



**St. Benedict's
Episcopal Church**
Tending Mind & Soul
in Los Osos, CA

February 22nd, 2026

First Sunday of Lent

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

♪ The Great Litany

EOW

Presider: Holy God, Creator of heaven and earth,

People: ***Have mercy on us.***

Holy and Mighty, Redeemer of the world,

Have mercy upon us.

Holy Immortal One, Sanctifier of the faithful,

Have mercy upon us.

Holy, blessed and glorious Trinity, One God,

Have mercy upon us.

From all evil and mischief; from pride, vanity and hypocrisy;
from envy, hatred and malice; and from all evil intent,
Savior deliver us

From sloth, worldliness and love of money;
from hardness of heart and contempt for
your word and your laws,
Savior deliver us.

From sins of body and mind; from deceits of the world, flesh
and the devil,
Savior deliver us

From famine and disaster; from violence, murder, and dying
unprepared,
Savior deliver us

In all times of sorrow; in all times of joy; in the hour of our death
and at the day of judgment,
Savior deliver us

By the mystery of your holy incarnation; by your birth, childhood
and obedience; by your baptism, fasting and temptation,
Savior deliver us

By your ministry in word and work; by your mighty acts of
power; by the preaching of your reign,
Savior deliver us

By your agony and trial; by your cross and passion; by your
precious death and burial,
Savior deliver us

By your mighty resurrection; by your glorious ascension; and
by your sending of the Holy Spirit,
Savior deliver us

Hear our prayers, O Christ our God
Hear us, O Christ.

Govern and direct your holy Church; fill it with love and truth;
and grant it that unity which is your will.
Hear us, O Christ.

Give us boldness to preach the gospel in
all the world, and to make disciples of all the nations.
Hear us, O Christ.

Enlighten your bishops, priests and deacons,
with knowledge and understanding, that by their teaching
and their lives they may proclaim your word.
Hear us, O Christ.

Give your people grace to witness to your word and bring forth
the fruit of your Spirit.
Hear us, O Christ.

Bring into the way of truth all who have erred and are deceived.
Hear us, O Christ.

Strengthen those who stand; comfort and help the fainthearted;
raise up the fallen; and finally beat down Satan under our feet.
Hear us, O Christ

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy on us.*

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Let us pray

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

please be seated for the readings

Genesis 2:15-17; 3:1-7

Reader: *A Reading from the book of Genesis*

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

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

People: Thanks be to God

♪ Psalm 32

S411

Chanted by all, changing note at the bolded word

1 Happy are they whose transgressions
are for-**given**, *
and whose sin is put a-**way**!

2 Happy are they to whom
the Lord imputes no **guilt**, *
and in whose spirit there is no **guile**!

3 While I held my tongue, my bones withered a-**way**, *
because of my groaning all day **long**.

4 For your hand was heavy upon me day and **night**; *
my moisture was dried up as in the heat of **summer**.

5 Then I acknowledged my sin **to you**, *
and did not conceal my **guilt**.



6 I said, "I will confess my transgressions
to the **Lord.**" *
Then you forgave me the guilt of my
sin.



7 Therefore all the faithful will make their prayers to you in time of
trouble; *
when the great waters overflow, they shall not **reach them.**

8 You are my hiding-place;
you preserve me from **trouble;** *
you surround me with shouts of de-**liverance.**

9 "I will instruct you and teach you in the way that you should **go;** *
I will guide you with my **eye.**

10 Do not be like horse or mule, which have no under-**standing;** *
who must be fitted with bit and bridle,
or else they will not stay **near you."**

11 Great are the tribulations of the **wicked;** *
but mercy embraces those who trust in the **Lord.**

12 Be glad, you righteous, and rejoice in the **Lord;** *
shout for joy, all who are true of **heart.**

Romans 5:12-19

Reader: *A Reading from Paul's letter to the church in Rome*

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin.

For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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 #142 “Lord, who throughout these forty days” vs 1 & 2 only

1 Lord, who through-out these for - ty days for us didst fast and pray,
 2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,
 3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,
 4 And through these days of pen - i - tence, and through thy Pas - sion - tide,
 5 A - bide with us, that so, this life of suf - fering o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.
 2 O give us strength in thee to fight, in thee to con - quer sin.
 3 to die to self, and chief - ly live by thy most ho - ly word.
 4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
 5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898). Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt. and harm. Richard Redhead (1820-1901).

Matthew 4:1-11

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

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

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written,

‘One does not live by bread alone,
but by every word that comes from the mouth of
God.’”

Then the devil took him to the holy city and placed him on the
pinnacle of the temple, saying to him, “If
you are the Son of God, throw yourself down; for it is
written,

He will command his angels concerning you,
and ‘On their hands they will bear you up,
so that you will not dash your foot against a
stone.’”

Jesus said to him, “Again it is written,
‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, “All these I will give you, if you will fall down and worship me.” Jesus said to him, “Away with you, Satan! for it is written,

‘Worship the Lord your God, and serve only him.’”

Then the devil left him, and suddenly angels came and waited on him.

Gospeller: *The Gospel of Christ*

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

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.

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 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 #488

“Be thou my vision”

Blue Hymnal



1 Be thou my vi - sion, O Lord of my heart;
 2 Be thou my wis - dom, and thou my true word;
 3 High King of hea - ven, when vic - tory is won,



all else be nought to me, save that thou art—
 I ev - er with thee and thou with me, Lord;
 may I reach hea - ven's joys, bright hea - ven's Sun!



thou my best thought, — by day or by night,
 thou my great Fa - ther; thine own may I be;
 Heart of my heart, — what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.
 thou in me dwell - ing, and I one with thee.
 still be my vis - ion, O Ru - ler of all.

Words: Irish, ca. 700; versified Mary Elizabeth Byrne (1880-1931); tr. Eleanor H. Hull (1860-1935), alt. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. David Evans (1874-1948). By permission of Oxford University Press.

please stand as you are able

♪ Doxology:

Hymn tune #377

***Praise God from Whom all blessings flow
 Praise God all creatures here below,
 Praise God above, ye heavenly host.
 Praise Father, Son, and Holy Ghost. Amen.***

Holy Eucharist

BCP Eucharistic Prayer A (expansive language)

Presider God be with you.

People *And also with you.*

Presider Lift up your hearts.

People *We lift them to the Lord.*

Presider Let us give thanks to the Lord our God.

People *It is right to give our thanks and praise.*

Presider It is truly right, and good and a joyful thing,
always and everywhere to give thanks to you,
Creator of heaven and earth.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

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

Sanctus

S124

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

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

The Presider continues

Holy and gracious God: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus

Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and maker of all.

Jesus stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Savior Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said,

"Take, eat: This is my Body, which is given for you.

Do this for the remembrance of me."

After supper 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 we proclaim the mystery of faith:

All: ***Christ has died.***

Christ is risen.

Christ will come again.

Presider We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ.

Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through Jesus Christ: By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. *AMEN*.

The Lord's Prayer

And now, as our Savior Christ has taught us, we are bold to say,

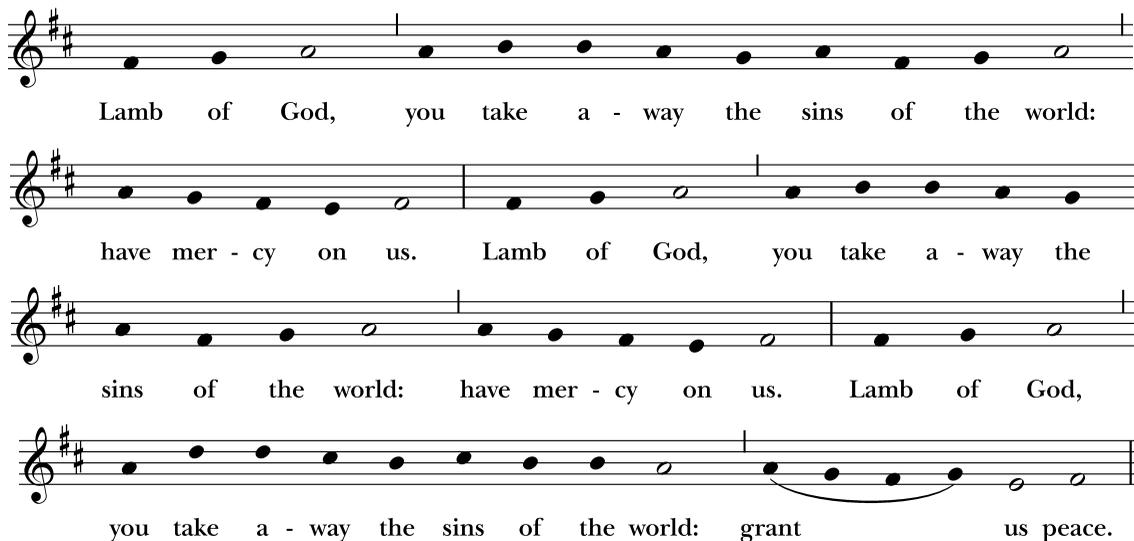
**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

The Breaking of the Bread

The Presider breaks the Bread

♪ Fraction Anthem

S-161



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

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

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

“In This Very Room”

Ron & Carol Harris

Silence

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 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.*

Solemn Prayer over the Assembly

Presider Let us bow down before God,

*All bow their heads and remain bowed as the Presider prays over the assembly.
At the conclusion of the prayer, all respond Amen.*

Presider Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Savior. *Amen.*

♪ Hymn #559 “Lead us heavenly Father, lead us”

Blue Hymnal

1 Lead us, heaven - ly Fa - ther, lead us o'er the world's tem -
 2 Sa - vior, breathe for - give - ness o'er us; all our weak - ness
 3 Spi - rit of our God, de - scend - ing, fill our hearts with

pes - tuous sea; guard us, guide us, keep us, feed us,
 thou dost know; thou didst tread this earth be - fore us;
 heaven - ly joy; love with ev - ery pas - sion blend - ing,

for we have no help but thee, yet pos - ses - sing
 thou didst feel its keen - est woe; yet un - fear - ing,
 plea - sure that can nev - er cloy; thus pro - vid - ed,

ev - ery bless - ing, if our God our Fa - ther be.
 per - se - ver - ing, to thy pas - sion thou didst go.
 par - doned, guid - ed, noth - ing can our peace des - troy.

Words: James Edmeston (1791-1867), alt. Music: *Dulce carmen*, melody from *An Essay on the Church Plain Chant*, 1782; adapt. *Collection of Motets or Antiphons*, ca 1840; harm. William Henry Monk (1823-1889).

Dismissal

Presider Go in peace to love and serve Jesus Christ our Savior.
All: ***Thanks be to God.*** (no Alleluias during Lent)

♪ Postlude

Original Improvisation

Paul Burkle

Eucharist Liturgy Adapted from Enriching Our Worship
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Ministers of the Service

Presider:	The Rev. Linzi Stahlecker
Preacher:	The Rev. Linzi Stahlecker
Eucharistic Minister:	Brian Spolarich
Chalice:	Alan Kiste
Lector:	Sarah Chesebro
Lector:	Maureen Titus
Music:	Paul Burkle
Ushers:	Alan Kiste & Helen Schnieders
Flowers:	Elaine Beckham
Intercessor:	Helen Schnieders
Altar Guild:	Sarah Chesebro
Tellers:	Bryson McKelvey, Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Maureen Titus

This Week at St Ben's

Monday	Feb 23
8:30a	Morning Prayers (Zoom)
8:30p	Compline (Zoom)
Tuesday	Feb 24
8:30a	Morning Prayers (Zoom)
9:45a	Prayers for the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
8:30p	Compline (Zoom)
Wednesday	Feb 25
8:30a	Morning Prayers (Zoom)
11:00a	Laundry Love
4:00p	Laundry Love
8:30p	Compline (Zoom)
Thursday	Feb 26
8:30a	Morning Prayers (Zoom)
6:00p	Choir Practice
8:30p	Compline (Zoom)
Friday	Feb 27
8:30a	Morning Prayers (Zoom)
8:30p	Compline (Zoom)

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tihini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today. May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

Our Mission Statement

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.

Our Inclusivity Statement

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.

We embrace and seek to preserve the beautiful, amazing diversity of God's creation. We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.



St. Benedict's Episcopal Church

PO Box 6877

2220 Snowy Egret Lane

Los Osos, CA 93402

805-528-0654

office@stbenslososos.org

www.stbenslososos.org

