



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Second Sunday of Lent

February 25, 2024 10:30 am

You are warmly welcome at St. Benedict's for who you are
and where you are on your faith journey!

~ Prelude ~

“Voluntary I”

© Les Éditions Outremontaises – 2008

William Boyce

A Penitential Order

Celebrant: Bless the Lord who forgives all our sins.

People: ***His mercy endures for ever.***

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

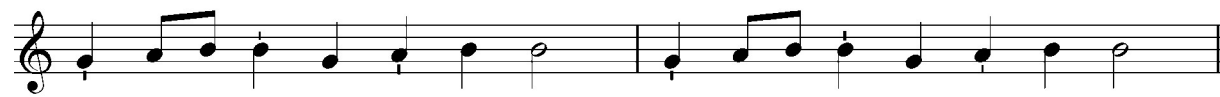
Mark 12:29-31

Celebrant: *Let us confess our sins against God and our neighbor.*

All: ***God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***


Celebrant *Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.*

Cantor or Choir *All*




Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Cantor or Choir *All*



Chri - ste e - le - i - son. Chri - ste e - le - i - son.

Cantor or Choir *All*



Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Music: Plainsong, Mode 3, Mass 16; adapt. Schola Antiqua, 1983. Rhythmic reconstruction: Copyright © 1983 Schola Antiqua, Inc. Used by permission.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.*

Genesis 17:1-7, 15-16

Reader: A Reading from the book of Genesis

When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, “I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.” Then Abram fell on his face; and God said to him, “As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, “As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.”

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

People: *Thanks be to God.*

Psalm 22:22-30

Praise the LORD, you that fear him; *
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.

For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them; *
but when they cry to him he hears them.

My praise is of him in the great assembly; *
I will perform my vows in the presence of those who worship him.

The poor shall eat and be satisfied,
and those who seek the LORD shall praise him: *
"May your heart live for ever!"

All the ends of the earth shall remember and turn to the LORD, *
and all the families of the nations shall bow before him.

For kingship belongs to the LORD; *
he rules over the nations.

To him alone all who sleep in the earth bow down in worship; *
all who go down to the dust fall before him.

My soul shall live for him;
my descendants shall serve him; *
they shall be known as the LORD'S for ever.

They shall come and make known to a people yet unborn *
the saving deeds that he has done.

Romans 4:13-25

Reader: A Reading from Paul's letter to the church in Rome

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become "the father of many nations," according to what was said, "So numerous shall your descendants be." He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith "was reckoned to him as righteousness." Now the words, "it was reckoned to him," were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

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

People: Thanks be to God.

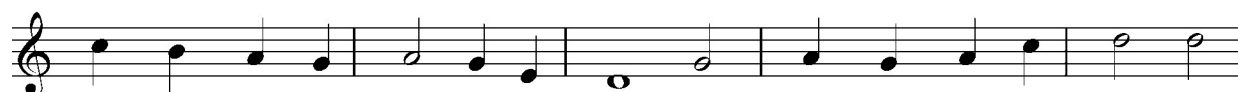
♩ Hymn 439

What Wonderous Love Is This

Blue Hymnal



1 What won - drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won - drous love is this, O my soul! What won - drous love is this that
 God and to the Lamb, I will sing. To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my
 is the great I AM, while mil - lions join the theme, I will
 sing and joy - ful be, and through e - ter - ni - ty I'll sing



soul, for my soul, to lay a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme I will sing.
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

Mark 8:31-38

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

People: Glory to You, Lord Christ.

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

[We pause for a few moments' reflection before affirming our faith.]

Affirmation of Faith

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 was made man.
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.
With the Father and the Son he is worshiped and glorified.
He 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

Oh God, we come to you with joy, for we are inheritors of your realm: we share with Abraham, Isaac and Jacob in your promises, we rejoice in your love and your salvation. As we have received from you, may we bring light and hope to others.

We pray for the wavering in faith and for the weak in spirit. We pray for those who have never known you. We pray for the joy and mission of your church. Lord of love and light, **hear us.**

You are the hope of all the world. We pray for better relationships between nations, for a greater sense of belonging to one great family. We pray today for the United Nations, programs for peace, and for a deepening of goodwill among those at war. Lord of love and light, **hear us.**

Lord, we thank you for all who through good relationships have shown your love. We pray for all whom we love and all who love us. We remember any who are struggling in their relationships. Lord of love and light, **hear us.**

We come with all who have suffered at the hands of others; all refugees and homeless peoples, dispossessed and distraught peoples. We pray for those afraid of any relationship. We pray for all who are ill and for their loved ones in their anxiety. We pray 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 in the chat]

We give thanks for all who have put their trust in you. We pray for those who now rejoice in your love and peace in its fullness. Lord of love and light, **hear us.**

Celebrant: *To you, O Lord, be praise and glory, for the victory of our Lord Jesus Christ over death; for he has called us into eternal life. Lord, make us worthy of our calling that we may serve you in love and peace; through Jesus Christ our Lord, who reigns with you and the Holy Spirit, now and for ever. Amen.*

Adapted from *Traces of Glory* by David Adam 1999

The Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

Please greet others in the chat.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or special concern, please share in the chat.

51. For a Birthday p 830

Watch over thy child, O Lord, as *his/her/their* days increase; bless and guide *him/her/their* wherever *he/she/they* may be. Strengthen *him/her/them* when *he/she/they* stand(s); comfort *him/her/their* when discouraged or sorrowful; raise *him/her/their* up if *he/she/they* fall; and in *his/her/their* heart may thy peace which passeth understanding abide all the days of *him/her/their* life/lives; through Jesus Christ our Lord. *Amen.*

52. For an Anniversary p 431

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

53. For Travelers p 831

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel [in particular _____]; surround them with your loving care; protect them from every danger; and bring them into safety to their journey's end; through Jesus Christ our Lord. *Amen.*

Transition Prayer

O Lord,

You are the light that illumines our path.

You are the map that gives us direction.

You are the peace that makes us strong.

You are the guide whom we faithfully follow.

May your light illuminate our entire lives.

And your guidance bring direction to our work.

May we find inspiration in your Word,

And peace in our hearts as we follow you. Amen.

The Offertory

You can contribute at our website www.stbenslososos.org at any time.

♩ Hymn #321

My God Thy Table Now is Spread

Blue Hymnal

1 My God, thy ta - ble now is spread, thy cup with
2 O let thy ta - ble hon - ored be, and fur - nished
3 Drawn by thy quick - ening grace, O Lord, in coun - less
4 Nor let thy spread - ing Gos - pel rest till through the
love doth o - ver - flow; be all thy chil - dren
well with joy - ful guests; and may each soul sal -
num - bers let them come and gath - er from their
world thy truth has run, till with this Bread shall
thith - er led, and let them thy sweet mer - cies know.
va - tion see, that here its sa - cred pledg - es tastes.
Fa - ther's board the Bread that lives be - yond the tomb.
all be blessed who see the light or feel the sun.

Words: Sts. 1-3, Philip Doddridge (1702-1751), alt.; st. 4, Isaac Watts (1674-1748), alt. Music: *Rockingham*, melody from *Second Supplement to Psalmody in Miniature*, ca. 1780; adapt. Edward Miller (1731-1807); harm. Samuel Webbe (1740-1816).

♪ Doxology:

Traditional

[sung] *Praise God from Whom all blessings flow
Praise God all creatures here below,
Praise God above ye heavenly host.
Praise Father Son and Holy Ghost. Amen.*

Holy Eucharist

Iona

Celebrant:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Celebrant: May Christ be with you,

All: *And also with you.*

Celebrant: Lift up your hearts,

All: *We lift them up to God.*

Celebrant: Let us give thanks to God,

All: *It is right to give both thanks and praise.*

Celebrant: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with siblings east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

♪ Sanctus

S 124

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: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Celebrant Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of bread. On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying, This is my body, given to you. In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying, This cup is the new relationship with God, sealed with my blood. Take this and share it. I shall drink wine with you next in the coming Kingdom of God.

All: *Loving God,
through your goodness we have this bread and wine to offer,
which earth has given and human hands have made.
May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.
We celebrate the life that Jesus has shared among his
community through the centuries, and shares with us now.
Made one in Christ and one with each other, we offer these gifts
and with them ourselves, a single, holy, living sacrifice. Amen.*

Celebrant: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

All: *Through Christ and with Christ and in Christ,
all honor and glory are yours, All-Compassionate God,
in the unity of the Holy Spirit, for ever and ever. AMEN*

The Lord's Prayer

And now, as our Savior Christ has taught us, we are bold to say,

*Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and for ever.
Amen.*

from *A New Zealand Prayer Book*

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

S 161

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Holy Communion

Celebrant: The Gifts of God for the People of God.

If God is calling you, you are welcome to receive communion when the celebrant invites your section forward. If you prefer to receive a blessing, please cross your arms over your chest. As your group is called forward, please spread out to widen the circle and increase safe social distancing.

♪ Communion Music

“Agnus Dei” from Mass in G by Franz Schubert

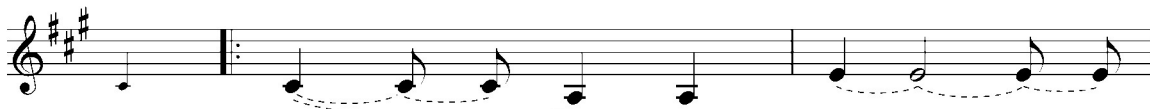
David Alm, piano

© 2017 by Hal Leonard LLC

♪ Hymn #335

I Am the Bread of Life

Blue Hymnal



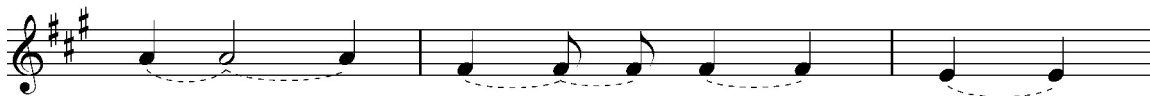
1 I am the bread of life; they who
 2 (The) Bread that I will give is my
 3 (Un-) less you eat of the
 4 I am the re - sur - rec - tion,
 5 (Yes,) Lord, we be - lieve that



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 unless 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.

Silence

Prayer

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen

Blessing

Celebrant: God's Blessing be with you, Christ's peace be with you, the Spirit's outpouring be with you, now and always. Amen.

Announcements

♩ Hymn #490

I Want to Walk as a Child of the Light

Blue Hymnal

1 I want to walk as a child of the light.
2 I want to see the bright-ness of God.
3 I'm look-ing for the com-ing of Christ.

I want to fol-low Je-sus.
I want to look at Je-sus.
I want to be with Je-sus.

God set the stars to give light to the world. The
Clear sun of right-eous-ness, shine on my path, and
When we have run with pa-tience the race, we

star of my life is Je-sus.
show me the way to the Fa-ther.
shall know the joy of Je-sus.

Refrain

In him there is no dark - ness at all. The

night and the day are both a - like. The

Lamb is the light of the ci - ty of God. *rit.*

Shine in my heart, Lord Je - sus. *a tempo*

Words: Kathleen Thomerson (b. 1934). Copyright © 1970, 1975, Celebration, Aliquippa, PA 15001. All Rights Reserved. Used by permission. Music: Houston, Kathleen Thomerson (b. 1934).

Dismissal

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.

All: *Thanks be to God.*

♪ Postlude

Postlude Verset de Procession sur l'Adora Te

Leon Boellmann

Sarah Jane Scott, Organ

Eucharist Liturgy Adapted from Enriching Our Worship
© 1988 Church Publishing Incorporated Used with permission
Music reproduced and broadcast under OneLicense #A706314

Ministers of the Service

Celebrant:	Rev. Jen Crompton
Preacher:	Rev. Jen Crompton
Eucharistic Minister:	Diana Hammerlund
Eucharistic Assistant:	Michael Lucas
Lector:	Bryson McKelvey
Acolyte	Ari Welch
Flowers:	Pamela Bleisch
Ushers:	Connie Weldon & Barbara Schippers
Intercessor:	Sandy Fisher
Altar Guild:	Pat Stoneman
Online Host:	Jane Wu
Tellers:	Steve Cake & Sandy Fisher
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Diana Hammerlund

This Week at St Ben's

Monday	Feb 26
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Feb 27
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	Feb 28
11:00a	Laundry Love
4:00p	Laundry Love
Sunday	Mar 3
10:30a	Eucharist Service
	NO Potluck—moved to March 10th

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Sandy Fisher (661 805-2882). If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslosos.org and requests for pastoral care may be sent to pastoralcare@stbenslosos.org.

March Potluck - Potluck for March will be held on March 10th to coincide with the Bishops visit.

In Anticipation of Bishop Lucinda's Official Visit March 10th - Please contact Rev Jen Crompton or Lisa Gonzalez as soon as possible if you would like to be Confirmed or Received in the Episcopal Church or wish to Reaffirm your vows in the Episcopal Church. All three require a period of guided preparation and self-examination, which St. Benedict's offers, in anticipation of Bishop Lucinda's official visit on Sunday March 10th.

Tuesday Morning Prayers & Spiritual Conversation: The [Tuesday](#) Spiritual Discussion group will be using an Lenten program sponsored by a group called Living Compass. The six-week program includes Sunday and weekday meditations for the Lenten season. The program booklets are available as pdf electronic copies for free. Order booklets at <https://www.livingcompass.org/advent-lent>. You do not have to read the book to participate. Tuesdays at 10:30 on [Zoom](#).

An all-gender restroom is located through the white door at the left of the sanctuary. All other restrooms are located by exiting out the doors and going down the outdoor wooden walkway towards the red door and then down the hallway to the left. Please ask an usher for assistance if needed.

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tihini (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@stbenslosos.org
www.stbenslosos.org

