



St Benedict's Episcopal Church Los Osos, California

~ Tending Mind and Soul ~

THIRD SUNDAY AFTER THE EPIPHANY:

10:30 am – January 23, 2022

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

Prelude: "On Jordan's Stormy Banks"

Tune: *PROMISED LAND* Traditional American folk hymn Arr: Mary McDonald © 2002 Lorenz Pub Co.

"Precious Lord, Take My Hand"

Thomas A. Dorsey © 1938 by Unichappell Music Inc.

Anne Kanter - soloist

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

People: *Glory to God for ever and 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.*

Gloria

Traditional Peruvian

Cantor

1. Glo-ry to God, glo-ry to God, glo-ry to the Fa-ther.

All

Glo-ry to God, glo-ry to God, glo-ry to the Fa-ther.

Refrain

Cantor

To him be glo-ry for e-ver. To him be glo-ry for e-ver.

All

Al-le-lu-ia, a-men, al-le-lu-ia, a-men, al-le-lu-ia, a-men, al-le-lu-ia, a-men.

2 Glory to God, Glory to God
Son of the Father
To God be glory for ever
Alleluia, Amen

3 Glory to God, Glory to God
Glory to the Spirit
To God be glory for ever
Alleluia, Amen

Collect of the Day

Celebrant: God be with you
People: *And also with you.*
Celebrant: Let us pray.

All: *Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

Nehemiah 8:1-3, 5-6, 8-10

Lector: *A Reading from the prophet Nehemiah*

All the people of Israel gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the Lord had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the Lord, the great God, and all the people answered, "Amen, Amen," lifting up their hands. Then they bowed their heads and worshiped the Lord with their faces to the ground. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading. And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the Lord your God; do not mourn or weep." For all the people wept when they heard the words of the law. Then he said to them, "Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength."

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

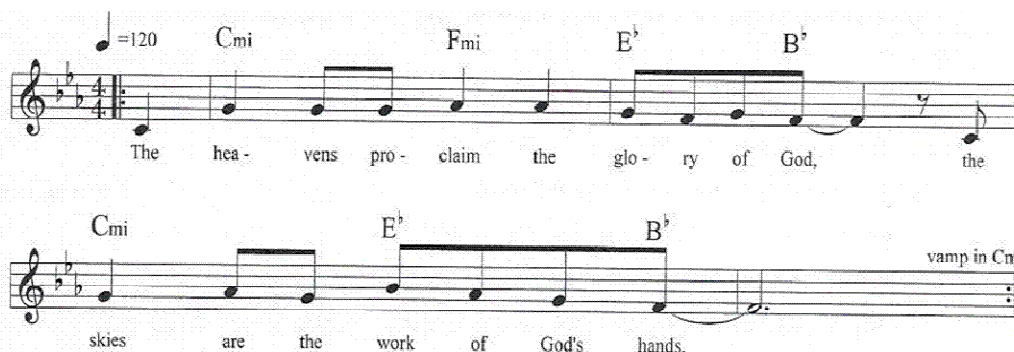
People: *Thanks be to God*

Psalms 19

Emergent Psalter

[Antiphon will be sung by Cantor, then repeated by all. Verses said in unison.]

Antiphon



- 1 The heavens declare the glory of God,
and skies are the work of God's hands.
- 2 One day tells its tale to another,
and one night imparts knowledge to another.
- 3 Although they have no words or language,

- and their voices are not heard,
4 Their sound has gone out into all lands,
and their message to the ends of the world.
5 In the deep God has set a pavilion for the sun;
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again;
nothing is hidden from its burning heat.

Antiphon

- 7 The law of God is perfect
and renews life;
the testimony of God is sure
and gives wisdom to the innocent.
8 The statutes of God are just
and rejoice the heart;
the commandment of God is clear
and gives light to the eyes.
9 The fear of God is clean
and endures forever;
the judgments of God are true
and righteous altogether.
10 More to be desired are they than gold,
more than much fine gold,
sweeter far than honey,
than honey in the comb.

Antiphon

- 11 By them also is your servant enlightened,
and in keeping them there is great reward.
12 Who can tell how often he offends?
cleanse me from my secret faults.
13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me;
then shall I be whole and sound,
and innocent of a great offense.
14 Let the words of my mouth
and the meditation of my heart
be acceptable in your sight,
O God, my strength and my redeemer.

Antiphon

1 Corinthians 12:12-31a

Lector: *A Reading from the first letter of Paul to the Corinthians*

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body--Jews or Greeks, slaves or free--and we were all made to drink of one Spirit. Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear would say, "Because I

am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it. Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts.

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

People: ***Thanks be to God.***

Gospel Hymn

"Halle, Halle, Hallelujah!"

G-259



Music: Traditional Carribean, arr. by John L. Bell, © 1990, Iona Community, GIA Publications, Inc., agent; verses and acc. by Marty Haugen, © 1993, GIA Publications, Inc.

Luke 4:14-21

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

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

Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone. When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor." And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing."

Gospeller: *The Gospel of Christ.*

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

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

Affirmation of Our Faith

Let us stand and join in the Affirmation of our Faith

People: ***We believe in God the Creator,
from whom every family in heaven and on earth is named.
We believe in God the Redeemer,
who lives in our hearts through faith, and fills us with God's love.
We believe in God the Holy Spirit,
who strengthens us with power from on high.
We believe in One God: Creator, Christ and Holy Spirit. Amen.***

Source: Common Worship, Church of England

Prayers of the People

God of all joy, you are our hope and our strength, a very present help in troubles.

We give thanks for all who tell of your love by translating the Scriptures, by proclaiming the world, by teaching the faith. We pray for all who are standing up for what they believe, and speaking out against evil and tyranny. We remember before you all Christians who are being persecuted for their faith: all who are oppressed, mocked, scorned, those who are suffering through the prejudice or vested interests of others.

Holy One, renew your people ***and sustain us by your mighty power.***

We give thanks for all who are working for the care and renewal of our earth. Give guidance and courage to all who work in conservation and ecology, all who care for oppressed peoples and minority groups, all who look after the lost and rejected in our world. Give wisdom and love to all who are working for peace and justice.

Holy One, renew your people ***and sustain us by your mighty power.***

We give you thanks for all who are a strength and support to us. We give thanks for all who serve this congregation, for those who pray, those who clean, those who serve and those who lead. May we always have a deep respect and sensitivity towards each other. We pray that you will bless our ministries, and us in your service.

Holy One, renew your people ***and sustain us by your mighty power.***

God of love, we remember before you all who feel unloved or neglected. We pray for children who feel they are unwanted or rejected. For all people who are in danger, at risk, and on their own; for those who have no one to care for them. We remember all who have been taken into care this week. We pray for those who are ill, remembering especially 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.]

Holy One, renew your people ***and sustain us by your mighty power.***

We give thanks that you are the Lord who loves us and renews us. We pray for loved ones departed, that they may rest in your love and be renewed and restored by your almighty power. Holy One, renew your people *and sustain us by your mighty power.*

Celebrant: *Father-Mother God, as you have called us to share in your outreach of love to the world, fill us with the power of your Spirit, that, in your strength and by your guidance, we may lead others to be aware of you, and live to your praise and 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

"The Spirit of the Lord"

Jim Strathdee

The musical score is written for a single voice part in G major, 12/8 time. It consists of seven staves of music. The lyrics are: "The spir - it of the Lord is up - on me, be - cause He has a - noint - ed me to preach good news to the poor. He has sent me to pro - claim re - lease to the cap - tives and re - cov - er - ing of sight to the blind, to set at lib - er - ty those who are op - press - ed, to pro - claim the ac - cept - a - ble year of the Lord." The chords G, Em, C, and D are indicated above the notes. The melody is simple and hymn-like, with a final G chord at the end.

The — spir - it of the Lord — is up - on me, — be —
cause He — has — a - noint - ed me — to —
preach good — news to the poor. — He has
sent me to pro - claim — re - lease — to the cap - tives — and re -
cov - er - ing — of sight — to the blind, —
to set at lib - er - ty — those who are op - press - ed, — to pro -
claim — the ac - cept - a - ble year — of the Lord.

© Copyright 1969 by Jim Strathdee

Holy Eucharist

IONA

(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 table of bread and wine is now made ready.
 It is the table of company with Jesus, and all who love him.
 It is the table of sharing with the poor of the world,
 with whom Jesus identified himself.
 It is the table of communion with the earth,
 in which Christ became incarnate.
 So come to this table,
 you who have much faith
 and you who would like to have more;
 you who have been here often
 and you who have not been for a long time;
 you who have tried to follow Jesus,
 and you who have failed;
 Come.
 It is Christ who invites us to meet him here.

Celebrant: The Lord be with you.
 All: ***And also with you.***
 Celebrant: Lift up your hearts.
 All: ***We lift them up to God.***
 Celebrant: Let us give thanks to God.
 All: ***It is right to give both thanks and praise.***

Celebrant: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

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

Blessed is our brother Jesus,
who walks with us the road of our world's suffering,
and who is known to us in the breaking of bread.

On the night of his arrest Jesus took bread and having blessed it
he broke the bread and gave it to his disciples, saying,

This is my body, given to you.

In the same way he took wine and having given thanks for it
he poured it out and gave the cup to his disciples, saying,

This cup is the new relationship with God,
sealed with my blood. Take this and share it.

I shall drink wine with you next in the coming Kingdom of God.

All:

***Loving God,
through your goodness we have this bread and wine to offer,
which earth has given and human hands have made.
May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.
We celebrate the life that Jesus has shared among his community
through the centuries, and shares with us now.
Made one in Christ and one with each other, we offer these gifts
and with them ourselves, a single, holy, living sacrifice. Amen.***

Celebrant:

Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine.
May they become for us your body, vibrant with your life, healing, renewing
and making us whole. And as the bread and wine which we now eat and drink
are changed into us, may we be changed again into you, bone of your bone, flesh
of your flesh, loving and caring in the world.

All:

***Through Christ and with Christ and in Christ,
all honor and glory are yours, All-Compassionate God,
in the unity of the Holy Spirit, for ever and ever. AMEN***

The Lord's Prayer

New Zealand Prayer Book

As our Savior Christ teaches us, we now pray:

***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.***

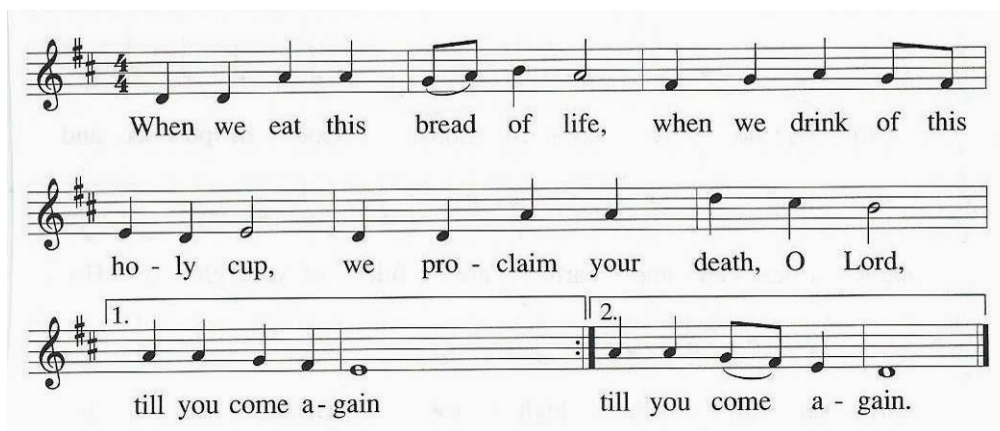
The Breaking of the Bread

The celebrant breaks the consecrated bread.

A period of silence is kept.

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

If God is calling you, you are welcome to receive communion,
If you prefer to receive a blessing, please cross your arms over your chest.
As your group is called forward, please spread out to widen the circle and increase safe social distancing.

Communion: "Only Jesus"

by Anne Kanter © 2022 Anne Kanter


Anne Kanter - soloist

Communion Hymn

"We Come to Share"

G-847

Refrain



We come to share our sto - ry, we
Ve - ni - mos a de - cir del mis - te - rio, y par -
come to break the bread, We come to know our
tir el pan de vi - da. Ve - ni - mos a sa - ber de
ris - ing from the dead.
nues - tra e - ter - ni - dad.

Verses



1. We come as your peo - ple, we
2. We are called to heal the bro - ken, to be
3. Bread of life and cup of prom - ise, in this
4. You will lead and we shall fol - low, you will
5. We will live and sing: "A - lo - ha," "Al - le -



come as your own, u - nit - ed with each
 hope for the poor, we are called to feed the
 meal we all are one. In our dy - ing and our
 be the breath of life; liv - ing wa - ter, we are
 lu - ia" is our song. May we live in love and



oth - er, love finds a home.
 hun - gry at our door.
 ris - ing, may your king - dom come.
 thirst - ing for your light.
 peace our whole life long.

Text: David Hass, Tune: NO KE ANO' AHI AHI, Hawaiian trad., arr. David Haas © 1989 GIA Publications

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

All: ***Creator of all, we give you thanks and praise
 that when we were still far off you met us in your Son and brought us home.
 Dying and living, he declared your love, gave us grace, and
 opened the gate of glory.
 Keep us firm in the hope you have set before us,
 so we and all your children shall be free,
 and the whole earth live to praise your name;
 through Christ our Savior. Amen.***

Episcopal Church of Scotland (adapted)

The Blessing

May the everlasting God shield you, east and west and wherever you go,
 And the blessing of God be upon us, ***the blessing of the God of life.***
 The blessing of Christ be upon us, ***the blessing of the Christ of love.***
 The blessing of the Spirit be upon us, ***the blessing of the Spirit of grace.***
 The blessing of the Trinity be upon us, now and for ever more. ***Amen.***

Announcements

Final Hymn

“Great is Thy Faithfulness”

LEVAS-189

The musical score is written for a four-part setting (Soprano, Alto, Tenor, Bass) in 3/4 time, with a key signature of two flats (B-flat and E-flat). The melody is primarily in the Soprano and Alto parts, with the Tenor and Bass parts providing harmonic support. The lyrics are arranged in four systems, each with three verses. The first system covers the first two lines of the hymn, the second system covers the next two lines, the third system covers the next two lines, and the fourth system covers the final line. The score includes a treble and bass staff for each part, with the lyrics written below the notes. The final measure of the fourth system is a double bar line.

1. Great is thy faith - ful - ness, O God my Fa - ther,
2. Sum - mer and win - ter, and spring - time and har - vest,
3. Par - don for sin and a peace that en - dur - eth,

1. There is no shad - ow of turn - ing with thee;
2. Sun, moon and stars in their cours - es a - bove,
3. Thine own dear pres - ence to cheer and to guide;

1. Thou chang - est not, thy com - pas - sions, they fail not,
2. Join with all na - ture in man - i - fold wit - ness,
3. Strength for to - day and bright hope for to - mor - row,

1. As thou hast been thou for - ev - er wilt be.
2. To thy great faith - ful - ness, mer - cy and love.
3. Bless - ings all mine, with ten thou - sand be - side!

Great is thy faith - ful-ness! Great is thy faith - ful-ness!

Morn - ing by morn - ing new mer - cies I see;

All I have need - ed thy hand hath pro - vid - ed,

Great is Thy faith - ful-ness, Lord un - to me!

Words: Thomas O. Chisholm; Music: William M. Runyan © 1923, 1951 Hope Publish 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: "New Born Again"

Traditional American spiritual Arranged by Mary McDonald © 2020 Lorenz Pub Co.

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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Music reproduced under OneLicense #A706314

This Week at St. Ben's

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)

Monday, Jan 24 RECTOR'S SABBATH

Tuesday, Jan 25

9:45 am – Prayers for the Morning (Zoom)
10:15 am – Spiritual Conversation: ***Benedict's Dharma*** (Zoom)
5:30 pm – Vespers service: in person and on Zoom

Wednesday, Jan 26

11:00 am – Laundry Love
4:00 pm – Laundry Love
6:00 pm – Choir Rehearsal

Saturday, Jan 29

9:00-11:00 - Tree Planting

Sunday, Jan 30

8:00 am – Contemplative Eucharist service (also on Zoom)
9:20 am – Bible Study
10:30 am – Eucharist service with Healing Prayers – (also live-streamed on FB)

ANNOUNCEMENTS

ANNUAL PARISH MEETING – Sunday, January 23

The annual parish meeting will be held on January 23 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 25** 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.

TREES! TREES! TREES!

Last week the Parish Council approved the Landscaping plans for trees on our property. With the help of the Garden Club, ECOSLO, and others, the trees and understory low plants will be planted on Saturday, **January 29** from 9-11. Watch what's happening. Stop by to encourage the workers and learn about the overall design if you wish. Donuts would be welcomed.

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 **Jill Denton** at **(805)704-1364**. If no answer, please leave a message and your call will be returned.

Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Alan Kiste
Lector:	Brian Spolarich
Ushers:	Lisa Gonzalez & Sandy Fisher
Flowers:	Brian Spolarich
Altar Guild:	Pat Stoneman
Piano:	Dave Alm
Cantor:	Anne Kanter
Intercessor:	Jill Denton
On-line Hosts:	Pat Henry & Suzan Vaughn
Tellers:	Alice Welchert & Steve Cake