



St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The Fourth Sunday of Advent

December 19, 2021 8:00 AM SERVICE

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

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

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

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.*

Canticle D

A Song of the Wilderness

Isaiah 35:1-7,10

*The wilderness and the dry land shall be glad, *
the desert shall rejoice and blossom;
It shall blossom abundantly, *
and rejoice with joy and singing.
They shall see the glory of the Lord, *
the majesty of our God.
Strengthen the weary hands, *
and make firm the feeble knees.
Say to the anxious, "Be strong, do not fear!" *
Here is your God, coming with judgment to save you."
Then shall the eyes of the blind be opened, *
and the ears of the deaf be unstopped.
Then shall the lame leap like a deer, *
and the tongue of the speechless sing for joy.
For waters shall break forth in the wilderness *
and streams in the desert;
The burning sand shall become a pool *
and the thirsty ground, springs of water.
The ransomed of God shall return with singing, *
with everlasting joy upon their heads.
Joy and gladness shall be theirs, *
and sorrow and sighing shall flee away.*

Collect of the Day

Celebrant: God be with you

People: *And also with you.*

Celebrant: Let us pray.

All: *God made known in the friendship of women, the word of greeting and unseen life enwombed: give us the courage of the teenage mother who brings into the world a song of joyful revolt and a God who needs her love; through Jesus Christ, the one who is to come. Amen.*

Micah 5:2-5a

— *A reading from the book of 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.

—*Hear what the Spirit is saying to God's People.*

Psalm 80:1-7

Hear us, Shepherd of Israel, leader of Joseph's flock.
From your throne on the cherubim shine out for Ephraim,
for Benjamin and Manasseh.

Gather your strength, come, save us!
Restore to us, God, the light of your presence,
and we shall be saved.

How long, Lord God of might, will you smolder with rage,
despite our prayers?
For bread you feed us tears, we drink them by the barrel.

You let our neighbors mock, our enemies scorn us.
Restore to us, God of might, the light of your presence,
and we shall be saved.

The Psalter © 1994 Liturgy Training Publications

Hebrews 10:5-10

— *A reading from the Letter to the Hebrews*

When Christ came into the world, he said, "Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)." When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

— *Hear what the Spirit is saying to God's People.*

Luke 1:39-45(46-55)

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

People: *Praise and Glory to God.*

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: This is the Gospel of Christ.

People: *Praise to Christ the Word*

~ ~ ~ Reflections on the Readings ~ ~ ~

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.*

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.

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.*

The Holy Eucharist

Eucharistic Prayer 2, EDW

Celebrant *The Lord be with you.*
People *And also with you.*
Celebrant *Lift up your hearts.*
People *We raise our hearts to God.*
Celebrant *Let us thank the giver of life.*
People *It is right to give our thanks and praise.*

Celebrant *We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.*

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:

All: *Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.*

Celebrant Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, 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. Again, he gave thanks to you, 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.”

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with the Blessed Virgin Mary, Blessed Benedict, and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

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

As our Savior Christ has taught us, we now pray:

All: *Eternal Spirit,
Life-Giver, Pain-Bearer, Love Maker,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The Hallowing of your Name echo through the universe!
The Way of your Justice be followed by the people of the world!
Your Heavenly Will be done by all created beings!
Your Commonwealth of Peace and Freedom sustain our
hope and come on earth!
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. Amen.*

The Breaking of the Bread

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

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.

A period of silence is kept before joining 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.***

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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

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!***

Today's Eucharist Liturgy is from
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