



St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The Fourth Sunday of Advent

December 19, 2021 ~ 10:30 AM SERVICE

Whoever you are and wherever you are on your faith journey, there's a warm welcome for you here

Prelude: "Of the Father's Love Begotten"

13th Century Plainsong, Arranged by: C. Winfred Douglas © 2017 by HAL LEONARD LLC

Celebrant: **Blessed be God: Father, Son, and Holy Spirit.**

People: **And blessed be God's kin-dom, now and for ever. Amen.**

Lighting of the Advent Wreath [see back page]

Opening Hymn

G586

Ostinato Chorale

O Lord, hear my prayer, O Lord, hear my prayer:

when I call an-swer me. O Lord, hear my prayer, O

Lord, hear my prayer. Come and lis-ten to me. O

Text: Psalm 102; Taize Community, 1982
Tune: Jacques Berthier, © 1982, Les Presses de Taize, GIA Publications, Inc., agent

All: *Holy and Life-Giving Spirit, you know our innermost thoughts even before they break through into consciousness; you teach us how to pray. Breathe your breath into our hearts and minds this morning. Prepare us for worship, that our thoughts may turn to you and our hearts bow down in grateful praise of God - Creator, Word, and Holy Spirit. Amen.*

Trisagion

Sung 3 times

S-102

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

© Church Pension Fund

Collect of the Day

Celebrant: God be with you

People: *And also with you.*

Celebrant: Let us pray.

All: *Purify our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in us a mansion prepared for himself; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.*

Micah 5:2-5a

Lector: *A Reading from the prophet Micah*

You, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days. Therefore he shall give them up until the time when she who is in labor has brought forth; then the rest of his kindred shall return to the people of Israel. And he shall stand and feed his flock in the strength of the Lord, in the majesty of the name of the Lord his God. And they shall live secure, for now he shall be great to the ends of the earth; and he shall be the one of peace.

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

People: *Thanks be to God*

Canticle: "Magnificat"

Luke 1:46-50

Music by Randy Gill

© 2003 Gill, Randy

St. Benedict Singers

Luke 1:39-45(46-55)

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

People: *Glory to You, Lord Christ.*

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever."

Gospeller: *The Gospel of Christ.*

People: *Praise to You, Lord Christ.*

The Sermon

The Rev. Dr. Caroline Hall

[We pause for a few moments' reflection before affirming our faith.]

Affirmation of our Faith

Let us stand and affirm our faith in Jesus Christ the Son of God.

All *Though he was divine,
he did not cling to equality with God,
but made himself nothing.
Taking the form of a slave,
he was born in human likeness.
He humbled himself
and was obedient to death,
even the death of the cross.
Therefore God has raised him on high,
and given him the name above every name:
that at the name of Jesus
every knee should bow,
and every voice proclaim that Jesus Christ is Lord,
to the glory of God the Father.
Amen*

cf. Philippians 2.6-11

Prayers of the People

Lord, open our eyes that we may behold your glory, open our minds to know that you are with us, open our hearts to the love that you give us. We give thanks that in Christ you share in our humanity and open for us the gate of glory. We pray for the church's work among children, in nurseries, in

schools and in church. We pray for those who seek to proclaim the sacredness of all life. Give your church the courage to proclaim that you come among us. God of love, God of glory, ***be known among us.***

We pray for all who seek to support family life, all who care for homeless or unwanted children, all children taken into care. We remember the street children of the world and all who are used as cheap labor. God of love, God of glory, ***be known among us.***

We rejoice in the love of our homes. We pray for all who have enriched our lives by their goodness, all who have accepted us and cared for us. We pray for all who are separated from loved ones at this time, all who are lonely. We remember all who will come together for Christmas as families and all who are alone. God of love, God of glory, ***be known among us.***

We pray for all who are hungry for acceptance, who are hungry for love, all who long to be needed. We remember all who are in hospital and loved ones who are anxious. We pray especially for those for whom our prayers have been asked and for those who are in our hearts....

[Prayers are read from the bidding book;
additional prayers may be offered silently or aloud.]

God of love, God of glory, ***be known among us.***

Lord God, you came to earth that in your power and love we might ascend into heaven, bless our friends and loved ones who are departed this life with the gift of life and love eternal. God of love, God of glory, ***be known among us.***

Celebrant: Lord our Savior, our hope is in you: no one is beyond your love, no one is beyond your saving power. Give us grace to recognize you and welcome you as you come to us; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Glimpses of Glory by David Adam © 2000 Morehouse Publishing

Confession and Absolution

Let us confess our sins to God.

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,
the evil done on our behalf,
and the good that we have left undone.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***

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.*

To maintain safe social distancing, please simply greet others verbally or with a bow or nod.

Birthdays and Anniversaries

Those wanting a special prayer for a birthday, anniversary, or travel, may come forward.

Prayers can be found on the white card in your pew.

Offertory

Collection plates are not passed, but you may put your contributions in the plate by the usher's station before the service, or at the Peace, or contribute at our website any time.

Offertory Hymn

"Canticle of the Turning"

G556

Verses



1. My soul cries out with a joy - ful shout that the
2. Though I am small, my God, my all, you
3. From the halls of power to the for - tress tower, not a
4. Though the na - tions rage from age to age, we re -



God of my heart is great, And my spir - it sings of the
work great things in me, And your mer - cy will last from the
stone will be left on stone. Let the king be - ware for your
mem - ber who holds us fast: God's mer - cy must de -



won - drous things that you bring to the ones who wait. You
depths of the past to the end of the age to be. Your
jus - tice tears ev - 'ry ty - rant from his throne. The
liv - er us from the con - quer - or's crush - ing grasp. This



fixed your sight on your ser - vant's plight, and my
ver - y name puts the proud to shame, and to
hun - gry poor shall weep no more, for the
sav - ing word that our fore - bears heard is the



weak - ness you did not spurn, So from east to west shall my
those who would for you yearn, You will show your might, put the
food they can nev - er earn; There are ta - bles spread, ev - 'ry
prom - ise which holds us bound, 'Til the spear and rod can be

who are hungry. Your people have worshiped you throughout the generations, and today we join our ancestors and the hosts of heaven in proclaiming your glory, as we sing,

Sanctus

S125

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

Music Setting From *A Community Mass*; Richard Proulx.

We thank you that in your mercy you remembered your promises of old; promises made to Israel, to Abraham and Sarah and their descendants. And so you sent your Son, your very Self, to be born as a human child, raised by human parents, taught by human teachers.

And when he was of age, Jesus the Christ became our Teacher, showing us how to live in harmony with you, with one another and with the cosmos. His devotion to a path of non-violence and love has freed us from our sin, enabling us to live a new life of peace and freedom, expressing your Self in our world.

Today we gather to celebrate the gift you gave us in Christ Jesus and to give thanks for our redemption. And so we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of Christ. Sanctify us too to be the Body of Christ in the world.

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 sin.

Whenever you drink it, do this for the remembrance of me.”

Together we remember the mysteries of our faith:

*Christ was born
Christ has died
Christ was raised
Christ will come again!*

We now celebrate, O God, the memorial of Christ our Savior. By means of this holy bread and cup, we show forth the sacrifice of Christ's death, and proclaim the resurrection, until Christ comes in glory. Gather us by this Holy Communion into one body in the Risen One, and make us a living sacrifice of praise.

*Through Christ and with Christ and in Christ,
in the unity of the Holy Spirit,
to you be honor, glory, and praise, for ever and ever. AMEN.*

The Lord's Prayer

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

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

The Breaking of the Bread

*The celebrant breaks the consecrated bread.
A period of silence is kept.*

Fraction Anthem

S-154

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.
Christ our Pass - o - ver is sac - ri - ficed for us;
there - fore let us keep the feast.
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music Setting From *New Plainsong*, David Hurd.

Celebrant: We break this bread to share in the Body of Christ.
 People: *We who are many are one body,
 for we all share in the one bread.*

Holy Communion

Celebrant: 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.

This is God’s table, and all are welcome here.

As your group is called forward, please spread out to widen the circle and increase safe social distancing.
 The consecrated bread will be distributed to you individually, that you may consume it.
 The cup of consecrated wine will be held before you, that you may receive it with your eyes.

Communion Music: "Comfort"

GENEVA 42, *Genevan Psalter*, 1551 Arranged by Chris de Silva 2016 by GIA Publications

Communion Hymn

"The Angel Gabriel"

H265

1 The an - gel Ga - bri - el from hea - ven came,
 2 "For know a bless - ed Mo - ther thou shalt be,
 3 Then gen - tle Ma - ry meek - ly bowed her head,
 4 Of her, Em - man - u - el, the Christ, was born

his wings as drift - ed snow, his eyes as flame;
 all gen - er - a - tions laud and hon - or thee,
 "To me be as it pleas - eth God," she said,
 in Beth - le - hem, all on a Christ - mas morn,

"All hail," said he, "thou low - ly maid - en Ma - ry,
 thy Son shall be Em - man - u - el, by seers fore - told,
 "my soul shall laud and mag - ni - fy his ho - ly Name."
 and Chris - tian folk through - out the world will ev - er say—



most high - ly fa - vored la - dy," Glo - ri - a!
 most high - ly fa - vored la - dy," Glo - ri - a!
 Most high - ly fa - vored la - dy, Glo - ri - a!
 "Most high - ly fa - vored la - dy," Glo - ri - a!

Words: Basque carol; Sabine Baring-Gould; Music: *Gabriel's Message*, harm. Edgar Pettman
 © 1961 B. Feldman and Co. by EMI Music Publishing Ltd., thru Church Pub. Co.

(We pause for a moment of silence before joining together in our final prayer)

All: ***Heavenly Father,***
who chose the Blessed Virgin Mary
be the mother of the promised savior:
Fill us your servants with your grace,
that in all things we may embrace your holy will
and with her rejoice in your salvation;
through Jesus Christ our Lord.
Amen.

oremus.org

The Blessing

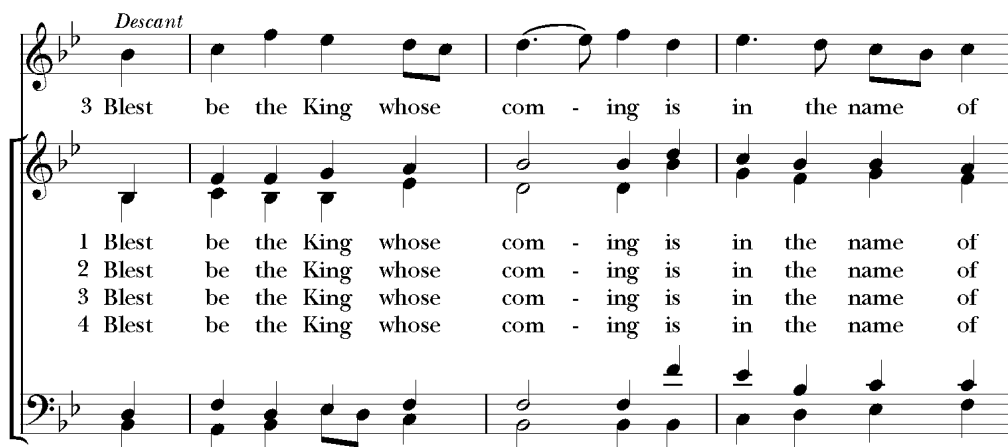
May the grace of Our Lord Jesus Christ,
 and the love of God, and the fellowship of the Holy Spirit
 be with you all and remain with you always. ***Amen.***

Announcements

Final Hymn

"Blest Be the King"

H 74



Descant

3 Blest be the King whose com - ing is in the name of
 1 Blest be the King whose com - ing is in the name of
 2 Blest be the King whose com - ing is in the name of
 3 Blest be the King whose com - ing is in the name of
 4 Blest be the King whose com - ing is in the name of

God! He on - ly to the hum - ble re - veals the face of

God! For him let doors be o - pened, no hearts a - gainst him
 God! By those who tru - ly lis - ten his voice is tru - ly
 God! He on - ly to the hum - ble re - veals the face of
 God! He of - fers to the bur - dened the rest and grace they

God. All power is his, all glo - ry! All

barred! Not robbed in roy - al splen - dor, in
 heard; pi - ty the proud and haugh - ty, who
 God. All power is his, all glo - ry! All
 need. Gen - tle is he and hum - ble! And

things are in his hand, all a - ges and all

power and pomp, comes he; but clad as are the
 have not learned to heed the Christ who is the
 things are in his hand, all a - ges and all
 light his yoke shall be, for he would have us

peo - ples, till time it - self shall end!

poor - est, such his hu - mil - i - ty!
 Prom - ise, who has a - tone - ment made,
 peo - ples, till time it - self shall end!
 bear it so he can make us free!

Words: Federico J. Pagura; tr. Fred Pratt Green. © 1974, by Hope Publishing
 Music: *Valet will ich dir geben*, Melchior Teschner, public domain. Harmonization © 1984, Ronald Arnatt

The Dismissal.

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

People: *Thanks be to God. Alleluia, alleluia!*

Postlude: "Joy"

by J.S. BACH Arranged by George Winston and David Qualey
© 1982 Imaginary Road and Dancing Cat Music

Today's Eucharist Liturgy
is from the outline in the Book of Common Prayer, page 401,
utilizing prayers written by the Rector.

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This Week at St. Ben's

Sunday, Dec 19

8:00 am – Contemplative Eucharist service (also on Zoom)

9:20 am – Bible Study

10:30 am – Eucharist service – (also live-streamed on FB)

3:00 pm – Celebration of Carols Christmas Concert (also on FB)

Monday, Dec 20 RECTOR'S SABBATH

Tuesday, Dec 21

9:45 am – Prayers for the Morning (Zoom)

10:15 am – Spiritual Conversation: "The Book of Joy" (Zoom)

5:30 pm – Blue Christmas Service, in person at the church

Wednesday, Dec 22

5:30 pm – Choir Rehearsal

Thursday, Dec 23

3:00 pm – Advent Study: "All the Earth is Waiting" (In-person and on Zoom)

Friday, Dec 24

4:30 pm – Carols Around the Crèche Communion Service

7:45 pm – Christmas Carol Sing

8:00 pm – Festival Eucharist Service

Saturday, Dec 25

10:00 am – Christmas Eucharist, followed by light brunch

Sunday, Dec 26

8:00 am – Contemplative Eucharist service (also on Zoom)

9:20 am – Bible Study

10:30 am – Service of Lessons and Carols – (also live-streamed on FB)

CHRISTMASTIDE

Blue Christmas —Tuesday, Dec 21

5:30 pm — It's not an easy time of year for everyone. If the holiday season brings up memories of the past, of loved ones lost, or if there are reasons why this year is not especially bright, please join us for a short simple service which acknowledges that Christmas can be a difficult time.

Christmas Eve Services – Friday, Dec 24

4:30 pm — **Carols Around the Crèche:** A service for a all the family with well-known carols, a short reflection on the readings, and communion.

8:00 pm — **Festival Christmas Eucharist:** Enjoy the magic of Christmas carols, readings and the mystery of Holy Communion. (*Carol singing starts at 7:45*)

Christmas Day Celebration – Saturday, Dec 25

10:00 am — A Quiet Communion service with some *a capella* carols. Followed by a light brunch for those who can stay.

Star Party! — Wednesday, Jan 5

6:00 pm — Our traditional Twelfth Night/Epiphany party will happen in person on January 5th 2022. We will sing together, crown Kings and Queens of Epiphany, undress the church, share a small fire to burn tokens of our Christmas decorations and bless the church for the New Year. We will also be having a Star Party Feast! (To minimize possible viral transmission, we will not serve ourselves, rather food will be served onto a plate for each person individually.) If you would like to bring food for the after party, **please wear a face-covering when you are preparing a dish to bring for the feast.**

ANNOUNCEMENTS

AN URGENT APPEAL FROM Episcopal Relief and Development -

The tornadoes that swept a 200-mile trail of destruction across the Central and Southern US were the most powerful we've seen in at least a decade. We need our faith community to come together to support those affected by this catastrophic event — and right now, ***whatever you give will automatically double as part of our 2021 Year-End Match.***

Please, will you donate to our US Disaster Fund today to help us both provide immediate and long-term assistance? Your gift will help provide immediate help from food to blankets to pastoral care — bringing relief and comfort to those in the wake of catastrophic storms.

Thank you in advance for your compassion, and for praying for those affected by the tornadoes. <https://support.episcopalrelief.org/disasters>

POINSETTIAS - December 19 is the last day to honor a loved one by contributing for Christmas poinsettias. Please use the envelopes at the usher's station to indicate the exact wording of your dedication for inclusion in the Christmas bulletins (as in memory, thanksgiving, or honor.) Please print clearly. Suggested contribution is \$10 each. Place envelope in offering plate.

CELEBRATIONS THIS WEEK:

-- Birthdays --

Dec 19 Kate Maruska
Dec 19 Carol Brubaker Walton
Dec 20 Donna Ross
Dec 25 Jim Malone

LAUNDRY LOVE - One day a month St. Benedict's helps low-income and no-income families with funds, soap, and friendly assistance at the Osos Clean Laundry. Please consider stopping by on Wednesday, **December 29**, at 11am or 4pm to help out, or you may wish to make a contribution to cover expenses. Maureen has details.

COMING IN JANUARY:

Epiphany Star Party – Wednesday, January 5 – 6:30pm

Los Osos Community Dinner at SBCC– Thursday, January 5 – 5pm

Memorial Svc for Larry Swafford – Saturday, January 15 – 3pm

Annual Parish Meeting – Sunday, January 23 – 12:00pm

Tree-planting workday – Saturday, January 29th

Beginning in January, there will ***no longer be an 8am service on the first Sunday of the month***



Fourth Sunday of Advent - LOVE

We have lit three candles—for hope, for peace, and for joy. Today we light the fourth candle—the candle of love. With this flame we signify the love of God that surrounds and fills us at all times, but that we recognize in a special way in the Christmas story. There is no greater power than love. It is stronger than rulers and empires, stronger than grief or despair, stronger even than death. We love, because God loves us.

[Four candles are lit.]

All:

Loving God, we open ourselves to you this Christmas season.

As these candles are lit, light our lives with your imagination.

Show us the creative power of hope.

Teach us the peace that comes from justice.

Fill us with the kind of joy that cannot be contained, but must be shared.

Magnify your love within us.

Prepare our hearts to be transformed by you,

That we may walk in the light of Christ. Amen.