



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

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

**May 17th, 2026**

**Seventh Sunday of Easter**

**~ Prelude ~**

*Original Improvisation*

Paul Burkle

**Welcome**

The Rev. Linzi Stahlecker

♩ Hymn #427 “When morning gilds the skies” verses 1-3 only Blue Hymnal

1 When morn - ing gilds the skies, my heart, a - wak - ing, cries,  
 2 When mirth for mu - sic longs, this is my song of songs:  
 3 No love - lier an - ti - phon in all high heaven is known  
 4 Ye na - tions of man - kind, in this your con - cord find:  
 5 Sing, suns and stars of space, sing, ye that see his face,

1 may Je - sus Christ be praised! When eve - ning sha - dows fall,  
 2 may Je - sus Christ be praised! God's ho - ly house of prayer  
 3 than, Je - sus Christ be praised! There to the e - ter - nal Word  
 4 may Je - sus Christ be praised! Let all the earth a - round  
 5 sing, Je - sus Christ be praised! God's whole cre - a - tion o'er,

1 this rings my cur - few call, may Je - sus Christ be praised!  
 2 hath none that can com - pare with: Je - sus Christ be praised!  
 3 the e - ter - nal psalm is heard: may Je - sus Christ be praised!  
 4 ring joy - ous with the sound: may Je - sus Christ be praised!  
 5 both now and ev - er - more shall Je - sus Christ be praised!

Words: German, ca. 1800; tr. Robert Seymour Bridges (1844-1930), alt. Music: *Laudes Domini*, Joseph Barnby (1838-1896).

Presider: Alleluia. Christ is risen.  
 People: ***Christ is risen indeed. Alleluia.***  
 Presider: Let us pray.

**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.***



## Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O God, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. *Amen.*

*please be seated for the readings*

## Acts 1:6-14

Reader: A Reading from the Acts of the Apostles

When the apostles had come together, they asked Jesus, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James.

All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

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

*People: Thanks be to God.*

## ♪ Psalm 68:1-10, 33-36

S414

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



- 10 Your people found their **home in it**; \*  
in your goodness, O God, you have made provision for the **poor**.
- 33 Sing to God, O kingdoms of **the earth**; \*  
sing praises to the **Lord**.
- 34 He rides in the heavens, the ancient **heavens**; \*  
he sends forth his voice, his mighty **voice**.
- 35 Ascribe power to **God**; \*  
his majesty is over Israel;  
his strength is in the **skies**.
- 36 How wonderful is God in his holy **places**! \*  
the God of Israel giving strength and power to his people!  
Blessed be **God**!

## 1 Peter 4:12-14; 5:6-11

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

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

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 #218**      **“A hymn of glory let us sing”** verse 1 & 3 only      Blue Hymnal



1 A            hymn    of    glo - ry    let    us    sing,    new  
 2 You        are    a    pre - sent    joy,    O    Lord;    you  
 3 O            ris - en    Christ,    a -    scend - ed    Lord,    all



hymns    through-out    the    world    shall    ring;    by    a    new    way    none  
 will        be    ev - er    our    re - ward;    and    great    the    light    in  
 praise    to    you    let    earth    ac - cord,    who    are,    while    end - less



ev - er    trod    Christ    takes    his    place—    the    throne    of    God!  
 you    we    see    to    guide    us    to    e - ter - ni - ty.  
 a - ges    run,    with    Fa - ther    and    with    Spi - rit,    One.

**John 17:1-11**

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

*People: Glory to You, Lord Christ.*

Jesus looked up to heaven and said, “Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

“I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you;

for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours.

All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.”

*Gospeller: The Gospel of Christ.*

*People Praise to You, Lord Christ.*

**Sermon**

The Rev. Linzi Stahlecker

**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**

Risen and ascended Savior, come among us.

**Fill us with your glory.**

Deliver your church from the evil one, and from the powers and principalities of this world that bring struggle, pain, and suffering to the lives of so many.

Help us follow your Way, that we may proclaim you as King of kings and Lord of lords.

Risen and ascended Savior, come among us.

**Fill us with your glory.**

Deliver your creation from corruption.

Free us from the powers of evil.

Bring us into the glorious liberty you have made possible for us, that the kingdoms of the world may become the Kingdom of God.

Risen and ascended Savior, come among us.

**Fill us with your glory.**

Vanquish our confusion.

Free us from hard-heartedness, that all the places where we live our lives may be uplifted, that our hearts may be raised.

Risen and ascended Savior, come among us.

**Fill us with your glory.**

That the despairing and discouraged may find hope, that the oppressed may rise to new freedoms, that those who are struggling to live, in a world that is holding them down, may be lifted up.

That those who are dealing with sickness, and those who feel weak may be given hope, strength, and courage.

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]

Risen and ascended Savior, come among us.

**Fill us with your glory.**

That all may, in heart and mind, ascend and experience your power and your glory; and that, in the fullness of time, we may rejoice with our loved ones who have gone before us into the fullness of your kingdom.

Risen and ascended Savior, come among us.

**Fill us with your glory.**

Presider: Holy One, as your Son has ascended, let us not be weighed down by sin, but look to him who has brought us everlasting glory, and now reigns with you and the Holy Spirit in your kingdom for ever. *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 for travel, may come forward. Prayers can be found on the 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 #775

## “Give thanks for life”

WLP



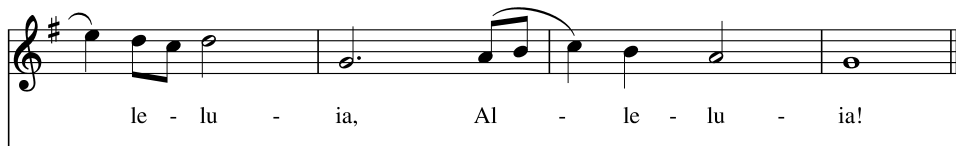
1. Give thanks for life, the meas - ure of our days,  
 2. Give thanks for those who made their life a light  
 3. And for our own, our liv - ing and our dead,  
 4. Give thanks for hope, that like the wheat, the grain



mor - tal, we pass through beau - ty that de - cays, yet  
 caught from the Christ flame burst - ing through the night, who  
 thanks for the love by which our life is fed, a  
 ly - ing in dark - ness does its life re - tain, in



sing to God our hope, our love, our\_ praise, )  
 touched the truth, who burned for what is right, )  
 love not changed by time or death or dread, ) Al -  
 res - ur - rec - tion to grow green a - gain. )



le - lu - ia, Al - le - lu - ia!

# ♪ Doxology:

[Hymn tune #400]

*Praise God from Whom all blessings flow*

*Praise God all creatures here below, Alleluia, Alleluia*

*Praise God the Source of all our gifts*

*Praise Jesus Christ whose power uplifts*

*Praise the Spirit, Holy Spirit, Alleluia, Alleluia, Alleluia*



# 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.

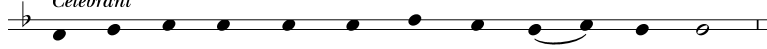
We praise you in union with them and give you glory through Jesus Christ our Savior.

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

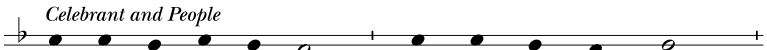
S148

*Celebrant*

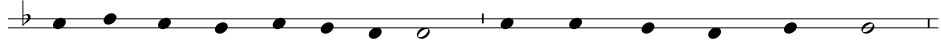


As our Sa - vior Christ has taught us, we now pray,

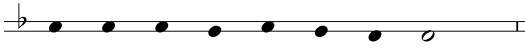
*Celebrant and People*



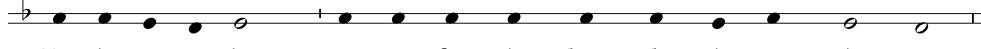
Our Fa - ther in hea - ven, hal - lowed be your Name,



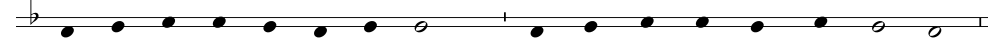
your king - dom come, your will be done, on earth as in hea - ven.



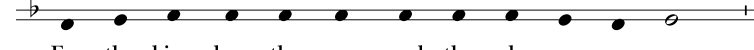
Give us to - day our dai - ly bread.




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

“Ascribe the Lord”

Dan Edwards

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**

# ♪ Hymn #70

# “Rise, O Church, Like Christ Arisen”

TUts



1 Rise, O church, like Christ a - ris - en, from this  
 2 Rise, trans - formed, and choose to fol - low af - ter  
 3 Rise, re - mem - ber well the fu - ture God has  
 4 Ser - vice be our sure vo - ca - tion; cour - age



meal of love and grace; may we through such love en -  
 Christ, though wound - ed, whole; bro - ken, shared, our lives are  
 called us to re - ceive; pres - ent by God's lov - ing  
 be our dai - ly breath; mer - cy be our des - ti -



vi - sion whose we are, and whose, our praise. Al - le -  
 hal - lowed to re - lease and to con - sole. Al - le -  
 nur - ture, Spir - it - ed then let us live. Al - le -  
 na - tion from this day and un - to death. Al - le -



lu - ia, al - le - lu - ia: God, the won - der of our days.  
 lu - ia, al - le - lu - ia: Christ, our pres - ent, past, and goal.  
 lu - ia, al - le - lu - ia: Spir - it, grace by whom we live.  
 lu - ia, al - le - lu - ia. Rise, O church, a liv - ing faith.

## Dismissal

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

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

## ♪ Postlude

*Original Improvisation*

Paul Burkle

## Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Altar Guild:	Pat Stoneman
Eucharistic Minister:	Brian Spolarich
Chalice:	Alan Kiste
Lectors:	Ed Valentine, Jim Malone
Flowers:	Elaine Beckham
Usher:	Alan Kiste
Usher:	Barbara Schippers
Music:	Paul Burkle
Intercessor:	Christa Matthews
Tellers:	Alice Welchert, Bryson McKelvey
Online Host:	Jane Wu
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	TBD

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

Monday	May 18
8:30 a	Morning Prayer (Zoom)
Tuesday	May 19
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 20
8:30 a	Morning Prayer (Zoom)
3:00 p	Earthcare
Thursday	May 21
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
6:00 p	Choir Practice
Friday	May 22
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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