

St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Third Sunday in Lent

March 23, 2025

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!

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

A Penitential Order

Celebrant: Blessed be the God of our salvation.

People: Who bears our burdens and forgives our sins.

Celebrant reads from scripture.

All:

Confession and Absolution

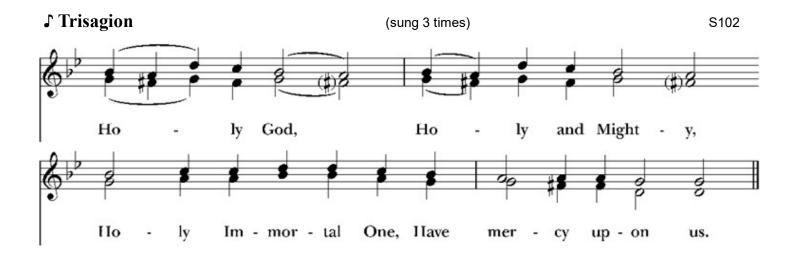
Let us confess our sins against God and our neighbor.

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*



Collect of the Day

Celebrant: God be with you.

People: And also with you.

Celebrant: Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through

Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ev-

er.

People: Amen

Exodus 3:1-15

Reader: A Reading from the book of Exodus

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you." God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever, and this my title for all generations."

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

People: Thanks be to God.

Psalm 63:1-8 S414

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

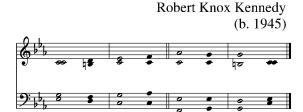
O God, you are my God; eagerly I **seek you**; * my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no **water**.

Therefore I have gazed upon you in your holy **place**, * that I might behold your power and your **glory**.

For your loving-kindness is better than life it**self**; * my lips shall give you **praise**.

So will I bless you as long as I **live** * and lift up my hands in your **Name**.

My soul is content, as with marrow and **fatness**,* and my mouth praises you with joyful **lips**,



When I remember you upon my **bed**, * and meditate on you in the night **watches**.

For you have been my **helper**, * and under the shadow of your wings I will re**joice**.

My soul clings to **you**; * your right hand holds me **fast**.



1 Corinthians 10:1-13

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

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

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

People: Thanks be to God.





Words: Att. Richard of Chichester (1197-1253). Music: *Sumner*, Arthur Henry Biggs (1906-1954). Copyright © The Church Pension Fund.

Luke 13:1-9

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

People: Glory to You, Lord Christ.

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

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 trust in one God, All: 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

Lord, we look for you, we long for you, our whole being thirsts for you and your love. Lord, open our eyes, awaken us to what is around us and make us aware of your coming. We pray for all who tend and nurture the young in the faith, for all who are growing in awareness of you and your world. May the church be an instrument of justice and peace in our community.

Lord, in your love and mercy, hear us and help us.

Lord, as you have given us this world to live in, help us to use its riches and resources with sensitivity. Bless and guide all who are working on the land. We pray for all who supply our food and our daily needs, all who are involved in research with crops and cultivation.

Lord, in your love and mercy, hear us and help us.

We give thanks for our homes and our loved ones. We pray for our places of work. May we be faithful and honest in our dealings: make us sensitive to each other's needs and hopes. We pray especially for homes with young children.

Lord, in your love and mercy, hear us and help us.

Lord of love and salvation, we pray to you for all who are facing disaster in the failure of their crops, all suffering because of storms or war, all who are victims of violence. We pray for all who have been taken ill this day or been involved in accidents. We remember friends and loved ones who are ill, especially

[prayers from the bidding book read here....Please share silently or in the chat]

Lord, in your love and mercy, hear us and help us.

Lord, you are our helper and you protect us from all evil. We pray for all who will face death today; for our loved ones departed, that you will bring them into the fullness of joy in your kingdom.

Lord, in your love and mercy, hear us and help us.

Silence

Celebrant:

Almighty and ever-loving God, you are more ready to hear us and forgive us than we are to come to you. Forgive us for the times we have sinned and failed you; strengthen us as we seek to serve you, that we may follow you in the ways of peace and love; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. *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 fill	s 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 the	neir journey's end; through Jesus Christ our Lord. <i>Amen</i> .

J Choir Anthem

"Prayer to Jehovah"

Molly Ijames

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 at any time.





"What wondrous love is this"

Blue Hymnal

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

Words: American folk hymn, ca. 1835. Music: Wondrous Love, from The Southern Harmony, 1835; alt. acc. Carlton R. Young, (b. 1926).

J Doxology:

[Traditional hymn tune]

EOW Prayer 1

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.

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Holy Eucharist

Celebrant The Lord be with you.

People And also with you.

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Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

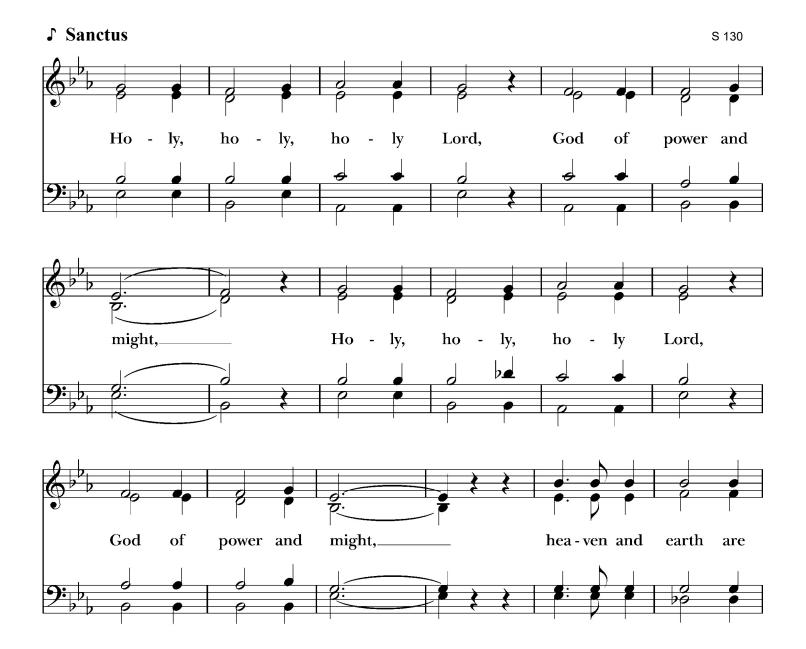
People It is right to give our thanks and praise.

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

tain 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:





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.

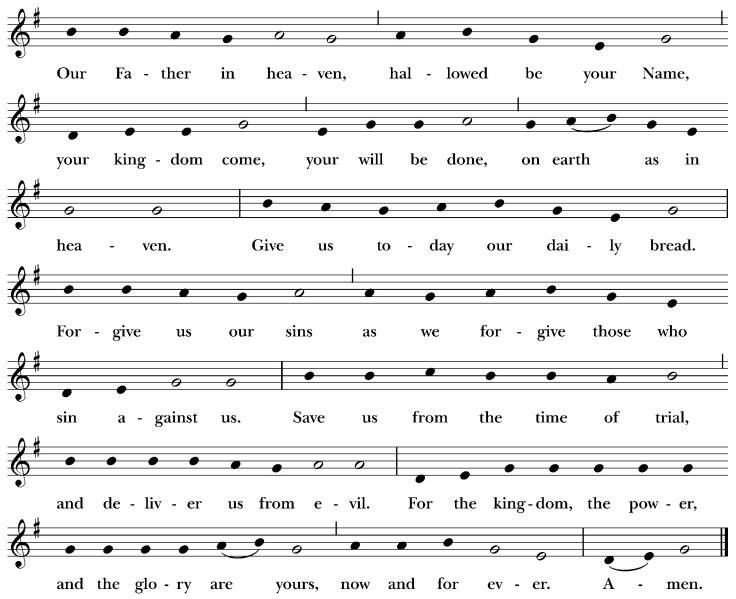
Christ is risen.

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, 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.

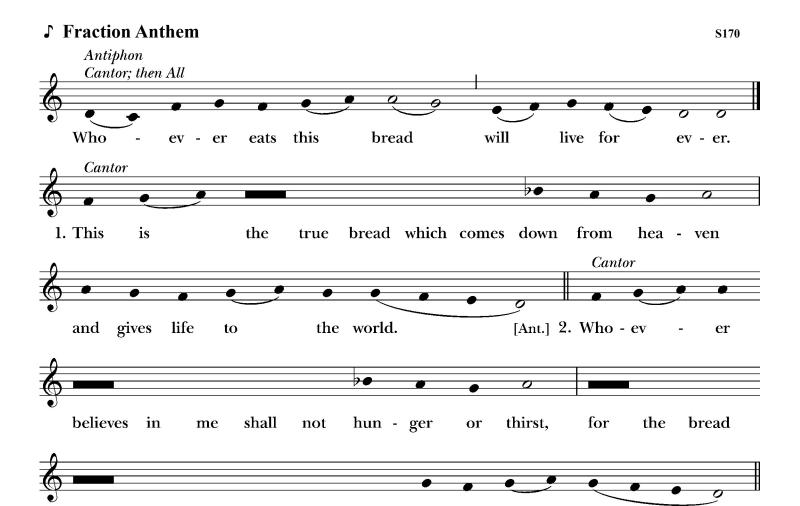
And now, as our Savior Christ has taught us, we are bold to sing,



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



Holy Communion

Ι

The celebrant continues:

which

The Gifts of God for the People of God.

give for

the

life

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

of

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.

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flesh.

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[Ant.]

♪ Communion Music

Original Improvisation
Paul Burkle



Words: James Montgomery (1771-1845), alt. Music: *St. Agnes*, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876). Copyright © 1985, G.I.A. Publications.

Silence

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.

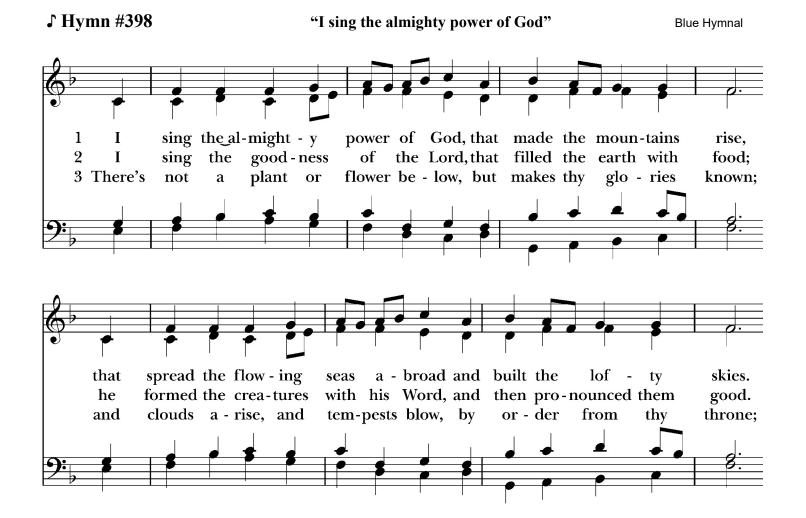
Prayer

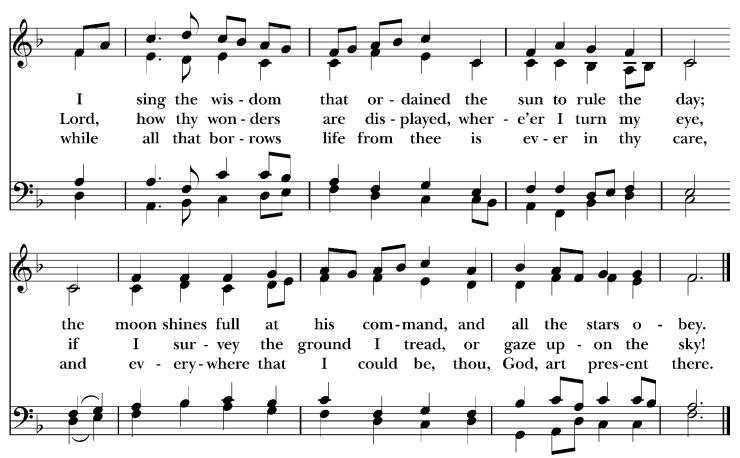
God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and 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: Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. *Amen*.





Words: Isaac Watts (1674-1748), alt. Music: *Forest Green*, English melody; adapt. and harm. Ralph Vaughan Williams (1872-1958).

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

Ministers of the Service

Celebrant: Rev. Linzi Stahlecker Preacher: Rev. Linzi Stahlecker

Michael Lucas **Eucharistic Minister:** Altar Guild: Lisa Gonzalez Bryson McKelvey Lector: Usher: **Barbara Schippers** Sandy Fisher Usher: Intercessor: Sandy Fisher Paul Burkle Music: Online Host: Jane Wu

Teller: Alice Welchert
Teller: Bryson McKelvey
Technical: Hannah Matthews
Coffee Hour Host: Barbara Hirahara

This Week at St Ben's

Monday Mar 24

8:30a Morning Prayers (Zoom)

Tuesday Mar 25

8:30a Morning Prayers

9:45a Prayers of the Morning (Zoom) 10:30a Spiritual Conversation (Zoom)

Wednesday Mar 26

8:30a Morning Prayers (Zoom)

11:00a Laundry Love 4:00p Laundry Love

Thursday Mar 27

8:30a Morning Prayers (Zoom) 3:00p Healing Ministry (Zoom)

6:00p Choir Practice

Thursday Mar 28

8:30a Morning Prayers (Zoom)

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.

Holy Week at St. Ben's

April 13	Palm Sunday
April 17	Agape Meal Maundy Thursday
April 18	Good Friday
April 19	Easter Vigil
April 20	Easter Sunday

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tiłhini (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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