



## St Benedict's Episcopal Church

~ *Tending Mind and Soul in Los Osos* ~

### The Second Sunday in Lent

March 16, 2025 10:30 am

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

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### ~ Prelude ~

*Original Improvisation*

Paul Burkle

(please stand as you are able)

### A Penitential Order

Celebrant: Blessed be the God of our salvation.

People: *Who bears our burdens and forgives our sins.*

Celebrant reads from scripture.

### Confession and Absolution

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

All: *Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. 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*

Ho - ly God, Ho - ly and Might - y,  
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

### Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: 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.

People: *Amen*

### Genesis 15:1-12,17-18

Reader: *A Reading from the book of Genesis*

The word of the LORD came to Abram in a vision, “Do not be afraid, Abram, I am your shield; your reward shall be very great.” But Abram said, “O Lord GOD, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?” And Abram said, “You have given me no offspring, and so a slave born in my house is to be my heir.” But the word of the LORD came to him, “This man shall not be your heir; no one but your very own issue shall be your heir.” He brought him outside and said, “Look toward heaven and count the stars, if you are able to count them.” Then he said to him, “So shall your descendants be.” And he believed the LORD; and the LORD reckoned it to him as righteousness.

Then he said to him, “I am the LORD who brought you from Ur of the Chaldeans, to give you this land to possess.” But he said, “O Lord GOD, how am I to know that I shall possess it?” He said to him, “Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon.” He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.

When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. On that day the LORD made a covenant with Abram, saying, “To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.”

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

People: *Thanks be to God.*

## Psalm 27

### *Dominus illuminatio*

James Frazier  
(b. 1947)



Chant on a single note, changing note with the bolded word.

- 1 The Lord is my light and my sal-**vation**;  
whom then shall I **fear**? \*  
the Lord is the strength of my **life**;  
of whom then shall I be **afraid**?
- 2 When evildoers came upon me to eat up my **flesh**, \*  
it was they, my foes and my adversaries, who  
stumbled and **fell**.
- 3 Though an army should encamp a-**gainst me**, \*  
yet my heart shall not be **afraid**;
- 4 And though war should rise up a-**gainst me**, \*  
yet will I put my **trust in him**.
- 5 One thing have I asked of the Lord;  
one thing I **seek**; \*  
that I may dwell in the house of the Lord all the days of my **life**;
- 6 To behold the fair beauty of the **Lord** \*  
and to seek him in his **temple**.
- 7 For in the day of trouble he shall keep me safe  
in his **shelter**; \*  
he shall hide me in the secrecy of his dwelling  
and set me high upon a **rock**.
- 8 Even now he lifts up my **head** \*  
above my enemies round a-**bout me**.
- 9 Therefore I will offer in his dwelling an oblation  
with sounds of great **gladness**; \*  
I will sing and make music to the **Lord**.
- 10 Harken to my voice, O Lord, when I **call**; \*  
have mercy on me and **answer me**.
- 11 You speak in my heart and say, "Seek my **face**." \*  
Your face, Lord, will I **seek**.

- 12 Hide not your **face from me**, \*  
nor turn away your servant in dis-**pleasure**.
- 13 You have been my helper;  
cast me not **away**; \*  
do not forsake me, O God of my sal-**vation**.
- 14 Though my father and my mother for-**sake me**, \*  
the Lord will sus-**tain me**.
- 15 Show me your way, O **Lord**; \*  
lead me on a level path, because of my **enemies**.
- 16 Deliver me not into the hand of my **adversaries**, \*  
for false witnesses have risen up against me,  
and also those who speak **malice**.
- 17 What if I had not believed  
that I should see the goodness of the **Lord** \*  
in the land of the **living**!
- 18 O tarry and await the Lord's pleasure;  
be strong, and he shall comfort your **heart**; \*  
wait patiently for the **Lord**.

### **Philippians 3:17-4:1**

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

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

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

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

Spir - it of the Liv - ing God, Fall fresh on me,

Spir - it of the Liv - ing God, Fall fresh on me.

Melt me, mold me, Fill me, use me.

Spir - it of the Liv - ing God, Fall fresh on me.

**Luke 13:31-35**

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

People: ***Glory to You, Lord Christ.***

Some Pharisees came and said to Jesus, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

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**

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:  
was incarnate of the Holy Spirit and 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**

Mighty God, you are a very present help in all our troubles, we put our trust in you. Teach us your ways, O God, and show us your paths. Guide your church, that it may lead others to behold your love and glory. We pray for those who care for seekers, wanderers, and the lost: bless all those who work as counsellors, carers, and chaplains. Holy One, we put our hope in you.

*You are our protector and our shield.*

Loving God, we remember before you all who are refugees, all who have been driven out of their homes by violence or disaster. We pray for those who do not know the shelter of a home of their own. We ask you to guide and strengthen all who work with the unhoused. Holy One, we put our hope in you.

*You are our protector and our shield.*

We give thanks for all who have provided for us: we give thanks for parent-figures and loved ones. We ask your blessing upon our families and community, upon all who seek to strengthen the bonds of friendship and

love. We pray for any who are suffering from a breakdown in their relationships. Holy One, we put our hope in you.

***You are our protector and our shield.***

O God, you are our strength in times of weakness, you are our hope in times of darkness. We pray for all who are struggling at this time, all who are finding life hard; we pray especially for

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

Holy One, we put our hope in you.

***You are our protector and our shield.***

We pray for all our loved ones departed this life, that they may now share in the glory that shall be revealed to us. Holy One, we put our hope in you.

***You are our protector and our shield.***

*Silence*

Celebrant: Holy God, as you have called us, make us holy. Shield us from all that is evil and destructive, protect us in body and in soul; extend our vision of our purpose and journey, that we may know we are your people of your kingdom; through Jesus Christ our Savior. ***Amen.*** Adapted from *Glimpses of Glory* by David Adams

## **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.***

# The Offertory

You can contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.



## ♪ Hymn #142 “Lord Who Throughout These Forty Days” Blue Hymnal

1 Lord, who through-out these for - ty days for us didst fast and pray,  
2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,  
3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,  
4 And through these days of pen - i - tence, and through thy Pas - sion - tide,  
5 A - bide with us, that so, this life of suf - fer - ing o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.  
2 O give us strength in thee to fight, in thee to con - quer sin.  
3 to die to self, and chief - ly live by thy most ho - ly word.  
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.  
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898). Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt, and harm. Richard Redhead (1820-1901).

## ♪ Doxology:

[Traditional hymn tune]

*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

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.

*The Celebrant continues*

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: 0

“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

S-149

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

Our Fa - ther in hea - ven, hal - lowed be your Name,  
your king - dom come, your will be done, on earth as in  
hea - ven. Give us to - day our dai - ly bread.  
For - give us our sins as we for - give those who  
sin a - gainst us. Save us from the time of trial,  
and de - liv - er us from e - vil. For the king - dom, the pow - er,  
and the glo - ry are yours, now and for ev - er. A - men.

Music: McNeil Robinson II (b. 1943). Copyright © 1984 From: Music For the Lord's Supper. Theodore Presser Company. Used by permission.

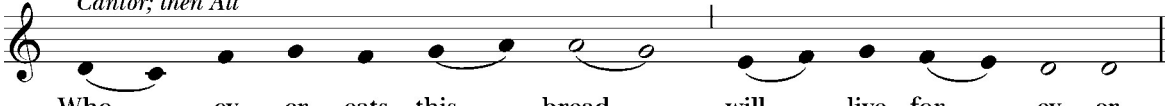
## *The Breaking of the Bread*

The celebrant breaks the Bread

## ♪ Fraction Anthem

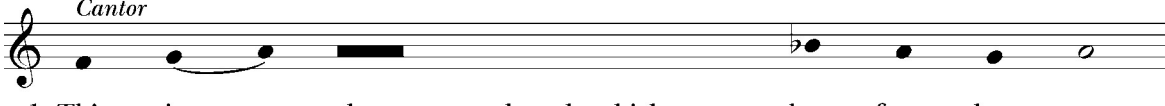
S170

*Antiphon*  
*Cantor; then All*




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

*Cantor*

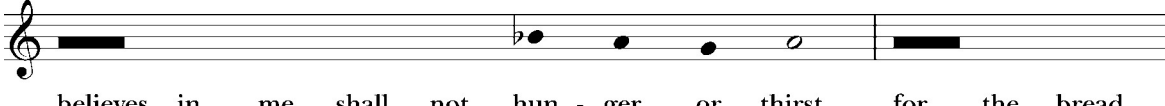


1. This is the true bread which comes down from hea - ven


*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 and invited to receive communion.  
Please contact the church office to arrange to receive communion in your home.*

## ♪ Communion Music

*Original Improvisation*

Paul Burkle

The first system of the piano introduction consists of two staves. The right hand plays a series of chords in a 3/4 time signature, while the left hand plays a steady eighth-note accompaniment. The key signature has one flat (B-flat).

The vocal line for the first system is a single staff with a treble clef. It begins with a whole rest for two measures, followed by a repeat sign. The melody consists of quarter notes and eighth notes.

1. Peace be - fore us, peace be - hind us,  
2. Love be - fore us, love be - hind us,  
3. Light be - fore us, light be - hind us,  
4. Christ be - fore us, Christ be - hind us,

The piano accompaniment for the second system continues with the same two-staff structure as the first system, providing harmonic support for the vocal line.

The vocal line for the second system continues the melody from the first system, with lyrics aligned below the notes.

peace un - der our feet. \_\_\_\_\_ Peace with - in us,  
love un - der our feet. \_\_\_\_\_ Love with - in us,  
light un - der our feet. \_\_\_\_\_ Light with - in us,  
Christ un - der our feet. \_\_\_\_\_ Christ with - in us,

The piano accompaniment for the third system concludes the piece with the same two-staff structure, ending with a final chord.

1. 2. 3. 4. 5.

peace o - ver us, let all a - round us be peace. \_\_\_\_\_  
 love o - ver us, let all a - round us be love. \_\_\_\_\_  
 light o - ver us, let all a - round us be light. \_\_\_\_\_  
 Christ o - ver us, let all a - round us be Christ. \_\_\_\_\_

6.

6. peace. \_\_\_\_\_ Let all a - round us be peace. \_\_\_\_\_

**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**

*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*

# Solemn Prayer over the Assembly

Celebrant: Let us bow down before God.

Celebrant: Keep this your family, God, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Savior. *Amen.*

## ♪ Hymn #559

## “Lead Us, Heavenly Father, Lead Us”

Blue Hymnal

1 Lead us, heaven - ly Fa - ther, lead us o'er the world's tem -  
2 Sa - vior, breathe for - give - ness o'er us; all our weak - ness  
3 Spi - rit of our God, de - scend - ing, fill our hearts with

pes - tuous sea; guard us, guide us, keep us, feed us,  
thou dost know; thou didst tread this earth be - fore us;  
heaven - ly joy; love with ev - ery pas - sion blend - ing,

for we have no help but thee, yet pos - ses - sing  
thou didst feel its keen - est woe; yet un - fear - ing,  
plea - sure that can nev - er cloy; thus pro - vid - ed,

ev - ery bless - ing, if our God our Fa - ther be.  
per - se - ver - ing, to thy pas - sion thou didst go.  
par - doned, guid - ed, noth - ing can our peace des - troy.

Words: James Edmeston (1791-1867), alt. Music: *Dulce carmen*, melody from *An Essay on the Church Plain Chant*, 1782; adapt. *Collection of Motetts or Antiphons*, ca 1840; harm. William Henry Monk (1823-1889).

## Dismissal

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

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

## ♪ Postlude

*Original Improvisation*

Paul Burkle

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## Ministers of the Service

Celebrant:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Eucharistic Minister:	Brian Spolarich
Altar Guild:	Pat Stoneman
Lector:	Bob Pelfrey
Flowers:	
Ushers:	Alan Kiste & Helen Schnieders
Intercessor:	Louisa Beeler
Music:	Paul Burkle
Online Host:	Jane Wu
Tellers:	Steve Cake & Diana Hammerlund
Technical:	Hannah Matthews
Coffee Hour Host:	

## This Week at St Ben's

Tuesday	Mar 18
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	Mar 19
3:00p	Earthcare Meeting
Thursday	Mar 20
6:00p	Choir Practice
Sunday	Mar 23
10:30a	Eucharist Service



## Announcements

**Lenten Morning Prayer** Rev. Linzi will offer Morning Prayer each weekday morning (Monday - Friday) through Lent at 8:30am. Bring your BCP and Bible or follow along with "*Venite*" either via [their website](#) or their downloadable app. The [zoom](#) link is on [the calendar listing on the website](#).

**Stations of the Cross** are now installed in the sanctuary. The church will be open every Tuesday in the Lenten season from 2-5 pm for personal prayer and devotions. [Please know that the church won't be heated, so please do dress for comfort while in the space.]

**Tuesday Morning Spiritual Conversation:** During Lent the Spiritual Conversation group will be reading from *Living Well Through Lent* by Living Compass. The pamphlet is available for free as a PDF file or contact Roz Malone. You do not have to do the reading to participate, all are welcome. Join on [Zoom](#).

**Coffee Hour** hospitality is such an important ministry of the church, it creates a warm welcome for all, and a time and space for community-building. If you'd like to know more about what's involved hosting Coffee Hour, please reach out to Barbara Hirahara, who can fill you in on what's involved - many hands make light work!

**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.

## 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, economic condition, gender, sexual orientation, 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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