



**St Benedict's Episcopal Church**  
**Los Osos, California**  
*~ Tending Mind and Soul ~*  
**THIRD SUNDAY AFTER THE EPIPHANY:**  
**8 am – January 23, 2022**

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

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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 N**

**A Song of God's Love**

*1 John 4:7-11*

*Beloved, let us love one another, \*  
for love is of God.  
Whoever does not love does not know God, \*  
for God is Love.  
In this the love of God was revealed among us, \*  
that God sent his only Son into the world,  
so that we might live through Jesus Christ.  
In this is love, not that we loved God but that God loved us \*  
and sent his Son that sins might be forgiven.  
Beloved, since God loved us so much, \*  
we ought also to love one another.  
For if we love one another, God abides in us, \*  
and God's love will be perfected in us.*

**Collect of the Day**

Celebrant: *God be with you*

People: *And also with you.*

Celebrant: *Let us pray.*

All: *God of freedom, you break the seals and let the spirit flow: make us impatient to greet the time fulfilled, the poor lifted up, the oppressed set free and your love made manifest in Jesus Christ, the Anointed Servant. Amen.*

Prayers for an Inclusive Church © 2009 Steven Shakespeare

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

— *A reading from the book of 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."  
—*Hear what the Spirit is saying to God's People.*

## **Psalm 19**

The sky tells the glory of God, tells the genius of God's work.

Day carries the news to day, night brings the message to night,  
without a word, without a sound, without a voice being heard,  
yet their message fills the world, their news reaches its rim.

There God has pitched a tent for the sun to rest and rise renewed  
like a bridegroom rising from bed, an athlete eager to run the race.  
It springs from the edge of the earth, runs a course across the sky  
to win the race at heaven's end. Nothing on earth escapes its heat.

God's perfect law revives the soul. God's stable rule guides the simple.  
God's just demands delight the heart. God's clear commands sharpen vision.  
God's faultless decrees stand forever. God's right judgments keep their truth.

Their worth is more than gold, the purest gold;  
their taste richer than honey, sweet from the comb.  
Keeping them makes me rich, they bring me light;  
yet faults hide within us, forgive me mine.

Keep my pride in check, break its grip;  
I shall be free of blame for deadly sin.  
Keep me, thought and word, in your good grace.  
Lord, you are my savior, you are my rock.

The Psalter © 1994 Liturgy Training Publications

## **1 Corinthians 12: 12-31a**

—*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.

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

### **Luke 4:14-21**

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

People: ***Praise and Glory to God.***

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: This is the Gospel of Christ.

People: ***Praise to Christ the Word***

### **~ ~ ~ Reflections on the Readings ~ ~ ~**

### **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.*

*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.*

## The Holy Eucharist

EQW 3

Celebrant: The Lord be with you.  
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: All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey.

And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

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 are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise.

Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

“Take, eat, this is my Body, broken for you.  
Do this for the remembrance of me.”

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

“Drink this, all of you: this cup is the new Covenant in my Blood,  
poured out for you and for all for the forgiveness of sin.  
Do this for the remembrance of me.”

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ’s coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All: ***Dying, you destroyed our death.  
Rising, you restored our life.  
Christ Jesus, come in glory!***

Celebrant: Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit’s power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with the blessed virgin Mary, blessed Benedict, and all your people into the joy of our true eternal home.

All: ***Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. Blessed are you now and for 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.*

New Zealand Prayer Book

## 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: *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

### 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!*

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## 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.