



# St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

6th Sunday after Epiphany 10:30 AM SERVICE

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

## ~ Prelude ~

"All Creatures of our God and King" LASST UNS ERFREUEN arr. Larry Shackley  
c.2008 Lorenz Publishing

Celebrant: **B**lessed be the one, holy, and living God.  
People: **G**lory to God for ever and ever!

All: **A**lmighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

## Hymn of Praise

"All Things Bright and Beautiful"

H 405



All things bright and beau - ti - ful, all crea - tures great and small,



all things wise and won - der - ful, God made them all.



all things wise and won - der - ful, the Lord God made them all.



- 1 Each lit - tle flower that o - pens, each lit - tle bird that sings,
- 2 The pur - ple - head - ed moun - tain, the riv - er run - ning by,
- 3 The cold wind in the win - ter, the pleas - ant sum - mer sun,
- 4 He gave us eyes to see them, and lips that we might tell



he made their glow - ing col - ors, he made their ti - ny wings.  
the sun - set, and the morn - ing that bright - ens up the sky,  
the ripe fruits in the gar - den, he made them ev - ery one.  
how great is God Al - might - y, who has made all things well.

Cecil Frances Alexander (1818-1895) Public Domain

## Collect of the Day

Celebrant: The Lord be with you.  
People: *And also with you.*  
Celebrant: Let us pray together.

All: *O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

### Jeremiah 17:5-10

*A Reading from the book of the prophet Jeremiah.*

<sup>5</sup>Thus says the LORD:

“Cursed are those who trust in mere mortals  
and make mere flesh their strength,  
whose hearts turn away from the LORD.

<sup>6</sup>They shall be like a shrub in the desert,  
and shall not see when relief comes.

They shall live in the parched places of the wilderness,  
in an uninhabited salt land.

<sup>7</sup>Blessed are those who trust in the LORD,  
whose trust is the LORD.

<sup>8</sup>They shall be like a tree planted by water,  
sending out its roots by the stream.

It shall not fear when heat comes,  
and its leaves shall stay green;  
in the year of drought it is not anxious,  
and it does not cease to bear fruit.

<sup>9</sup>The heart is devious above all else;  
it is perverse—  
who can understand it?

<sup>10</sup>I the LORD test the mind  
and search the heart,  
to give to all according to their ways,  
according to the fruit of their doings.”

*Reader* The Word of the Lord.  
*People* *Thanks be to God.*

## Psalm 1

S408



- <sup>1</sup>Happy are they who have not walked in the counsel of the wicked, \*  
nor lingered in the way of sinners,  
nor sat in the seats of the scornful!
- <sup>2</sup>Their delight is in the law of the LORD, \*  
and they meditate on his law day and night.
- <sup>3</sup>They are like trees planted by streams of water,  
bearing fruit in due season, with leaves that do not wither; \*  
everything they do shall prosper.
- <sup>4</sup>It is not so with the wicked; \*  
they are like chaff which the wind blows away.
- <sup>5</sup>Therefore the wicked shall not stand upright when judgment comes, \*  
nor the sinner in the council of the righteous.
- <sup>6</sup>For the LORD knows the way of the righteous, \*  
but the way of the wicked is doomed.

## 1 Corinthians 15:12-20

*A Reading from Paul's First letter to the Church in Corinth.*

- <sup>12</sup>Now if Christ is proclaimed as raised from the dead, how can some of you say there is no resurrection of the dead? <sup>13</sup>If there is no resurrection of the dead, then Christ has not been raised; <sup>14</sup>and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain. <sup>15</sup>We are even found to be misrepresenting God, because we testified of God that he raised Christ—whom he did not raise if it is true that the dead are not raised. <sup>16</sup>For if the dead are not raised, then Christ has not been raised. <sup>17</sup>If Christ has not been raised, your faith is futile and you are still in your sins. <sup>18</sup>Then those also who have died in Christ have perished. <sup>19</sup>If for this life only we have hoped in Christ, we are of all people most to be pitied. <sup>20</sup>But in fact Christ has been raised from the dead, the first fruits of those who have died.

*Reader*            The Word of the Lord.  
*People*            ***Thanks be to God.***

## Gospel Hymn

H 188



1 Love's re - deem - ing work is done, fought the fight, the bat - tle won.  
2 Lives a - gain our glo - rious King; where, O death, is now thy sting?  
3 Soar we now where Christ has led, fol - lowing our ex - alt - ed Head;



Death in vain for - bids him rise; Christ has o - pened par - a - dise.  
Once he died our souls to save, where thy vic - to - ry, O grave?  
made like him, like him we rise, ours the cross, the grave, the skies.

Charles Wesley; *Savannah* from Harmonia Sacra, Public Domain

## Luke 6:17-26

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

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

Jesus came down with the twelve apostles and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Then he looked up at his disciples and said:

"Blessed are you who are poor,  
for yours is the kingdom of God.

"Blessed are you who are hungry now,  
for you will be filled.

"Blessed are you who weep now,  
for you will laugh.

"Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets."

"But woe to you who are rich,  
for you have received your consolation.

"Woe to you who are full now,  
for you will be hungry.

"Woe to you who are laughing now,  
for you will mourn and weep.

"Woe to you when all speak well of you, for that is what their ancestors did to the false prophets."

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. )

## Nicene Creed

*Let us stand and join in the Affirmation of our Faith*

All: ***We trust in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We trust in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We trust in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We trust in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen***

## Prayers of the People

Blessed are those who trust in the Lord! So lift up the prayers of your heart, saying, "Holy One, search our hearts; *hear our prayer.*"

Lord our God, bless your Church. Bless us with the boldness of the prophets. Give us the courage to proclaim and to live your kingdom.

*Silence*

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless the people of this and every nation. Bless us with compassion for the poor, the hungry, and those who weep. Turn our hearts away from our selfish desires; turn our hearts to you.

*Silence*

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless this planet with growth and health. Sustain and encourage all who work for the good of the land and of all beings. Give food enough that the hungry might be filled.

*Silence*

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless our community of Los Osos and county of San Luis Obispo. Bless us with health. Heal our land and bless us with water. Deliver us from violence and sorrow.

*Silence*

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless the sick and the struggling. Send forth your healing power. Cause laughter to once again flow from the hearts of those who now weep. We pray for those who have asked for our prayers and who are in our hearts, starting with those in the bidding book. [Please add your own prayers and thanksgivings silently or aloud.]

*Silence*

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless the dying and the dead. Bless them with everlasting life. And at the last day raise them to new life with your Christ.

*Silence*

Holy One, search our hearts; ***Hear our prayer.***

*All-compassionate and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord.*

***Amen.***

*Source: Planning for Rites and Rituals Year C Church 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.*

*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.*

## Birthdays and Anniversaries

You are welcome to come forward for a prayer for a birthday, anniversary or other special occasion. Prayers may be found on a separate card in the pew.

## Offertory

H431



1 The stars de - clare his glo - ry; the vault of hea - ven springs  
2 The dawn re - turns in splen - dor, the hea - ven's burn and blaze,  
3 So shine the Lord's com - mand - ments to make the sim - ple wise;  
4 So or - der too this life of mine, di - rect it all my days;



mute wit - ness of the Mas - ter's hand in all cre - a - ted things, and  
the ris - ing sun re - news the race that me - asures all our days and  
more sweet than hon - ey to the taste, more rich than an - y prize, a  
the med - i - ta - tions of my heart be in - no - cence and praise, my



through the si - lenc - es of space their sound - less mu - sic sings. \_\_\_\_\_  
writes in fire a - cross the skies God's ma - jes - ty and praise. \_\_\_\_\_  
law of love with - in our hearts, a light be - fore our eyes. \_\_\_\_\_  
rock, and my re - deem - ing Lord, in all my words and ways. \_\_\_\_\_

Words: Timothy Dudley-Smith, Music: Aldine, Richard Proulx c. Hope Publishing

## 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





We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said,  
“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.”

Therefore, according to his command, O Father,

*We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Blessed Mary, Blessed Benedict and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

*By him, and with him, and in him, in the unity of the Holy Spirit  
all honor and glory is yours, Almighty Father, 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, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.*

*And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and 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.

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.

*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 Music ~

*"Just As I Am"* WOODWORTH William B. Bradbury Arr. by Joel Raney © 2003 Hope Publishing

### Communion Hymn

*"Deck Thyself, my soul, with gladness"*

H 339

1 Deck thy - self, my soul, with glad - ness, leave the  
2 Sun, who all my life dost bright - en; Light, who  
3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's  
 dost my soul en - light - en; Joy, the best that an - y  
 glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der  
 know - eth; Fount, whence all my be - ing flow - eth:  
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this  
 at thy feet I cry, my Ma - ker, let me  
 from this ban - quet let me mea - sure, Lord, how

won-drous ban-quet found - ed— high o'er all the heavens he  
 be a fit par - ta - ker of this bless - ed food from  
 vast and deep its trea - sure; through the gifts thou here dost

reign - eth, yet to dwell with thee he deign - eth.  
 hea - ven, for our good, thy glo - ry, giv - en.  
 give me, as thy guest in heaven re - ceive me.

words: Johann Franck, tr. Catherine Winkworth, Music: *Schmucke dich*, melody Johann Crüger

(We pause for a moment of silence together)

## Closing Prayer

All: *Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.*

## The Blessing

*May God give you grace, to become the people he has called you to be,  
that you may live and work to his praise and glory. And the blessing of God,  
Father, Son, and Holy Spirit be among you and remain with you always. Amen.*

*Traces of Glory, David Adam © Morehouse Publishing 2000*

## Announcements

### Final Hymn

### "Tell Out My Soul"

H-437

1 Tell out, my soul, the great - ness of the Lord!  
2 Tell out, my soul, the great - ness of his Name!  
3 Tell out, my soul, the great - ness of his might!  
4 Tell out, my soul, the glo - ries of his word!

Un - num - bered bless - ings give my spi - rit voice;  
Make known his might, the deeds his arm has done;  
Powers and do - min - ions lay their glo - ry by.  
Firm is his prom - ise, and his mer - cy sure.

The musical score consists of two systems of music. Each system has a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The first system contains the first four lines of lyrics, and the second system contains the remaining four lines. The music is written in a simple, hymn-like style with block chords and single notes.

ten - der to me the prom - ise of his word;  
 his mer - cy sure, from age to age the same;  
 Proud hearts and stub - born wills are put to flight,  
 Tell out, my soul, the great - ness of the Lord

in God my Sa - vior shall my heart re - jice.  
 his ho - ly Name— the Lord, the Might - y One.  
 the hun - gry fed, the hum - ble lift - ed high.  
 to chil - dren's chil - dren and for ev - er - more!

Words; Timothy Dudley-Smith, Music: Birmingham from Repository of Sacred Music Part II, c. Hope Publishing

## The Dismissal

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

*Thanks be to God. Alleluia! Alleluia!*

## ~ Postlude ~

"Oh, for a Thousand Tongues to Sing" AZMON by Carl G. Gläser Arr. by Larry Shackley ©  
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## Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Diana Hammerlund
Lector:	John Horsley
Music Director:	Dave Alm
Ushers:	Maureen Titus & Barbara Schipper
Altar Guild:	Pat Stoneman
Flowers:	Elaine Beckham
Intercessor:	Helen Schnieders
Tellers:	Bryson McElvey and Lorienne Schwenk
Online Hosts:	Liz and Don Maruska

Today's Eucharist Liturgy is  
Eucharistic Prayer B from the Book of Common Prayer  
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