



# St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The First Sunday in Lent

March 9, 2025

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!

## About Our Service

Wherever you are on your faith journey, you are warmly welcome at St. Benedict's! If you are unfamiliar with the ritual customs of the Episcopal Church, simply rest into the liturgy and let the rest of the congregation carry you in worship.

## ~ Prelude ~

*Original Improvisation*

Paul Burkle

## ♪ The Great Litany

EOW

I *The Officiant at the Litany may be a lay cantor.*

O God the Father, Creator of heaven and earth, Have mer - cy up - on us.

Cantor: Holy and Mighty, Redeemer of the world,

People: ***Have mercy upon us.***

Holy Immortal One, Sanctifier of the faithful,

***Have mercy upon us.***

Holy, blessed and glorious Trinity, One God,

***Have mercy upon us.***

II 
  
 From all evil and wickedness; from sin; from the crafts and assaults of the

devil; and from everlast - ing dam - na - tion,

***Sav—ior, de—liv—***

*(This same response is sung after the petitions that follow)*

Cantor: From sloth, worldliness and love of money;  
from hardness of heart and contempt for  
your word and your laws,

People: ***Savior deliver us.***

From sins of body and mind; from deceits of the world, flesh  
and the devil,

***Savior deliver us***

From famine and disaster; from violence, murder, and dying unprepared,

***Savior deliver us***

In all times of sorrow; in all times of joy; in the hour of our death  
and at the day of judgment,

***Savior deliver us***

By the mystery of your holy incarnation; by your birth, childhood  
and obedience; by your baptism, fasting and temptation,

***Savior deliver us***

By your ministry in word and work; by your mighty acts of  
power; by the preaching of your reign,

***Savior deliver us***

By your agony and trial; by your cross and passion; by your  
precious death and burial,

***Savior deliver us***

By your mighty resurrection; by your glorious ascension; and  
by your sending of the Holy Spirit,

***Savior deliver us***

III

*Officiant*  
Govern and direct your holy Church; fill it with love and truth; and grant it

that unity which is your will.

*People*  
***Hear us, O Christ***

Cantor: Give us boldness to preach the gospel in  
all the world, and to  
make disciples of all the nations.

People: ***Hear us, O Christ.***

Enlighten your bishops, priests and deacons,  
with knowledge and understanding, that by their teaching  
and their lives they may proclaim your word.

***Hear us, O Christ.***

Give your people grace to witness to your word and bring forth  
the fruit of your Spirit.

***Hear us, O Christ.***

Bring into the way of truth all who have erred and are deceived.

***Hear us, O Christ.***

Strengthen those who stand; comfort and help the fainthearted;  
raise up the fallen; and finally beat down Satan under our feet.

***Hear us, O Christ***

IV

Cantor: Guide the leaders of the nations into the ways of peace and justice.

People: ***Hear us, O Christ.***

Give your wisdom and strength to Donald Trump, the President of the United States, Gavin Newsom, the Governor of California, and the County Supervisors of San Luis Obispo, that in all things they may do your will, for your glory and the common good.

***Hear us, O Christ.***

Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.

***Hear us, O Christ.***

Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.

***Hear us, O Christ.***

Give us the will to use the resources of the earth to your glory and for the good of all.

***Hear us, O Christ.***

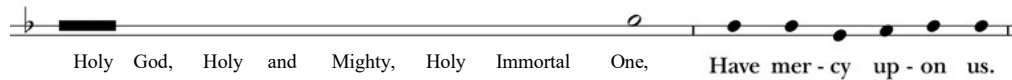
Bless and keep all your people,

***Hear us, O Christ.***

VI

Cantor: Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

All:





1 The glo - ry of these for - ty days we  
 2 A - lone and fast - ing Mo - ses saw the  
 3 So Dan - iel trained his mys - tic sight, de -  
 4 Then grant us, Lord, like them to be full  
 \* 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all  
 2 lov - ing God who gave the law; and to E - li - jah,  
 3 liv - ered from the li - ons' might; and John, the Bride - groom's  
 4 oft in fast and prayer with thee; our spi - rits strength - en  
 5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.  
 2 fast - ing, came the steeds and char - i - ots of flame.  
 3 friend, be - came the her - ald of Mes - si - ah's name.  
 4 with thy grace, and give us joy to see thy face.  
 5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Leeder*, 1543; harm. Johann Sebastian Bach (1685-1750).

### Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

### Deuteronomy 26:1-11

Reader: *A Reading from the book of Deuteronomy*

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that

time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

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

*People: Thanks be to God*

## ♪ Psalm 91:1-2, 9-16

S409

Chanted by all, changing note at the bolded word

He who dwells in the shelter of the Most **High**, \*  
abides under the shadow of the Al-**mighty**.

He shall say to the Lord,  
"You are my refuge and my **stronghold**, \*  
my God in whom I put my **trust**."

Because you have made the Lord your **refuge**, \*  
and the Most High your habi-**tation**,

There shall no evil happen to **you**, \*  
neither shall any plague come near your **dwelling**.  
For he shall give his angels charge over **you**, \*  
to keep you in all your **ways**.

They shall bear you in their **hands**, \*  
lest you dash your foot against a **stone**.

You shall tread upon the lion and **adder**; \*  
you shall trample the young lion and the serpent under your **feet**.

Because he is bound to me in love,  
therefore will I deliver **him**; \*  
I will protect him, because he knows my **Name**.

He shall call upon me, and I will answer **him**; \*  
I am with him in trouble;  
I will rescue him and bring him to **honor**.

With long life will I satisfy **him**, \*  
and show him my sal-**vation**.



© 1979, Robert Knox Kennedy.

## Romans 10:8b-13

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

"The word is near you,  
on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

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

People: *Thanks be to God*

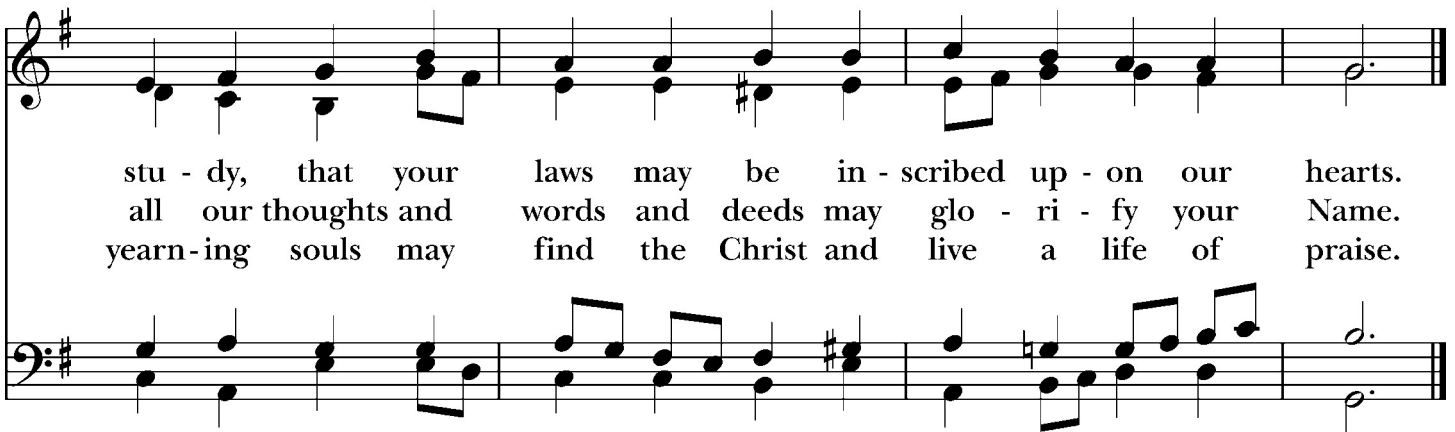
### ♪ Hymn #628

### "Help us O Lord"

Blue Hymnal



1 Help us, O Lord, to learn the truths your word im - parts: to  
2 Help us, O Lord, to live the faith which we pro - claim, that  
3 Help us, O Lord, to teach the beau - ty of your ways, that



stu - dy, that your laws may be in - scribed up - on our hearts.  
all our thoughts and words and deeds may glo - ri - fy your Name.  
yearn - ing souls may find the Christ and live a life of praise.

Words: William Watkins Reid, Jr. (b. 1923), alt. Copyright © 1959 by the Hymn Society. (admin. Hope Publishing Company, Carol Stream, IL 60188.) All Rights Reserved. Used by permission. Music: *St. Ethelwald*, William Henry Monk (1823-1889).



## **Luke 4:1-13**

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

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

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God,  
and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you,  
to protect you,'

and

'On their hands they will bear you up,  
so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

Gospeller: *The Gospel of Christ*

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

## **Sermon**

The Rev. Karen Siegfriedt

[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**

Loving God, throughout all ages you have rescued and restored your people;  
we come to you for refreshment and renewal.

Lord, protect us from all the terrors of the night and the dangers of the day.

We pray for all who are seeking to know their vocation, all who are trying to sort out their priorities. We pray for all who are called to minister to others, for spiritual counsellors and advisers. Lord, in you we trust. ***You are our refuge and strength.***

We pray for all in positions of authority, that they do not misuse their powers;  
for leaders of peoples and for all who make decisions about our future. We remember all who are suffering from hunger or poverty, all who are experiencing a time of dryness or aridity in their lives. We pray also for all who are living below par, all who have lost their way. Lord, in you we trust. ***You are our refuge and strength.***

We give thanks for all who have provided for us and protected us, for those who inspired us or directed us. We pray that we may be sensitive to your call and ready to do your will. We ask you to bless and protect our loved ones and friends. Lord, in you we trust. ***You are our refuge and strength.***

We pray for all who are caught up in crime or addiction, for all who are wasting their lives or giving their allegiance to wrong things. We pray for all who regret what they have done and are full of remorse; may they find new hope and courage in you, O Lord.

We remember all who are ill and longing to live full lives, for all who are restricted in any way. We pray especially for

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

Lord, in you we trust. ***You are our refuge and strength.***



We give thanks for all who have escaped the temptations of the world, the flesh and the devil and are now at peace in your eternal kingdom. We pray for all who have once been part of this church and community, for the saints and all who have enriched our world. May they, with our dear ones departed, rejoice in doing your will in your kingdom. Lord, in you we trust. ***You are our refuge and strength.***

Celebrant: Almighty God, give us strength to stand against all that is evil:  
keep us firm in the times of trial and temptation;  
make us resolute in obeying your will and in seeking your kingdom;  
give us the power to stay true to you and proclaim your salvation;  
through Jesus Christ our Lord,  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. ***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.***

## **The Offertory**

*You are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.*



♩ Hymn #635

“If thou but trust in God”

Blue Hymnal

*Unison or harmony*

1 If thou but trust in God to guide thee, and hope in him through  
 2 Sing, pray, and keep his ways un - swerv - ing; so do thine own part

all thy ways, he'll give thee strength what - e'er be - tide thee,  
 faith - ful - ly, and trust his word, though un - de - serv - ing;

and bear thee through the e - vil days. Who trusts in God's un -  
 thou yet shalt find it true for thee; God nev - er yet for -

chang - ing love builds on a rock that nought can move.  
 sook in need the soul that trust - ed him in - deed.

Words: Georg Neumark (1621-1681); tr. Catherine Winkworth (1829-1878), alt. Music: *Wer nur den lieben Gott*, Georg Neumark (1621-1681).

## ♪ 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

EOW1

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 Lord; 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.

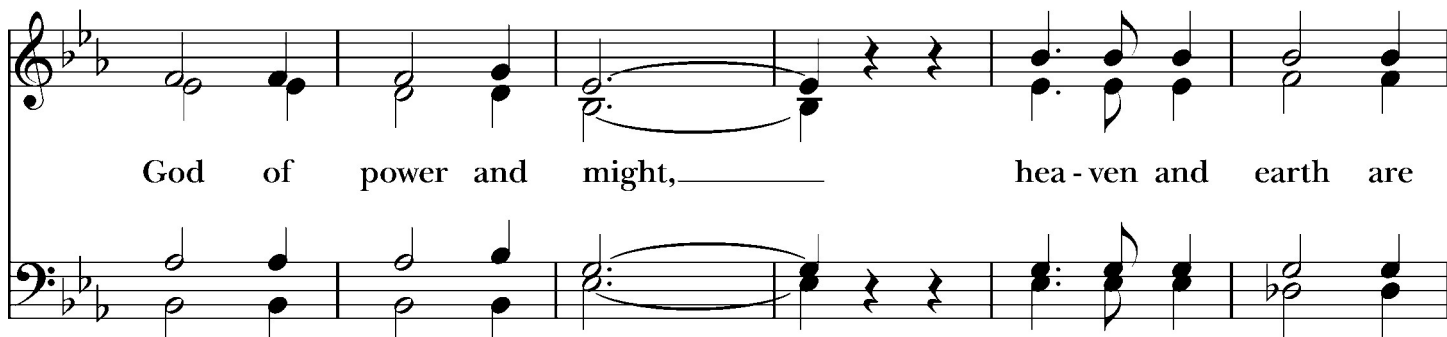
Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

## ♪ Sanctus

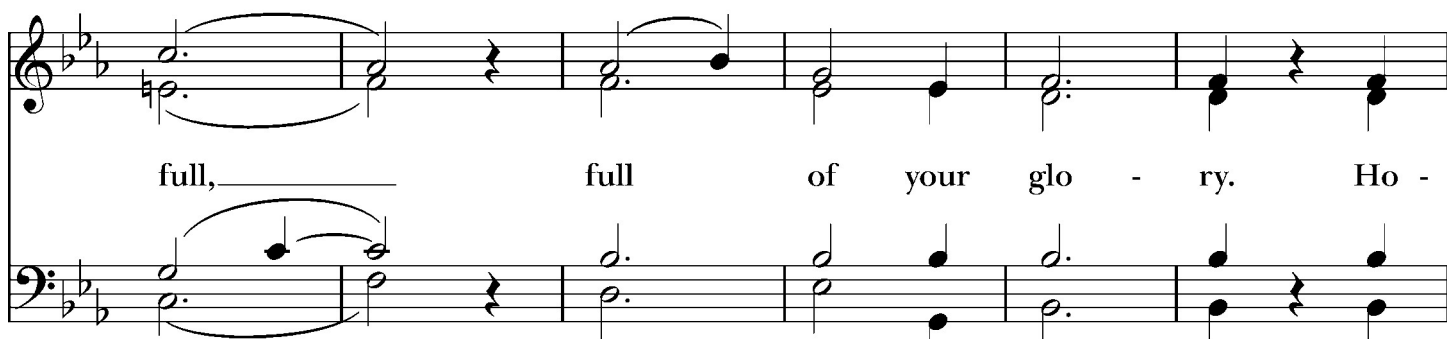
S-130

Ho - ly, ho - ly, ho - ly Lord, God of power and

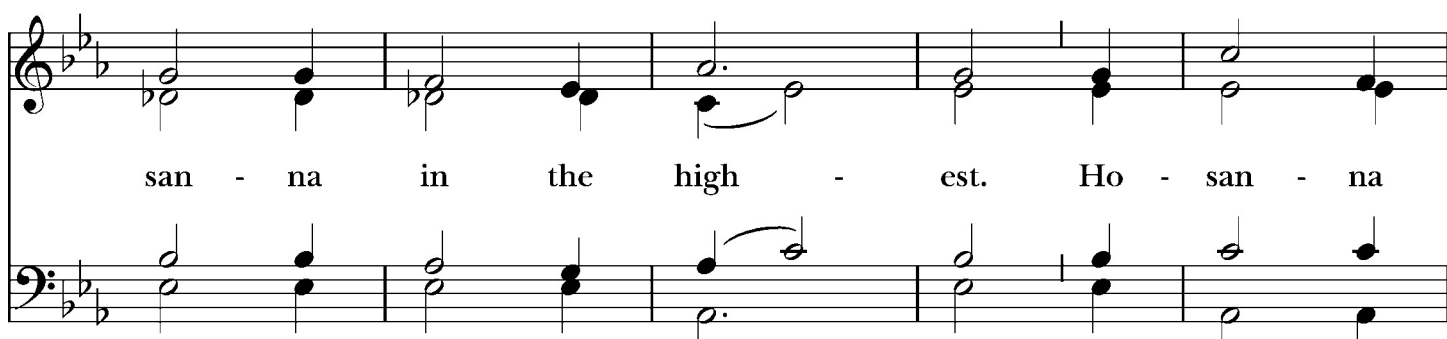
might, Ho - ly, ho - ly, ho - ly Lord,



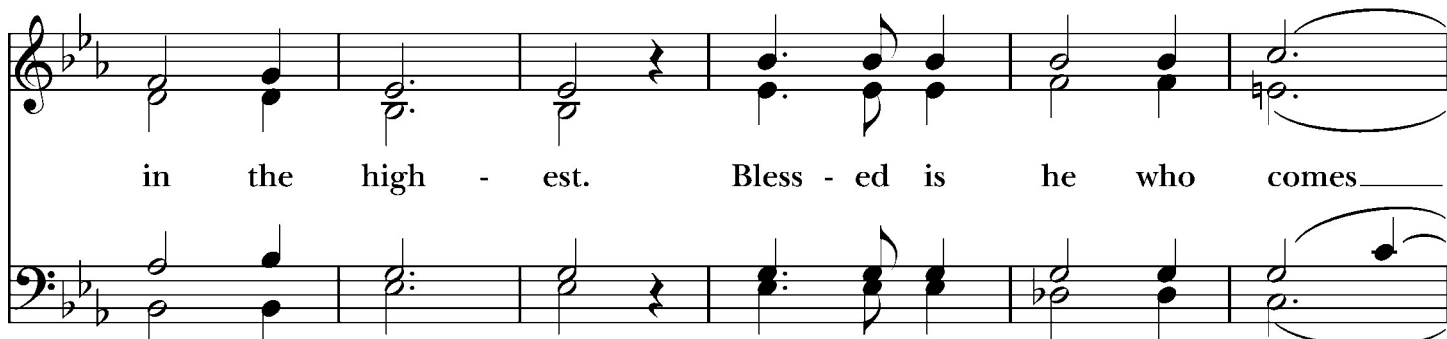
God of power and might, hea-ven and earth are



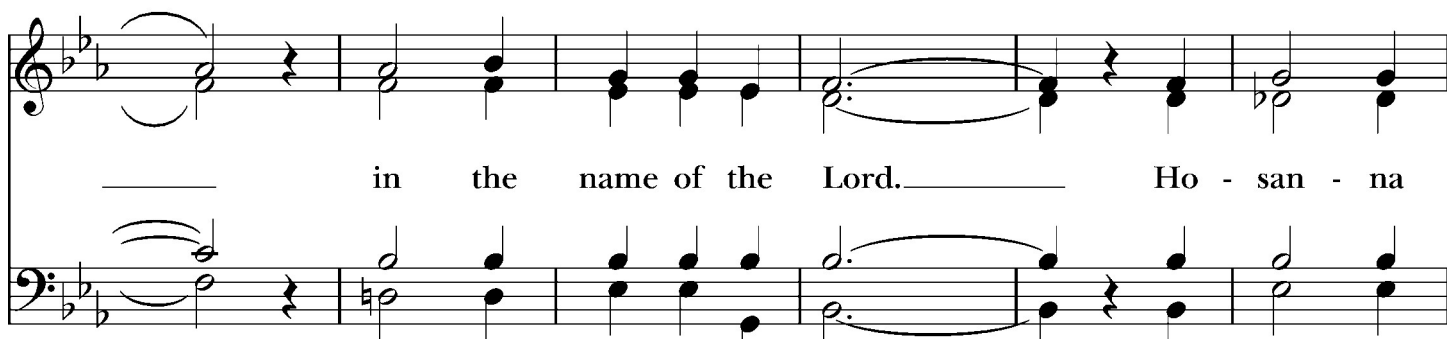
full, full of your glo-ry. Ho-



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

The image shows a musical score for a vocal part. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The lyrics are written below the treble staff. The melody is simple and homophonic, with the bass line providing harmonic support. The piece ends with a double bar line.

Music: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

*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:

“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.***

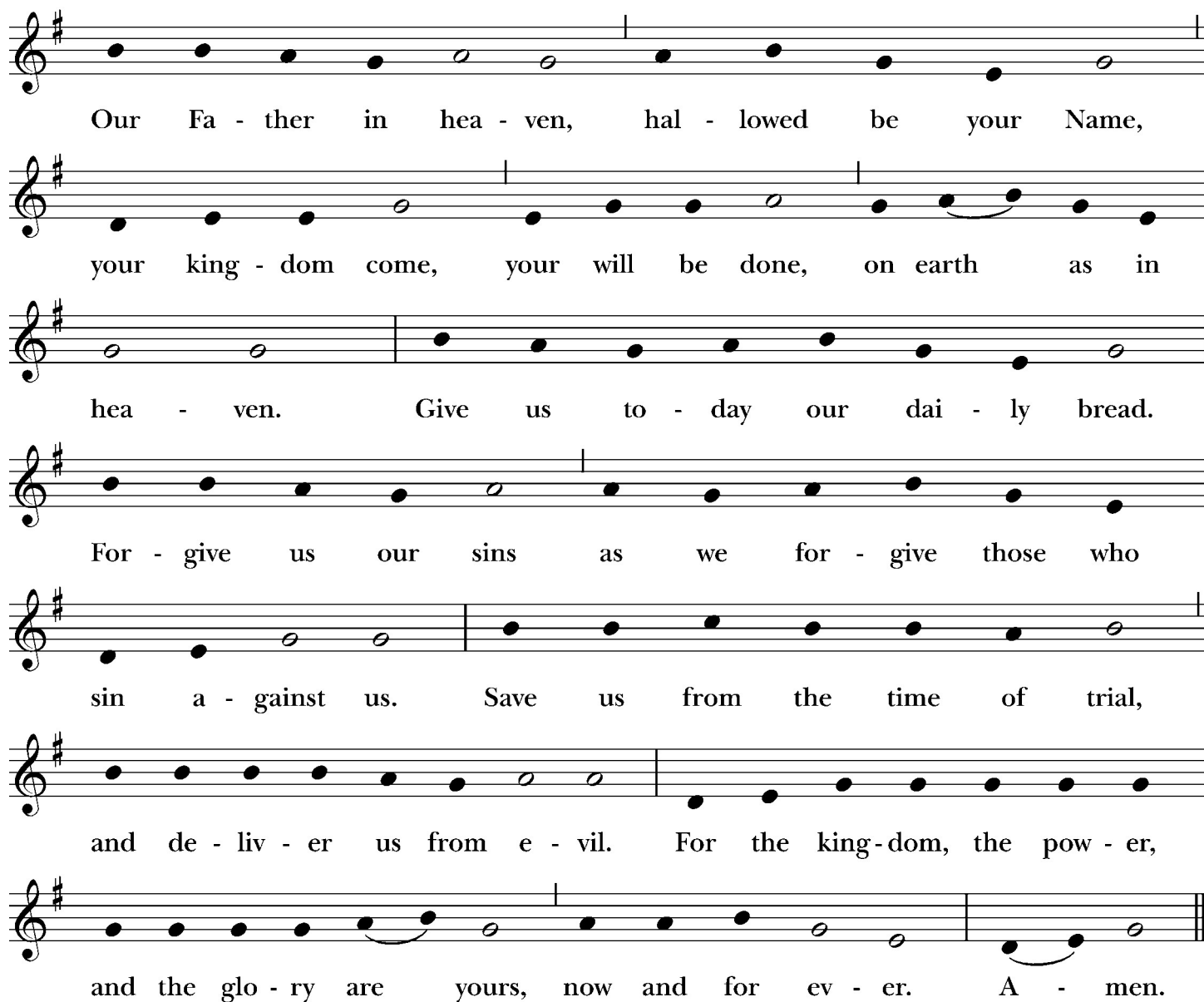
Celebrant: Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ’s Body in the world. Bring us into the everlasting heritage of your children, that with blessed Mary and blessed Benedict 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

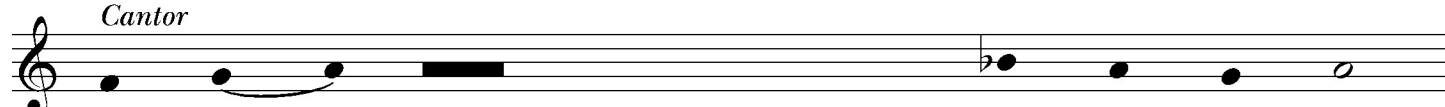
S-170

*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

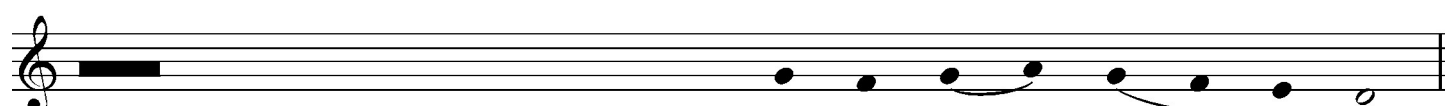
*Cantor*



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

Celebrant: 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

♪ Hymn #333

“Now the silence”

Blue Hymnal

Now the si - lence Now the peace Now the emp - ty  
hands up - lift - ed Now the kneel - ing Now the plea  
Now the Fa - ther's arms in wel - come Now the hear - ing  
Now the power Now the ves - sel brimmed for pour - ing  
Now the Bo - dy Now the Blood Now the joy - ful  
cel - e - bra - tion Now the wed - ding Now the songs  
Now the heart for - giv - en leap - ing Now the Spi - rit's  
vis - i - ta - tion Now the Son's e - piph - an - y  
Now the Fa - ther's bless - ing Now Now Now



## 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,

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

Celebrant: Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. *Amen.*

## ♪ Hymn #546

“Awake my soul, stretch every nerve”

Blue Hymnal



1	A	-	wake,	my	soul,	stretch	ev -	ery	nerve,	and	press	with	vi -	gor
2	A	cloud	of	wit -	ness	-	es	a -	round	hold	thee	in	full	sur -
3	'Tis	God's	all -	an -	i -	mat-ing	voice	that	calls	thee	from	on		
4	Then	wake,	my	soul,	stretch	ev -	ery	nerve,	and	press	with	vi -	gor	



on;	a	heaven -	ly	race	de -	mands	thy	zeal,	and
vey;	for	-	get	the	steps	al -	read -	y	trod
high;	'tis	his	own	hand	pre -	sents	the	prize	to
on;	a	heaven -	ly	race	de -	mands	thy	zeal,	and



an	im -	mor -	tal	crown,	and	an	im -	mor -	tal	crown.
on -	ward	urge	thy	way,	and	on -	ward	urge	thy	way.
thine	as -	pir -	ing	eye,	to	thine	as -	pir -	ing	eye.
an	im -	mor -	tal	crown,	and	an	im -	mor -	tal	crown.

Words: Philip Doddridge (1702-1751). Music: *Siroë*, George Frideric Handel (1685-1759); adapt. *Melodia Sacra*, 1815.

## 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

Eucharist Liturgy Adapted from Enriching Our Worship  
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### **Ministers of the Service**

Celebrant:	The Rev. Karen Siegfriedt
Preacher:	The Rev. Karen Siegfriedt
Eucharistic Minister:	Alan Kiste
Lector:	John Horsley
Music:	Paul Burkle
Ushers:	Maureen Titus & Brian Spolarich
Intercessor:	Helen Schnieders
Altar Guild:	Lisa Gonzalez
Online Host:	
Tellers:	Bryson McKelvey & Alice Welchert
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Liz and Don Maruska

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

Monday	Mar 10
8:30a	Morning Prayers (Zoom)
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Mar 11
8:30a	Morning Prayers (Zoom)
9:45a	Prayers for the Morning
10:30a	Spiritual Conversation (Zoom)
Wednesday	Mar 12
8:30a	Morning Prayers (Zoom)
Thursday	Mar 13
8:30a	Morning Prayers (Zoom)
6:00p	Choir Practice
Friday	Mar 14
8:30a	Morning Prayers (Zoom)
Saturday	Mar 15
9:00a	Men's Breakfast at Celia's Cafe

## Announcements

**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.

**Personal Prayer:** If you'd like prayer support during the week, contact Helen Schnieder's (818-324-2646). If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to [prayers@stbenslososos.org](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

**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.

**Would you like to train to be a Eucharistic Minister and serve on a Sunday morning?** Would you like to train to be a Eucharistic Visitor, taking Communion to folks who are unable to make it to church for worship? Do you need to renew your license with the diocese to continue to serve either as a LEM or an EV (this is required once every three years)? There is a deanery training coming up on Saturday, March 22, at St. Luke's, Atascadero. If you have any questions at all about the training, or would like to sign up, please reach out to [Deacon Jim Arnold](#).

## Lent at St. Benedict's

**Lenten Morning Prayer** on Zoom. Join Rev. Linzi each week day morning at 8:30am for Morning Prayer during the season of Lent. Everyone is welcome, you don't need to be a member of St. Benedict's to join.

**St. Benedict's exquisite Stations of the Cross** will be installed in the sanctuary for the whole of the season of Lent. Beginning on Tuesday, March 11th, the church will open every Tuesday in the Lenten season from 2—5pm for personal prayer and devotion. (Please know that the church won't be heated, so do dress for comfort in the space.)

## 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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