



**St. Benedict's  
Episcopal Church**

**Tending Mind & Soul  
in Los Osos, CA**

**March 8th, 2026  
Third Sunday of Lent**

~ **Prelude** ~

*Original Improvisation*

Paul Burkle

**Welcome**

The Rev. Linzi Stahlecker

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

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; 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 17:1-7

*Reader: A Reading from the book of Exodus*

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

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

*People: Thanks be to God*



## **Romans 5:1-11**

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

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.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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 #649 “O Jesus joy of loving hearts” vs 1 & 2 only Blue Hymnal

1 O Je - sus, joy of lov - ing hearts, the fount of  
 2 We taste in you our liv - ing bread, and long to  
 3 For you our rest - less spi - rits yearn wher - e'er our  
 4 O Je - sus, ev - er with us stay; make all our

life and our true light, we seek the peace your love im -  
 feast up - on you still; we drink of you, the foun - tain -  
 chang - ing lot is cast; glad, when your pres - ence we dis -  
 mo - ments calm and bright; oh, chase the night of sin a -

parts, and stand re - joic - ing in your sight.  
 head, our thirst - ing souls to quench and fill.  
 cern, blest, when our faith can hold you fast.  
 way, shed o'er the world your ho - ly light.

Words: Att. Bernard of Clairvaux (1091-1153), tr. and para. Ray Palmer (1808-1887), alt. Adapted text from ICCEL Resource Collection of Hymns and Service Music for the Liturgy. Copyright © 1981, International Committee on English in the Liturgy, Inc. All rights reserved. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979) 1962, Theodore Presser Co. Used by permission of the Publisher. Copyright © 1962 Theodore Presser Co. Used by permission of the publisher.

## John 4:5-42

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

People: *Glory to You, Lord Christ.*

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth."

The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?”

Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

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**

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**

Creator God, as we journey towards the promised land, refresh, renew, restore us in your service. We pray for churches where life has become dull and dry. We remember churches struggling for survival. We pray for Christians drained of energy and resources. We remember especially those who thirst for your presence and your saving power.

Good and gracious God,  
*give us the water of life.*

We pray for all who thirst after justice, all who are working hard to improve our world. We remember all who are suffering from weariness and exhaustion. We pray for all who live in desert lands.

Good and gracious God,  
*give us the water of life.*

We pray for all who are going through a time of test, in their faith, or in their relationships. We pray for those whose enthusiasm has cooled, for all who have lost their zest for life. We pray for all who are suffering from a lack of love in their homes.

Good and gracious God,  
*give us the water of life.*

We remember all who feel wrung out, all who are wearied with the journey of life, all who feel they just cannot continue.

We pray for all who can no longer live independently, for all who are in care, and for all carers. We remember all who are in hospice.

We pray, also, 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,  
*give us the water of life.*

We give thanks for the fellowship of those whose journey is over, those who hunger and thirst no more, all who have been refreshed and restored in your kingdom. We pray that we may share with them in the fullness of life which is eternal.

Good and gracious God,  
*give us the water of life.*

### **Concluding collect:**

Eternal Creator God, we thirst for your love, we long for your presence, we yearn for your peace. Come, Holy God, restore us that we may live to your glory; through him who gives us the water of life, Jesus Christ our Savior.  
*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](http://www.stbenslososos.org)*



## ♪ Hymn #149 “Eternal Lord of love behold thy church” Blue Hymnal



1. E - ter - nal Lord of love, be - hold your Church,  
2. So dai - ly dy - ing to the way of self,  
3. If dead in you, so in you we a - rise,



Walk - ing once more the pil - grim way of Lent,  
So dai - ly liv - ing to your way of love,  
You the first - born of all the faith - ful dead;



Led by your cloud by day, by night your fire,  
We walk the road, Lord Je - sus, that you trod,  
And as through ston - y ground the green shoots break,



Moved by your love and t'ward your pres - ence bent:  
Know - ing our - selves bap - tized in - to your death:  
Glo - rious in spring - time dress of leaf and flower,



Far off yet here the goal of all de - sire.  
So we are dead and live with you in God.  
So in the Fa - ther's glo - ry shall we wake.

*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:



*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,

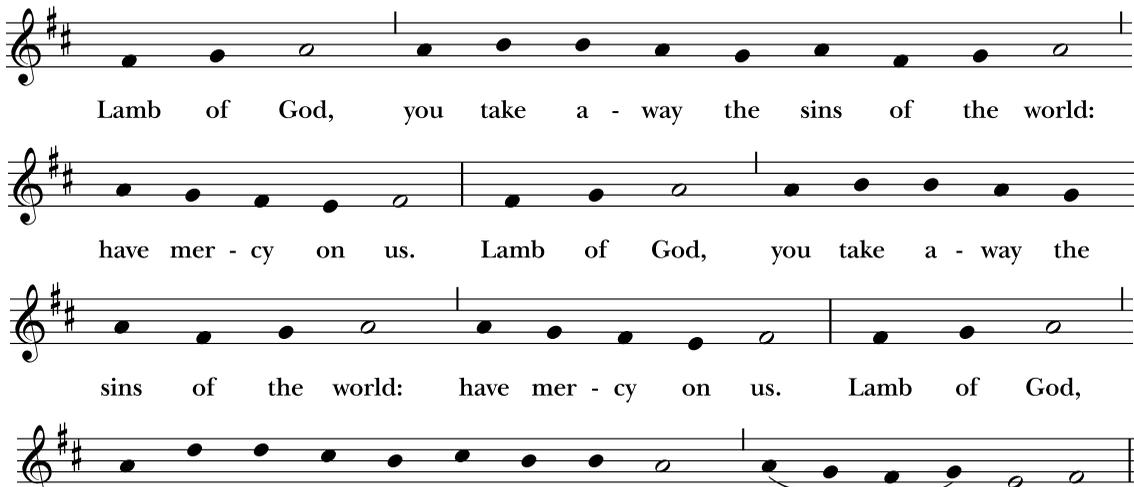
**Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,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

“Be Still”

Jennifer Lunday Lewis

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

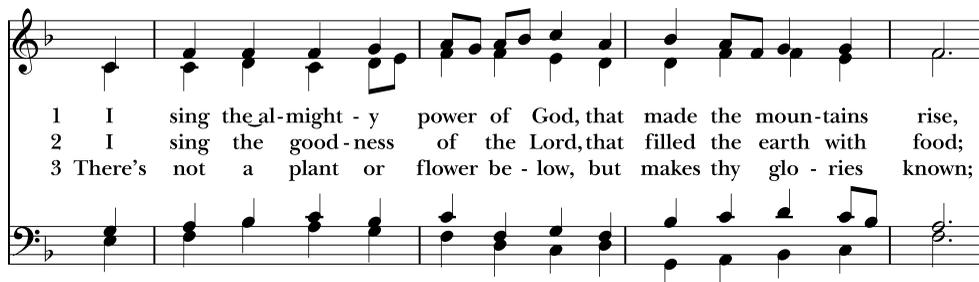
Presider: Let us bow down before God,

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

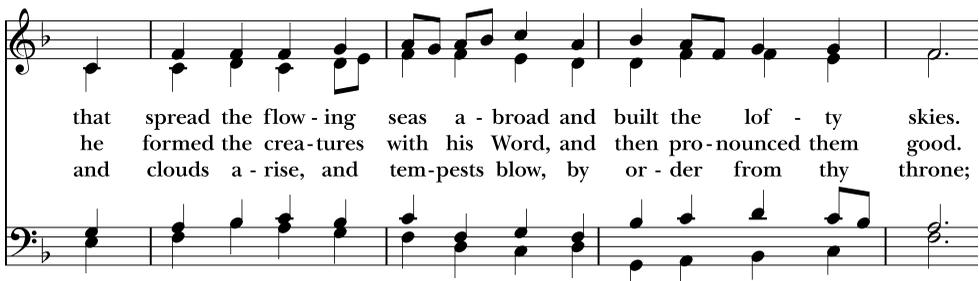
Presider: Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Savior. Amen.

# ♪ Hymn #398 "I sing the almighty power of God"

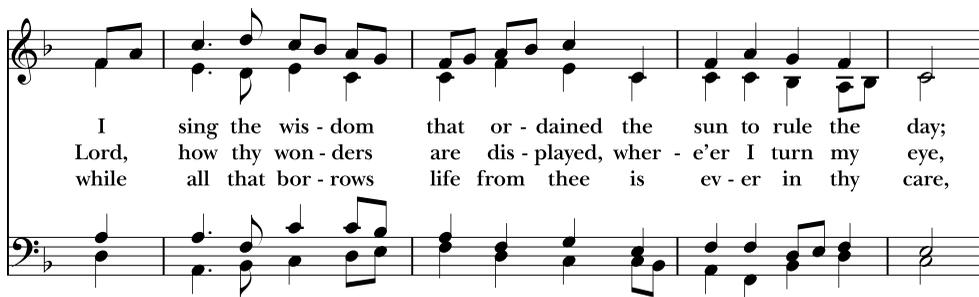
Blue Hymnal



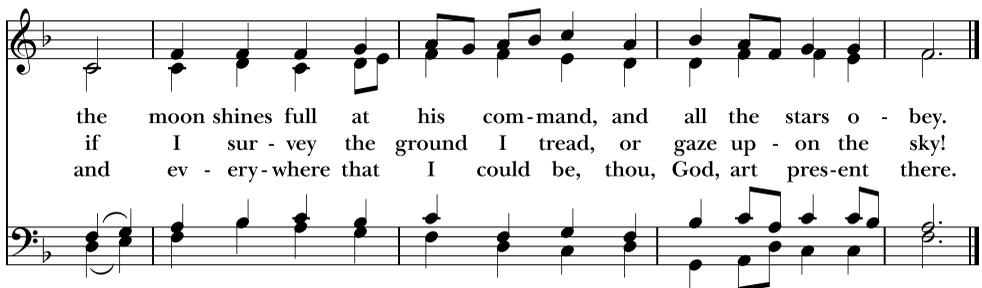
1 I sing the al-might - y power of God, that made the moun-tains rise,  
2 I sing the good-ness of the Lord, that filled the earth with food;  
3 There's not a plant or flower be - low, but makes thy glo - ries known;



that spread the flow - ing seas a - broad and built the lof - ty skies.  
he formed the crea-tures with his Word, and then pro-nounced them good.  
and clouds a - rise, and tem-pests blow, by or - der from thy throne;



I sing the wis - dom that or - dained the sun to rule the day;  
Lord, how thy won - ders are dis - played, wher - e'er I turn my eye,  
while all that bor - rows life from thee is ev - er in thy care,



the moon shines full at his com-mand, and all the stars o - bey.  
if I sur - vey the ground I tread, or gaze up - on the sky!  
and ev - ery-where that I could be, thou, God, art pres-ent there.

## **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:	Brian Spolarich
Chalice:	Alan Kiste
Lector:	Sandy Fisher
Lector:	John Horsley
Music:	Paul Burkle
Ushers:	Alan Kiste & Barbara Schippers
Flowers:	None
Intercessor:	Lisa Gonzalez
Altar Guild:	Diana Hammerlund
Tellers:	Bryson McKelvey, Sandy Fisher
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Brian Spolarich & Alan Kiste

## **This Week at St Ben's**

Monday	March 9
8:30a	Morning Prayers (Zoom)
8:30p	Compline (Zoom)
Tuesday	March 10
8:30a	Morning Prayers (Zoom)
9:45a	Prayers for the Morning
(Zoom)	
10:30a	Spiritual Conversation (Zoom)
8:30p	Compline (Zoom)
Wednesday	March 11
8:30a	Morning Prayers (Zoom)
8:30p	Compline (Zoom)
Thursday	March 12
8:30a	Morning Prayers (Zoom)
6:00p	Choir Practice
8:30p	Compline (Zoom)
Friday	March 13
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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