



St. Benedict's Episcopal Church

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

**April 19th, 2026
Third Sunday of Easter**

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker


♪ Hymn #460

“Alleluia! Sing to Jesus!”

Blue Hymnal




1 Al - le - lu - ia! sing to Je - sus! his the
 *2 Al - le - lu - ia! not as or - phans are we
3 Al - le - lu - ia! bread of Hea - ven, Thou on
 4 Al - le - lu - ia! King e - ter - nal, thee the
 *5 Al - le - lu - ia! sing to Je - sus! his the



1 scep - ter, his the throne; Al - le - lu - ia! his the
 2 left in sor - row now; Al - le - lu - ia! he is
3 earth our food, our stay! Al - le - lu - ia! here the
 4 Lord of lords we own: Al - le - lu - ia! born of
 5 scep - ter, his the throne; Al - le - lu - ia! his the



1 tri - umph, his the vic - to - ry a - lone; Hark! the
 2 near us, faith be - lieves, nor ques - tions how: though the
3 sin - ful flee to thee from day to day: In - ter -
 4 Ma - ry, earth thy foot - stool, heaven thy throne: thou with -
 5 tri - umph, his the vic - to - ry a - lone; Hark! the



1 songs of peace - ful Zi - on thun - der like a
 2 cloud from sight re - ceived him, when the for - ty
3 ces - sor, friend of sin - ners, earth's Re - deem - er,
 4 in the veil hast en - tered, robed in flesh, our
 5 songs of ho - ly Zi - on thun - der like a



1 might - y flood; Je - sus out of ev - ery
 2 days were o'er, shall our hearts for - get his
3 plead for me, where the songs of all the
 4 great High Priest: thou on earth both Priest and
 5 might - y flood; Je - sus out of ev - ery

1 na - tion hath re - deemed us by his blood.
 2 prom - ise, "I am with you ev - er - more"?
 3 sin - less sweep a - cross the crys - tal sea.
 4 Vic - tim in the eu - cha - ris - tic feast.
 5 na - tion hath re - deemed us by his blood.

Presider: Alleluia. Christ is risen.

People: *Christ is risen indeed. Alleluia.*

Presider: Let us pray.

All: **Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**



1. Glo - ry to God in the high-est, and peace to his peo - ple on earth.



2. Lord God, hea-ven-ly King, al-might-y God and Fa-ther, we wor-ship you,



we give you thanks, we praise you for your glo - ry. 3. Lord Je - sus Christ,



on - ly Son of the Fa - ther, Lord God, Lamb of God,



4. you take a - way the sin of the world; have mer - cy on us;



5. you are seat - ed at the right hand of the Fa - ther; re - ceive our prayer.



6. For you a - lone are the Ho - ly One, you a - lone are the Lord,



7. you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spi - rit,



in the glo - ry of God the Fa - ther. A - - men.

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O God, whose blessed Son made himself known to his disciples in the breaking of bread: Open the eyes of our faith, that we may behold him in all his redeeming work; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

please be seated for the readings

Acts 2:14a,36-41

Reader: A Reading from the Acts of the Apostles

Peter, standing with the eleven, raised his voice and addressed the crowd, “Let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.”

Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, “Brothers, what should we do?” Peter said to them, “Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.” And he testified with many other arguments and exhorted them, saying, “Save yourselves from this corrupt generation.” So those who welcomed his message were baptized, and that day about three thousand persons were added.

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

People: Thanks be to God.

♪ Psalm 116:1-3, 10-17

S415

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



1 I love the LORD, because he has
heard the voice of my suppli-
cation, *
because he has inclined his ear to me whenever I called up-**on**
him.

2 The cords of death entangled me;
the grip of the grave took **hold of me**; *
I came to grief and **sorrow**.

3 Then I called upon the Name of the **LORD**: *
"O Lord, I pray you, save my **life**."

10 How shall I repay the **LORD** *
for all the good things he has done **for me**?

11 I will lift up the cup of sal-**vation** *
and call upon the Name of the **LORD**.

12 I will fulfill my vows to the **LORD** *
in the presence of all his **people**.

13 Precious in the sight of the **LORD** *
is the death of his **servants**.

14 O LORD, I am your **servant**; *
I am your servant and the child of your handmaid;
you have freed me from my **bonds**.

15 I will offer you the sacrifice of thanks-**giving** *
and call upon the Name of the **LORD**.

16 I will fulfill my vows to the **LORD** *
in the presence of all his **people**,

repeat the second half of the chant for the last verse

17 In the courts of the LORD's **house**, *
in the midst of you, O Jerusalem.
Halle-lujah!

1 Peter 1:17-23

Reader: A Reading from the First Letter of Peter

If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.

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

People: ***Thanks be to God.***

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

♪ Hymn #188 “Love's redeeming work is done” verses 1 & 2 only Blue Hymnal



1 Love's re - deem - ing work is done, fought the fight, the bat - tle won.
2 Lives a - gain our glo - rious King; where, O death, is now thy sting?
3 Soar we now where Christ has led, fol - lowing our ex - alt - ed Head;



Death in vain for - bids him rise; Christ has o - pened par - a - dise.
Once he died our souls to save, where thy vic - to - ry, O grave?
made like him, like him we rise, ours the cross, the grave, the skies.

Words: Charles Wesley (1707-1788), alt. Music: *Savannah*, from *Harmonia Sacra*, ca. 1760.

Luke 24:13-35

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

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

Now on that same day two of Jesus' disciples were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, “What are you discussing with each other while you walk along?” They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, “Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?” He asked them, “What things?” They replied,

“The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us.

They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.” Then he said to them, “Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, “Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?” That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, “The Lord has risen indeed, and he has appeared to Simon!” Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Gospeller: The Gospel of Christ.

People Praise to You, Lord Christ.

Sermon

The Rev. Linzi Stahlecker

Silence

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

Christ Jesus, that we may know in the breaking:

in the break of day, in the breaking of hearts, and in the breaking of bread,
help us to know that you are risen indeed, and that you are with us in the
holy communion.

May your church ever proclaim your presence, and know that you travel
with us on the road we each are on.

Teach us to abide in you, that we may know you as you abide in us.

We pray that your church will walk with the downcast, the seekers, the
troubled in heart, and help to reveal your love and presence.

Christ Jesus, abide with us
and we will abide in you.

We pray today for all who journey:

for those who are leaving places of fear and violence, for those who lives
are in danger, for all refugees and asylum seekers, for all who are forced to
flee because of war.

Christ Jesus, abide with us
and we will abide in you.

We give thanks to you for your abiding presence.
Make us aware of your presence in the all spaces and places where we live
our lives.
Helps us to be aware of you, always and everywhere.
Help us to see you, O Christ, in everyone we meet.

Christ Jesus, abide with us
and we will abide in you.

We pray for this world, that your presence might transform the hearts and
minds of its leaders, and that all the world might commit to paths of justice
and peace.
Christ Jesus, abide with us
and we will abide in you.

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]

Christ Jesus, abide with us
and we will abide in you.

We pray for the broken-hearted, for those who struggle to find hope, for all
who are impacted by the pain and sickness of this world.
We remember all who now travel alone, for all who are coming to the end
of their own journey in this world, we pray for the elderly and all who rely
on the care of others.
We pray for all those who have died and have entered into your eternal
presence.

Christ Jesus, abide with us
and we will abide in you.

Presider:

Abide with us, Jesus, all our days.

Abide with us in our journeying.

Abide with us in our seeking and in our longings.

Abide with us now and to eternity.

Jesus, risen Christ, we make our prayer to you, who lives and reigns with the Father and the Holy Spirit in glory and forever. **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 #400 “All creatures of our God and King” verses 1-4 & 7 Blue Hymnal



1 All crea-tures of our God and King, lift up your voic-es, let us
 *2 Great rush-ing winds and breez-es soft, you clouds that ride the heavens a-
 *3 Swift flow-ing wa-ter, pure and clear, make mu-sic for your Lord to
 4 Dear mo-ther earth, you day by day un-fold your bless-ings on our
 5 All you with mer-cy in your heart, for-giv-ing o-thers, take your
 *6 And ev-en you, most gen-tle death, wait-ing to hush our fi-nal
 7 Let all things their cre-a-tor bless, and wor-ship him in hum-ble-



1 sing: Al-le-lu-ia, al-le-lu-ia! Bright burn-ing
 2 loft, O— praise him, Al-le-lu-ia! Fair ris-ing
 3 hear, Al-le-lu-ia, al-le-lu-ia! Fire, so in-
 4 way, O— praise him, Al-le-lu-ia! All flowers and
 5 part, O— sing now: Al-le-lu-ia! All you that
 6 breath, O— praise him, Al-le-lu-ia! You lead back
 7 ness, O— praise him, Al-le-lu-ia! Praise God the



1 sun with gold-en beams, pale sil-ver moon that gen-tly gleams,
 2 morn, with praise re-joice, stars night-ly shin-ing, find a voice,
 3 tense and fierce-ly bright, you give to us both warmth and light,
 4 fruits that in you grow, let them his glo-ry al-so show:
 5 pain and sor-row bear, praise God, and cast on him your care:
 6 home the child of God, for Christ our Lord that way has trod:
 7 Fa-ther, praise the Son, and praise the Spi-rit, Three in One:

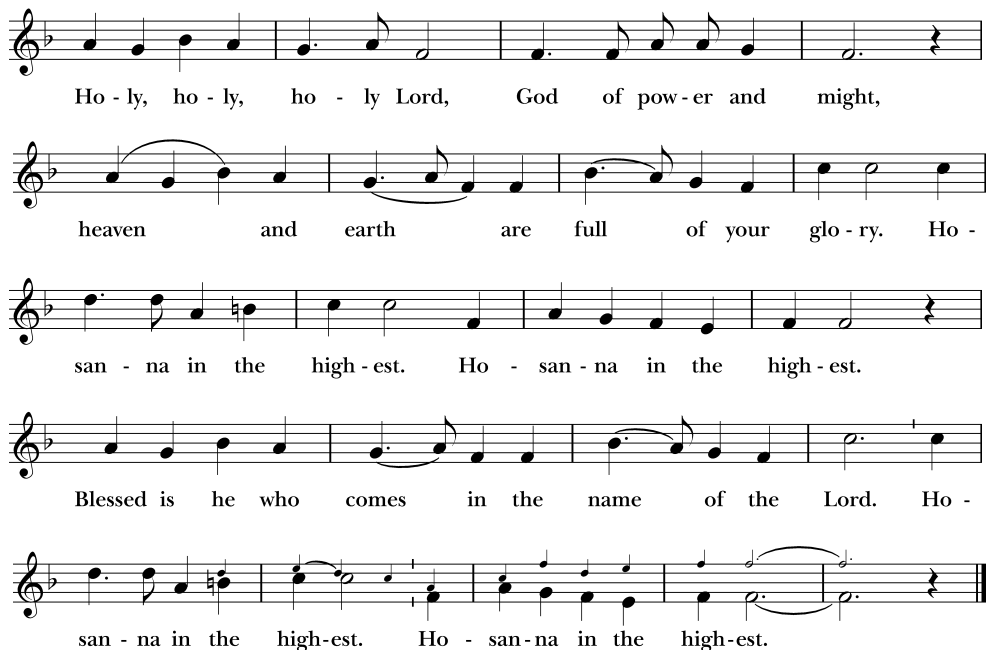


The refrain may be sung antiphonally, by phrase; all join in the final Alleluia.

Words: St. Francis of Assisi (1182-1226); tr. William H. Draper (1855-1933), alt. Music: *Lasst uns erfreuen*, melody from *Auserlesene Catholische Geistliche Kirchengeseng*, 123; adapt. and harm. Ralph Vaughan Williams (1872-1958). By permission of Oxford University Press.

Sanctus

S125



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

Music: From *A Community Mass*; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

The Presider continues

We acclaim you, holy God, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Holy God, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, Jesus lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose Jesus gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And that we might live no longer for ourselves, but for Christ who died and rose for us, you sent the Holy Spirit, your own first gift for those who believe, to complete your work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for Jesus to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them Jesus 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.”

Almighty God, we now celebrate this memorial of our redemption. Recalling Christ’s death and descent among the dead, proclaiming Christ’s resurrection and ascension to your right hand, awaiting Christ’s coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

**All: We praise you, we bless you,
we give thanks to you,
and we pray to you, Lord our God.**

God our Creator, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of our Savior Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with all the saints who have found favor with you in ages past.

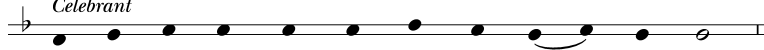
We praise you in union with them and give you glory through Jesus Christ our Savior.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. **AMEN.**

♪ The Lord's Prayer

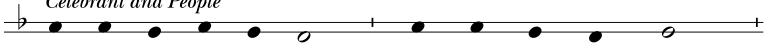
S148

Celebrant

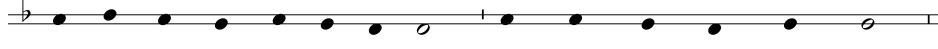


As our Sa - vior Christ has taught us, we now pray,


Celebrant and People



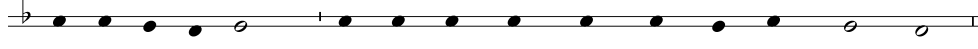
Our Fa - ther in hea - ven, hal - lowed be your Name,



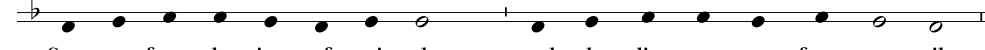
your king - dom come, your will be done, on earth as in hea - ven.



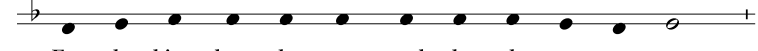
Give us to - day our dai - ly bread.




For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of tri - al, and de - liv - er us from e - vil.



For the king - dom, the power, and the glo - ry are yours,



now and for ev - er. A - men.

MUSIC: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.


The Breaking of the Bread

The Presider breaks the Bread

♪ Fraction Anthem


EOM2 147

Cantor, then All




We who are man-y are one bo - dy, for we all share in the one bread.

Cantor



We break this bread to share in the Bo - dy of Christ.

All



We who are man-y are one bo - dy, for we all share in the one bread.

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 #316 “This is the hour of banquet and of song” Blue Hymnal



1 This is the hour of banquet and of song;
2 Too soon we rise; we go our sev - eral ways;
3 Feast af - ter feast thus comes and pass - es by,



this is the heaven - ly ta - ble spread for me;
the feast, though not the love, is past and gone,
yet, pass - ing, points to the glad feast a - bove,



here let me feast, and feast - ing, still pro - long the
the Bread and Wine con - sumed: yet all our days thou
giv - ing us fore - taste of the fes - tal joy, the



brief, bright hour of fel - low - ship with thee.
still art here with us— our Shield and Sun.
Lamb's great mar - riage feast of bliss and love.

Words: Horatius Bonar (1808-1889), alt. Music: *Canticum refectonis*, David McKinley Williams (1887-1978). Copyright © The Church Pension Fund.

Silence

(please stand as you are able)

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, Father, 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.**

Blessing



1 I am the bread of life;— they who
 2 (The) Bread that I will give is my
 3 (Un-) less you eat of the
 4 I am the re - sur - rec - tion,
 5 (Yes,) Lord, we be - lieve that



1 come to me shall not hun - ger; they who be -
 2 Flesh for the life of the world, and they who
 3 Flesh of the Son of Man and
 4 I am the life. They who be -
 5 you are the Christ, the



1 lieve in me shall not thirst. No one can come to
 2 eat of this bread, they shall live for
 3 drink of his Blood, you shall not have life with -
 4 lieve in me, e - ven if they
 5 Son of God who has



1 me un - less the Fa - ther draw them.
 2 ev - er. they shall live for ev - er.
 3 in you. you shall not have life with - in you.
 4 die, they shall live for ev - er.
 5 come in - to the world.

Descant

And I will raise them up, and I will raise them

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

up, and I will raise them up on the

last day. 1-4 *Final Ending*

5 Yes, (2) day.

last day. 2 The

3 Un- day.

4 —

5 Yes, (2)

The descant may be sung after stanzas 4 and 5.

Words: Suzanne Toolan (b. 1927), adapt. of John 6. Copyright © 1971, G.I.A. Publications, Inc. Music: *I Am the Bread of Life*, Suzanne Toolan (b. 1927); arr. Betty Pulkingham (b. 1928). Copyright © 1971, G.I.A. Publications, Inc.

Dismissal

Presider: Let us go forth in the name of Christ.

People: **Thanks be to God. Alleluia! Alleluia!**

♪ Postlude

Original Improvisation

Paul Burkle

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Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Altar Guild:	Diana Hammerlund
Eucharistic Minister:	Maureen Titus
Chalice:	Helen Schnieders
Lectors:	Bryson McKelvey, Connie Weldon
Flowers:	Pamela Bleisch
Usher:	Connie Weldon
Usher:	Jim Malone
Music:	Paul Burkle
Intercessor:	Louisa Beeler
Tellers:	Alice Welchert, Karen Lewis
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Adam Fernandes

This Week at St. Ben's

Monday	Apr 13
8:30 a	Morning Prayer (Zoom)
Tuesday	Apr 14
8:30 a	Morning Prayer (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
Wednesday	Apr 15
8:30 a	Morning Prayer (Zoom)
Thursday	Apr 16
8:30 a	Morning Prayer (Zoom)
6:00 p	Choir Practice
Friday	Apr 17
8:30 a	Morning Prayer (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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