



**St. Benedict's
Episcopal Church**

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

**March 15th, 2026
Fourth 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.

Presider:

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

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.

The musical score is written in G minor (one flat) and 4/4 time. The first system consists of two staves: a vocal line and a piano accompaniment line. The vocal line has lyrics: "Ho - ly God, Ho - ly and Might - y,". The piano accompaniment features a steady bass line and chords in the right hand. The second system also has two staves with the same layout. The vocal line has lyrics: "Ho - ly Im - mor - tal One, Have mer - cy up - on us." The piano accompaniment continues with similar harmonic support, ending with a double bar line.

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

Gracious God whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

please be seated for the readings

1 Samuel 16:1-13

Reader: A Reading from the book of Samuel

The LORD said to Samuel, “How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.” Samuel said, “How can I go? If Saul hears of it, he will kill me.” And the LORD said, “Take a heifer with you, and say, ‘I have come to sacrifice to the LORD.’ Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.” Samuel did what the LORD commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, “Do you come peaceably?” He said, “Peaceably; I have come to sacrifice to the LORD; sanctify yourselves and come with me to the sacrifice.” And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, “Surely the Lord’s anointed is now before the LORD.” But the LORD said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him; for the LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart.” Then Jesse called Abinadab, and made him pass before Samuel. He said, “Neither has the LORD chosen this one.” Then Jesse made Shammah pass by. And he said, “Neither has the LORD chosen this one.” Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, “The LORD has not chosen any of these.” Samuel said to Jesse, “Are all your sons here?” And he said, “There remains yet the youngest, but he is keeping the sheep.” And Samuel said to Jesse, “Send and bring him; for we will not sit down until he comes here.” He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The LORD said, “Rise and anoint him; for this is the one.” Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the LORD came mightily upon David from that day forward. Samuel then set out and went to Ramah.

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

People: Thanks be to God

♪ Hymn #663 “The Lord my God my shepherd is” Blue Hymnal

Adaptation of Psalm 23

1 The Lord my God my shepherd is; how
 2 To whole - ness he re - stores my soul and
 3 Yea, e - ven when I must pass through the
 4 Thou hast in grace my ta - ble spread se -
 5 Then sure - ly I can trust thy love for

1 could I want or need? In pas - tures green, by
 2 doth in mer - cy bless, and helps me take for
 3 val - ley of death's shade, I will not fear, for
 4 cure in all a - larms, and filled my cup, and
 5 all the days to come, that I may tell thy

1 streams se - rene, he safe - ly doth me lead.
 2 his Name's sake the paths of right - eous - ness.
 3 thou art here, to com - fort and to aid.
 4 borne me up in ev - er - last - ing arms.
 5 praise, and dwell for ev - er in thy home.

Words: F. Bland Tucker (1895-1984); para. of Psalm 23. Copyright © The Church Pension Fund. Music: *Crimond*, melody Jesse Seymour Irvine (1836-1887); harm. *Hymnal 1982*.

Ephesians 5:8-14

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

Once you were darkness, but now in the Lord you are light. Live as children of light— for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!
Rise from the dead,
and Christ will shine on you.”

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 #143 “The glory of these forty days” vs 1 & 5 only Blue Hymnal



1 The glo - ry of these for - ty days we
 2 A - lone and fast - ing Mo - ses saw the
 3 So Dan - iel trained his mys - tic sight, de -
 4 Then grant us, Lord, like them to be full
 * 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
 2 lov - ing God who gave the law; and to E - li - jah,
 3 liv - ered from the li - ons' might; and John, the Bride - groom's
 4 oft in fast and prayer with thee; our spi - rits strength - en
 5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
 2 fast - ing, came the steeds and char - i - ots of flame.
 3 friend, be - came the her - ald of Mes - si - ah's name.
 4 with thy grace, and give us joy to see thy face.
 5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Leier*, 1543; harm. Johann Sebastian Bach (1685-1750).

John 9:1-41

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

People: *Glory to You, Lord Christ.*

As Jesus walked along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work.

As long as I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man’s eyes, saying to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, “Is this not the man who used to sit and beg?” Some were saying, “It is he.” Others were saying, “No, but it is someone like him.” He kept saying, “I am the man.” But they kept asking him, “Then how were your eyes opened?”

He answered, “The man called Jesus made mud, spread it on my eyes, and said to me, ‘Go to Siloam and wash.’ Then I went and washed and received my sight.” They said to him, “Where is he?” He said, “I do not know.”

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, “He put mud on my eyes. Then I washed, and now I see.” Some of the Pharisees said, “This man is not from God, for he does not observe the sabbath.” But others said, “How can a man who is a sinner perform such signs?” And they were divided. So they said again to the blind man, “What do you say about him? It was your eyes he opened.” He said, “He is a prophet.”

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, “Is this your son, who you say was born blind? How then does he now see?” His parents answered, “We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.” His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue.

Therefore his parents said, “He is of age; ask him.”

So for the second time they called the man who had been blind, and they said to him, “Give glory to God! We know that this man is a sinner.” He answered, “I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.” They said to him, “What did he do to you? How did he open your eyes?” He answered them, “I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?” Then they reviled him, saying, “You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.” The man answered, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.” They answered him, “You were born entirely in sins, and are you trying to teach us?” And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, “Do you believe in the Son of Man?” He answered, “And who is he, sir? Tell me, so that I may believe in him.” Jesus said to him, “You have seen him, and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him.

Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” Some of the Pharisees near him heard this and said to him, “Surely we are not blind, are we?” Jesus said to them, “If you were blind, you would not have sin. But now that you say, ‘We see,’ your sin remains.”

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, Creator of light, we remember today all who walk in deep shadow, all who do not know your love, all who are unaware of your light. We pray that your church may shine as a light in the world and bring all peoples to you who are the true light.

We pray for all who go out in mission, all who proclaim your love.

Jesus, Light of the world,
bring your light to the shadows in our hearts and minds.

We pray for all who misuse your world, for all those who have no respect for your people or their freedom, or their dignity, we pray for all those who deal in wickedness and vice; that a new awareness may open their eyes, a new vision bring them to your light.

Jesus, Light of the world,
bring your light to the shadows in our hearts and minds.

Merciful God, forgive the hurt we cause by own inability to perceive and follow your Way.

May the brightness of your light bring joy to the places where we live,
new love to our relationships,
and deep peace to our communities.

Jesus, Light of the world,

bring your light to the shadows in our hearts and minds.

We remember all whose minds are cloaked by fear, or sin,
all who are beset by past deeds they'd rather forget.

We pray for the healing of the past in our lives, and in our communities.

We pray for all who are consumed by hatred or a desire for revenge.

We pray for all those who are suffering today.

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]

Jesus, Light of the world,

bring your light to the shadows in our hearts and minds.

We praise you for all who have entered into a fuller vision of your glory.

We pray that we may not be stuck in sorrow for those who are departed,
but instead, may rejoice in their freedom.

Jesus, Light of the world,

bring your light to the shadows in our hearts and minds.

Concluding collect:

Holy God, open our eyes to your presence, open our ears to your call, open
our hearts to your love; that we may give ourselves to you and walk before
you as children of light; through him who is the Light of the World, Jesus
Christ our Lord. ***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 #397

“Now thank we all our God”

Blue Hymnal

1 Now thank we all our God, with heart, and hands, and voic - es,
 2 O may this boun - teous God through all our life be near us!
 3 All praise and thanks to God the Fa - ther now be giv - en,

who won - drous things hath done, in whom his world re - joic - es;
 With ev - er - joy - ful hearts and bless - ed peace to cheer us;
 the Son, and him who reigns with them in high - est hea - ven,

who from our mo - ther's arms hath blessed us on our way
 and keep us in his grace, and guide us when per - plexed,
 e - ter - nal, Tri - une God, whom earth and heaven a - dore;

with count - less gifts of love, and still is ours to - day.
 and free us from all ills in this world and the next.
 for thus it was, is now, and shall be, ev - er - more.

Words: Martin Rinkart (1586-1649); tr. Catherine Winkworth (1827-1878), alt. Music: *Nun danket alle Gott*, melody Johann Cruger (1598-1662); harm. William Henry Monk (1823-1889), after Felix Mendelssohn (1809-1947).

please stand as you are able

Sanctus

S131



Ho - ly, ho - ly, ho - ly Lord, God of power and might,
heaven 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.

Setting: Gerald R. Near (b. 1942)

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 166



Je - sus, Lamb of God: have mer - cy on
us. Je - sus, bear - er of our sins: have mer - cy on us.
Je - sus, re-deem - er of the world: give us your peace.

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

“Dwell in the Light Forevermore” Lloyd Larson and Susan Bentall Boersma

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 down in mercy, Lord, on your people who bow before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. *Amen.*

Hymn #594

“God of grace and God of glory”

Blue Hymnal

1 God of grace and God of glo - ry, on thy peo - ple pour thy power;
 2 Lo! the hosts of e - vil round us scorn thy Christ, as - sail his ways!
 3 Cure thy chil - dren's war - ring mad - ness, bend our pride to thy con - trol;
 4 Save us from weak res - ig - na - tion to the e - vils we de - plore;

crown thine an - cient Church's sto - ry; bring her bud to glo - rious flower.
 From the fears that long have bound us free our hearts to faith and praise:
 shame our wan - ton self - ish glad - ness, rich in things and poor in soul.
 let the gift of thy sal - va - tion be our glo - ry ev - er - more.

Grant us wis - dom, grant us cour - age, for the fac - ing of this
 grant us wis - dom, grant us cour - age, for the liv - ing of these
 Grant us wis - dom, grant us cour - age, lest we miss thy king - dom's
 Grant us wis - dom, grant us cour - age, serv - ing thee whom we a -

hour, for the fac - ing of this hour.
 days, for the liv - ing of these days.
 goal, lest we miss thy king - dom's goal.
 dore, serv - ing thee whom we a - dore.

Words: Harry Emerson Fosdick (1878-1969), alt. By permission of the author. Music: *Cwm Rhondda*, John Hughes (1873-1932).

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

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Ministers of the Service

| | |
|-----------------------|---------------------------------------|
| Presider: | The Rev. Linzi Stahlecker |
| Preacher: | The Rev. Linzi Stahlecker |
| Eucharistic Minister: | Alan Kiste |
| Chalice: | Brian Spolarich |
| Lector: | Roz Malone |
| Lector: | Bryson McKelvey |
| Music: | Paul Burkle |
| Ushers: | Brian Spolarich & Connie Weldon |
| Flowers: | Pamala Bleisch |
| Intercessor: | Louisa Beeler |
| Altar Guild: | Sarah Chesebro |
| Tellers: | Alice Welchert, Steve Cake |
| Online Host: | Elaine Beckham |
| Technical: | Hannah-Jaye Matthews |
| Coffee Hour Host: | Christine Featherstone, Lisa Gonzalez |

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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