



St. Benedict's Episcopal Church

Tending Mind & Soul in Los Osos, CA

Wherever you are on your spiritual journey, **you are welcome here!**

If the customs of the Episcopal Church are unfamiliar to you, you're invited simply to rest into this sacred time and space, and let the congregation carry you in worship.

Your presence here today is a blessing!

February 15th, 2026

Last Sunday after the Epiphany

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

♪ Hymn #420 “When in our music God is glorified” vs. 1, 4 and 5 only

1 When in our mu - sic God is glo - ri - fied, _____
 2 How of - ten, mak - ing mu - sic, we have found _____
 3 So has the Church, in lit - ur - gy and song, _____
 4 And did not Je - sus sing a psalm that night _____
 5 Let ev - ery in - stru-ment be tuned for praise! _____

1 and a - dor - a - tion leaves no room for pride, _____
 2 a new di - men - sion in the world of sound, _____
 3 in faith and love, through cen - tu - ries of wrong, _____
 4 when ut - most e - vil strove a - gainst the Light? _____
 5 Let all re - joice who have a voice to raise! _____

1 it is as though the whole cre - a - tion cried _____
 2 as wor - ship moved us to a more pro - found _____
 3 borne wit - ness to the truth in ev - ery tongue, _____
 4 Then let us sing, for whom he won the fight, _____
 5 And may God give us faith to sing al - ways _____

— Al - le - lu - ia! — Al - le - lu - ia! A - men.

Words: Fred Pratt Green (1903-2000). Copyright © 1972 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: Engelberg, Charles Villiers Stanford (1852-1924).

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

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

Presider: 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

“Canticle of the Turning” vs 1 & 4 only

1. My soul cries out with a joyful shout that the
 2. Though I am small, my God, my all, you
 3. From the halls of power to the fortress tower, not a
 4. Though the nations rage from age to age, we re -

God of my heart is great, And my spirit sings of the
 work great things in me, And your mercy will last from the
 stone will be left on stone. Let the king be ware for your
 mem - ber who holds us fast: God's mercy must de -

won - drous things that you bring to the ones who
 depths of the past to the end of the age to
 jus - tice tears ev -'ry ty - rant from his
 liv - er us from the con - quer - or's crush - ing

wait. You fixed your sight on your ser - vant's plight, and my
 be. Your ver - y name puts the proud to shame, and to
 throne. The hun - gry poor shall weep no more, for the
 grasp. This sav - ing word that our fore - bears heard is the

weak - ness you did not spurn, So from east to west shall my
 those who would for you yearn, You will show your might, put the
 food they can nev - er earn; There are ta - bles spread, ev -'ry
 prom - ise which holds us bound, 'Til the spear and rod can be

name be blest. Could the world be a - bout to turn?
 strong to flight, for the world is a - bout to turn.
 mouth be fed, for the world is a - bout to turn.
 crushed by God, who is turn - ing the world a - round.

Refrain



My heart shall sing of the day you bring. Let the
fires of your justice burn. Wipe away all tears, for the
dawn draws near, and the world is about to turn!

Text: Luke 1:46-58; Rory Cooney, b.1952, © 1990, GIA Publications, Inc.
Tune: STAR OF THE COUNTY DOWN; Irish traditional; arr. by Rory Cooney, b.1952

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O God, who before the passion of your only begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

(please be seated for the readings)

Exodus 24:12-18

Reader: *A Reading from the Book of Exodus*

The LORD said to Moses, “Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.” So Moses set out with his assistant Joshua, and Moses went up into the mountain of God.

To the elders he had said, "Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them."

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the LORD settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud.

Now the appearance of the glory of the LORD was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

Reader: Hear what the Spirit is saying to God's people.
People: Thanks be to God.

♪ Psalm 2

S412

Chanted by all on a single note moving to the next note for the bolded word

Robert Knox Kennedy
(b. 1945)

1 Why are the nations in an **uproar**? *

Why do the peoples mutter empty
threats?



2 Why do the kings of the earth rise

up in revolt,
and the princes plot **to-gether**, *
against the Lord and against his **A-nointed**?



3 "Let us break their yoke," they **say**; *

"let us cast off their bonds **from us**."



4 He whose throne is in heaven is **laughing**; *

the Lord has them in **de-rision**.



5 Then he speaks to them in his **wrath**, *

and his rage fills them with **terror**.



6 "I myself have set my **king** *

upon my holy hill of **Zion**."

7 Let me announce the decree of

the **Lord**: *

he said to me, "You are my Son;
this day have I be-gotten you.

8 Ask of me, and I will give you the
nations for your **in-heritance** *

and the ends of the earth for your **pos-session**.

9 You shall crush them with an iron **rod** *

and shatter them like a piece of **pottery**."

10 And now, you kings, be **wise**; *
be warned, you rulers of the **earth**.

11 Submit to the Lord with **fear**, *
and with trembling bow before **him**;

12 Lest he be angry and you **perish**; *
for his wrath is quickly **kindled**.

repeat the second half of the chant for the last verse

13 Happy are they **all** *
who take refuge in **him**!

Robert Knox Kennedy
(b. 1945)



2 Peter 1:16-21

Reader: A Reading from the Second Letter of Peter

We did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honor and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, "This is my Son, my Beloved, with whom I am well pleased." We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

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

People: **Thanks be to God.**

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

♪ Hymn #129

“Christ up on the mountain peak”

Blue Hymnal



1 Christ up - on the moun - tain peak stands a - lone in - .
2 Trem - bling at his feet we saw Mo - ses and E - .
3 Swift the cloud of glo - ry came. God pro - claim - ing - .
4 This is God's be - lov - ed Son! Law and pro - phets - .

glo - ry blaz - ing; let us, if we dare to speak,
li - jah speak - ing. All the pro - phets and the Law
in its thun - der Je - sus as his Son by name!
fade be - fore him; first and last and on - ly One,

with the saints and an - gels praise him. Al - le - lu - ia!
shout through them their joy - ful greet - ing. Al - le - lu - ia!
Na - tions cry a - loud in won - der! Al - le - lu - ia!
let cre - a - tion now a - dore him! Al - le - lu - ia!

Words: Brian A. Wren (b. 1936). Copyright © 1977 by Hope Publishing Company, Carol Stream, IL 60188. Music: *Mowsley*, Cyril Vincent Taylor (1907-1991). Copyright © 1985 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission.

Matthew 17:1-9

Presider: *The Holy Gospel of Our Savior Jesus Christ According to Matthew.*

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

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, “Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.” While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, “This is my Son, the Beloved; with him I am well pleased; listen to him!” When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, “Get up and do not be afraid.” And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, “Tell no one about the vision until after the Son of Man has been raised from the dead.”

Presider: *The Gospel of Christ.*

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

Sermon

Brian Spolarich

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

Affirmation of Faith

(please stand as you are able)

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

Adapted from *Clouds and Glory, Prayers for the Church Year* by David Adam

Holy One, bless your church that it may reflect your glory, that it may guide your people into the ways of love and peace.

We pray for the church as it seeks to uphold your law and to discover your will, that we may be faithful to you until the day dawns and the morning star rises in our hearts. O God, enable us to proclaim your kingdom and your glory.

Good and gracious God,
grant us a glimpse of your glory.

We pray for a world that has lost its way.

We pray for all who feel life has no purpose or meaning, for all who are confused, for all who are looking for guidance.

Good and gracious God,
grant us a glimpse of your glory.

Holy God, transform our lives by a vision of your glory. Transform our work by an awareness of your presence. Transform the places where we live, work, and serve by a knowledge of your love. Transform our relationships by our being with you.

Good and gracious God,
grant us a glimpse of your glory.

O God, transform our our fears by your love, transform our darkness by your light.

We remember before you all who are sick, all who are suffering.

We pray for all those named in our Bidding Book.

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

Good and gracious God,
grant us a glimpse of your glory.

Holy God, we remember before you all who have died, all our loved ones already transformed in likeness to your glory.

Good and gracious God,
grant us a glimpse of your glory.

Concluding collect:

Holy God, change us and we shall be changed, transform us by your love, redeem us by your grace, strengthen us by your presence, that we may move from glory to glory;
through Christ our Savior, who with the Holy Spirit reigns with you, in glory everlasting. *Amen.*

Confession and Absolution

Let us confess our sins against God and our neighbor.

*All: **Most merciful God,**
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.*

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

The Peace

Presider: The peace of Christ be always with you.

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

The congregation may greet one another in the name of Christ.

Announcements

Birthday & Anniversary Prayers

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

The Offertory

You are invited to make a thank offering. If you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can also contribute by scanning the QR Code or at our website www.stbenslososos.org



♪ Hymn #686 “Come thou fount of every blessing”

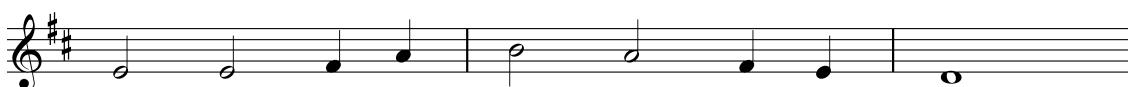
Blue Hymnal



1 Come, thou fount of every blessing,
2 Here I find my great - est
3 Oh, to grace how great a



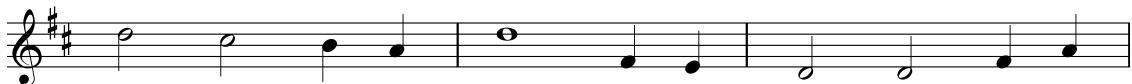
heart to sing thy grace! Streams of mercy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
Je - sus sought me when a stran - ger wan - dering
prone to wan - derer, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
from the fold of God; he, to res - cue me from
leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
dan - ger, in - ter - posed his pre - cious blood.
seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934).

♪ 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

Presider:

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:

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.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high-est. Ho - san - na in the high-est.

The Presider 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:

Presider and People

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

The Presider continues

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, and all your people
into the joy of our true eternal home.

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

♪ The Lord's Prayer

S148

Celebrant

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

Celebrant and People

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 Presider breaks the Bread

♪ Fraction Anthem

S 171

This setting is not used in Lent.

Antiphon: Cantor; then All

Be known to us, Lord Je - sus, in the break - ing of the bread.

Cantor

1. The bread which we break, al - le - lu - ia,

is the com - mun - ion of the bo - dy of Christ. [Ant.]

Cantor

2. One bo - dy are we, al - le - lu - ia,

for though man - y we share one bread. [Ant.]

Music: Mode 6 melody; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

Holy Communion

Presider: The Gifts of God for the People of God.

If God is calling you, you are welcome to receive communion when the Presider invites your section forward.

♪ Communion Music

Original Improvisation

Paul Burkle

♪ Choir Anthem “You are Wonderfully Made” Words and Music by Pepper Choplin

Silence

(please stand as you are able)

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

♪ Hymn 372

“Praise to the living God!”

Blue Hymnal

The musical notation consists of two staves of music. The top staff is in treble clef and the bottom staff is in bass clef. Both staves are in common time (indicated by a 'C'). The music is composed of quarter notes and half notes. The lyrics are written below the notes, with each line of text corresponding to a measure of music. The lyrics are as follows:

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.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926). Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1985, alt.

Dismissal

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

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

♪ Postlude *Original Improvisation*

Paul Burkle

Eucharist Liturgy Adapted from Enriching Our Worship
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Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Brian Spolarich
Altar Guild:	Pat Stoneman
Eucharistic Minister:	Alan Kiste
Chalice:	Maureen Titus
Lectors:	Roz Malone, Lisa Gonzalez
Flowers:	Brian Spolarich
Usher:	Maureen Titus
Usher:	Barbara Schippers
Music:	Paul Burkle
Online Host:	Jane Wu
Intercessor:	Sandy Fisher
Tellers:	Alice Welchert, Karen Lewis
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Bryson McKelvey

This Week at St. Ben's

Monday	Feb 16
8:30 a	Morning Prayers (Zoom)
Tuesday	Feb 17
8:30 a	Morning Prayers (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
Wednesday	Feb 18
8:30 a	Morning Prayers (Zoom)
12:00p	Ash Wednesday Noon Service
7:00p	Ash Wednesday PM Service
Thursday	Feb 19
8:30 a	Morning Prayers (Zoom)
6:00 p	Choir Practice
8:30 p	Compline (Zoom)
Friday	Feb 20
8:30 a	Morning Prayers (Zoom)
8:30 p	Compline (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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