

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Advent IV

December 18, 2022

—8 a.m. Service—

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

Celebrant: Blessed are you, holy and living One.
People: *You come to your people and set them free.*

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 J

A Song of Judith

Judith 16:13-16

I will sing a new song to my God, *
for you are great and glorious, wonderful in strength, invincible.
Let the whole creation serve you, *
for you spoke and all things came into being.
You sent your breath and it formed them, *
no one is able to resist your voice.
Mountains and seas are stirred to their depths, *
rocks melt like wax at your presence.
But to those who fear you, *
you continue to show mercy.
No sacrifice, however fragrant, can please you, *
but whoever fears the Lord shall stand in your sight for ever.

Collect of the Day

Celebrant: God be with you
People: *And also with you.*

Celebrant: Let us pray.

All: All: *God with us, borne by Mary's flesh beyond all convention: give us the faith of Joseph to see the Spirit's work where the world sees only shame; to listen to the promise and waken to the cry of life renewed and love reborn; through Jesus Christ, the one who is to come. Amen.*

Prayers for an Inclusive Church (2009)

Isaiah 7:10-16

A Reading from the book of Isaiah

Again the LORD spoke to Ahaz, saying, Ask a sign of the LORD your God; let it be deep as Sheol or high as heaven. But Ahaz said, I will not ask, and I will not put the LORD to the test. Then Isaiah said: “Hear then, O house of David! Is it too little for you to weary mortals, that you weary my God also? Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel. He shall eat curds and honey by the time he knows how to refuse the evil and choose the good. For before the child knows how to refuse the evil and choose the good, the land before whose two kings you are in dread will be deserted.”

— *Hear What the Spirit is Saying to God’s People.*

Psalm 80: 1-7, 16-18

Source: The Psalter © 1994 Liturgy Training Publications

Hear us Shepherd of Israel, leader of Joseph’s flock.
From your throne on the cherubim shine out for Ephraim, for Benjamin and Manasseh
Gather your strength, come, save us!

Restore to us O God, the light of your presence,
And we shall be saved.

How long, Lord God of might, will you smolder with rage,
Despite our prayers?

For bread you feed us tears, we drink them by the barrel.
You let our neighbors mock, our enemies scorn us.

Restore to us, God of might, the light of your presence,
And we shall be saved.

Rest your hand upon your chosen one who draws strength from you.
We have not turned from you.
Give us life again and we will invoke your name.

Restore to us Lord God of might, the light of your presence
And we shall be saved.

Romans 1:1-7

Paul, a servant of Jesus Christ, called to be an apostle, set apart for the gospel of God, which he promised beforehand through his prophets in the holy scriptures, the gospel concerning his Son, who was descended from David according to the flesh and was declared to be Son of God with power according to the spirit of holiness by resurrection from the dead, Jesus Christ our Lord, through whom we have received grace and apostleship to bring about the obedience of faith among all the Gentiles for the sake of his name, including yourselves who are called to belong to Jesus Christ,

To all God's beloved in Rome, who are called to be saints:

Grace to you and peace from God our Father and the Lord Jesus Christ.

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

Matthew 1:18-25

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

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

Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins." All this took place to fulfill what had been spoken by the Lord through the prophet:

"Look, the virgin shall conceive and bear a son,
and they shall name him Emmanuel,"

which means, "God is with us." When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus.

Gospeller: This is the Gospel of Christ.

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

Discussion of the Readings

Prayers of the People

In the church that looks for you, among the people who proclaim you, with all who seek to serve you, among all who dedicate their lives to you, with all who proclaim that they love you, with people of faith throughout the world, Emmanuel, ***God you are with us.***

With the nations striving towards the light, with the seekers for freedom and justice, among those who enrich and extend our lives, with all who bring peace on earth, with the peoples lost in darkness, with the nations caught up in war, Emmanuel, ***God you are with us.***

In our homes as we prepare for your coming, in our relationships and in our loving, in our sharing and in our caring, in our actions and interactions, now within our community, Emmanuel, ***God you are with us.***

With the outcasts and the poor, with the unemployed and the homeless, among the scorned and rejected, with the refugees and the stateless, with the persecuted and those who suffer injustice, Emmanuel, ***God you are with us.***

With all who are in pain or sorrow, who are ill or anxious, with all who fear the future, with those whose life on earth is coming to an end and for those who are in our hearts...

[here prayers are read from the bidding book and you invited to add additional prayers of intercession and thanksgiving]

Emmanuel, ***God you are with us.***

With the whole church on earth, with our loved ones at rest, with the saints in glory, Emmanuel, ***God you are with us.***

King of kings, yet born of Mary, you come to dwell among us in great humility, you reveal the great love of God toward us and that we are called to be God's own people. Come now among us and give us your peace, that we may live to your praise and glory, Christ our Savior who is alive and lives and reigns with the Creator and the Spirit for ever and ever, Amen.

Confession and Absolution

Let us confess our sins to God.

Silence may be kept.

Minister and People:

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: May our 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.
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.*

The Holy Eucharist

EOW 2

Celebrant: May God 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: We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:

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 and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the

sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, 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. Again, he gave thanks to you, 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.”

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with the Blessed Virgin Mary, Blessed Benedict, and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

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

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.*

Celebrant: 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.*

Closing Prayer

Celebrant: Let us pray.
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

Dismissal

Alleluia, alleluia, let us go forth in peace to love and serve our God
Thanks be to God, alleluia, alleluia.

Today's Eucharist Liturgy is from
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This Week at St Ben's

Monday Rector's Sabbath

Tuesday
9:45a Prayers for the Morning
10:15a Spiritual Conversation
5:30p Blue Christmas service

Wednesday
3:00p Earthcare

Saturday—Christmas Eve
4:30p Carols and Communion around the Creche
7:45p Carols with Eucharist starting at 8p

Sunday
10:30a Quiet Christmas Eucharist

ANNOUNCEMENTS

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

RALPH'S CARD: Please consider registering your Food for Less or Ralph's card as donating to St Benedict's. In the last quarter 20 households contributed this way and we received over \$200.

POINSETTIAS: Today is the last opportunity to donate and dedicate a poinsettia. Envelopes at the back of the church.

PAT ARMSTRONG MEMORIAL: Come to share memories of Pat during a simple outdoor memorial service on Thursday, December 29 at 2 PM where Pat's ashes will join Sam's. In recognition of Pat, two Toyon shrubs will be planted in her honor along side the ironwood trees. Light refreshments will be served following the service.

LAUNDRY LOVE: Wednesday December 28. Please let Maureen know you can help

COMMUNITY DINNER: Wednesday January 4. Please let Maureen know how you can help

STAR PARTY: Friday January 6, 6:30pm Bring your favorite dish to share and a twig or two from your Christmas decorations. We will crown kings and queens of Epiphany, undress the church, light a fire and have FUN.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Louisa Beeler (805) 543-2898. 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.