



**St Benedict's Episcopal Church
Los Osos, California**

~ Tending Mind and Soul ~

THE FIFTH SUNDAY AFTER EPIPHANY

February 5, 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 ~

"Love Divine, All Loves Excelling," *Beecher* by John Zundel Arr. Penny Rodriguez

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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.*

Hymn of Praise



1 O love, how deep, how broad, how high, how pass - ing
2 For us bap - tized, for us he bore his ho - ly
3 For us he prayed; for us he taught; for us his
4 For us to wick - ed hands be - trayed, scourged, mocked, in
5 For us he rose from death a - gain; for us he
6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
2 fast and hun - gered sore; for us temp - ta - tions
3 dai - ly works he wrought: by words and signs and
4 pur - ple robe ar - rayed, he bore the shame - ful
5 went on high to reign; for us he sent his
6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
2 sharp he knew; for us the tempt - er ov - er - threw.
3 ac - tions, thus still seek - ing not him - self, but us.
4 cross and death; for us gave up his dy - ing breath.
5 Spi - rit here to guide, to strength - en, and to cheer.
6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tuorum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949)

Collect of the Day

Celebrant: The Lord be with you.

People: ***And also with you.***

Celebrant: Let us pray together.

All: ***Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.***

Isaiah 6:1-8

Lector: *A reading from the book of Isaiah*

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said:

"Holy, holy, holy is the LORD OF hosts;
the whole earth is full of his glory."

The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the LORD of hosts!"

Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"

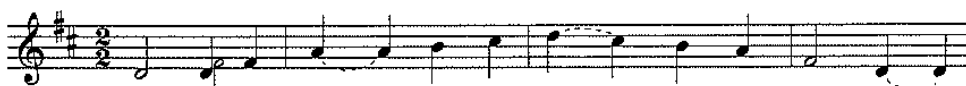
Lector: *Hear what the Spirit is saying to God's People*

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

Psalm 138

G134

Cantor will sing refrain, then we all sing it, Cantor sings the verses, we join in the refrain.



| Lord, may our prayer rise like in - cense in your sight, may this



place be filled with the fra - grance of Christ.

I will thank you Lord, with all of my heart,
You have heard the words of my mouth.
In the presence of the angels I will bless you,
I will adore before your holy temple.

I will thank you Lord for your faithfulness and love,
Beyond all my hopes and my dreams
On the day that I called, you answered;
You gave life to the strength of my soul.

All who live on earth shall give you thanks
When they hear the words of your voice.
And all shall sing of your ways:
“How great is the glory of God!”

1 Corinthians 15:1-11

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

I remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you--unless you have come to believe in vain. For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them--though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

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

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

Gospel Hymn

“Alleluia VII”

Al - le - lu - ia, al - le - lu - ia, al - le - lu -

ia. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

The image shows two staves of musical notation in 3/4 time, G major. The first staff contains the melody for the first line of the hymn, and the second staff contains the melody for the second line. The lyrics are written below the notes.

Luke 5:1-11

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

People: *Glory to You, Lord Christ.*

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." When they had done this, they caught so many fish that their nets were beginning to break. So they signaled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Go away from me, Lord, for I am a sinful man!" For he and all who were with him were amazed at the catch of fish that they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, "Do not be afraid; from now on you will be catching people." When they had brought their boats to shore, they left everything and followed him.

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.)

Affirmation of our Faith

Let us stand and affirm our faith in Jesus Christ the Son of God.

1. We be - lieve in God al - might - y, Au - thor of all
2. We be - lieve that Je - sus suf - fered, scourged and scorned and
3. We be - lieve in God's own Spir - it, bond - ing all the

things that be, Mak - er of the earth and heav - ens,
cru - ci - fied; tak - en from the cross, was bur - ied—
saints with - in one church, cath - o - lic and ho - ly,

Keep - er of the sky and sea. We be - lieve in
True Life there had tru - ly died. We be - lieve that
where for - give - ness frees from sin; in the bod - y's

God's son, Je - sus, now for us both Lord and Christ, of the Spir - it
 on the third day Christ was raised up from the grave, then as - cend - ed
 res - ur - rec - tion, for the break - ing of death's chain gives the life that's

and of Mar - y born to bring a - bun - dant life.
 to God's right hand. He will come to judge and save.
 ev - er - last - ing. This the faith that We have claimed.

Prayers of the People

Taught by God's word, we pray for the church and for the world, saying: God have mercy.

For peace in all lands and in the hearts of all people we pray: **God have mercy.**

For all people of God, that they may be strong in their love and faith and may work together for greater unity, we pray: **God have mercy.**

For those preparing for ministry and those who guide them, that they may be teachers of God's light and love, we pray: **God have mercy.**

For all members of our civic community that we may live together with justice and understanding, we pray: **God have mercy.**

For those in pain or sorrow we pray, starting with those in the Bidding Book

[prayers are now added from the Bidding book, then the people are invited to add their own prayers, silently or aloud]

For those who have died and those who grieve we pray: **God have mercy.**

*God of wisdom and love, hear the prayers of your beloved children in this community of faith. Bring your help to all in need, granting our prayers through Christ our Lord.
 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.)*

Birthdays and Anniversaries

Offertory

1 Come, thou fount of ev - ery bless - ing, tune my
2 Here I find my great - est trea - sure; hith - er,
3 Oh, to grace how great a debt - or dai - ly

heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a

ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:

Teach me some me - lo - dious son - net, sung by
Je - sus sought me when a stran - ger wan - dering
prone to wan - der, Lord, I feel it, prone to

flam - ing tongues a - bove. Praise the mount! Oh, fix me
from the fold of God; he, to res - cue me from
leave the God I love; here's my heart, oh, take and

on it, mount of God's un - chang - ing love.
dan - ger, in - ter - posed his pre - cious blood.
seal it, seal it for thy courts a - bove.

Doxology *Praise God from Whom all blessings flow* H400
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

Holy Eucharist EOW -1
(Please Stand)

Celebrant The Lord be with you.
 People ***And also with you.***
 Celebrant Lift up your hearts.
 People ***We raise our hearts to God.***
 Celebrant Let us thank the giver of life..
 People ***It is right to give our thanks and praise.***
 Celebrant It is truly right, and good and joyful, to give you thanks, all-holy
 God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

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 GIA Publications, Inc.

Celebrant

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love.

Yet you never ceased to care for us, and prepared the way of salvation for all people. Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said:

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

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins.
Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

All ***Christ has died.***
 Christ is risen.
 Christ will come again.

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with the Blessed Virgin Mary, Blessed Benedict, and all your saints, past, present, and yet to come, we may praise your Name for ever.

All ***Through Christ and with Christ and in Christ,***
 In the unity of the Holy Spirit,
 to you be honor, glory, and praise,
 for ever and ever. AMEN.

The Lord's Prayer

Celebrant: As our Savior Christ has taught us, we now sing...

Voice

Our Fa-----ther in
Heaven Holy be- your name Your kingdom come; Your will be
done on earth as in heav'n- Give us this day our dai-----ly
bread. Forgive us our sins as we for- give those who sin a - gainst us.
Save us from the time of tri-al and de - li-ver-us from e-vil For the
king - dom the po-wer and the glo----- ry are yours now & for---e---ver
A -----men A -----men A-----men
A -----men A -----men.

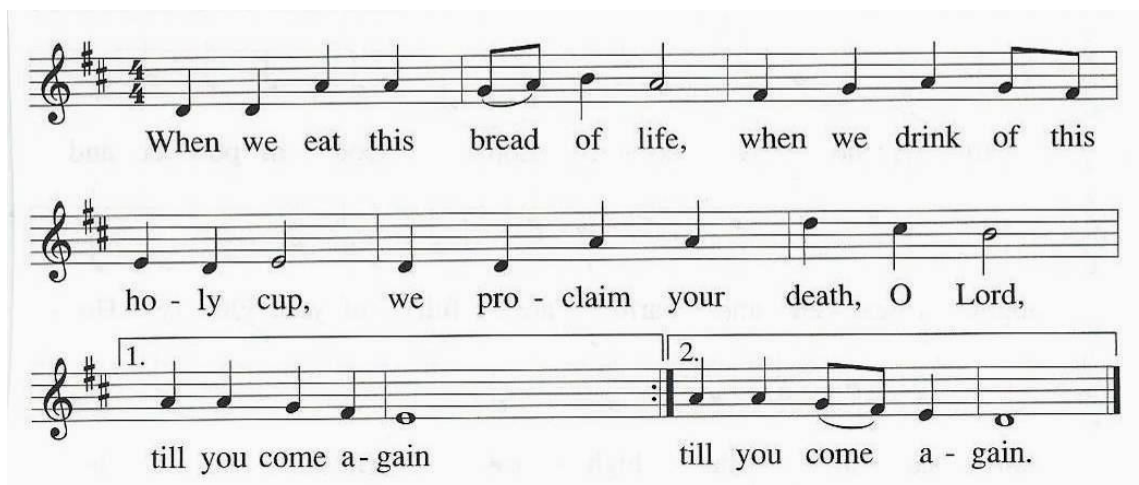
The Breaking of the Bread

The celebrant breaks the consecrated bread.

A period of silence is kept.

Fraction Anthem

G298



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.

The image shows a musical score for a Fraction Anthem. It consists of three staves of music in G major (one sharp) and 4/4 time. The lyrics are: "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." The first two staves are the main melody, and the third staff is a repeat with two endings. The first ending leads back to the beginning, and the second ending concludes the piece.

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

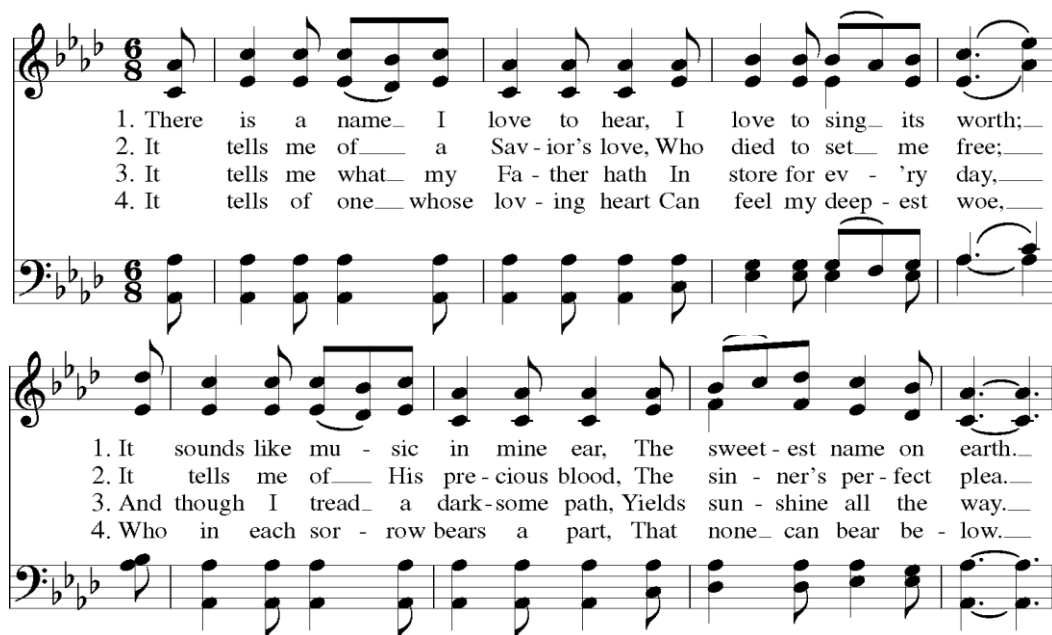
Holy Communion

Celebrant: The gifts of God for the people of God.
This is God's table, and all are welcome here.

Communion Music ~

"Let All Mortal Flesh Keep Silence" 17th Century French Carol Liturgy of St. James
Arr. David Alm, © 2020 David Alm

Communion Hymn



1. There is a name I love to hear, I love to sing its worth;—
2. It tells me of a Sav - ior's love, Who died to set me free;—
3. It tells me what my Fa - ther hath In store for ev - 'ry day, —
4. It tells of one whose lov - ing heart Can feel my deep - est woe, —

1. It sounds like mu - sic in mine ear, The sweet - est name on earth. —
2. It tells me of His pre - cious blood, The sin - ner's per - fect plea. —
3. And though I tread a dark - some path, Yields sun - shine all the way. —
4. Who in each sor - row bears a part, That none can bear be - low. —

The image shows a musical score for a Communion Hymn. It consists of four systems of music, each with a vocal line and a piano accompaniment. The music is in G minor (two flats) and 6/8 time. The lyrics are: "1. There is a name I love to hear, I love to sing its worth;— 2. It tells me of a Sav - ior's love, Who died to set me free;— 3. It tells me what my Fa - ther hath In store for ev - 'ry day, — 4. It tells of one whose lov - ing heart Can feel my deep - est woe, —" and "1. It sounds like mu - sic in mine ear, The sweet - est name on earth. — 2. It tells me of His pre - cious blood, The sin - ner's per - fect plea. — 3. And though I tread a dark - some path, Yields sun - shine all the way. — 4. Who in each sor - row bears a part, That none can bear be - low. —"

O how I love Je - sus, O how I love Je - sus, —

O how I love Je - sus, Be - cause He first loved me! —

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

*Creator God, your steadfast purpose
is the completion of all things in your Son.
May we who have received the pledges of the kingdom,
live by faith, walk in hope and be renewed in love,
until the world reflects your glory
and you are all in all;
through Jesus Christ our Savior. Amen.*

Episcopal Church of Scotland

The Blessing

May the God who brings heaven close to earth
give truth to our judgment and flame to our longing
that our hearts might be ready to be born again in love;
and may the blessing of God, Creator, Word, and Spirit be among you
and remain with you always. **Amen.**

Prayers for an Inclusive Church © 2009 Steven Shakespeare

Announcements

Final Hymn

1 Ye ser - vants of God, your Mas - ter pro - claim,
 2 God rul - eth on high, al - might - y to save;
 3 Sal - va - tion to God who sits on the throne!
 4 Then let us a - dore, and give him his right:

and pub - lish a - broad his won - der - ful Name;
 and still he is nigh: his pres - ence we have.
 Let all cry a - loud, and hon - or the Son.
 All glo - ry and power, all wis - dom and might,

the Name all - vic - to - rious of Je - sus ex - tol:
 The great con - gre - ga - tion his tri - umph shall sing,
 The prais - es of Je - sus the an - gels pro - claim,
 and hon - or and bless - ing, with an - gels a - bove,

his king - dom is glo - rious; he rules o - ver all.
 as - crib - ing sal - va - tion to Je - sus our King.
 fall down on their fa - ces, and wor - ship the Lamb.
 and thanks nev - er - ceas - ing and in - fi - nite love.

Charles Wesley (1707-1788), *Paderborn*, melody from *Catolisch-Paderbornisches Gesang-buch*, 1765; harm. Sydney Hugo Nicholson (1875-1947) Public Domain

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 ~

"Pastorale", Terry Osman, © 2022 Lorenz Publishing Co.

Ministers of the Service

Celebrant: The Rev. Caroline Hall
Eucharistic Minister: Michael Lucas
Lector: Sandy Fisher
Cantor: Ann Kanter
Ushers: Connie Weldon, Ron Thompson
Altar Guild: Lisa Gonzalez
Flowers: Laura Thompson
Intercessor: Lisa Gonzalez
Online Host: Louisa Beeler
Tellers: Alice Welchert and Diana Hammerlund
Music Director: Dave Alm

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This Week at St. Ben's

Sunday, Feb 6

9:20 am – Bible Conversation

10:30 am – Eucharist service – (also live-streamed on FB)

Monday, Feb 7 RECTOR'S SABBATH

Tuesday, Feb 8

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, Feb 9

3:00pm Prayer Meeting (Zoom)

6:00 pm – Choir Rehearsal

Sunday February 13

8:00 am – Contemplative Eucharist service (also on Zoom)

9:20 am – Bible Conversation

10:30 am – Eucharist service – (also live-streamed on FB)

ANNOUNCEMENTS

STARTING THIS WEEK : A new Prayer Group starts on Weds February 9th at 3pm and continues every 2nd and 4th Wednesday. On Zoom only for now. This will be for us to bring the concerns of the whole congregation to God rather than interceding for individual people. All pray-ers are welcome.

TUESDAY SPIRITUAL CONVERSATION The weekly Spiritual Conversation is currently based on the book, Benedict's Dharma: Buddhists Reflect on the Rule of St Benedict. 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 on Zoom

BIRTHDAY THIS WEEK—Feb 13 Johnny Hammerlund

DON" WRING YOUR HANDS - GET OUT THE VOTE!

With many issues hanging in the balance locally and around the country, getting out the vote is more important than ever. Episcopal Election Activators is an Episcopal Church program, run by the Office of Government Relations, that seeks volunteers to help promote and facilitate local non-partisan voter engagement efforts for the 2022 U.S. midterm elections and beyond. We hope to identify a team of dedicated volunteers across the Church who will then help Episcopalians and local communities cast their votes. You can be active locally and help in other parts of the country as well. Click on this website for more information. <https://www.episcopalchurch.org/ministries/office-government-relations/episcopal-election-activators/>

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 Lisa Gonzalez at 805-441-3386. If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed to prayers@stbenslososos.org.

St. Benedict's Episcopal Church

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Our Mission Statement

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry and commitment to social justice.

Our Inclusivity Statement

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability. We embrace and seek to preserve the beautiful, amazing diversity of God's creation.

We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.