



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The First Sunday of Advent

November 27, 2022 10:30 am

Whoever you are and wherever you are in your faith journey,
there is a warm welcome for you here at St. Benedict's!

~ Prelude ~

“O Come, O Come, Emmanuel”

French melody

Arranged by Faye López

© 2017 SoundForth, a division of Lorenz Co.

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

People: *A*nd blessed be God's kin-dom, now and for ever.

Lighting of the Advent Wreath

[see back page]

All: *H*oly 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

Wait for the Lord

Gather 332

Wait for the Lord, whose day is near.

Wait for the Lord: be strong, take heart!

The image shows a musical score for a short piece. It consists of two staves, a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#). The melody is simple and homophonic, with lyrics written below the notes. The piece ends with a double bar line and repeat dots.

Text: Isaiah 40, Philippians 4, Matthew 6-7; Taizé Community, 1984
 Tune: Jacques Berthier, 1923-1994
 © 1984, Les Presses de Taizé, GIA Publications, Inc., agent

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Holy Thief, stealing away our false securities and idle vanity: awaken us from the dull sleep that clings to empty fear and vacant routine; unfold o us the time of crisis when love of truth floods a thirsty world; through Jesus Christ, the one who is to come. Amen.*

♩ Trisagion (repeat three times)

S102

Ho - ly God, Ho - ly and Might - y,

Ho - ly Im - mor - tal One, Have mer - cy up - on us.

The image shows a musical score for the Trisagion. It consists of two systems of music, each with a treble clef staff on top and a bass clef staff on the bottom. The key signature is two flats (Bb, Eb). The melody is simple and homophonic, with lyrics written below the notes. The piece ends with a double bar line and repeat dots.

Music: Ver. Hymnal 1982, after Alexander Archangelsky (1846-1924). Setting: Copyright © Church Publishing Inc.

Isaiah 2:1-5

Reader: *A Reading from the Book of Isaiah*

The word that Isaiah son of Amoz saw concerning Judah and Jerusalem.

In days to come
the mountain of the LORD's house
shall be established as the highest of the mountains,
and shall be raised above the hills;
all the nations shall stream to it.
Many peoples shall come and say,
'Come, let us go up to the mountain of the LORD,
to the house of the God of Jacob;
that he may teach us his ways
and that we may walk in his paths.'
For out of Zion shall go forth instruction,
and the word of the LORD from Jerusalem.
He shall judge between the nations,
and shall arbitrate for many peoples;
they shall beat their swords into ploughshares,
and their spears into pruning-hooks;
nation shall not lift up sword against nation,
neither shall they learn war any more.

O house of Jacob,
come, let us walk
in the light of the LORD!

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

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



Psalm 122

Emergent Psalter

♩ = 110 Bmi Emi D G *vamp in Bm*

Be - cause of the house of the Lord our God, I will seek to do you good.

Led. * *Led.* * *Led.* * *Led.*

From The Emergent Psalter by Isaac Everett, copyright by Isaac Everett, Church Publishing, Inc. www.churchpublishing.org.

Antiphon

I was glad when they said to me, *
 "Let us go to the house of the LORD."
Now our feet are standing *
 within your gates, O Jerusalem.
Jerusalem is built as a city *
 that is at unity with itself;
To which the tribes go up,
 the tribes of the LORD, *
 the assembly of Israel,
 to praise the Name of the LORD.
For there are the thrones of judgment, *
 the thrones of the house of David.

Antiphon

Pray for the peace of Jerusalem: *
 "May they prosper who love you.
Peace be within your walls *
 and quietness within your towers.
For my brethren and companions' sake, *
 I pray for your prosperity.
Because of the house of the LORD our God, *
 I will seek to do you good."

Antiphon

Romans 13:11-14

Reader: *A Reading from the Second Letter to the Romans*

You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

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

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

♪ Hymn

Within our hearts

Gather #329

(see page 6)

Matthew 24:36-44

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

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

Jesus said to the disciples, "But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man. Then two will be in the field; one will be taken and one will be left. Two women will be grinding meal together; one will be taken and one will be left. Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour."

Gospeller: The Gospel of Christ.

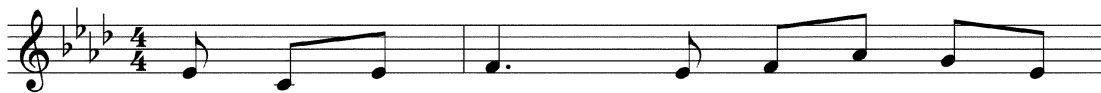
People: ***Praise to You, Lord Christ.***

Sermon

The Rev. Dr. Caroline Hall

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

(return to page 5 for the Gospel reading)



1. O an - cient love, pro - cess - ing through the
 2. O home - less love, that dwells a - mong the
 3. O gen - tle love, car - ess - ing those in
 4. O suf - f'ring love, that bears our hu - man



a - ges: O hid - den love, re - vealed in hu - man
 stran - ger: O low - ly love, that knows the might - y's
 sor - row: O ten - der love, that com - forts those for -
 weak - ness: O bound - less love, that ris - es with the



form: O prom - ised love, the dream of seers and
 scorn: O hun - gry love, that lay with - in a
 lorn: O hope - ful love, that prom - is - es to -
 morn: O might - y love, con - cealed in in - fant



sa - ges:
 man - ger: O liv - ing Love, with - in our hearts be
 mor - row:
 meek - ness:



born, O liv - ing Love, with - in our hearts be borne.

Affirmation of Faith

Church of England

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

All *We believe in God the Father,
from whom every family
in heaven and on earth is named.
We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;
Father, Son and Holy Spirit.*

Prayers of the People

Lord, you are ever among us. Open our eyes to your presence, that your church may be true to its mission, that each congregation may proclaim your goodness, that all of us may show forth your glory. Lord, come down, *come in, come among us.*

To the nations that are looking for freedom, to the peoples that are longing for liberty, to the individuals striving for justice, to all who are seeking to improve the world, to all who are seeking to improve themselves, Lord, come down, *come in, come among us.*

To our homes as we prepare for your coming, to our loved ones as they reveal to us your love, to our work, that it may show forth your presence, into our leisure and into our pleasures, Lord, come down, *come in, come among us.*

To all who long for release, to all who cry in pain, to the sick in body, in mind, and in spirit, to those who can no longer cope, to all who are oppressed and in darkness, to all who watch and wait and weep for you, to those for whom our prayers have been asked and those who are in our hearts...

[Prayers from the bidding book are read.
The people may add additional prayers silently or aloud.]

Lord, come down, *come in, come among us.*

That we may know that life is eternal, that loved ones departed are in your keeping, that we may rejoice in hope, that we may come to your glory, Lord, come down, ***come in, come among us.***

Celebrant: *Lord, we watch, we wait, we look, we long for you. Dispel the clouds and darkness and awaken us to your glory, that we may walk in your light, through Jesus Christ our Lord. Amen.*

From "Clouds and Glory" by David Adam — © Morehouse Publishing 2001

Confession and Absolution

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,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***

Celebrant: All Compassionate God have mercy on you, forgive you all your sins through the grace of 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.

Birthday & Anniversary Prayers

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.

The Offertory

You are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can contribute at our website www.stbenslososos.org at any time.

♪ Offertory Anthem

“Advent Noel”

Noël Nouvelet

Arr. by Anna Laura Page and Jean Anne Shafferman

© 2015 Lorenz Publishing Co.

St. Benedict's Singers

♪ Doxology:

[Hymn tune #400]

[sung]

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

Holy Eucharist

Iona

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: May Christ 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

Gather 297

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.

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.

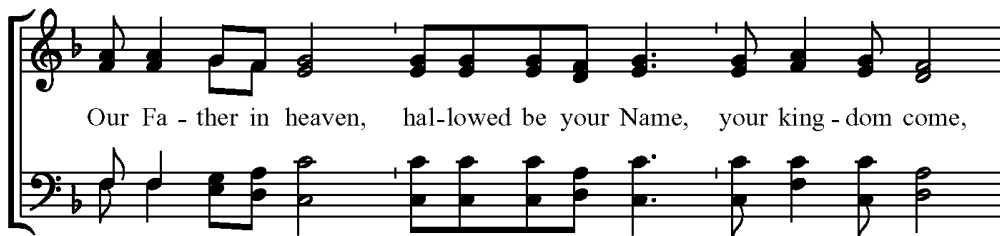
All: ***Loving God, through your goodness we have this bread and wine to offer,
which earth has given and human hands have made.
May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.
We celebrate the life that Jesus has shared among his community
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***

Lord's Prayer

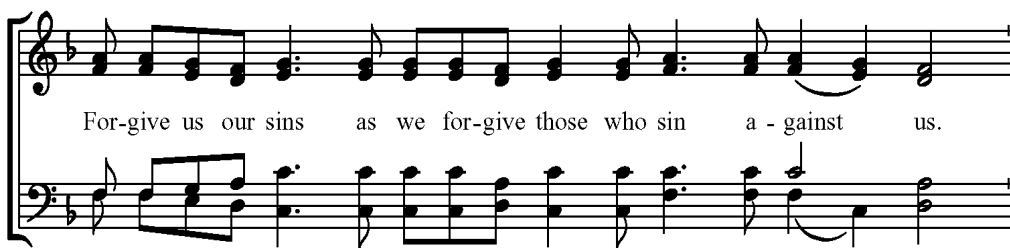
And now as our Savior Christ taught us, we are bold to sing:




Our Fa - ther in heaven, hal - lowed be your Name, your king - dom come,



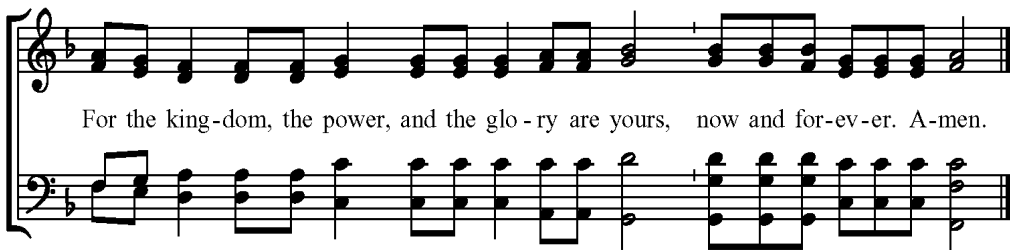
your will be done, on earth as in heaven. Give us to - day our dai - ly bread.



For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of trial, and de - liv - er us from e - vil.



For the king - dom, the power, and the glo - ry are yours, now and for - ev - er. A - men.

The Breaking of the Bread

The celebrant breaks the Bread

Silence

♪ Fraction Anthem

Gather 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 Look, the Body of Christ is broken for the life of the world.
Here is Christ coming to us in bread and in wine.

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 Music

“Peace Piece”

Bill Evans
© 2013 *Per Musi* - Revista Acadêmica de Música

Transcribed by Jim Aikin

Refrain

For you, O Lord, my soul in still - ness
 waits, tru - ly my hope is in you.

Verses

1. O Lord of Light, our on - ly hope of
 2. O Spring of Joy, rain down up - on our
 3. O Root of Life, im - plant your seed with -
 4. O Key of Knowl - edge, guide us in our
 5. Come, let us bow be - fore the God who
 6. Here we shall meet the Mak - er of the

glo - ry, your ra - diance shines in all who look to
 spir - its, our thirst - y hearts are year - ing for your
 in us, and in your ad - vent, draw us all to
 pil - grim - age, we ev - er seek, yet un - ful - filled re -
 made us, let ev - 'ry heart be o - pened to the
 heav - ens, Cre - a - tor of the moun - tains and the

you, come, light the hearts of all in dark and
 Word, come, make us whole, be com - fort to our
 you, our hope re - born in dy - ing and in
 main, o - pen to us the path - way of your
 Lord, for we are all the peo - ple of his
 seas, Lord of the stars, and pres - ent to us

shad - ow.
 hearts.
 ris - ing.
 peace.
 hand.
 now.

D.C.

Final Prayer

Eternal God, we thank you that in Christ you give yourself into our hands: may we who have tasted life proclaim the coming feast when many will come from east and west, from north and south to greet the Lord of all; we ask this in the name of Jesus, **Amen.**

Blessing

May the God who brings heaven to earth give truth to our judgement and flame to our longing that our hearts might be ready to be born again in love; and the blessing of God, Creator, Word and Holy Spirit. Amen.

Announcements

♪ Final Hymn

Down by the Riverside

LEVAS 210

(next page)

♪ Postlude

“The Father’s Love Blooming”

Ruth Elaine Schram

© 2009 Lorenz Publishing Co.

Dismissal

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ

All: **Thanks be to God, Alleluia, Alleluia**

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

© 2001 The Iona Community Used with permission

Music reproduced and broadcast under OneLicense #A706314

1. Goin' to lay down my sword and shield,
 2. Goin' to lay down my war— shoes,
 3. Goin' to put on my long white robe,
 4. Goin' to meet my lov - ing sav - ior,

Down by the riv - er - side, Down by the riv - er - side,

Down by the riv - er - side.

1. Goin' to lay down my sword and shield,
 2. Goin' to lay down my war— shoes,
 3. Goin' to put on my long white robe,
 4. Goin' to meet my lov - ing sav - ior,

Down by the riv - er - side, To stud - y war— no

I ain't goin't

more. _____

stud - y war no more, Ain't goin't

stud - y war no more, Ain't goin't stud - y _____ war no

I ain't goin't

more, _____

stud - y war no more, Ain't goin't

stud - y war no more, -

stud - y war no more, Ain't goin't stud - y war no _____ more. _____

Words: Traditional. Music: Negro Spiritual; arr. Clarence White. Arr. Copyright © 1940 Carl Fischer, Inc. New York. Copyright renewed. Reprinted by permission. International Copyright Secured. All Rights Reserved.

Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Alan Kiste
Lector:	Jane Wu
Cantor:	Lorienne Schwenk
Flowers:	Sharon Porter
Ushers:	Brian Spolarich and Lisa Gonzalez
Intercessor:	Jill Denton
Altar Guild:	Sarah Chesebro
Online Host:	Suzan Vaughn and Pat Henry
Tellers:	
Director of Music:	Dave Alm
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

Tuesday	
9:45a	Prayers for the Morning
10:15a	Spiritual Conversation
5:30p	Vespers followed by supper
Wednesday	
11:00a	Laundry Love
4:00p	Laundry Love
Thursday	
10:00a	Advent Course
4:00p	Liturgy Committee
5:30p	Choir Rehearsal
7:00p	A Storied Pilgrimage on Race
Friday	
9:00a	Gentle Yoga
Saturday	
12:00p	People's Kitchen
Sunday	
8:00a	Contemplative Communion
10:30a	Eucharist

ANNOUNCEMENTS

DAVE ALM: Today is Dave's last service with us. We give thanks for his ministry here among us.

SPIRITUAL CONVERSATION - this week the conversation will reflect on the ideas in Pema Chodron's book, [Welcoming the Unwelcome](#).

ADVENT REFLECTION booklets [Living Well through Advent - Practicing Simplicity with all your Heart, Soul, Strength and Mind](#). are now available on the ushers table. Consider joining an in-person conversation happening on Thursdays at 10am for about an hour in-person at the church, starting on December 1st for four weeks.

PEOPLE'S KITCHEN is coming up on Saturday December 3rd. Please let Pat Henry know how you can help (riecie5381@gmail.com)

PRAYER PLACE POP UP at the Abundance Shop Saturdays in Advent, Join your Trailblazer Discovery Team, Sandy Fisher, Cathy Gildea, Barbara Hirahara, and Deacon Jen, at our Prayer Place Pop-up at the St. Ben's Abundance Shop during the season of Advent! Starting December 3 through 17th from 11-4, stop by for a blessing-to-go or a cup of coffee to stay. We will offer prayer, a question of the day based on the season of Advent, or just an opportunity to share anything that might be on your heart. Please stop by and invite others you know to do the same.

ADVENT RETREAT Saturday, December 10th, 9:30—3 at St. Stephens Episcopal Church (1344 Nipomo Street, San Luis Obispo), We will gather at 9:30am for worship, Bible study, and reflection. You are encouraged to wear comfortable clothing and bring a journal or computer, if you are someone who enjoys writing while reflecting. Lunch will be provided (suggested donation \$10) The theme of the day is "Courage in the Wilderness" and it will be hosted by Canon Martha Korienek. Questions? Please email Canon Martha at canonmartha@realepiscopal.org. The registration link is in the Benediction Weekly.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Jill Denton (805) 534-1101. If there is no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslososos.org and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

BIDDING BOOK PRAYERS – If you'd like to include someone's name in the prayers during the worship services on Sunday, please write them in the bidding book on the stand by the usher's station as you come into church.

First Sunday of Advent - Hope

The Gospel of John speaks of Christ as the true light coming into the world. In commemoration of that coming, we light candles for the four weeks leading to Christmas and reflect on the coming of Christ. It is significant that the church has always used that language—the coming of Christ—because it speaks to a deep truth. Christ is coming. Christ is always coming, always entering a troubled world, a wounded heart. And so we light the first candle, the candle of hope, and dare to express our longing for peace, for healing, and the well-being of all creation.

[One Candle is lit.]

All:

*Loving God, as we enter this
Advent season,
We open all the dark places in our
lives and memories
to the healing light of Christ.
Show us the creative power of hope.
Prepare our hearts to be
transformed by you,
That we may walk in the light of Christ.
Amen.*



St. Benedict's Episcopal Church
PO Box 6877, 2220 Snowy Egret Lane
Los Osos CA 93402
StBensLosOsos.org
office@stbenslososos.org
805-528-0654