



# St. Benedict's Episcopal Church

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

**May 31st, 2026**

**First Sunday after Pentecost**

~ **Prelude** ~

*Original Improvisation*

Paul Burkle

**Welcome**

The Rev. Linzi Stahlecker


Presider: Blessed be the one, holy, and living God.

People: ***Glory to God for ever and ever.***


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.***

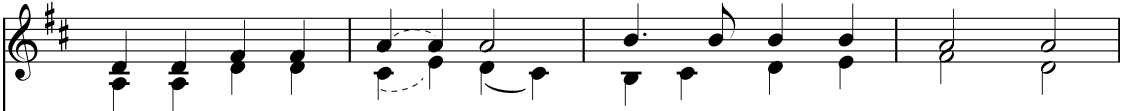
♩ Hymn #362 “Holy Holy Holy, Lord God Almighty!” (vs 1, 3, and 4 only) Blue Hymnal




1 Ho - ly, ho - ly, ho - ly! Lord — God Al - might - y!  
 \*2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,  
 3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,  
 4 Ho - ly, ho - ly, ho - ly! Lord — God Al - might - y!



Ear - ly in the morn - ing our song shall rise to thee:  
 cast - ing down their gold - en crowns a - round the glass - y sea;  
 though the sin - ful hu - man eye thy glo - ry may not see,  
 All thy works shall praise thy Name, in earth, and sky, and sea;



Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y,  
 cher - u - bim and ser - a - phim fall - ing down be - fore thee,  
 on - ly thou art ho - ly; there is none be - side thee,  
 Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y,



God in three Per - sons, bless - ed Trin - i - ty.  
 which wert, and art, and ev - er - more shalt be.  
 per - fect in power, in love, and pu - ri - ty.  
 God in three Per - sons, bless - ed Trin - i - ty.

## Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Almighty and everlasting God, you have given to us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity, and in the power of your divine Majesty to worship the Unity: Keep us steadfast in this faith and worship, and bring us at last to see you in your one and eternal glory, O Father; who with the Son and the Holy Spirit live and reign, one God, for ever and ever. *Amen.*

*please be seated for the readings*

## **Genesis 1:1-2:4a**

Reader: A Reading from the book of Genesis

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, “Let there be light”; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

And God said, “Let there be a dome in the midst of the waters, and let it separate the waters from the waters.” So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day.

And God said, “Let the waters under the sky be gathered together into one place, and let the dry land appear.” And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, “Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.” And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day.

And God said, “Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.” And it was so. God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day.

And God said, “Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.” So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, “Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.” And there was evening and there was morning, the fifth day.

And God said, “Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.” And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, “Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.”

So God created humankind in his image, in the image of God he created them; male and female he created them.

God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” God said, “See, I have given you every plant yielding seed that is

upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.


Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

These are the generations of the heavens and the earth when they were created.

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

*People: Thanks be to God.*

# ♪ S 236 A Song of Praise (Canticle 13)



1. Glo - ry to you, \_\_\_\_\_ Lord



God of our fa - thers; \_\_\_\_\_ you are wor - thy of praise;



glo - ry to you. \_\_\_\_\_ 2. Glo - ry to you \_\_\_\_\_



\_\_\_\_\_ for the ra - di-ance of your ho - ly Name; \_\_\_\_\_ we will



praise you and high-ly ex - alt you for ev - er. \_\_\_\_\_




3. Glo - ry to you \_\_\_\_\_ in the splen - dor of your




tem - ple; \_\_\_\_\_ on the throne of your ma - jes - ty, glo - ry to



you. \_\_\_\_\_ 4. Glo - ry to you, seat - ed bet -



ween the Cher - u - bim; \_\_\_\_\_ we will praise you and



high - ly ex - alt you for ev - er. \_\_\_\_\_

*Descant*

5. Glo - ry to you, be - hold - ing the

hold - ing the depths; in the high vault of

heaven, 6. Glo - ry to you, Fa - ther,

Fa - ther, Son, and Ho - ly Spi - rit; we will

high - ly ex - alt you Glo - ry to you!  
high - ly ex - alt you for ev - er.

## 2 Corinthians 13:11-13

*Reader: A Reading from the second letter to the Corinthians*

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you.

The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of 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 #82 "Hoy Spirit, Teacher, Friend" (vs 1 only) Take Up the Song



1 Ho - ly Spir - it, teach - er, friend, mov - ing con - stant - ly be -  
2 Pe - ter, pray - ing, heard your voice tell - ing him God's wid - er  
3 Spir - it, Love that chang - es not though our world with change is



side us, far from blind, un - think - ing faith,  
vi - sion: "All who love me are my own;  
reel - ing, shape our vi - sion, stretch our hearts,



with your wis - dom nur - ture, guide us. Teach our eyes new  
make a - mong them no di - vi - sion." Pe - ter changed old  
God's way for this time re - veal - ing. Grant us deep - ened



ways of see - ing, minds from time-worn hab - its free - ing.  
ways, re - ceiv - ing ev - ery - one who came be - liev - ing.  
un - der - stand - ing, strength to fol - low God's com - mand - ing.

## **Matthew 28:16-20**

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

*People: Glory to You, Lord Christ.*

The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

*Gospeller: The Gospel of Christ.*

*People Praise to You, Lord Christ.*

## **Sermon**

Lisa Gonzalez

## **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, you have created all things and made us in your own image.  
We rejoice in the beauty of your creation.  
We come before you in wonder and awe.  
We seek to be sensitive to your mysteries.

We pray for places where your earth is exploited, where your creatures are abused and misused.

We pray for all people who lack freedom, all who are oppressed.

Holy God, Holy and Mighty one,  
**hear our prayer**

Christ in glory, risen, and ascended,  
You have redeemed us by your love,  
you give us life which is eternal.

We pray to you for all who walk in darkness,  
all who cry out in pain, all who feel beyond hope.

We remember all who are rejected, excluded, and marginalized in our world.

Holy God, Holy and Mighty one,  
**hear our prayer**

Spirit of God, breathing life into all,  
we give you thanks for our talents and abilities,  
for the power of renewal and refreshment.

We pray that we and all your church may reach out in love.

We pray for bishops, priests, and deacons,  
for the ministry of all your faithful people.  
We pray for the life and mission of your church.

We pray for all those in need, and we remember before you 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]

Holy God, Holy and Mighty one,  
**hear our prayer**

Holy, blessed, and glorious Trinity,  
One in Three, Three in One,  
Bind us together in unity.  
Bind us together in love.  
Bind us together with loved ones departed.  
Bind us together with your saints in glory.

Holy God, Holy and Mighty one,  
**hear our prayer**

Presider: Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy on us, and be with us, now and evermore. **Amen.**

## **Healing Prayers, with laying on of hands and anointing with oil**

Those who wish to receive a prayer for healing, along with the laying on of hands and anointing, are invited to join the priest at the altar.

The congregation is invited to enter into a time of silent prayer during the anointing.

## **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**

### **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 #88 “Come, Join the Dance of the Trinity” Take Up the Song



1 Come, join the dance of Trin - i - ty, be - fore all worlds be - gun—  
 2 Come, see the face of Trin - i - ty, new - born in Beth - le - hem;  
 3 Come, speak a - loud of Trin - i - ty, as wind and tongues of flame  
 4 With - in the dance of Trin - i - ty, be - fore all worlds be - gun,



the in - ter - weav - ing of the Three, the Fa - ther, Spir - it, Son.  
 then blood - ied by a crown of thorns out - side Je - ru - sa - lem.  
 set peo - ple free at Pen - te - cost to tell the Sav - ior's name.  
 we sing the prais - es of the Three, the Fa - ther, Spir - it, Son.



The u - ni - verse of space and time did not a - rise by chance,  
 The dance of Trin - i - ty is meant for hu - man flesh and bone;  
 We know the yoke of sin and death, our necks have worn it smooth;  
 Let voic - es rise and in - ter - weave, by love and hope set free,



but as the Three, in love and hope, made room with - in their dance.  
 when fear con - fines the dance in death, God rolls a - way the stone.  
 go tell the world of weight and woe that we are free to move!  
 to shape in song this joy, this life: the dance of Trin - i - ty.

♪ 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

S129

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and  
might, hea - ven 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. \_\_\_\_\_

Music: Robert Powell (b. 1932). Setting: Copyright © Church Publishing Inc.

Glory and honor are yours, Creator of all,  
your Word has never been silent;  
you called a people to yourself, as a light to the nations,  
you delivered them from bondage  
and led them to a land of promise.  
Of your grace, you gave Jesus  
to be human, to share our life,  
to proclaim the coming of your holy reign  
and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer,  
you have freed us from sin,  
brought us into your life,  
reconciled us to you,  
and restored us  
to the glory you intend for us.  
We thank you that on the night before he died for us  
Jesus took bread,  
and when he had given thanks to you, he broke it,  
gave it to his friends and said:  
“Take, eat, this is my Body, broken for you.  
Do this for the remembrance of me.”

After supper Jesus took the cup of wine,  
said the blessing, gave it to his friends and said:  
“Drink this, all of you:  
this cup is the new Covenant in my Blood,  
poured out for you and for all  
for the forgiveness of sin.  
Do this for the remembrance of me.”

And so, remembering all that was done for us:  
the cross, the tomb, the resurrection and ascension,  
longing for Christ's coming in glory,  
and presenting to you these gifts  
your earth has formed and human hands have made,  
we acclaim you, O Christ:

*Presider and People:*        **Dying, you destroyed our death.**  
   **Rising, you restored our life.**  
   **Christ Jesus, come in glory!**

*The Presider continues*

Send your Holy Spirit upon us  
and upon these gifts of bread and wine  
that they may be to us  
the Body and Blood of your Christ.  
Grant that we, burning with your Spirit's power,  
may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ,  
and in the fullness of time gather us  
with blessed Benedict, and all your people  
into the joy of our true eternal home.

Through Christ and with Christ  
and in Christ, by the inspiration of your Holy Spirit,  
we worship you our God and Creator  
in voices of unending praise.

*Presider and People* **Blessed are you now and for ever. AMEN**

# ♪ The Lord's Prayer

S148

Our Fa - ther in heaven, hal - lowed be your Name, your king - dom come,

The first system of musical notation for the Lord's Prayer. It consists of a treble clef staff and a bass clef staff, both in a key signature of one flat (B-flat). The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: "Our Fa - ther in heaven, hal - lowed be your Name, your king - dom come,"

your will be done, on earth as in heaven. Give us to - day our dai - ly bread.

The second system of musical notation. The melody continues in the treble clef, and the accompaniment continues in the bass clef. The lyrics are: "your will be done, on earth as in heaven. Give us to - day our dai - ly bread."

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

The third system of musical notation. The melody continues in the treble clef, and the accompaniment continues in the bass clef. The lyrics are: "For - give us our sins as we for - give those who sin a - gainst us."

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

The fourth system of musical notation. The melody continues in the treble clef, and the accompaniment continues in the bass clef. The lyrics are: "Save us from the time of trial, 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.

The fifth and final system of musical notation. The melody concludes in the treble clef, and the accompaniment concludes in the bass clef. The lyrics are: "For the king - dom, the power, and the glo - ry are yours, now and for - ev - er. A - men."

# The Breaking of the Bread

*The Presider breaks the Bread*

## ♪ Fraction Anthem

WLP

878

*Sung twice through by all*

Who - ev - er comes to me shall not hun - ger and

who - ev - er be - lieves in me shall nev - er thirst.

The musical score consists of two systems. The first system has a vocal line on a single staff and a piano accompaniment on two staves (treble and bass clef). The second system continues the vocal line and piano accompaniment. The key signature is one sharp (F#) and the time signature is 4/4. The lyrics are: "Who - ev - er comes to me shall not hun - ger and who - ev - er be - lieves in me shall nev - er thirst."

Music: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants*. Copyright © 1997 Carl Haywood.

## 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 #744

### “O Trinity of blessed light”

WLP

The musical score is written for voice and piano. It consists of two systems. The first system has three vocal lines with lyrics: 1. O Trin - i - ty of bless - ed light, O U - ni - ty of roy - al might, the; 2. To thee our morn - ing song of praise, to thee our eve - ning prayer we raise; O; 3. To God the Fa - ther, heav' n - ly Light, to Christ re - vealed in earth - ly night, to. The second system has three vocal lines with lyrics: fier - y sun now goes its way; shed thou with - in our hearts thy ray. grant us with thy saints on high to praise thee through e - ter - ni - ty. God the Ho - ly Ghost we raise our e - qual and un - ceas - ing praise. The piano accompaniment features a steady bass line and chords in the right hand, with some triplets in the vocal lines.

Words: Latin, 6th cent.; tr. John Mason Neale (1818-1866), St. 3 Charles Coffin (1676-1749); tr. John Chandler (1806-1876), alt.  
Music: *St. Martin*, James Woodman (b. 1957).

Silence

(please stand as you are able)

## Prayer

**Loving God,  
we give you thanks  
for restoring us in your image  
and nourishing us with spiritual food  
in the Sacrament of Christ's Body and Blood.  
Now send us forth  
a people, forgiven, healed, renewed;  
that we may proclaim your love to the world  
and continue in the risen life of Christ our Savior. Amen.**

## Blessing

**♪ Hymn #368**      **“Holy Father, great Creator”** (vs. 1-3 only)  
Blue Hymnal

## Dismissal

*Presider:* Go in peace to love and serve our God.

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

## ♪ Postlude

*Original Improvisation*

Paul Burkle

## **Ministers of the Service**

Presider:	Rev. Linzi Stahlecker
Preacher:	Lisa Gonzalez
Altar Guild:	Sarah Chesebro
Eucharistic Minister:	Sandy Fisher
Chalice:	Michael Lucas
Lectors:	Diana Hammerlund, Bob Pelfrey
Flowers:	Sharon Porter
Usher:	Michael Lucas
Usher:	Maureen Titus
Music:	Paul Burkle
Intercessor:	Louisa Beeler
Tellers:	Alice Welchert, Diana Hammerlund
Online Host:	Connie Weldon
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Sharon Porter, Jane Wu

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

Monday	June 1
8:30 a	Morning Prayer (Zoom)
Tuesday	June 2
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	June 3
8:30 a	Morning Prayer (Zoom)
Thursday	June 4
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	June 5
8:30 a	Morning Prayer (Zoom)
Saturday	June 6
12:00 p	People's Kitchen

## 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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