Descant

5. Glo - ry to you, _____ be -

5. Glo - ry to you, _____ be - hold - ing the

hold-ing the depths; _____ in the high vault of

depths; _____ in the high vault of hea-ven, glo - ry to

hea - ven, 6. Glo - ry to you, _____

you. _____ 6. Glo - ry to you, _____ Fa - ther,

— Fa - ther, Son, and Ho - ly Spi - rit; we will

Son, and Ho - ly Spi - rit; _____ we will praise you and

high-ly ex - alt you Glo - ry to you! _____

high-ly ex - alt you for ev - er. _____

Romans 5:1-5

Reader: *A Reading from Paul's letter to the Romans*

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

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

People: *Thanks be to God*

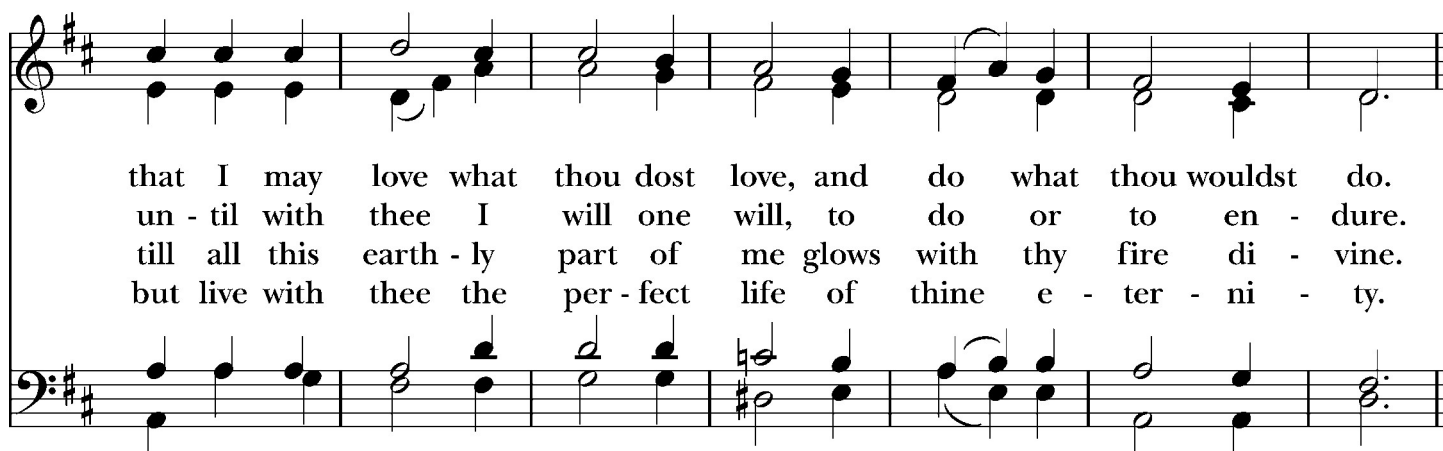
♪ Hymn#508 v1-2

"Breathe on me breath of God"

Blue Hymnal



1 Breathe on me, Breath of God, fill me with life a - new,
2 Breathe on me, Breath of God, un - til my heart is pure,
3 Breathe on me, Breath of God, till I am whol - ly thine,
4 Breathe on me, Breath of God, so shall I nev - er die;



that I may love what thou dost love, and do what thou wouldst do.
un - til with thee I will one will, to do or to en - dure.
till all this earth - ly part of me glows with thy fire di - vine.
but live with thee the per - fect life of thine e - ter - ni - ty.

Words: Edwin Hatch (1835-1889), alt. Music: *Nova Vita*, Lister R. Peace (1885-1969).

John 16:12-15

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

People: *Glory to You, Lord Christ.*

Jesus said to the disciples, "I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. He will glorify me, because he will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you."

Celebrant: *The Gospel of Christ*

People: *Praise to You, Lord Christ.*

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

The Nicene Creed

Celebrant: *Let us affirm our faith.*

*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 believe 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

Adapted from Glimpses of Glory by David Adams

God of life, we give you thanks for creation, for the beauty, wonder, and vastness of our universe.

We give thanks that we are fearfully and wonderfully made.

We pray for the work of your church, that in our lives we may always reflect your love for the world.

Holy God

hear us, and have mercy

Christ Jesus, we give thanks for your redeeming love.

We pray for all who risk their lives and give their lives for others.

We pray for those who are seeking and risking to bring healing and peace to our world, and for all who are working for justice and unity.

Holy God

hear us, and have mercy

Holy Spirit of God, we give thanks for the life you breathe into us, for the talents and abilities you give to us.

We give you thanks and pray for our communities and for the people we love and share our lives with.

We ask that you will guide us always into ways of justice and peace.

Holy God

hear us, and have mercy

We pray for all who do not know you or love you, O God,
for all who do not feel or trust in your presence.

We remember before you all who doubt, and those who despair,
all who are suffering today because of illness, or neglect, or violence.

We remember before you all those who are in need.

Holy God

hear us, and have mercy

We give thanks for the mystery of the Trinity, the wonder of the Three Persons in One God.

We rejoice that you are our Creator, Redeemer, and Sustainer.

We pray for all who have now come closer to your threefold presence and enjoy the life eternal.

And we pray today for all those in our Bidding Book...

[bidding book prayers are read aloud here and you are invited to share yours silently or in the chat]

Holy God

hear us, and have mercy

Silence

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 of Sin

Celebrant: Let us confess our sins to God.

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.*

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 in the chat.

Announcements

Birthday & Anniversary Prayers

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 as the plate is passed. You may contribute at anytime via at our website

www.stbenslososos.org



♪ Hymn

“How Great Thou Art”

LEVAS 600

1. O Lord my God, when I in awe - some won - der Con - sid - er
2. When through the woods and for - est glades I wan - der And hear the
3. And when I think that God, his Son not spar - ing, Sent him to
4. When Christ shall come with shout of ac - cla - ma - tion And take me

1. all the worlds* thy hands have made, — I see the stars I hear the roll - ing*
2. birds sing sweet - ly in the trees, — When I look down from loft - y moun - tain
3. die, I scarce can take it in, — That on the cross, my bur - den glad - ly
4. home, what joy shall fill my heart! — Then I shall bow in hum - ble ad - o -

1. thun - der, Thy pow'r through - out the u - ni - verse dis - played. —
2. gran - deur, And hear the brook and feel the gen - tle breeze. —
3. bear - ing, He bled and died to take a - way my sin. —
4. ra - tion, And there pro - claim, my God how great thou art. —

Then sings my soul, my Sav - ior, God, to Thee: How great Thou

art, how great Thou art! Then sings my soul, my Sav - ior, God, to

Thee: How great Thou art, how great Thou art!

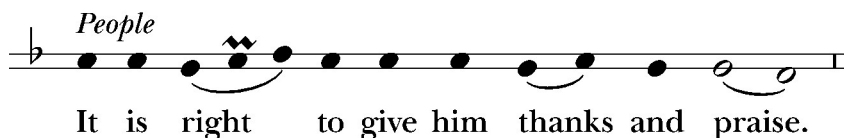
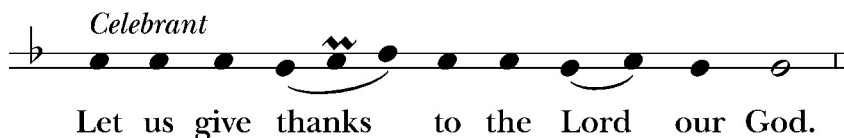
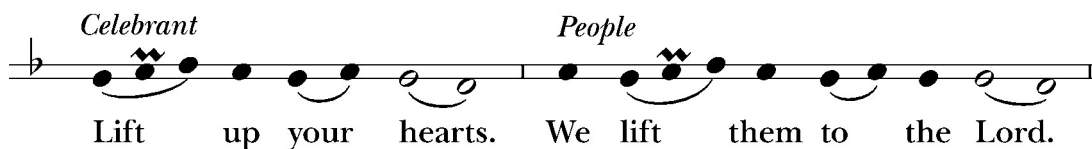
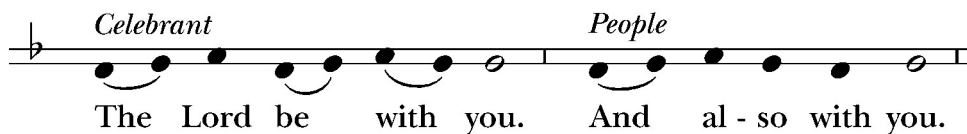
♩ Doxology: [Hymn tune #400]

[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

EOW Prayer 3



Setting: Copyright © Church Publishing Inc.

Celebrant: All thanks and praise are yours at all times and in all places,
our true and loving God; through Jesus Christ, your eternal Word,
the Wisdom from on high by whom you created all things.
You laid the foundations of the world;
you brought forth all creatures of the earth and gave breath to humankind.
Wondrous are you, Holy One of Blessing,
all you create is a sign of hope for our journey;
And so as the morning stars sing your praises,
we join the heavenly beings and all creation as we shout with joy:

Sanctus

WLP 785

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
 heart is glad to say the words: you are ho - ly, Lord.

Words: Variation on a traditional liturgical text. Music: Composer of melody unknown; arr. based on a two-part version as taught by Pablo D. Sosa (b. 1933).

The Celebrant continues

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ, our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

“Take, eat, this is my Body, broken for you. Do this for the remembrance of me.”

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

“Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me.”

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All: *Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!*

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with blessed Benedict, the patron of this house, and all your people into the joy of our true eternal home. Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

All: *Blessed are you now and for ever. AMEN.*

The Lord's Prayer

Celebrant: And now, as our Savior Christ has taught us, we are bold to sing,

Voice



Our Fa---ther in

Heaven Holy be- your name Your kingdom come; Your will be

done on earth as in heav'n, Give us this day our dai-----ly

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



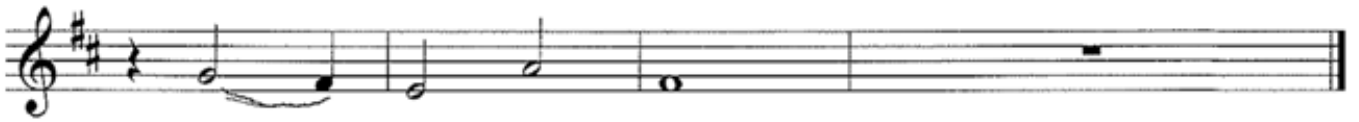
Save us from the time of tri-al and de - li-ver-us from e-vil For the



king - dom the po-wer and the glo----- ry are yours now & for---e---ver



A -----men A -----men A-----men



A -----men A -----men.

Jack Noble White

Tune: © 1993 Triune Music,

The Breaking of the Bread

The celebrant breaks the Bread

Celebrant: Alleluia. Christ our Passover is sacrificed for us;

All: *Therefore let us keep the feast. Alleluia.*

Holy Communion

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.

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.

♪ Communion Music

He Leadeth Me

Don Wyrzten

Take My Life and Let It Be Consecrated

Bill Wolaver

♪ Hymn #362 v1, 3-4

“Holy, holy holy”

Blue Hymnal

1 Ho - ly, ho - ly, ho - ly! Lord — God Al - might - y!
*2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,
3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,
4 Ho - ly, ho - ly, ho - ly! Lord — God Al - might - y!

Ear - ly in the morn - ing our song shall rise to thee:
cast - ing down their gold - en crowns a - round the glass - y sea;
though the sin - ful hu - man eye thy glo - ry may not see,
All thy works shall praise thy Name, in earth, and sky, and sea;

Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y,
cher - u - bim and ser - a - phim fall - ing down be - fore thee,
on - ly thou art ho - ly; there is none be - side thee,
Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y,

God in three Per - sons, bless - ed Trin - i - ty.
 which wert, and art, and ev - er - more shalt be.
 per - fect in power, in love, and pu - ri - ty.
 God in three Per - sons, bless - ed Trin - i - ty.

Words: Reginald Heber (1783-1826), alt. Music: *Nicaea*, John Bacchus Dykes (1823-1876).

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.

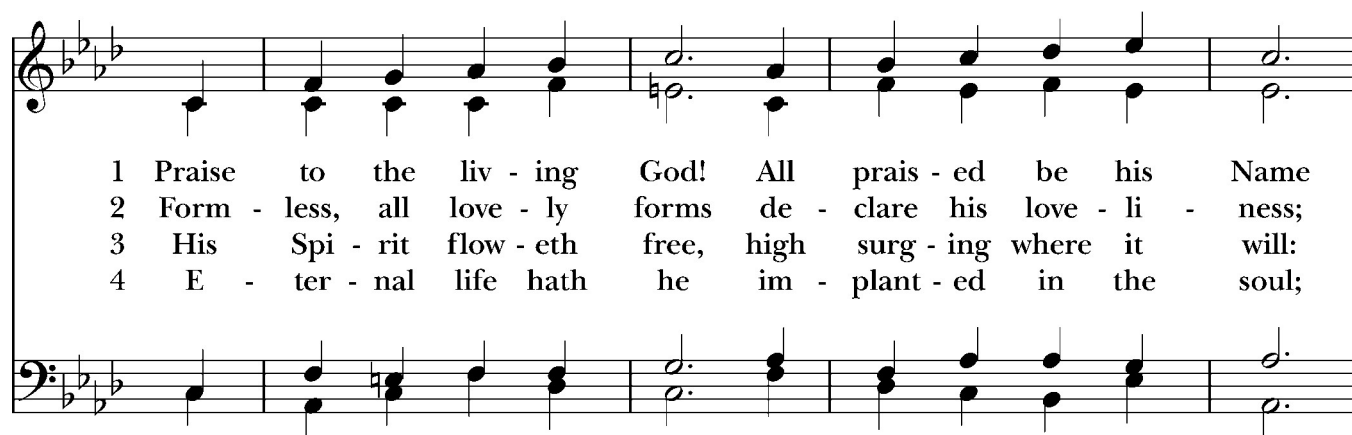
Celebrant: In the name of this parish family, I send you forth, bearing these holy gifts, to _____. Together, we share in the body and blood of Christ. And we who are many are one Body because we share one Bread and one Cup.

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

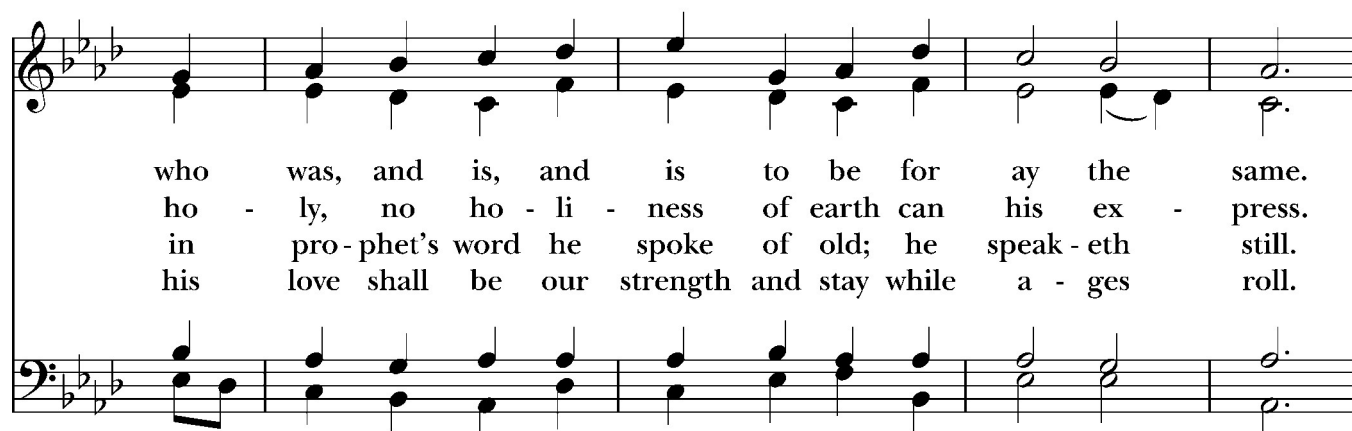
Prayer

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

Blessing



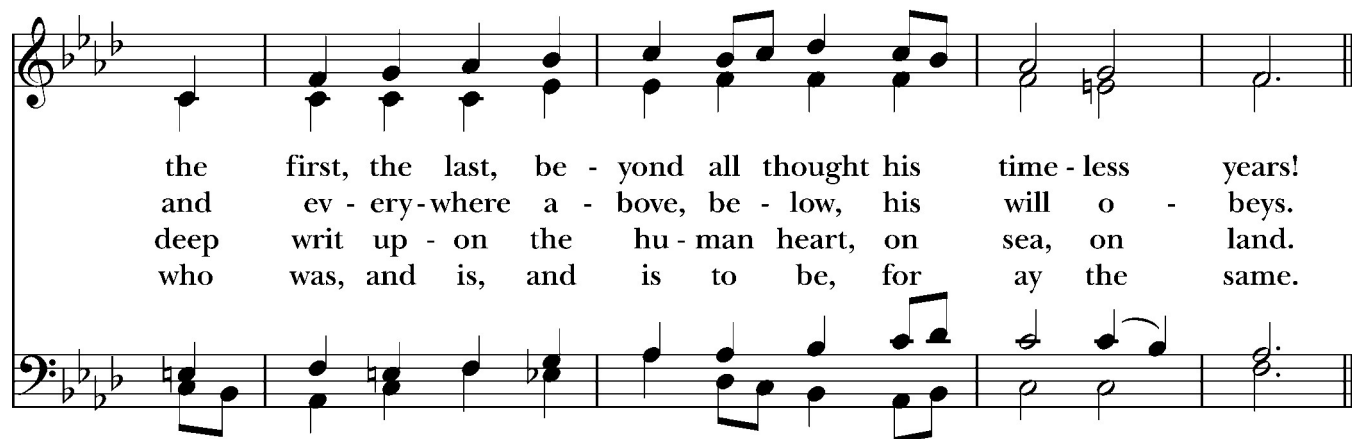
1 Praise to the liv - ing God! All prais - ed be his Name
 2 Form - less, all love - ly forms de - clare his love - li - ness;
 3 His Spi - rit flow - eth free, high surg - ing where it will:
 4 E - ter - nal life hath he im - plant - ed in the soul;



who was, and is, and is to be for ay the same.
 ho - ly, no ho - li - ness of earth can his ex - press.
 in pro - phet's word he spoke of old; he speak - eth still.
 his love shall be our strength and stay while a - ges roll.



The one e - ter - nal God ere aught that now ap - pears:
 Lo, he is Lord of all. Cre - a - tion speaks his praise,
 Es - tab - lished is his law, and change - less it shall stand,
 Praise to the liv - ing God! All prais - ed be his Name



the first, the last, be - yond all thought his time - less years!
 and ev - ery - where a - bove, be - low, his will o - beys.
 deep writ up - on the hu - man heart, on sea, on land.
 who was, and is, and is to be, for ay the same.

Dismissal

Celebrant: Go in peace to love and serve our God.

All: ***Thanks be to God. Alleluia, alleluia!***

♪ Postlude

“Fugue in A major”

Friedrich Zachau

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Ministers of the Service

Celebrant:	The Rev. Linzi Stahlecker
Preacher:	The Rev. Linzi Stahlecker
Eucharistic Minister:	Michael Lucas
Lector:	Jane Wu
Flowers:	Pamela Bleisch
Ushers:	Maureen Titus & Connie Weldon
Intercessor:	Louisa Beeler
Music:	Ann Lucas
Altar Guild:	Diana Hammerlund
Tellers:	Sandy Fisher & Alice Welchert
Technical:	Hannah Matthews

This Week at St Ben's

Tuesday	Jun 17
9:45a	Prayer of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	Jun 18
3:00p	Earthcare Meeting
Saturday	Jun 21
12:00p	Men's Breakfast
Sunday	Jun 22
10:30a	Eucharist Service

Announcements

Liturgy Learning: As we begin the long, 'green' season, also known as Ordinary Time (or the Season after Pentecost), now's as good a time as any for us to gather and chat a little about why we worship the way we do. 'The liturgy' is a hallmark of the Episcopal/Anglican way of gathering as the church for worship. It is, in a way, the truest expression of both Anglican spirituality and theology. The liturgy can be instinctively effective for some, others may have inherited a love of it, and for others it can be a curiosity or even an obstacle. Do you have questions about the liturgy? Do you wonder why we worship the way we do at St. Ben's? Please stick around for a wee while after church on Sunday, July 22 for a 45min conversation, bring your questions, or email Rev. Linzi in advance. In the months ahead, I'd love for us to do a deeper dive into each part of the liturgy, this can be a great way for it to take on new meaning, or come alive in new ways.

Newcomer's Gathering: All are welcome to be part of this afternoon gathering on Sunday, June 22 (3-5pm), it'll be a wonderful time to get to know each other a little bit better, with good food and great company! If like Rev. Linzi, you're new to St. Ben's in the last year or so, please do plan on coming along, this event is especially for newcomers. Everyone at St. Ben's is invited, so an RSVP would be wonderful so we can plan food and drinks ... we'll be gathering at Brian Spolarich and Alan Kiste's house in Los Osos, it's going to be a good time! If you can join (and I really hope you can!), please send me an Rev Linzi.

Morning Prayer continues! All are welcome, 8:30am each weekday morning (Monday-Friday), on zoom. The liturgy is approximately 30 minutes. No prior experience with Morning Prayer is needed or expected! Bring your Book of Common Prayer and Bible or follow along with "*Venite*" *either via their website or their downloadable app. Join Morning Prayer by clicking through here: [zoom link](#). The link is also below in "The Week Ahead" and on the website under "Worship.*

Tuesday Morning Prayers & Spiritual Conversation: The Spiritual Conversation group will 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. 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 on Zoom.

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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