



St Benedict's Episcopal Church

~ *Tending Mind and Soul in Los Osos* ~

Ash Wednesday

March 5, 2025

Our welcome knows no boundaries of age, race, ethnicity, culture,
economic condition, gender, sexual orientation, or physical or mental ability—
your presence here today is a blessing!

(at the sound of the bell, please stand as you are able)

Celebrant: Let us pray.

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People: *Amen*

Isaiah 58:1-12

Reader: *A Reading from the book of Isaiah*

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,
to the house of Jacob their sins.

Yet day after day they seek me
and delight to know my ways,

as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;

they ask of me righteous judgments,
they delight to draw near to God.

"Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?"

Look, you serve your own interest on your fast day,
and oppress all your workers.

Look, you fast only to quarrel and to fight
and to strike with a wicked fist.

Such fasting as you do today
will not make your voice heard on high.

Is such the fast that I choose,
a day to humble oneself?

Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the LORD?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,

to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,

if you offer your food to the hungry
and satisfy the needs of the afflicted,

then your light shall rise in the darkness
and your gloom be like the noonday.

The LORD will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;

and you shall be like a watered garden,
like a spring of water,
whose waters never fail.

Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

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

People: *Thanks be to God.*

Psalm 103:8-14

Antiphon

The choir will sing the Antiphon, it is then repeated by the congregation. All chant the psalm together.

The LORD re-mem-bers that we are but dust.

- A** The LORD is full of compassion and **mercy**, *
slow to anger and of great **kindness**.
- A** He will not always ac-cuse us, *
nor will he keep his anger for ever.
- B** He has not dealt with us according to our **sins**, *
nor rewarded us according to our **wickedness**.
- A** For as the heavens are high above the earth, *
so is his mercy great upon those who fear him.
- B** As far as the east is from the west, *
so far has he removed our sins from us.
- A** As a father cares for his children, *
so does the LORD care for those who fear him.
- B** For he himself knows whereof we are made; *
he remembers that we are but dust.

Antiphon

2 Corinthians 5:20b-6:10

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

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

As we work together with him, we urge you also not to accept the grace of God in vain.

For he says,

"At an acceptable time I have listened to you,
and on a day of salvation I have helped you."

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

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

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

Matthew 6:1-6,16-21

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

People: Glory to You, Lord Christ.

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But

when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Gospeller: *The Gospel of Christ.*

People: *Praise to You, Lord Christ.*

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

The Invitation

Celebrant: Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.

Silence is kept for a time, all kneeling.

Imposition of Ashes

Celebrant: Almighty God, you have created us out of the dust of the earth. Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. **Amen.**

Please come forward for the imposition of ashes.

Celebrant: Remember that you are dust, and to dust you shall return.

Psalm 51

Chanted by cantors

Have mercy on me, O God, according to your
loving-kindness; *
in your great compassion blot out my offenses.

Wash me through and through from my wickedness *
and cleanse me from my sin.

For I know my transgressions, *
and my sin is ever before me.

Against you only have I sinned *
and done what is evil in your sight.

And so you are justified when you speak *
and upright in your judgment

Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.

For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.

Make me hear of joy and gladness, *
that the body you have broken may rejoice.

Hide your face from my sins *
and blot out all my iniquities.

Create in me a clean heart, O God, *
and renew a right spirit within me.

Cast me not away from your presence *
and take not your holy Spirit from me.

Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

I shall teach your ways to the wicked, *
and sinners shall return to you.

Deliver me from death, O God, *
and my tongue shall sing of your righteousness,
O God of my salvation.

Open my lips, O Lord, *
and my mouth shall proclaim your praise.

Had you desired it, I would have offered sacrifice; *
but you take no delight in burnt-offerings.

The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not despise.

Litany of Penitence

The Celebrant and People together, all kneeling

Most holy and merciful Father: We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone.

The Celebrant continues

We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

Have mercy on us, Lord.

We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit. ***Have mercy on us, Lord.***

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives, ***We confess to you, Lord.***

Our self-indulgent appetites and ways, and our exploitation of other people, ***We confess to you, Lord.***

Our anger at our own frustration, and our envy of those more fortunate than ourselves, ***We confess to you, Lord.***

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work, ***We confess to you, Lord.***

Our negligence in prayer and worship, and our failure to commend the faith that is in us, ***We confess to you, Lord.***

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty, ***Accept our repentance, Lord.***

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us, ***Accept our repentance, Lord.***

For our waste and pollution of your creation, and our lack of concern for those who come after us, ***Accept our repentance, Lord.***

Restore us, good Lord, and let your anger depart from us;
Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation,
That we may show forth your glory in the world

By the cross and passion of your Son our Lord,
Bring us with all your saints to the joy of his resurrection.

The Priest stands and, facing the people, says

Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy; through Jesus Christ our Lord. *Amen.*

The Peace

Celebrant: The peace of Christ be always with you.

People: And also with you.

The congregation may greet one another in the chat.

♪ Hymn #150

“Forty Days and Forty Nights”

Blue Hymnal

The image shows a musical score for a hymn. It consists of two systems of music. Each system has a treble clef staff on top and a bass clef staff on the bottom. The music is written in a simple, hymn-like style with block chords and single notes. The lyrics are printed below the treble staff of each system. The first system has five lines of lyrics, and the second system also has five lines. The key signature has one flat (Bb), and the time signature is 4/4.

1 For - ty days and for - ty nights thou wast fast - ing in the wild;
2 Should not we thy sor - row share and from world - ly joys ab - stain,
3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!
4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;
5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.
2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?
3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!
4 round us, too, shall an - gels shine, such as min - is - tered to thee.
5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smytton (1822-1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

Holy Eucharist

EOW Prayer 1

Celebrant The Lord be with you.

People *And also with you.*

Celebrant Lift up your hearts.

People *We lift them to the Lord.*

Celebrant Let us give thanks to the Lord our God.

People *It is right to give our thanks and praise.*

Celebrant It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

Through Jesus Christ our Savior; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

Sanctus

S 130

Ho - ly, ho - ly, ho - ly Lord, God of power and
might, Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are
full, full of your glo - ry. Ho -
san - na in the high - est. 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. Ho - san - na in the high - est.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people. Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

All: *Christ has died.*

Christ is risen.

Christ will come again.

Celebrant: Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with

the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your children, that with blessed Mary and blessed Benedict, and all your saints, past, present, and yet to come, we may praise your Name for ever.

All: *Through Christ and with Christ and in Christ,*

in the unity of the Holy Spirit,

to you be honor, glory, and praise, for ever and ever. AMEN.

The Lord's Prayer

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

*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.*

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

S170

Antiphon

Cantor; then All

Who - ev - er eats this bread will live for ev - er.

Cantor

1. This is the true bread which comes down from hea - ven

Cantor

and gives life to the world. [Ant.] 2. Who - ev - er

believes in me shall not hun - ger or thirst, for the bread

which I give for the life of the world is my flesh. [Ant.]

Music: Mode 1 melody; adapt. Mason Martens (1933-1991). Copyright © 1983 Mason Martens.

Holy Communion

The celebrant continues:

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.*

♪ Choir Anthem

Touch Me with Ashes

Words Joseph Martin, music: Stacy Nordmeyer

Silence

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, Holy One, 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.*

Solemn Prayer Over the Assembly

Celebrant: Let us bow down before God.

All bow their heads and remain bowed as the Celebrant prays over the assembly

Celebrant: Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord.
Amen.

Dismissal

Celebrant: Go in peace to love and serve the Lord.

All: ***Thanks be to God. (no Alleluias during Lent)***

The ministers and congregation depart in silence

Ministers of the Service

Celebrant:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Eucharistic Minister:	Brian Spolarich
Altar Guild:	Sarah Chesebro
Lector:	Bryson McKelvey
Ushers:	Connie Weldon
Music:	Paul Burkle
Technical:	Hannah Matthews

This Week at St Ben's

Thursday	Mar 6
12:00p	Introduction to Morning Prayer
6:00p	Choir Practice
Sunday	Mar 9
10:30a	Eucharist Service

Announcements

Lenten Morning Prayer begins on Monday, March 10, at 8:30am. Rev. Linzi will offer Morning Prayer each weekday morning (Monday - Friday), you will need a Book of Common Prayer and a Bible if you'd like to participate fully (if you've not got a Book Of Common Prayer at home, feel free to borrow one from church for the season). Alternatively, you can follow along with "*Venite*" either via [their website](#) or their downloadable app. If you'd like to get oriented to Morning Prayer, would like to know more about what to expect, or would like a refresher on how to navigate the Book of Common Prayer, please join Rev. Linzi at 12pm on Thursday, March 6 [on zoom](#) (passcode: 168616, if needed).

Tuesday Morning Spiritual Conversation: During Lent the Spiritual Conversation group will be reading from *Living Well Through Lent* by Living Compass. You do not have to do the reading to participate, all are welcome. Join on [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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