



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

Feast of the Holy Name

January 1, 2023 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 ~

"Gesu Bambino"

Pietro Yan, Arranged by: Lloyd Larson

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Celebrant: Blessed are you, holy and living One.

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 #83

O Come All Ye Faithful

Blue Hymnal

1 O come, all ye faith-ful, joy-ful and tri-um-phant, O  
2 God from God, Light from Light e-ter-nal,  
3 Sing, choirs of an-gels, sing in ex-ul-ta-tion,  
\*4 See how the shep-herds, sum-moned to his cra-dle,  
\*5 Child, for us sin-ners poor and in the man-ger,

1 come ye, O come ye to Beth-le-hem;  
2 lo! he ab-hors not the Vir-gin's womb;  
3 sing, all ye ci-ti-zens of heaven a-bove;  
4 leav-ing their flocks, draw nigh to gaze;  
5 we would em-brace thee, with love and awe;

1 come, and be - hold him, born the King of an - gels;  
 2 on - ly - be - got - ten Son of the Fa - ther;  
 3 glo - ry to God, glo - ry in the high - est;  
 4 we too will thith - er bend our joy - ful foot - steps;  
 5 who would not love thee, lov - ing us so dear - ly?

*Refrain*

O come, let us a - dore him, O come, let us a -

dore him, O come, let us a - dore him, Christ the Lord.

6 Yea, Lord, we greet thee,  
 born this happy morning;  
 Jesus, to thee be glory given;  
 Word of the Father,  
 now in flesh appearing;

*Refrain*

Words: John Francis Wade (1711-1786); tr. Frederick Oakeley (1802-1880) and others. Music: *Adeste fideles*, present form of melody att. John Francis Wade (1711-1786); harm. *The English Hymnal*, 1906.

## Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Creator God, you told Joseph to call your incarnate Son, Jesus – the one who saves; Fill every heart, we pray, with love for the Savior of the World; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.*

## Numbers 6:22-27

Lector: *A reading from the book of Numbers*

The LORD spoke to Moses, saying: Speak to Aaron and his sons, saying, Thus you shall bless the Israelites: You shall say to them,

The LORD bless you and keep you;  
the LORD make his face to shine upon you, and be gracious to you;  
the LORD lift up his countenance upon you, and give you peace.

So they shall put my name on the Israelites, and I will bless them.

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

All: *Thanks be to God*

## Psalm 8

spoken in unison

O LORD our Governor,  
how exalted is your Name in all the world!

Out of the mouths of infants and children  
your majesty is praised above the heavens.

You have set up a stronghold against your adversaries,  
to quell the enemy and the avenger.

When I consider your heavens, the work of your fingers,  
the moon and the stars you have set in their courses,

What is man that you should be mindful of him?  
the son of man that you should seek him out?

You have made him but little lower than the angels;  
you adorn him with glory and honor;

You give him mastery over the works of your hands;  
you put all things under his feet:

All sheep and oxen,  
even the wild beasts of the field,

The birds of the air, the fish of the sea,  
and whatsoever walks in the paths of the sea.

O LORD our Governor,  
how exalted is your Name in all the world!

## Galatians 4:4-7

Lector: *A reading from the letter to the Galatians*

When the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

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

All: *Thanks be to God*

### ♪ Alleluia #7

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

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

Music: Alleluia 7; Jacques Berthier, © 1984, Les Presses de Taizé, GIA Publications, Inc., agent

## Luke 2:15-21

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

People: *Glory to You, Lord Christ.*

When the angels had left them and gone into heaven, the shepherds said to one another, "Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us." So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart. The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them. After eight days had passed, it was time to circumcise the child; and he was called Jesus, the name given by the angel before he was conceived in the womb.

Gospeller: *The Gospel of Christ*

People: *Praise to You, Lord Christ.*

**Sermon**

The Rev. Michael Eggleston

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

## ♪ Affirmation of Faith

♪ tune: Greensleeves

I believe in God almighty, Author of all things that be,  
Maker of the earth and heavens, Keeper of the sky and sea.  
I believe in God's Son, Jesus, now for us both Lord and Christ,  
of the Spirit and of Mary born to bring abundant life.

I believe that Jesus suffered, scourged and scorned and crucified;  
taken from the cross, was buried—true Life there had truly died.  
I believe that on the third day Christ was raised up from the grave,  
then ascended to God's right hand. He will come to judge and save.

I believe in God's own Spirit, bonding all the saints within  
one church, catholic and holy, where forgiveness frees from sin;  
in the body's resurrection, for the breaking of death's chain  
gives the life that's everlasting. This the faith that I have claimed.

*I believe in God almighty*, #769 from *Wonder Love and Praise* — Words: Sylvia G. Dunstan (1955-1993).

## Prayers of the People

The good news of incarnation shows dramatically God's love for a fallen world. Let us pray to the God of wonder, saying Holy One hear our prayer.

For the church, those who bear the name Christian here and throughout the world, especially those for whom it means something different, let us pray to our God: ***Holy One hear our prayer.***

For God's blessing of peace upon all nations and all peoples especially those living with the hardship of war or scarce resources, let us pray to our God: ***Holy One hear our prayer.***

For those who rejoice during this holiday season: friends, relatives, and neighbors, generous givers and generous receivers, let us pray to our God: ***Holy One hear our prayer.***

For those who mourn, the grief-stricken and despondent, the lonely and the forgotten, let us pray to our God: ***Holy One hear our prayer.***

For all affected by harsh weather, those without home or shelter, those without heating or clothing, let us pray to our God: ***Holy One hear our prayer.***

For all those who are on our hearts today

[here prayers are read from the bidding book. You may add your own, silently or aloud].

Let us pray to our God: ***Holy One hear our prayer.***

For those who have gone before us, family, friends and neighbors, mighty saints and repentant sinners, let us pray to our God: ***Holy One hear our prayer.***

*As shepherd were astonished by your marvels O God so too we stand in awe of your goodness. Be merciful to us today in our need that we may learn to be your compassion in our world. We ask this through Christ our Savior. Amen*

Adapted from *Intercessions of the Christian People*, Liturgical Press

## **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: 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.*

Please greet one another in the chat.

## **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or travel, please share in the chat.

### **51. For a Birthday p 830**

Watch over thy child, O Lord, as *his/her/their* days increase; bless and guide *him/her/their* wherever *he/she/they* may be. Strengthen *him/her/them* when *he/she/they* stand(s); comfort *him/her/their* when discouraged or sorrowful; raise *him/her/their* up if *he/she/they* fall; and in *his/her/their* heart may thy peace which passeth understanding abide all the days of *him/her/their* life; through Jesus Christ our Lord. *Amen.*

52. For an Anniversary p 431

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

53. For Travelers p 831

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel [in particular \_\_\_\_\_]; surround them with your loving care; protect them from every danger; and bring them into safety to their journey's end; through Jesus Christ our Lord. *Amen.*

### The Offertory

*You may contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.*

#### ♪ Offertory Hymn #98

#### Unto us a boy is born

Blue Hymnal



1 Un - to us a boy is born! The King of all cre -  
 2 Cra - dled in a stall was he with sleep - y cows and  
 3 He - rod then with fear was filled; "A princce," he said, "in  
 4 Now may Ma - ry's son, who came so long a - go to  
 \*5 Un - to us a boy is born! The King of all cre -



1 a - tion, came he to a world for - lorn, the  
 2 ass - cs; but the ve - ry beasts could see that  
 3 Jew - ry!" All the lit - tle boys he killed at  
 4 love us, lead us all with hearts a - flame un -  
 5 a - tion, came he to a world for - lorn, the



1 Lord of ev - ery na - - - tion.  
 2 he all men sur - pass - - - es.  
 3 Beth - lehem in his fu - - - ry.  
 4 to the joys a - bove \_\_\_\_\_ us.  
 5 Lord of ev - ery na - - - tion.

Words: Latin carol, 15th cent., tr. Percy Dearmer (1867-1936), alt. Music: *Puer nobis nascitur*, melody from *Piae Cantiones*, 1582; harm. Geoffrey Turton Shaw (1879-1943).

Accompaniment: Matthew Toogood

## ♪ 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

EOW2

Celebrant: The Lord 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 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.

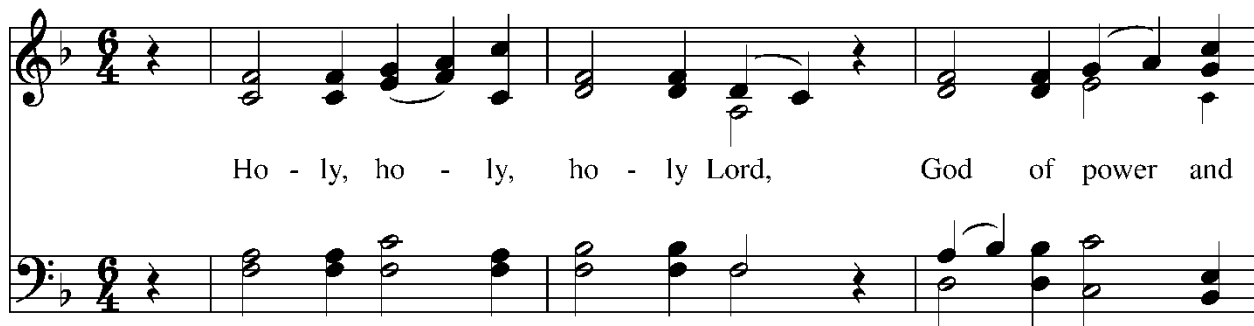
Time and again you called us  
to live in the fullness of your love.

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 sing:

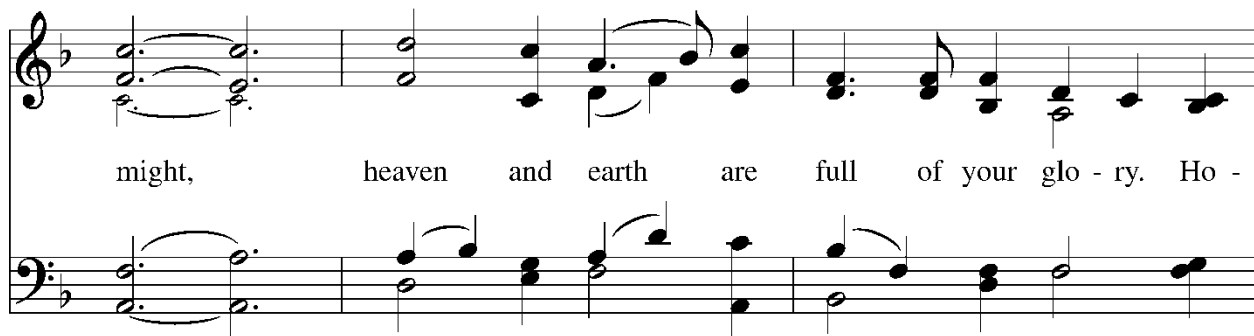


♪ Sanctus

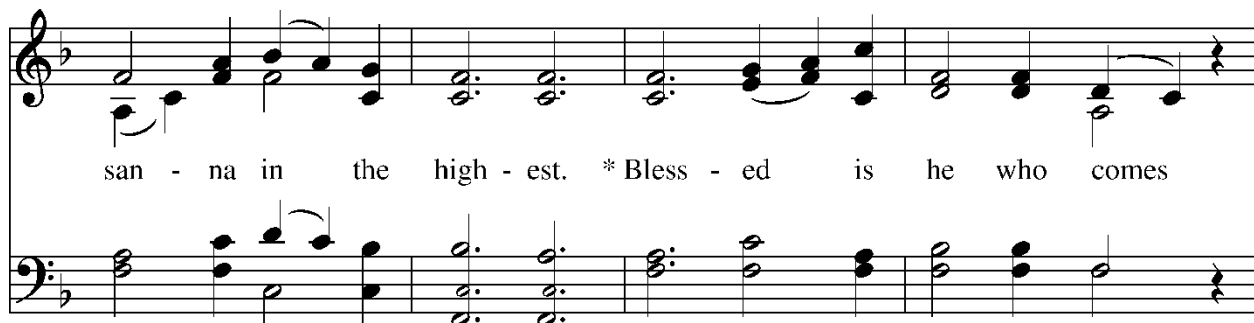
WLP 858



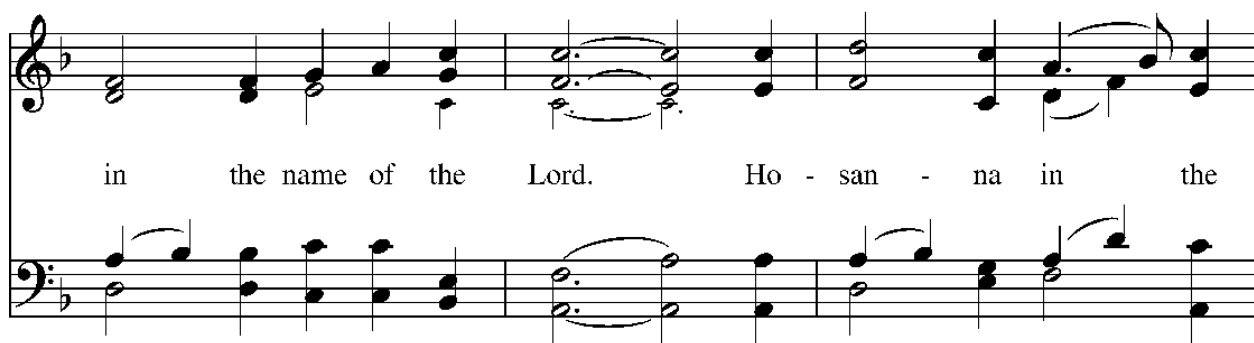
Ho - ly, ho - ly, ho - ly Lord, God of power and



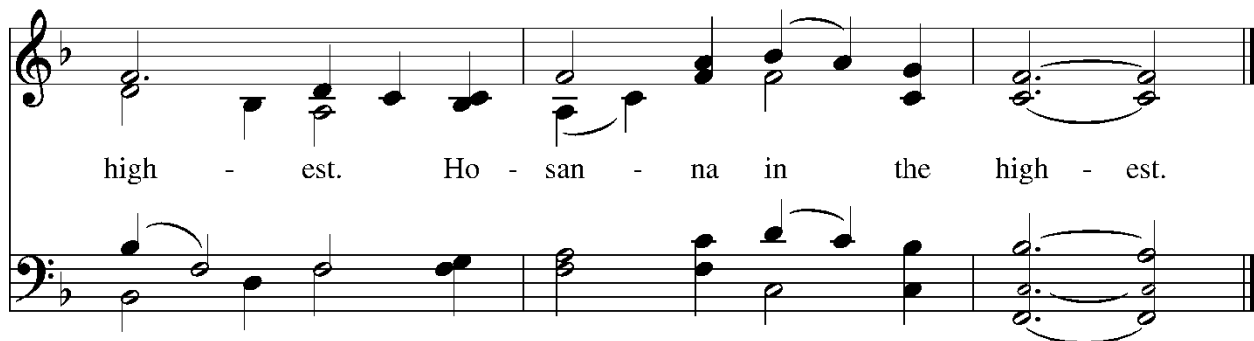
might, heaven and earth are full of your glo - ry. Ho -



san - na in the high - est. \* 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.

Celebrant continues:

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 Blessed Mary and 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.*

## **Lord's Prayer**

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

**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 Bread

*Silence*

## ♪ Fraction Anthem

WLP 878

Who - ev - er comes to me shall not hun - ger and  
who - ev - er be - lieves in me shall nev - er thirst.

The image shows a musical score for 'Fraction Anthem' in G major and 4/4 time. It consists of two systems. The first system has a vocal line and a piano accompaniment. The vocal line starts with a quarter rest, followed by the lyrics 'Who - ev - er comes to me shall not hun - ger and'. The piano accompaniment features a steady bass line and chords in the right hand. The second system continues the vocal line with 'who - ev - er be - lieves in me shall nev - er thirst.' and concludes with a double bar line. The piano accompaniment continues with similar harmonic support.

Music: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants*. Copyright © 1997 Carl Haywood.

## Holy Communion

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 and invited to receive communion.  
Please contact the church office to arrange to receive communion in your home.*

### ~ Communion Music ~ “The Snow Lay on the Ground”

Tune: VENITE ADOREMUS Traditional English carol

2020 Lorenz Publishing Co.

♩ Communion Hymn #93

Angels from the Realms of Glory

Blue Hymnal

1 An - gels, from the realms of glo - ry, wing your flight o'er  
 2 Shep - herds in the field a - bid - ing, watch - ing o'er your  
 3 Sa - ges, leave your con - tem - pla - tions; bright - er vi - sions  
 4 Saints be - fore the al - tar bend - ing, watch - ing long in

all the earth; ye, who sang cre - a - tion's sto - ry,  
 flocks by night, God with you is now re - sid - ing;  
 beam a - far: seek the great De - sire of na - tions;  
 hope and fear, sud - den - ly the Lord, de - scend - ing,

*Refrain*  
 now pro - claim Mes - si - ah's birth:  
 yon - der shines the in - fant Light: come and wor - ship,  
 ye have seen his na - tal star:  
 in his tem - ple shall ap - pear:

come and wor - ship, wor - ship Christ, the new - born King.

Words: James Montgomery (1771-1854), alt. Music: *Regent Square*, Henry Thomas Smart (1813-1879).

## Final Prayer

*God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen*

## Blessing

## Announcements

### ♪ Final Hymn #493

### O for a thousand tongues

Blue Hymnal

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,  
2 My gra - cious Mas - ter and my God, as - sist me to pro - claim  
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;  
4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,  
5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!  
2 and spread through all the earth a - broad the hon - ors of thy Name.  
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.  
4 the mourn - ful bro - ken hearts re - joice, the hum - ble poor be - lieve.  
5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love  
be now and ever given  
by saints below and saints above,  
the Church in earth and heayen.

Words: Charles Wesley (1707-1788), alt. Music: Azmon, Carl Gotthilf Gläser (1784-1829); adapt. and arr. Lowell Mason (1792-1872).

~ Postlude ~

"How Great Our Joy"

## Dismissal

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

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

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Eucharist Liturgy Adapted from Enriching Our Worship

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### Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Preacher:	The Rev. Michael Eggleston
Eucharistic Minister:	Diana Hammerlund
Lector:	John Horsley
Flowers:	Sharon Porter
Ushers:	Maureen Titus & Michael Lucas
Intercessor:	Lisa Gonzalez
Altar Guild:	Lisa Gonzalez
Online Host:	The Maruskas
Tellers:	Steve Cake & Diana Hammerlund
Technical:	Hannah-Jaye Matthew
Pianists:	Dave Alm and Ann Edwards

### This Week at St Ben's

#### Tuesday

9:45a Prayers for the Morning (Zoom)

10:15a Spiritual Conversation (Zoom)

5:30p Vespers in-person

#### Wednesday

4:00p Community Dinner

#### Thursday

4:00p Liturgy Committee in-person

#### Friday

9:00a Gentle Yoga

6:30p Star Party

Sunday

8:00a Contemplative Communion

10:30a Eucharist

### **ANNOUNCEMENTS**

**NEWSLETTER DEADLINE** January 2nd. Please get your news and articles to Ed Himelbrau by Monday January 2nd. Ed will soon be stepping down as Editor after many years, and Cathy Gildea will be taking over.

**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.

**SPIRITUAL CONVERSATION:** On January 3rd, the conversation will have its final reflection on the ideas in Pema Chodron's book, Welcoming the Unwelcome. Then on January 10th we will start to consider the Celtic path based on the book by Julianne Stanz, Braving the Thin Places. You are welcome even if you don't read it. Tues at 10:15, Zoom.

**CHOIR POTLUCK:** January 12th at 5:30pm. All past and potential singers are invited to a potluck to make plans for the coming year.

**COMING SOON!** This year's Annual Church meeting will be held on February 5th. As well as the normal business, this will be the first meeting of the process towards calling a new priest which involves several important steps.

**CALLING NEW LEADERS:** The Parish Council/Vestry is looking for new members for a three year term. If God is calling you, please talk to Esta Kandarian or Sandy Fisher.

**PERSONAL PRAYER** – If you'd like prayer support during the week, contact Lisa Gonzalez (805-441-3386). If 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](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto: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.

**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.



**BIRTHDAYS:** Jan 1st Kathie West, Jan 3rd Ben Nucum, Jan 4th Betty Field-Haley

**ANNIVERSARY:** Jan 2nd Judith and Kevin Cadigan

**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.

Bishop Lucinda Ashby  
Diocese of El Camino Real  
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