



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

March 1st, 2026

Second Sunday of Lent

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome
Stahlecker

The Rev. Linzi

Presider: Blessed be the God of our salvation:

People: *Who bears our burdens and forgives our sins.*

The Decalogue

BCP Pg.350

Presider: Hear the commandments of God to God's people:
I am the Lord your God who brought you out of bondage.
You shall have no other gods but me.

People: *Amen. God have mercy.*

You shall not make for yourself any idol.
Amen. God have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. God have mercy.

Remember the Sabbath day and keep it holy.

Amen. God have mercy.

Honor those who gave you life.

Amen. God have mercy.

You shall not commit murder.

Amen. God have mercy.

You shall not commit adultery.

Amen. God have mercy.

You shall not steal.

Amen. God have mercy.

You shall not be a false witness.

Amen. God have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. God have mercy.

The Presider:

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8,9*

Confession of Sin

Presider: 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.*

Absolution

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.

Trisagion

Sung three times

Ho - ly God, Ho - ly and Might - y,

Ho - ly Im - mor - tal One, Have mer - cy up - on us.

Music: Ver. *Hymnal 1982*, after Alexander Archangelsky (1846-1924). Setting: Copyright © Church Publishing Inc.

Collect of the Day

Presider: God be with you.

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

Presider: Let us pray

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son;

who with you and the Holy Spirit lives and reigns, one God, for ever and ever. ***Amen.***

please be seated for the readings

Genesis 12:1-4a

Reader: A Reading from the book of Genesis

The LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the LORD had told him; and Lot went with him.

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

People: Thanks be to God

♪ Psalm 121

S415

Chanted by all, changing note at the bolded word

1 I lift up my eyes to the **hills**; *
from where is my help to **come**?

2 My help comes from the **Lord**, *
the maker of heaven and **earth**.

3 He will not let your foot be **moved** *
and he who watches over you will not fall a-**sleep**.

4 Behold, he who keeps watch over **Israel** *
shall neither slumber nor **sleep**;

5 The Lord himself watches **over you**; *
the Lord is your shade at your **right hand**,

6 So that the sun shall not strike you by **day**, *
nor the moon by **night**.

7 The Lord shall preserve you from all **evil**; *
it is he who shall keep you **safe**.

8 The Lord shall watch over your going out and your coming **in**, *
from this time forth for ever-**more**.



Romans 4:1-5, 13-17

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

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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 #633 “Word of God, come down to earth” vs 1 & 4 only Blue Hymnal



1 Word of God, come down on earth, liv - ing rain from
 2 Word e - ter - nal, throned on high, Word that brought to
 3 Word that caused blind eyes to see, speak and heal our
 4 Word that speaks your Fa - ther's love, one with him be -



heaven de - scend - ing; touch our hearts and bring to birth
 life cre - a - tion, Word that came from heaven to die,
 mor - tal blind - ness; deaf we are: our heal - er be;
 yond all tell - ing, Word that sends us from a - bove



faith and hope and love un - end - ing. Word al - might - y,
 cru - ci - fied for our sal - va - tion, sav - ing Word, the
 loose our tongues to tell your kind - ness. Be our Word in
 God the Spi - rit, with us dwell - ing, Word of truth, to



we re - vere you; Word made flesh, we long to hear you.
 world re - stor - ing, speak to us, your love out - pour - ing.
 pi - ty spo - ken; heal the world, by our sin bro - ken.
 all truth lead us, Word of life, with one Bread feed us.

Words: James Quinn (b. 1919). Copyright © 1969 James Quinn, SJ, printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: *Mt. St. Alban NCA*, Richard Wayne Dirksen (b. 1921). Copyright © 1984 Richard W. Dirksen.

John 3:1-17

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

People: *Glory to You, Lord Christ.*

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?”

Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit.

What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Gospeller: *The Gospel of Christ*

People: *Praise to You, Lord Christ.*

Sermon

The Rev. Linzi Stahlecker

We pause for a few moments’ reflection before affirming our faith.

Affirmation of Faith

The Nicene Creed

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

Holy God, increase our faith that we may trust in you. May we move forward knowing that you are with us and before us. Give us a vision of who we are and what we should do. Help us to move towards your promised land.

May your church work for the freedom of all, and for a more caring and peaceful world.

Our help comes from God,
the maker of heaven and earth.

Holy God, teach us to love the world with the great love that you have for the world. Guide all leaders of peoples, strengthen the good, lead us in ways of peace. Grant sensitivity to all who affect our future, and to all who influence our lives and minds, that our world may be kept in goodness and in beauty.

Our help comes from God,
the maker of heaven and earth.

We remember before you all who are fearful of the future. We pray for those who are seriously or terminally ill, for all who await a doctor's diagnosis, all who await operations or procedures or treatments. We ask you to strengthen all who are despairing, to encourage and hearten all who have lost hope.

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]**

Our help comes from God,
the maker of heaven and earth.

We give thanks for all who have passed through death and reached the fullness of the promised land. We rejoice in their fellowship and their triumph. We offer ourselves, our neighbors and our loved ones to your unfailing love.

Our help comes from God,
the maker of heaven and earth.

Concluding collect:

Holy God, you have created us for yourself,
you have called us into being,
you have offered us your love.
We give ourselves, our souls and bodies,
and all that we do, to you in love;
through our Savior Jesus Christ. *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 #671

“Amazing Grace”

Blue Hymnal

1 A - maz - ing grace! how sweet the sound, that
2 'Twas grace that taught my heart to fear, and
3 The Lord has prom - ised good to me, his
4 Through man - y dan - gers, toils, and snares, I
*5 When we've been there ten thou - sand years, bright

1 saved a wretch like me! I once was lost but
2 grace my fears re - lieved; how pre - cious did that
3 word my hope se - cures; he will my shield and
4 have al - rea - dy come; 'tis grace that brought me
5 shin - ing as the sun, we've no less days to

1 now am found, was blind but now I see.
2 grace ap - pear the hour I first be - lieved!
3 por - tion be as long as life en - dures.
4 safe thus far, and grace will lead me home.
5 sing God's praise than when we'd first be - gun.

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.*

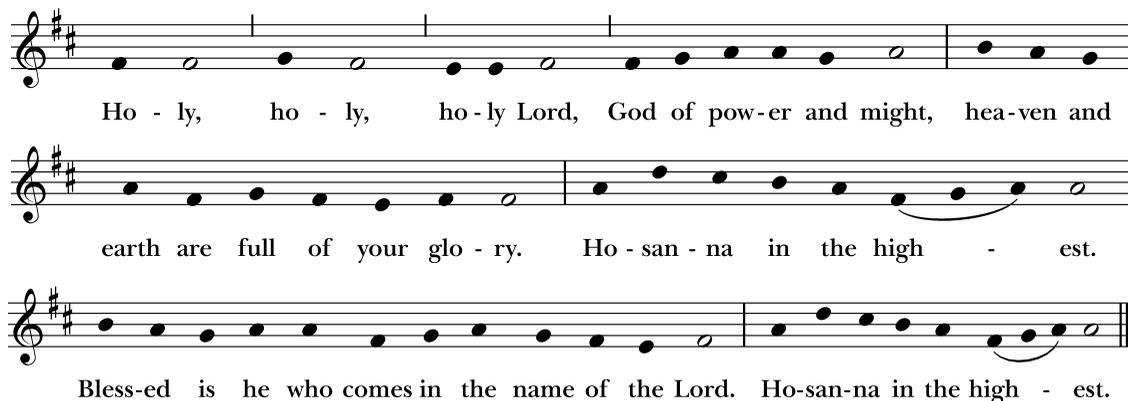
Presider It is truly right, and good and a joyful thing,
always and everywhere to give thanks to you,
Creator of heaven and earth.

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

♩ Hymn #692

“I heard the voice of Jesus say”

Blue Hymnal

1 I heard the voice of Je - sus say, “Come un - to me and rest;
 2 I heard the voice of Je - sus say, “Be - hold, I free - ly give
 3 I heard the voice of Je - sus say, “I am this dark world’s light;

and in your wea - ri - ness lay down your head up - on my breast.”
 the liv - ing wa - ter; thirst - y one, stoop down and drink, and live.”
 look un - to me, your morn shall rise, and all your day be bright.”

I came to Je - sus as I was, so wea - ry, worn, and sad;
 I came to Je - sus, and I drank of that life - giv - ing stream;
 I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.
 my thirst was quenched, my soul re - vived, and now I live in him.
 and in that light of life I’ll walk till pil - grim days are done.

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: Keep this your family, Holy God, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Savior. Amen

Hymn #439

“What wonderful love is this”

Blue Hymnal



1 What won - drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won - drous love is this, O my soul! What won - drous love is this that
 God and to the Lamb, I will sing, To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my
 is the great I AM, while mil - lions join the theme, I will
 sing and joy - ful be, and through e - ter - ni - ty I'll sing



soul, for my soul, to lay a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme I will sing.
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

Harmony (the melody is in the tenor)



1 What won - drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won - drous love is this, O my soul! What won - drous love is this that
 God and to the Lamb, I will sing. To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my
 is the great I AM, while mil - lions join the theme, I will
 sing and joy - ful be, and through e - ter - ni - ty I'll sing

soul, for my soul, to lay a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme I will sing.
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

Words: American folk hymn, ca. 1835. Music: *Wondrous Love*, from *The Southern Harmony*, 1835; alt. acc. Carlton R. Young, (b. 1926).

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

Ministers of the Service

Presider:	The Rev. Linzi Stahlecker
Preacher:	The Rev. Linzi Stahlecker
Eucharistic Minister:	Michael Lucas
Chalice:	Maureen Titus
Lector:	Bob Pelfrey
Lector:	Lisa Gonzalez
Music:	Paul Burkle
Ushers:	Maureen Titus & Ed Valentine
Flowers:	None
Intercessor:	Helen Schnieders
Altar Guild:	Pat Stoneman
Tellers:	Alice Welchert, Diana Hammerlund
Online Host:	Elaine Beckham
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Potluck

This Week at St Ben's

Monday	March 2
8:30a	Morning Prayers (Zoom)
8:30p	Compline (Zoom)
Tuesday	March 3
8:30a	Morning Prayers (Zoom)
9:45a	Prayers for the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
8:30p	Compline (Zoom)
Wednesday	March 4
8:30a	Morning Prayers (Zoom)
8:30p	Compline (Zoom)
Thursday	March 5
8:30a	Morning Prayers (Zoom)
6:00p	Choir Practice
8:30p	Compline (Zoom)
Friday	March 6
8:30a	Morning Prayers (Zoom)
8:30p	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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