



St Benedict's Episcopal Church Los Osos, California

~ Tending Mind and Soul ~

SECOND SUNDAY AFTER THE EPIPHANY:

10:30 am – January 16, 2022

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

Prelude: “Down to the River to Pray” with “Lord, Listen to your Children Praying”

TRADITIONAL SPIRITUAL and Ken Medema, Arranged by: Mary McDonald © 2016 Hope Publishing Co.

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

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

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.*

Hymn of Praise

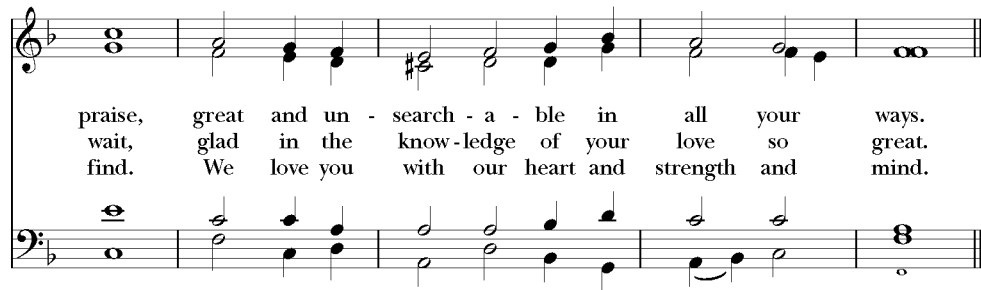
“We Will Extol You”

H-404

1 We will ex - tol you, ev - er - bless - ed Lord; your ho - ly
2 Age shall to age pass on the end - less song, tell - ing the
3 You, Lord, are gra - cious, mer - ci - ful to all, close to your

Name for ev - er be a - dored; each day we live our
won - ders which to you be - long, your might - y acts with
chil - dren when on you they call; and slow to an - ger,

psalm to you we raise; you, God and King, are wor - thy of all
joy and fear re - late; praise we your glo - ry while on you we
mer - ci - ful and kind, in your com - pas - sion we your bless - ings



praise, great and un-search-a-ble in all your ways.
 wait, glad in the know-ledge of your love so great.
 find. We love you with our heart and strength and mind.

The first stanza may be repeated at the end.

Words: J. Nichol Grieve; para. of Psalm 145 © T&T Clark Limited.

Harmonization: Chas W. Douglas © The Church Pension Fund; Music: Public Domain.

Collect of the Day

Celebrant: God be with you

People: *And also with you.*

Celebrant: Let us pray.

All: *Almighty God, whose Son our Savior Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshipped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever. Amen.*

Isaiah 62:1-5

Lector: *A Reading from the prophet Isaiah*

For Zion's sake I will not keep silent, and for Jerusalem's sake I will not rest, until her vindication shines out like the dawn, and her salvation like a burning torch. The nations shall see your vindication, and all the kings your glory; and you shall be called by a new name that the mouth of the Lord will give. You shall be a crown of beauty in the hand of the Lord, and a royal diadem in the hand of your God. You shall no more be termed Forsaken, and your land shall no more be termed Desolate; but you shall be called My Delight Is in Her, and your land Married; for the Lord delights in you, and your land shall be married. For as a young man marries a young woman, so shall your builder marry you, and as the bridegroom rejoices over the bride, so shall your God rejoice over you.

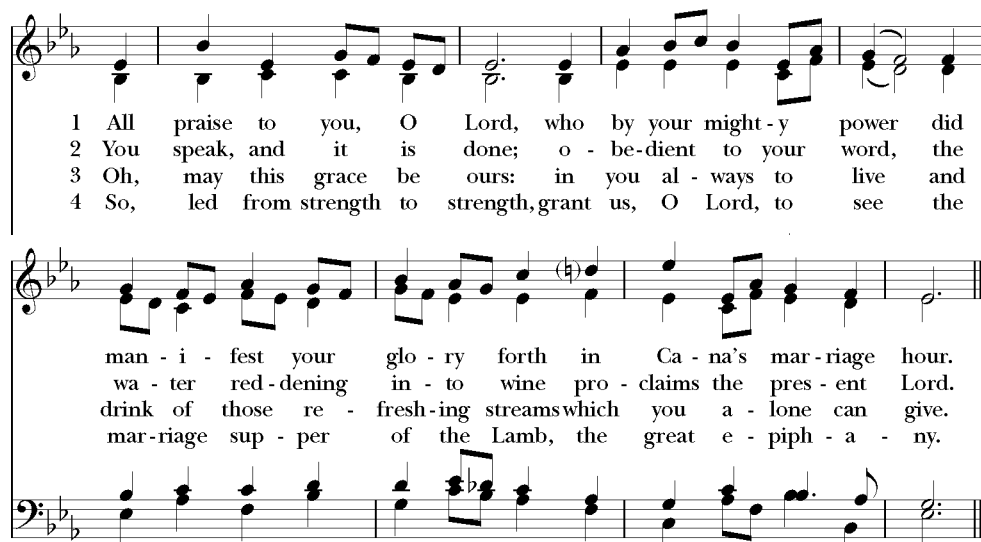
Lector: *Hear what the Spirit is saying to God's people*

People: *Thanks be to God*

Gospel Hymn

"All Praise to You, O Lord"

H-138



1 All praise to you, O Lord, who by your might-y power did
 2 You speak, and it is done; o-be-dient to your word, the
 3 Oh, may this grace be ours: in you al-ways to live and
 4 So, led from strength to strength, grant us, O Lord, to see the

man-i-fest your glo-ry forth in Ca-na's mar-riage hour.
 wa-ter red-dening in-to wine pro-claims the pres-ent Lord.
 drink of those re-fresh-ing streams which you a-lone can give.
 mar-riage sup-per of the Lamb, the great e-piph-a-ny.

John 2:1-11

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

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

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the chief steward." So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

Gospeller: *The Gospel of Christ.*

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

The Sermon

The Rev. Susan Plucker

[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

Holy and All-loving God, source of all gifts:

We give thanks to you, for all who enrich our world by their talents and abilities. We pray for those with the gift of healing and for all healing ministries. We pray for those who are visionaries and those who plan our future: may we all exercise the gift of discernment and distinguish the true from the false. We pray for all who are preparing for marriage, for all who have recently fallen in love.

We remember homes where there is tension or estrangement and all homes where there is a breakdown in marriage or in relationships. God, come to us (who are empty) ***and fill us with your love.***

You have given us this world and all that is in it, help us to use its resources properly, that we do not waste now what should be saved for the future: that the resources of the sea are not over-used, that fossil fuels are not too easily spent. We pray that we take care not to pollute the earth or our environment. Bless all who are seeking to conserve and to protect our natural resources. We pray for countries whose crops have failed, whose harvest is poor, and for all who live in desert places. God, come to us (who are empty) ***and fill us with your love.***

We rejoice, O God, that you delight in us. You will not leave us desolate: you are God who renews and restores your creation. We pray that we may learn to delight in each other and give our attention and love to each other. Bless our homes and our loved ones with your fullness; renew and restore us in strength and in love. We pray for all who are struggling in their relationships. God, come to us (who are empty) ***and fill us with your love.***

We pray for all who have been made to feel inadequate or unwanted, for all who feel as if they have run out of energy or hope, for all who feel empty or that life is too much for them. We remember the despairing, the despondent, and all who feel utterly drained. God, come to us (who are empty) ***and fill us with your love.***

We pray 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, come to us (who are empty) ***and fill us with your love.***

We rejoice with all who have received of your fullness in your kingdom, all who have been restored and renewed by your love and saving power. We pray for loved ones departed. God, come to us (who are empty) ***and fill us with your love.***

Celebrant: Eternal Loving God, you give gifts to all your people: you give us the power and ability to do what you would have us do. Help us to use the gifts you have given us for the benefit of others and to your glory; 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

“Christ Whose Glory Fills the Skies”

H-7

1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:
joy-less is the day's re - turn, till thy mer - cy's beams I see,
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

Day-spring from on high, be near; Day-star, in my heart ap - pear.
till they in - ward light im - part, glad my eyes, and warm my heart.
more and more thy - self dis - play, shin - ing to the per - fect day.

Words: Charles Wesley; Music: *Ratisbon*, melody from *Geystliche gesangk Buchleyn*,
adapt. & harm. Wm H Havergal. Public domain.

Holy Eucharist

HE III

(Please Stand)

Doxology *Praise God from Whom all blessings flow
Praise God all creatures here below, Alleluia, Alleluia
Praise God the Source of all our gifts
Praise Jesus Christ whose power uplifts
Praise the Spirit, Holy Spirit, Alleluia, Alleluia, Alleluia*

H400

Celebrant The grace of our Lord Jesus Christ, the love of God
and the fellowship of the Holy Spirit be with you all

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 God thanks and praise.***

Celebrant It is not only right but our delight to praise you, our Creator and our sustainer. From the moment that you brought humanity into being you provided us with abundant food and drink in the generosity of your creation. You invited us to work in cooperation with you to live the reign of your love with the whole ecosystem. But we tend to be selfish and to hoard what we have, fearful that there will not be enough, fearful that your love is not enough to sustain us. Time and again, you remind us of the abundance of your love and invite us to live lives of justice and generosity so that all beings might flourish. As a symbol of the harmony to which your prophets call us, we join with the realms of angels and saints as we sing the song which echoes through the ages:

Sanctus

G-236

Ho-ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav - en and earth are full of your glo - ry. Ho -
san-na, ho - san-na on high. Bless-ed is he who comes in the
name of the Lord. Ho - san - na in the high - est, ho -
san - na in the high-est, ho - san-na, ho - san-na on high.

Music: St. Louis Jesuits Mass; Dufford & Schutte

Celebrant

You sent your Son Jesus to incarnate as one of us, totally God yet totally human. Living among us, he showed us how to live in forgiveness and compassion, seeking justice for all beings. He taught us to pray for our enemies and love those who are different from us. In him we see not only your glory but also your deep love for your creation. He offered himself as the bread which sustains, and the drink which gives life to all, saying "I am the bread of life, whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." In his life, death and resurrection we find the life that goes on living.

The night he was handed over to suffering and death, Jesus took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, saying,

"Take, eat: This is my Body, which is given for you.
Do this for the remembrance of me."

After supper he 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 shed for you and for all for the forgiveness of sins.
Whenever you drink it, do this for the remembrance of me

Recalling now his suffering and death, and celebrating his resurrection and ascension, we await his coming in glory. Accept, O God, our sacrifice of praise, this memorial of our redemption. Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son. And grant that we who eat this bread and drink this cup may be filled with your life and goodness.

*All: May the spirit of unconditional love and inclusion
which dwelt in your Son dwell also in us,
that we, being renewed by the Holy Spirit,
may walk humbly with you, showing kindness and mercy all our days,
until all your people are gathered into your Body
and your reign is fulfilled in heaven and on earth.
All this we ask through your Son Jesus Christ.*

*By him, and with him, and in him, in the unity of the Holy Spirit all honor and
glory is yours, All Compassionate Creator, now and for 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.*

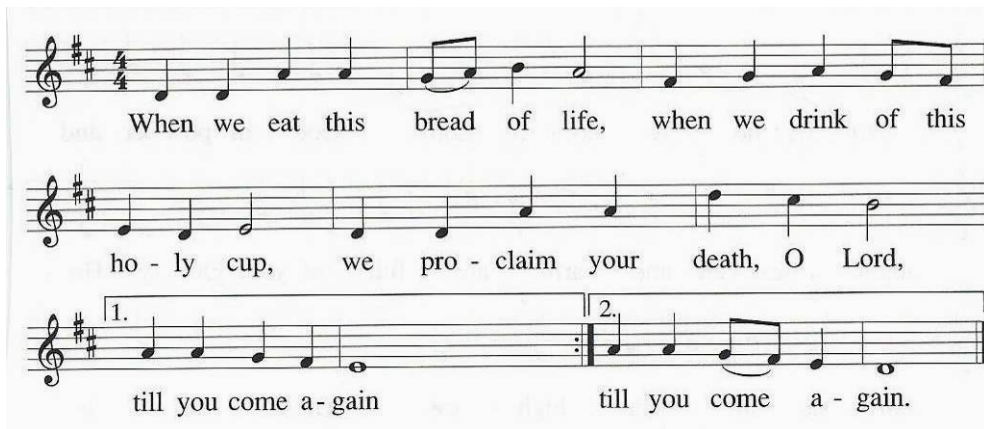
*Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and for ever. Amen*

The Breaking of the Bread

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

Fraction Anthem

G-298



When we eat this bread of life, when we drink of this
ho - ly cup, we pro - claim your death, O Lord,
till you come a - gain till you come a - gain.

Music: St. Louis Jesuits Mass; Dufford and Schutte © 1979 New Dawn Music

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.

Communion Music: "Beside the Still Waters"
(Meditation No. 5) John Turner © 2017 Lorenz Publishing Co.

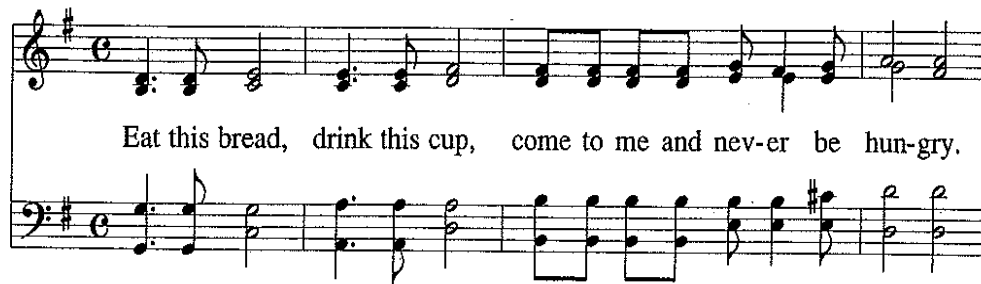
Communion Hymn

"Eat This Bread"

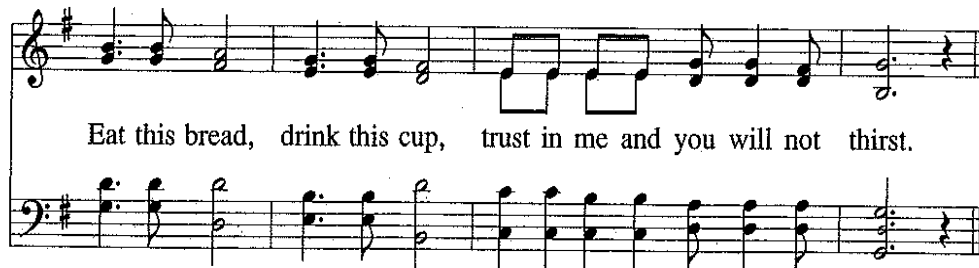
G-588

Soloist will sing the verses. Congregation will join in the refrain.

Refrain:



Eat this bread, drink this cup, come to me and never be hungry.



Eat this bread, drink this cup, trust in me and you will not thirst.

Verses:

1. I am the bread of life, the true bread sent from the Father (Refrain)
2. Your ancestors ate manna in the desert,
but this is the bread come down from heaven (Refrain)
3. Eat my flesh and drink my blood,
and I will raise you up on the last day (Refrain)
4. Anyone who eats this bread, will live forever (Refrain)
5. If you believe and eat this bread, you will have eternal life (Refrain)

Text: John 6; adapt. By Robert J. Batastini, b. 1942, and the Taize Community
Tune: Jacuews Berthier, b. 1923 © 1984, Les Presses de Taize, GIA Publications, Inc., agent.

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

All: ***God of glory,
you nourish us with your Word
who is the bread of life:
fill us with your Holy Spirit
that through us the light of your glory
may shine in all the world.
We ask this in the name of 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

"Lift Every Voice and Sing"

LEVAS-1

1. Lift ev - 'ry voice and sing, Till earth and heav - en
2. Sto - ny the road we trod, Bit - ter the chast - 'ning
3. God of our wea - ry years, God of our si - lent

1. ring, Ring with the har - mo - nies of lib - er -
2. rod, Felt in the days when hope un - born had
3. tears, Thou who hast brought us thus far on the

1. ty; Let our re - joic - ing rise High as the list - 'ning
2. died; Yet with a stead - y beat, Have not our wear - y
3. way; Thou who hast by thy might, Led us in - to the

1. skies, Let it re - sound loud as the roll - ing sea.
2. feet Come to the place for which our fa - thers sighed?
3. light, Keep us for - ev - er in the path, we pray.

1. Sing a song full of the faith that the dark past has taught us;
2. We have come o - ver a - way that with tears has been wa - tered;
3. Lest our feet stray from the pla - ces, our God, where we met thee;

1. Sing a song full of the hope that the pres - ent has
 2. We have come, tread - ing our path through the blood of the
 3. Lest our hearts, drunk with the wine of the world, we for -

1. brought — us; Fac - ing the ris - ing sun Of our new
 2. slaugh - tered; Out from the gloom - y past, Till now we
 3. get — thee, Shad - owed be - neath Thy hand, May we for -

1. day be - gun, Let us march on till vic - to - ry — is won.
 2. stand at — last Where the white gleam of our bright star — is cast.
 3. ev - er — stand, True to our God, true to our na - tive land.

Words: James Weldon Johnson; Music: J. Rosamond Johnson © 1921 Edward B Marks Music Co.

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: “Go Down, Moses” with “Wade in the Water”

TRADITIONAL AMERICAN SPIRITUAL, Arranged by: Larry Shackley © 1998 Hope Publishing Co.

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, Jan 16

- 8:00 am – Contemplative Eucharist service (also on Zoom)
- 9:20 am – Bible Study
- 10:30 am – Eucharist service – (also live-streamed on FB)
- 12:30 pm – Parish Council Meeting (live and on Zoom)

Monday, Jan 17 RECTOR'S SABBATH

Tuesday, Jan 18

- 9:45 am – Prayers for the Morning (Zoom)
- 5:30 pm – Vespers service: in person and on Zoom

Wednesday, Jan 19

- 3:00 pm – EarthCare Meeting (Zoom)
- 6:00 pm – Choir Rehearsal
- 7:15 pm – Parish Council Mtg w/Bishop (Zoom)

Sunday, Jan 23

- 8:00 am – Contemplative Eucharist service (also on Zoom)
- 9:20 am – Bible Study
- 10:30 am – Eucharist service – (also live-streamed on FB)
- 12:30 pm – Annual Parish Meeting (Zoom only)

ANNOUNCEMENTS

MUTUAL MINISTRY SURVEY— Responses due by **Jan 16**

Every January we ask you to take the time to reflect on our ministry. There are two ways you can complete the Mutual Ministry survey – you can go to the online form which is available here: <https://forms.gle/RoQZhXvbWbZur2Ti9> or you can collect a paper survey from the back of the church, and return it completed. We ask you to complete your part **no later than January 16th** so that we can share the results of the survey at our Annual meeting.

ANNUAL PARISH MEETING – Sunday, January 23rd

The annual parish meeting will be held on January 23rd starting at 12:30 on Zoom.. All members and regular attenders are encouraged to participate in this meeting which last about 90 minutes and will only be available on Zoom.

TUESDAY SPIRITUAL CONVERSATION

Starting on **January 25th** our weekly Spiritual Conversation will be based on the book, [Benedict's Dharma: Buddhists Reflect on the Rule of St Benedict](#). This seems to be a good follow-on to some recent spiritual conversations on Buddhism and Christianity, mostly centered on the [The Book of Joy](#). This conversation is open to anyone and everyone whether or not you read the book. On-line via [Zoom](#) on Tuesdays at 10:15am. A service of **Prayers for the Morning** is also available on Tuesdays, starting at 9:45.

CELEBRATIONS THIS WEEK:

-- Birthdays --

Jan 18 Elaine Beckham

-- Ordination Anniversaries --

Jan 18 Donna Ross

Jan 18 Faye Hogan

COMING SOON :

Laundry Love – Wednesday, January 26 -11am 4 pm

Tree Planting Workday – Saturday, January 29

PERSONAL PRAYER – A member of the Healing Prayer Ministry team is available each week after the 10:30 service to pray with you for special concerns. If you'd like this prayer support during the week, contact **Louisa Beeler** at **(805)543-2898**. If no answer, please leave a message and your call will be returned.

Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Preacher:	The Rev. Susan Plucker
Eucharistic Minister:	Lisa Gonzalez
Lector:	Jane Wu
Ushers:	Jim & Roz Malone
Flowers:	Sharon Porter
Altar Guild:	Dianna Hammerlund
Piano:	Dave Alm
Intercessor:	Louisa Beeler
On-line Hosts:	Elaine Beckham
Tellers:	Jane Wu & Dianna Hammerlund