



# St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The Seventh Sunday after Epiphany

February 20, 2022 10:30 AM SERVICE

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

## ~ Prelude ~

"Flee as a Bird" by Mary Dana Schindler (1810-1883) Arr. Anna Laura Page © 2017 Lorenz Publishing Co.

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.*

## Hymn of Praise

H 8

*Unison or harmony*

1 Morn-ing has bro - ken like the first morn - ing,  
 2 Sweet the rain's new fall sun - lit from hea - ven,  
 3 Mine is the sun - light! Mine is the morn - ing

black-bird has spo - ken like the first bird.  
 like the first dew - fall on the first grass.  
 born of the one light E - den saw play!

Praise for the sing - ing! Praise for the morn - ing!  
 Praise for the sweet - ness of the wet gar - den,  
 Praise with e - la - tion, praise ev - ery morn - ing.

Praise for them, spring - ing fresh from the Word!  
 sprung in com - plete - ness where his feet pass.  
 God's re - cre - a - tion of the new day!

Eleanor Farjeon (1881-1965), alt. Public Domain

### Collect of the Day

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

All: Celebrant: Let us pray.

All: ***God of kindness, interrupting our vicious cycles of resentment and revenge: teach us to walk the way of Forgiveness beyond all accounting and to love the gift that has no measure; through Jesus Christ who died for all. Amen.***

Prayers for an Inclusive Church © 2009 Steven Shakespeare

### 1 Corinthians 15:35-38,42-50

Someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, "The first man, Adam, became a living being"; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven. What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

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

***Thanks be to God***

*Chorus*

Je - su, Je - su, fill us with your love, show  
 us how to serve the neigh-bors we have from you.

1 Kneels at the feet of his friends, si - lent - ly wash - es their  
 2 Neigh-bors are rich and poor, neigh-bors are black and  
 3 These are the ones we should serve, these are the ones we should  
 4 Lov - ing puts us on our knees, serv - ing as though we were

*Repeat Chorus*

feet, Mas - ter who acts as a slave to them.  
 white, neigh-bors are near - by and far a - way.  
 love. All are neigh-bors to us and you.  
 slaves; this is the way we should live with you.

Ghanian; tr. Thomas Colvin (b. 1925), alt. c. Hope Publishing

**Luke 6:27-38**

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

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

Jesus said, "I say to you that listen, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

"If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

Gospeller: This is the Gospel of Christ.

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

( 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

From "Glimpses of Glory" by David Adam © 2000 Morehouse Publishing

Lord, you are our delight and our joy, we seek to reflect your grace and goodness: make us slow to anger and not too ready to condemn. We pray that your church may be open and welcoming to all in need. We remember today churches that are divided by factions or through animosity. We pray for churches that are working to heal divisions and hurts.

God of love and hope, *give us your peace.*

God of peace, we pray for peace-givers and peace-makers. We pray for all who are seeking to bring reconciliation and hope to communities and peoples. We remember today the work of Amnesty International, the United Nations and the peace-keeping forces of the world. We pray for peace in Ukraine, and for all peoples involved in conflict, strife, or aggression.

God of love and hope, *give us your peace.*

We remember all who have hardened themselves, or become insensitive, all who are afraid of being moved or touched, all afraid of close contact, all who are suffering from a breakdown in relationships. We give thanks for our homes and our loved ones and pray for their peace, that we may have peace in our communities and in our lives.

God of love and hope, *give us your peace.*

We remember with love all who are struggling at this time, all who realize that they are perishable beings through illness or disability: may they be strong in the spirit and strong in the Lord. We pray for all whose lives are disturbed or distressed. We pray especially for friends who are ill or in need, 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.]

God of love and hope, *give us your peace.*

We rejoice that in our God we are more than conquerors. In your power, O Lord, we will overcome all evil, we will triumph over death and rejoice in life eternal. We pray for loved ones departed, that they may rest in peace and rise in glory.

God of love and hope, *give us your peace.*

*God of grace and glory, give us the gift of generosity, that we may reveal your love and forgiveness, and live in fellowship and peace with each other as we work for the coming of your kingdom; 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.***

*( To maintain our safe social distancing, please stay at your seat  
and 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.*

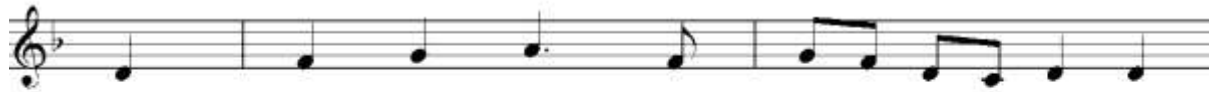
<https://www.stbenslososos.org/support-us/>

## **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 Hymn

H674



1 "For - give our sins as we for - give" you  
 2 How can your par - don reach and bless the  
 3 In blaz - ing light your cross re - veals the  
 4 Lord, cleanse the depths with - in our souls, and



taught us, Lord, to pray; but you a - lone can  
 un - for - giv - ing heart that broods on wrongs and  
 truth we dim - ly knew, how small the debts men  
 bid re - sent - ment cease; then, re - con - ciled to



grant us grace to live the words we say.  
 will not let old bit - ter - ness de - part?  
 owe to us, how great our debt to you.  
 God and man, our lives will spread your peace.

Rosamond E. Herklots (1905-1987) © Church Publishing

(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

## Holy Eucharist

BCP HE III

Celebrant: The grace of our Lord Jesus Christ and 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 our God.***

Celebrant: Let us give thanks to the Holy One.

People: ***It is right to give God thanks and praise.***

Celebrant: It is our joy and our delight to give thanks to you our Creator God for the wonder of Creation; for the signs of your presence in all life and particularly in the life of your people.

From the very earliest times when the cosmos was just coming into being, you have called us to share your life with you, called us to be your people, your royal priesthood. You reveal yourself to us in the beauty of sunsets and the magnificence of great waves; you reveal yourself to us through the scriptures and the words of the prophets.

Above all, you reveal yourself to us in the life and teachings of Jesus the Christ, in his death and glorious resurrection.

And so we join with the angels, archangels and all who have gone before us as we sing the song which echoes through the ages:

G236

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*; Robert J. Dufford, SJ, and Daniel L. Schutte, © 1973, administered by New Dawn Music; acc. by Diana Kodner, © 15  
GLA Publications, Inc.

The Celebrant continues:

Your Word, incarnate in Jesus, walked among us, teaching us your ways, showing us how to be your daughters and sons.

Jesus taught us to live a gentle life of non-violence, resisting the paths of empire, resisting all the forces that push us to division and hatred, and instead, loving and forgiving not just our friends but also our enemies. It was his obedience to this path that led him to the cross, to die an ignominious death at the hands of the occupying forces encouraged by the religious establishment.

Yet even in his time of distress, he called for forgiveness. We thank you that in him we are forgiven, and ask for the grace to forgive those who harm us, that we may walk in peace even as Jesus taught us.

On the night he was handed over to suffering and death, Christ Jesus 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 many 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 Lord, our sacrifice of praise, this memorial of our redemption.

*May our lives be radiant with your praise and glory.*

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.*

Send your Holy Spirit also upon us,

*that our lives may be transformed and we may show forth your life in the world, loving and forgiving, walking the path of non-violence as Jesus did.*

Make us into one holy people of God. Make us into one holy people of God with all your people of every persuasion.

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 Father, now and for ever. AMEN.*

## The Lord's Prayer

Celebrant: AS our Savior Christ has taught us, we now pray...

*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.



## 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.

*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 ~

"There Is a Redeemer" by Melody Green

Piano Setting by Joel Raney

© 2005 Birdwing Music

## Communion Hymn

G408

The cantor will sing the refrain once, then the congregation will sing it. The cantor will sing the verses.

U - bi ca - ri - tas et a - mor, love,  
Live in char - i - ty and stead - fast

u - bi ca - ri - tas De - us i bi est.  
live in char - i - ty; God will dwell with you.

The musical score is written for piano in 3/4 time, featuring a treble and bass clef. The lyrics are placed below the notes. The first system includes a triplet of eighth notes in the melody. The second system continues the melody and accompaniment.

Setting: Jacques Berthier, from *Songs and Prayers from Taizé* © 1991 GIA Publications, Inc.  
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If I have the gift of prophecy, understanding all the mysteries there are, knowing everything; if I have faith in all its fullness to move mountains, but have not love, I am nothing at all. *Refrain*

If I give everything I have to feed the poor, and let them take my body to be burned, but have not love, I gain nothing at all. *Refrain*

Love is patient, love is not jealous, love does not rejoice in what is wrong, but love rejoices in the truth. Love is always ready to excuse, to hope, to trust and to endure whatever comes. *Refrain*

Love never fails. Prophecies will cease and tongues will be silent, knowledge will pass away; but there are only three things in the end that last: faith, hope and love, and the greatest of these is love. *Refrain*

*(We pause for a moment of silence together)*

*Most loving God, creator and redeemer,  
we give you thanks for this foretaste of your glory.  
Through Christ, and with all your saints,  
we offer ourselves and our lives to your service.  
Send us out in the power of your Spirit,  
to stand with you in your world.  
We ask this through Jesus Christ, the servant,  
our friend and brother. Amen.*

New Zealand Prayer Book

## The Blessing

May the outrageous welcome of the Creator accept us for who we are;  
may the incarnation of the Word touch and hold us close;  
may the wandering of the Spirit help us risk ourselves for love;  
and may the blessing of God All-Compassionate,  
Author, Word, and Holy Spirit, be upon you, and remain with you always.

*Amen*

Prayers for an Inclusive Church © 2009 Church Pub. Co

## Announcements

## Final Hymn

*Introduction*



1 O day of peace that dim - ly shines through all our  
2 Then shall the wolf dwell with the lamb, nor shall the



hopes and prayers and dreams, guide us to jus - tice, truth, and  
fierce de - vour the small; as beasts and cat - tle calm - ly



love, de - liv - ered from our self - ish schemes. May swords of  
graze, a lit - tle child shall lead them all. Then en - e -



hate fall from our hands, our hearts from en - vy find re -  
mies shall learn to love, all crea - tures find their true ac -

lease, till by God's grace our war - ring world shall see Christ's  
 cord; the hope of peace shall be ful - filled, for all the  
 prom - ised reign of peace.  
 earth shall know the (Lord.)  
 Lord.

*Interlude*  
*Final Ending*

*Jerusalem: Words, Carl P. Daw, Jr. (b. 1944) 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 ~

"In Highest Majesty" by Lani Smith © 2015 Lorenz Publishing Co.

## Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Alan Kiste
Lector:	Connie Weldon
Ushers:	Brian Spolarich & Michael Lucas
Intercessor:	Louisa Beeler
Altar Guild:	Lisa Gonzalez
Flowers:	Sarah Chesebro
Cantor:	Brian Spolarich
Director of Music:	Dave Alm
Tellers:	Alice Welchert and Dianne Long

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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