



# **St. Benedict's Episcopal Church**

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

**May 3rd, 2026  
Fifth Sunday of Easter**

**~ Prelude ~**

*Original Improvisation*

Paul Burkle

**Welcome**

The Rev. Linzi Stahlecker

**♩ Hymn #178** “Alleluia, alleluia! Give thanks to the risen Lord.” Blue Hymnal

*Descant*

Al - le - lu - ia, al - le -

*Refrain*

Al - le - lu - ia, al - le - lu - ia! Give thanks to the

lu - ia, al - le - lu - ia!

ris - en Lord. Al - le - lu - ia, al - le - lu - ia! Give

1-4 *Final Ending*

Praise to his Name. Name.

Praise to his Name. Name.

1 Je - sus is Lord of all the earth.  
 2 Spread the good news o'er all the earth:  
 3 We have been cru - ci - fied with Christ.  
 4 Come, let us praise the liv - ing God,

*Repeat Refrain*

He is the King of crea - tion.  
 Je - sus has died and has ris - en. Al - le -  
 Now we shall live for ev - er.  
 joy - ful - ly sing to our Sa - vior.

*The descant may be sung after stanzas 3 and 4.*

Words: Donald Fishel (b. 1950). Copyright © 1973, The Word of God. All Rights Reserved. P.O. Box 8617, Ann Arbor, MI 48107. Music: *Alleluia No. 1*, Donald Fishel (b. 1950); arr. Betty Pulkingham (b. 1928), Charles Mallory (b. 1950) and George Mims (b. 1938). Melody Copyright © 1973, The Word of God. All Rights Reserved. P.O. Box 8617, Ann Arbor, MI 48107.

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: Almighty God, whom truly to know is everlasting life: Grant us so perfectly to know your Son Jesus Christ to be the way, the truth, and the life, that we may steadfastly follow his steps in the way that leads to eternal life; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. ***Amen.***

*please be seated for the readings*

## Acts 7:55-60

Reader: *A Reading from the Acts of the Apostles*

Filled with the Holy Spirit, Stephen gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. “Look,” he said, “I see the heavens opened and the Son of Man standing at the right hand of God!” But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, “Lord Jesus, receive my spirit.” Then he knelt down and cried out in a loud voice, “Lord, do not hold this sin against them.” When he had said this, he died.

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

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

## ♪ Psalm 31: 1-5, 15, 16

S411

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



- 1 In you, O Lord, have I taken refuge;  
let me never be put to **shame**; \*  
deliver me in your **righteousness**.
- 2 Incline your ear to **me**; \*  
make haste to de-**liver me**.
- 3 Be my strong rock, a castle to keep me safe,  
for you are my crag and my **stronghold**; \*  
for the sake of your Name, lead me and **guide me**.
- 4 Take me out of the net that they have secretly **set for me**, \*  
for you are my tower of **strength**.
- 5 Into your hands I commend my **spirit**, \*  
for you have redeemed me,  
O Lord, O God of **truth**.
- 15 My times are in your **hand**; \*  
rescue me from the hand of my enemies,  
and from those who **persecute me**.

*repeat the second half of the chant for the last verse*

- 16 Make your face to shine upon your **servant**, \*  
and in your loving-kindness **save me**.

## 1 Peter 2:2-10

*Reader: A Reading from the First Letter of Peter*

Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good.

Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture:

“See, I am laying in Zion a stone,  
a cornerstone chosen and precious;  
and whoever believes in him will not be put to shame.”

To you then who believe, he is precious; but for those who do not believe,

“The stone that the builders rejected  
has become the very head of the corner”, and

“A stone that makes them stumble,  
and a rock that makes them fall.”

They stumble because they disobey the word, as they were destined to do.

But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light.

Once you were not a people,  
but now you are God's people;  
once you had not received mercy,  
but now you have received mercy.

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 #487 “Come my Way, my Truth, my Life”

Blue Hymnal



1 Come, my Way, my Truth, my Life: such a  
 2 Come, my Light, my Feast, my Strength: such a  
 3 Come, my Joy, my Love, my Heart: such a



way as gives us breath; such a truth as ends all  
 light as shows a feast; such a feast as mends in  
 joy as none can move; such a love as none can



strife; such a life as kill - eth death.  
 length; such a strength as makes \_\_\_\_\_ his guest.  
 part; such a heart as joys \_\_\_\_\_ in love.

Words: George Herbert (1593-1633). Music: *The Call*, Ralph Vaughan Williams (1872-1958).

## John 14:1-14

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

*People: Glory to You, Lord Christ.*

Jesus said, “Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also.

And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going.

How can we know the way?" Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him."

Philip said to him, "Lord, show us the Father, and we will be satisfied." Jesus said to him, "Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it."

*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**

Holy Mystery, you have called us to walk in your way, make us the people that you would have us be, guide us that we may do what you would have us do, that we may reveal your truth, and lead others to the fullness of life, that we may be a chosen people, a royal priesthood, that we may proclaim the mighty acts of him who called us into his marvelous light.

Christ Jesus, lead us in the ways of peace.

**Guide us in the path of life.**

We pray for all who are in positions of authority, for all who will be called upon to make difficult decisions this week.

We remember those who make decisions that affect the life of this planet.

We pray for all who make efforts for the healing of the earth.

Lead us in the ways of peace.

**Guide us in the path of life.**

We praise you for all who have enriched our lives, for all who have built up our community, for those who have extended our vision, for all who taught us the truth, for those who set us on a good path.

We pray for our families and friends, for the people we work with, volunteer with, and worship alongside, and for all in our community.

Christ Jesus, lead us in the ways of peace.

**Guide us in the path of life.**

We pray for all who are confused about the truth, or about life, for all who feel lost.

We pray for all who are living a lie and cannot face reality.

We pray for all who are not at peace.

We come to you with all who are troubled in heart.

We pray for all who are in need, especially for those 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, lead us in the ways of peace.

**Guide us in the path of life.**

Christ Jesus, as you have gone before us and prepared a place for us, lead us - until we come fully into your kingdom and walk before you in that life which is eternal.

Christ Jesus, lead us in the ways of peace.

**Guide us in the path of life.**

Presider:

Loving God, guide us that we may walk in your way, rejoice in your truth, and be kept for ever in the life which you give which is eternal; through him who lived and died and rose again for us. 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 #657

## “Love divine, all loves excelling”

Blue Hymnal



1 Love di - vine, all loves ex - cell - ing, joy of heaven, to  
 2 Come, al - might - y to de - liv - er, let us all thy  
 3 Fi - nish then thy new cre - a - tion; pure and spot - less



earth come down, fix in us thy hum - ble dwell - ing, all thy  
 life re - ceive; sud - den - ly re - turn, and nev - er, nev - er -  
 let us be; let us see thy great sal - va - tion per - fect -



faith - ful mer - cies crown. Je - sus, thou art all com - pas - sion,  
 more thy tem - ples leave. Thee we would be al - way bless - ing,  
 ly re - stored in thee: changed from glo - ry in - to glo - ry,



pure, un - bound - ed love thou art; vis - it us with  
 serve thee as thy hosts a - bove, pray, and praise thee  
 till in heaven we take our place, till we cast our

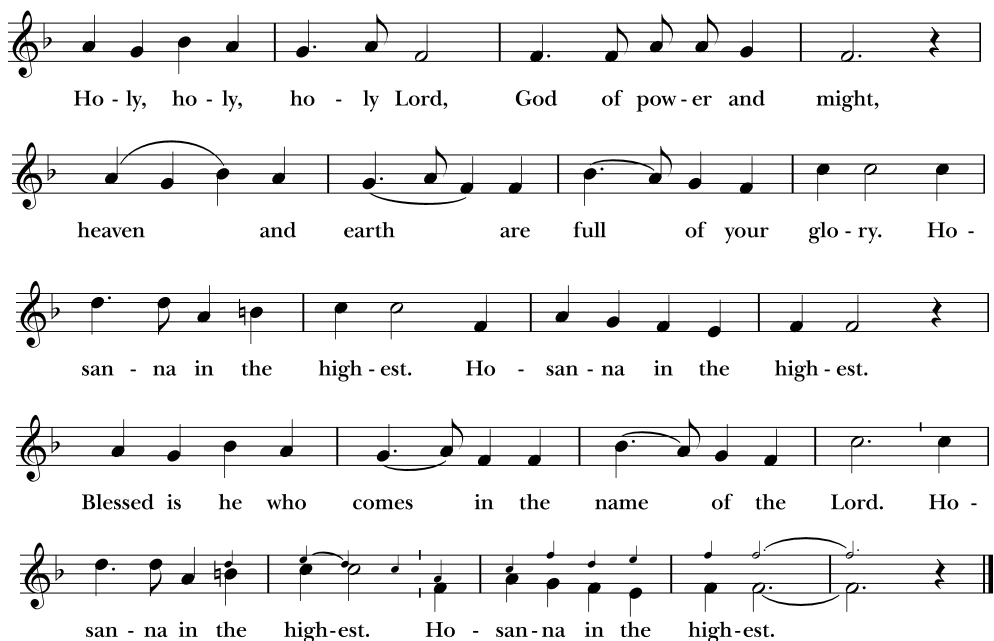


thy sal - va - tion, en - ter ev - ery trem - bling heart.  
 with - out ceas - ing, glo - ry in thy per - fect love.  
 crowns be - fore thee, lost in won - der, love, and praise.



## 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.

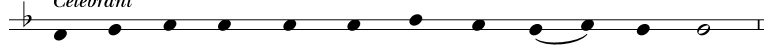
Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace. And grant that we may find our inheritance with all the saints who have found favor with you in ages past.

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

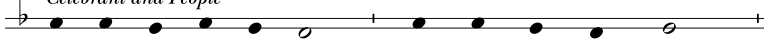
S148

*Celebrant*

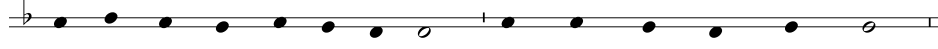


As our Sa - vior Christ has taught us, we now pray,

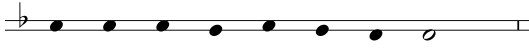
*Celebrant and People*



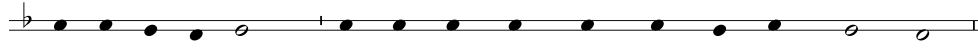
Our Fa - ther in hea - ven, hal - lowed be your Name,



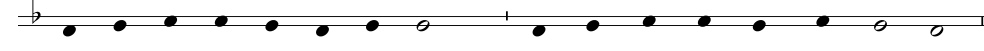
your king - dom come, your will be done, on earth as in hea - ven.



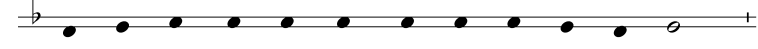
Give us to - day our dai - ly bread.



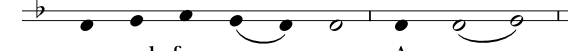
For - give us our sins as we for - give those who sin a - gainst us.



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

## ♪ Choir Anthem

## “Communion Kum Bah Yah”

Bret Rhoades and Steve Kupferschmid

(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

### ♪ Hymn #791

**“Peace before us”** verses 1-4 and 6 only  
WLP

1. Peace	be - fore us,	peace	be - hind us,
2. Love	be - fore us,	love	be - hind us,
3. Light	be - fore us,	light	be - hind us,
4. Christ	be - fore us,	Christ	be - hind us,

peace un - der our feet. \_\_\_\_\_ Peace with - in us,  
 love un - der our feet. \_\_\_\_\_ Love with - in us,  
 light un - der our feet. \_\_\_\_\_ Light with - in us,  
 Christ un - der our feet. \_\_\_\_\_ Christ with - in us,

1. 2. 3. 4. 5.  
 peace o - ver us, let all a - round us be peace. \_\_\_\_\_  
 love o - ver us, let all a - round us be love. \_\_\_\_\_  
 light o - ver us, let all a - round us be light. \_\_\_\_\_  
 Christ o - ver us, let all a - round us be Christ. \_\_\_\_\_

6.  
 6. peace. \_\_\_\_\_ Let all a - round us be peace. \_\_\_\_\_

6. Let all a - round us be peace. \_\_\_\_\_

6. Peace before us, peace behind us,  
 peace under our feet.  
 Peace within us, peace over us,  
 let all around us be peace. (*three times*)

## 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:	Michael Lucas
Chalice:	Lisa Gonzalez
Lectors:	Bob Pelfrey, Jane Wu
Flowers:	Brian Spolarich
Usher:	Connie Weldon
Usher:	Jim Malone
Music:	Paul Burkle
Intercessor:	Lisa Gonzalez
Tellers:	Alice Welchert, Sandy Fisher
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Potluck

## This Week at St. Ben's

Monday	May 4
8:30 a	Morning Prayer (Zoom)
Tuesday	May 5
8:30 a	Morning Prayer (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
5:30 p	Centering Prayer (in-person only)
Wednesday	May 6
8:30 a	Morning Prayer (Zoom)
4:00 p	Community Dinner
Thursday	May 7
8:30 a	Morning Prayer (Zoom)
6:00 p	Choir Practice
Friday	May 8
8:30 a	Morning Prayer (Zoom)
Saturday	May 9
3:00 p	Central Coast Reader's Theater
4:15 p	Mothers Day Tea Time

## 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.



**St. Benedict's Episcopal Church**

**PO Box 6877**

**2220 Snowy Egret Lane**

**Los Osos, CA 93402**

**805-528-0654**

**office@stbenslososos.org**

**www.stbenslososos.org**

