



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Eighth Sunday after Epiphany

March 2, 2025 10:30 am

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

~ Prelude ~

Original Improvisation

Paul Burkle

(please stand as you are able)

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

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

All: *All-compassionate and most merciful 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 "Arise! Your Light is Come"

1 A - rise, your light is come! The Spir - it's call o - bey; show
2 A - rise, your light is come! Fling wide the pris - on door; pro -
3 A - rise, your light is come! All you in sor - row born, bind
4 A - rise, your light is come! The moun-tains burst in song! Rise

forth the glo - ry of your God which shines on you to - day.
claim the cap-tive's lib - er - ty, good ti - dings to the poor.
up the bro - ken - heart - ed ones and com - fort those who mourn.
up like ea - gles on the wing, God's power will make us strong.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: O God, who before the passion of your only begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People: *Amen*

Exodus 34:29-35

Reader: *A Reading from the book of Exodus*

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterward all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 99

Antiphon

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

Pro - claim the great - ness of the LORD our God, who is the Ho - ly — One.

A B

A The LORD is King;
let the people **tremble**; *
he is enthroned upon the cherubim;
let the earth **shake**.

- A The LORD is great in **Zion**; *
he is high above all **peoples**.
- B Let them confess his Name, which is great and **awesome**; *
he is the **Holy One**.
- A "O mighty King, lover of justice,
you have established **equity**; *
you have executed justice and righteousness in **Jacob**."
- B Proclaim the greatness of the LORD our God
and fall down before his **footstool**; *
he is the **Holy One**.
- A Moses and Aaron among his priests,
and Samuel among those who call upon his **Name**, *
they called upon the LORD, and he **answered them**.
- B He spoke to them out of the pillar of **cloud**; *
they kept his testimonies and the decree that he **gave them**.
- A O LORD our God, you answered them in-**deed**; *
you were a God who forgave them,
yet punished them for their **evil deeds**.
- B Proclaim the greatness of the LORD our God
and worship him upon his **holy hill**; *
for the LORD our God is the **Holy One**.

Antiphon

From *A HymnTune Psalter, Revised Common Lectionary Edition* © 2007 by Carl P. Daw, Jr.
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2 Corinthians 3:12-4:2

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

Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practice cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

Reader: The word of the Lord.

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

♩ Hymn #137 (verses 1-2)

“O Wondrous Type!”

Blue Hymnal

Descant

4 And faith - ful hearts are raised on high by this great

1 O won - drous type! O vi - sion fair of glo - ry
 2 With Mo - ses and E - li - jah nigh the in - car - nate
 3 With shin - ing face and bright ar - ray, Christ deigns to
 4 And faith - ful hearts are raised on high by this great
 5 O Fa - ther, with the e - ter - nal Son, and Ho - ly

vi - sion's mys - ter - y; for which in joy - ful

1 that the Church may share, which Christ up - on the
 2 Lord holds con - verse high; and from the cloud, the
 3 man - i - fest to - day what glo - ry shall be
 4 vi - sion's mys - ter - y; for which in joy - ful
 5 Spi - rit, ev - er One, vouch - safe to bring us

strains we raise the voice of prayer, the hymn of praise.

1 moun - tain shows, where bright - er than the sun he glows!
 2 Ho - ly One bears re - cord to the on - ly Son.
 3 theirs a - bove who joy in God with per - fect love.
 4 strains we raise the voice of prayer, the hymn of praise.
 5 by thy grace to see thy glo - ry face to face.

Words: Latin, 15th cent.; tr. *Hymns Ancient and Modern*, 1861, after John Mason Neale (1848-1866), alt. Music: Wareham, melody William Knapp (1698-1768); alt.; harm. *Hymns Ancient and Modern*, 1875, after James Turl (1802-1882); desc. Sydney Hugo Nicholson (1875-1947). Descant by permission of the Royal School of Church Music.

Luke 9:28-36

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

People: *Glory to You, Lord Christ.*

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah"--not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

Gospeller: *The Gospel of Christ.*

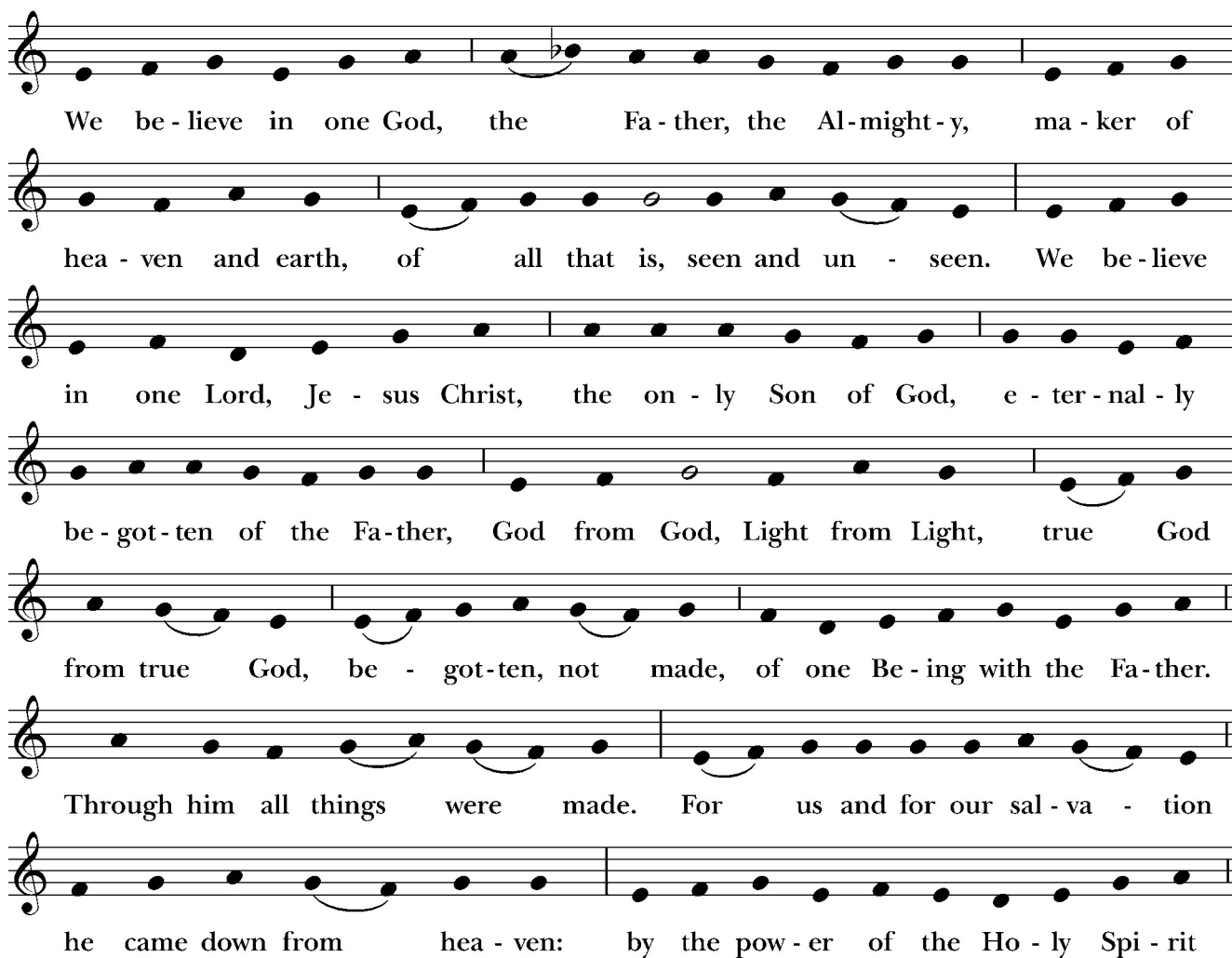
People: *Praise to You, Lord Christ.*

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

♪ Affirmation of Faith



We be - lieve in one God, the Fa - ther, the Al - might - y, ma - ker of
hea - ven and earth, of all that is, seen and un - seen. We be - lieve
in one Lord, Je - sus Christ, the on - ly Son of God, e - ter - nal - ly
be - got - ten of the Fa - ther, God from God, Light from Light, true God
from true God, be - got - ten, not made, of one Be - ing with the Fa - ther.
Through him all things were made. For us and for our sal - va - tion
he came down from hea - ven: by the pow - er of the Ho - ly Spi - rit

he be - came in - car - nate from the Vir - gin Ma - ry, and was made man.
 For our sake he was cru - ci - fied un - der Pon - tius Pi - late;
 he suf - fered death and was bur - ied. On the third day he rose a - gain
 in ac - cord - ance with the Scrip - tures; he a - scend - ed in - to hea - ven
 and is seat - ed at the right hand of the Fa - ther. He will come a -
 gain in glo - ry to judge the liv - ing and the dead, and his king - dom
 will have no end. We be - lieve in the Ho - ly Spi - rit, the Lord,
 the giv - er of life, who pro - ceeds from the Fa - ther and the Son.
 With the Fa - ther and the Son he is wor - shiped and glo - ri - fied.
 He has spo - ken through the Pro - phets. We be - lieve in one ho - ly
 cath - o - lic and a - po - sto - lic Church. We ac - know - ledge one bap - tism
 for the for - give - ness of sins. We look for the re - sur - rec - tion of the dead,
 and the life of the world to come. A - men.

Prayers of the People

God, we pray for your holy Catholic Church;

That we all may be one.

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;

That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;

That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;

That they may be delivered from their distress.

Give to the departed eternal rest.

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;

May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

[here prayers are read from the bidding book; you are invited to add your own prayers silently or in the chat]

Silence

Celebrant: Holy One, accept these prayers of your people; in
the multitude of your mercies, look with compassion upon us
and all who turn to you for help; for you are gracious, O
lover of souls, and to you we give glory, now and for ever. *Amen.*

Confession and Absolution

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: *May the All-Compassionate God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.*

The Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

Please greet others in the chat.

Announcements

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.*

♪ Choir Anthem

“Out of the Stars”

by Bill Cutter

Featuring Bryson McKelvey on Viola

The Offertory

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



♪ Hymn

“I Surrender All”

LEVAS 133

1. All to Je - sus I sur - ren - der,
I will ev - er love and trust Him,
2. All to Je - sus I sur - ren - der
World - ly pleas - ures all for - sak - en,
3. All to Je - sus I sur - ren - der
Let me feel the Ho - ly Spir - it
4. All to Je - sus I sur - ren - der
Fill me with thy love and pow - er,

1. all to Him I free - ly give;
In His pres - ence dai - ly live.
2. Hum - bly at His feet I bow;
Take me, Je - sus, take me now.
3. Make me, Sav - ior, whol - ly thine;
Tru - ly know that thou art mine.
4. Lord, I give my - self to thee;
Let thy bless - ings fall on me.

I sur - ren - der all,
I sur - ren - der all,

The image shows a musical score for the hymn "I Surrender All". It consists of two systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is three flats (B-flat, E-flat, A-flat), and the time signature is 4/4. The lyrics are: "I sur-ren - der all, All to thee, my I sur - ren - der all, bless - ed Sav - ior, I sur - ren - der all." The music features a simple, hymn-like melody with a steady piano accompaniment.

Words: Judson W. Van de Vanter (1855-1939). Music: Winfield S. Weeden (1847-1908).

♪ 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*

The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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."

Therefore, according to his command, O God,

All: ***We remember his death,
We proclaim his resurrection,
We await his coming in glory;***


And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, gather all things into the circle of Christ's love, and bring us to that heavenly country where, with blessed Mary and blessed Benedict and all your saints, we may enter the everlasting heritage of your children; through Jesus Christ, the firstborn of all creation, the head of the Church, and the author of our salvation.

All: ***By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. AMEN.***

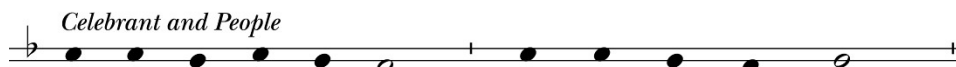
The Lord's Prayer

Celebrant

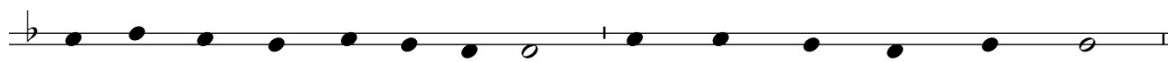


As our Sa - vior Christ has taught us, we now pray,

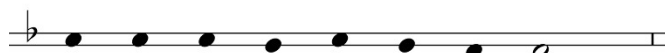
Celebrant and People



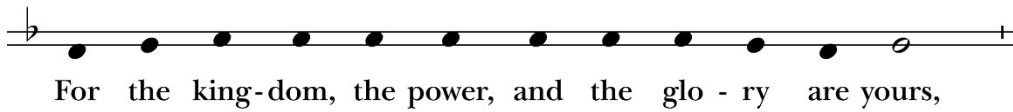
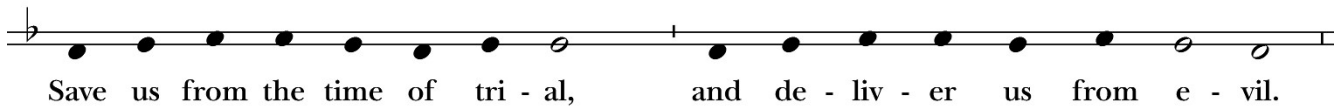
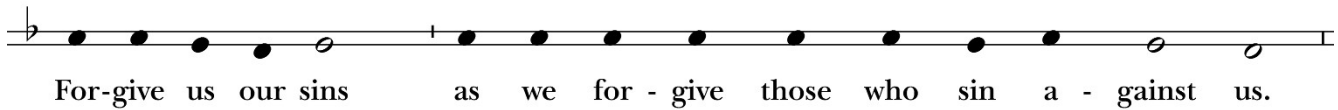
Our Fa - ther in hea - ven, hal - lowed be your Name,



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



Give us to - day our dai - ly bread.



Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

S-167

Antiphon

Cantor; then All



The dis-ci-ples knew the Lord Je-sus in the break-ing of the bread.

Cantor



1. The bread which we break, al-le-lu-ia,



is the com-mun-ion of the bo-dy of Christ. [Ant.]

Cantor



2. One bo-dy are we, al-le-lu-ia,



for though man-y we share one bread. [Ant.]

Music: Mode 6 melody; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

Holy Communion

The celebrant continues:

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*If God is calling you, you are welcome and invited to receive communion.
Please contact the church office to arrange to receive communion in your home.*

♪ Communion Music

Original Improvisation

Paul Burkle

♪ Hymn #692

“I Heard the Voice of Jesus Say”

Blue Hymnal

1 I heard the voice of Je - sus say, “Come un - to me and rest;
2 I heard the voice of Je - sus say, “Be - hold, I free - ly give
3 I heard the voice of Je - sus say, “I am this dark world’s light;

and in your wea - ri - ness lay down your head up - on my breast.”
the liv - ing wa - ter; thirst - y one, stoop down and drink, and live.”
look un - to me, your morn shall rise, and all your day be bright.”

I came to Je - sus as I was, so wea - ry, worn, and sad;
I came to Je - sus, and I drank of that life - giv - ing stream;
I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.
my thirst was quenched, my soul re - vived, and now I live in him.
and in that light of life I’ll walk till pil - grim days are done.

*The bracketed notes are to be treated as triplet groups.

Words: Horatius Bonar (1808-1889), alt. Music: *The Third Tune*, Thomas Tallis (1505?-1585?); ed. John Wilson (1905-1992).
By permission of Oxford University Press.

Sending of the Eucharistic Visitor

If no visitation is to be made, prayer is not said.
When the Eucharist is brought to people at any place outside our walls, we say the following to send our Lay Eucharistic Visitors or other Ministry team members out with care and blessings.

Celebrant: In the name of this parish family, I send you forth, bearing these holy gifts, to _____. Together, we share in the body and blood of Christ. And we who are many are one Body because we share one Bread and one Cup.

All: *We who are many are one Body, because we share one Bread and one Cup. Amen.*

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.*

Blessing

♪ Hymn #542 “ Christ is the World’s True Light” Blue Hymnal

Dismissal

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

All: *Thanks be to God.*

♪ **Postlude**

Original Improvisation

Paul Burkle

Ministers of the Service

Celebrant: Rev. Linzi Stahlecker
Preacher: Rev. Linzi Stahlecker
Eucharistic Minister: Lisa Gonzalez
Eucharistic Assistant: Alan Kiste
Altar Guild: Diana Hammerlund
Lector: Sandy Fisher
Flowers: Sharon Porter
Ushers: Alan Kiste & Barbara Schippers
Intercessor: Lisa Gonzalez
Music: Paul Burkle
Online Host: Connie Weldon
Tellers: Alice Welchert & Sandy Fisher
Technical: Hannah Matthews
Coffee Hour Host:

This Week at St Ben's

Tuesday	Mar 4
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	Mar 5
7:00a	Ashes to Go
4:00p	Community Dinner
6:00p	Blues Society
7:00p	Ash Wednesday Service
Thursday	Mar 6
6:00p	Choir Practice
Sunday	Mar 9
10:30a	Eucharist Service

Announcements

Community Dinner: It's St. Ben's turn to serve Community Dinner on March 5! Spaghetti and meatballs is on the menu, with garlic bread and green beans - we need 5 people each to bring garlic bread to serve 20, and 5 people each to bring green beans to serve 20.

All food should be plate-ready, and delivered to South Bay Community Center by 4pm on March 5. Please be in touch with Barbara Schippers if you are able to help with this effort. Thanks!

Tuesday Morning Spiritual Conversation: During the rest of the season after The Epiphany, the Spiritual Conversation group will be focusing on The Book of Acts. We'll read several chapters a week and then discuss together. You do not have to do the reading to participate, all are welcome. Join on [Zoom](#).

Personal Prayer: A member of the Healing Prayer team is always available after the liturgy for personal prayer. Please look for them in the pew closest to the altar after worship.

Scam Alert: Rev. Linzi will NEVER EVER ask for a favor, or help, or gift cards, or cash, or anything remotely like any of these things, not ever, via email or text. If you get an email or a text that looks like it's from Rev. Linzi and you're not sure how to respond, please reach out to Rev. Linzi by email, or call the parish office before taking any action.

Lent at St. Ben's

Ashes to GO! at the Abundance Shop will return this year from 7am on Ash Wednesday. Ashes to GO! has been an important community outreach for many years now, and the Discovery Team is making sure this offering continues! If you have any available time on Ash Wednesday and could volunteer to fill a time slot, [please be in touch with Sandy Fisher](#).

St. Benedict's own exquisite Stations of the Cross will be installed in the sanctuary for the whole of the season of Lent. An opportunity for personal prayer, devotion, and meditation, the church will open every Tuesday in the Lenten season from 2—5pm. [Please know that the church won't be heated, so do dress for comfort in the space.]

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).

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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