



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Advent IV

December 18, 2022

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

Rudolf Moser Concordia Publishing, 1953

Celebrant: Blessed are you, holy and living One.

People: *You come to your people and set them free.*

♪ Wait for the Lord

Gather 33

Wait for the Lord, whose day is near.

Wait for the Lord: be strong, take heart!

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

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.***

Fourth Sunday of Advent - LOVE

We have lit three candles—for hope, for peace, and for joy. Today we light the fourth candle—the candle of love. With this flame we signify the love of God that surrounds and fills us at all times, but that we recognize in a special way in the Christmas story. There is no greater power than love. It is stronger than rulers and empires, stronger than grief or despair, stronger even than death. We love, because God loves us.

[Four candles are lit.]



LOVE

All:

*Loving God, we open ourselves to you this Advent season.
As these candles are lit, light our lives with your imagination.
Show us the creative power of hope.
Teach us the peace that comes from justice.
Fill us with the kind of joy that cannot be contained, but must be shared.
Magnify your love within us.*

♪ **Trisagion** sung three times

S102

[next page]

Ho - ly God, Ho - ly and Might - y,
 Ho - ly Im - mor - tal One, Have mer - cy up - on us.

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

Collect of the Day

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

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.***

Isaiah 7:10-16

Reader: *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.”

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

People: *Thanks be to God*

♪ Hymn # 56 O Come, O Come Emmanuel verses 1,2,7,8

Blue Hymnal



(Dec. 23) 1 O come, O come, Em - man - u - el, and ran - som
 (Dec. 17) 2 O come, thou Wis - dom from on high, who or - derest
 (Dec. 22) 7 O come, De - sire of na - tions, bind in one the
 (Dec. 23) 8 O come, O come, Em - man - u - el, and ran - som



1 cap - tive Is - ra - el, that mourns in lone - ly ex - ile
 2 all things might - i - ly; to us the path of know - ledge
 7 hearts of all man - kind; bid thou our sad di - vi - sions
 8 cap - tive Is - ra - el, that mourns in lone - ly ex - ile



1 here un - til the Son of God ap - pear.
 2 show, and teach us in her ways to go. Re - joice! Re - joice!
 7 cease, and be thy - self our King of Peace.
 8 here un - til the Son of God ap - pear.



Em - man - u - el shall come to thee, O Is - ra - el!

The stanzas may be used as antiphons with “The Song of Mary” on the dates given.

Words: Latin, ca. 9th cent.; ver. *Hymnal 1940*, alt. Copyright © The Church Pension Fund. Music: *Veni, veni, Emmanuel*, plainsong, Mode 1, Processionale, 15th cent.; adapt. Thomas Helmore (1811-1890); acc. Richard Proulx (b. 1937).

Matthew 1:18-25

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

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

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: 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.]

Affirmation of Faith

cf Philipians 2.6-11

Let us 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.***

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.

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: 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.

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 Hymn**

Canticle of the Turning

Gather 556

[next 2 pages]

Verses



1. My soul cries out with a joy - ful shout that the
 2. Though I am small, my God, my all, you
 3. From the halls of power to the for - tress tower, not a
 4. Though the na - tions rage from age to age, we re -



God of my heart is great, And my spir - it sings of the
 work great things in me, And your mer - cy will last from the
 stone will be left on stone. Let the king be - ware for your
 mem - ber who holds us fast: God's mer - cy must de -



won - drous things that you bring to the ones who
 depths of the past to the end of the age to
 jus - tice tears ev - 'ry ty - rant from his
 liv - er us from the con - quer - or's crush - ing



wait. You fixed your sight on your ser - vant's plight, and my
 be. Your ver - y name puts the proud to shame, and to
 throne. The hun - gry poor shall weep no more, for the
 grasp. This sav - ing word that our fore - bears heard is the



weak - ness you did not spurn, So from east to west shall my
 those who would for you yearn, You will show your might, put the
 food they can nev - er earn; There are ta - bles spread, ev - 'ry
 prom - ise which holds us bound, 'Til the spear and rod can be



name be blest. Could the world be a - bout to turn?
 strong to flight, for the world is a - bout to turn.
 mouth be fed, for the world is a - bout to turn.
 crushed by God, who is turn - ing the world a - round.

Refrain

My heart shall sing of the day you bring. Let the
fires of your jus - tice burn. Wipe a - way all tears, for the
dawn draws near, and the world is a - bout to turn!

Text: Luke 1:46-58; Rory Cooney, b.1952, © 1990, GIA Publications, Inc.
Tune: STAR OF THE COUNTY DOWN; Irish traditional; arr. by Rory Cooney, b.1952

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

HE III 1

Celebrant: May God be with you.
People: And also with you.
Celebrant: Lift up your hearts.
People: We lift them to the Lord
Celebrant: Let us give thanks to the Lord our God.
People: It is right to give God thanks and praise.

We give you thanks and praise, All Compassionate God, that you created a universe for your delight, and made us and myriad other creatures to inhabit it.

We thank you that even when we turned away from your love and went our own ways, imagining that we were independent of your Spirit, you came after us and graciously called us back to you. We thank you for your Word spoken through creation, through the prophets and through the people

of God.

We thank you for the gift of your incarnation proclaimed by your messengers to Joseph, to Mary, and to the shepherds of Bethlehem.

And so we join with the saints and angels who are continually proclaiming your glory, and join in the ancient but ever new song of your praise, as we sing:

♪ Sanctus

Gather 297

The musical score is written on five staves in treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The lyrics are: 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.

The Celebrant continues

And now, in this holy moment when heaven comes close to earth and earth comes close to heaven, we remember the obedience and surrender of Joseph the carpenter. We thank you that Joseph parented and taught Jesus, watching over him as he grew and developed into a man unlike any other – Emmanuel, God with us. A man who was fully God, yet who lived an everyday life among everyday people, showing by his example as well as his teaching what it means to live life as God intended; an abundant life; a life of obedience and surrender, one which led Jesus to face death and the power of sin on the cross for our healing, and then to rise again and ascend in glory.

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."

May the body of Christ ground us.

May the blood of Christ enliven us.

May the Spirit of Christ prepare us for his coming.

Remembering now the suffering and death and proclaiming the resurrection and ascension of Jesus our Redeemer, we bring before you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of Christ. Sanctify us also that we may be equipped to be your Body, bringing your compassionate mercy to the world in a spirit of obedience and surrender, inspired by your Holy Spirit.

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.

And now, as our Savior Christ has taught us, we 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.

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,

1. till you come a - gain 2. till you come a - gain.

Holy Communion

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.

Communion Music

Impromptu op 90 no. 3

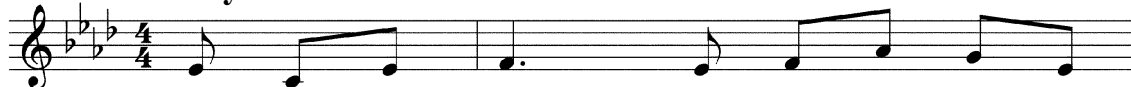
Franz Schubert

Schirmer Publishing 1978

Communion Hymn

Within our Hearts

G329



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.

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.

Blessing

Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road and may God's blessing be with you always. **Amen.**

Clare)

(source: from Saint

Announcements

♪ **Final Hymn # 444**

Blessed be the God of Israel

Blue Hymnal

[next page]



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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1 Blessed be the God of Is - rael, who comes to set us free;
 2 He from the house of Da - vid a child of grace has given;
 3 On pri - son - ers of dark - ness the sun be - gins to rise,



he vis - its and re - deems us, he grants us lib - er - ty.
 a Sa - vior comes a - mong us to raise us up to heaven.
 the dawn - ing of for - give - ness up - on the sin - ner's eyes.



The pro - phets spoke of mer - cy, of free - dom and re - lease;
 Be - fore him goes his her - ald, fore - run - ner in the way,
 He guides the feet of pil - grims a - long the paths of peace.



God shall ful - fill his prom - ise and bring his peo - ple peace. ____
 the pro - phet of sal - va - tion, the har - bin - ger of Day. ____
 O bless our God and Sa - vior, with songs that nev - er cease. ____

Words: Michael A. Perry (b. 1942), alt.; para. of *The Song of Zechariah*. Copyright © 1973 by Jubilate Hymns (admin. by Hope Publishing Co., Carol Stream, IL 60188). All Rights Reserved. Used by permission. Music: *Thornbury*, Basil Harwood (1859-1949). Published by permission of the Executors of the late Dr. Basil Harwood. Originally composed for the hymn, "Thy hand, O God, has guided."

Dismissal

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

All: ***Thanks be to God. Alleluia! Alleluia!***

♪ Postlude

Wake, Awake for Night is Flying
 Johann Walther Concordia Publishing, 1953

Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Michael Lucas
Acolyte:	Areanna Welch
Lector:	Sandy Fisher
Flowers:	Sharon Porter
Ushers:	Sandy Fisher and Maureen Titus
Intercessor:	Louisa Beeler
Altar Guild:	Diana Hammerlund
Online Host:	Don and Liz Maruska
Tellers:	Alice Welchert & Steve Cake
Pianist:	Ann Lucas
Technical:	Hannah-Jaye Matthew

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.

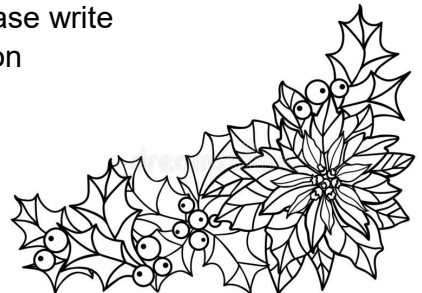
LAUNDRY LOVE: Wednesday December 28. Please let Maureen know you can help

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@stbenslosos.org and requests for pastoral care may be sent to pastoralcare@stbenslosos.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.



DON'T FORGET THE CAROL CONCERT THIS
AFTERNOON AT 3PM

In-person or on Facebook



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