



St Benedict's Episcopal Church
Los Osos, California
~ Tending Mind and Soul ~

Third Sunday after the Epiphany
January 22, 2023

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

~ Prelude ~

"Men and Kings Seek Him"

KINGS OF ORIENT and DIX, Arranged by: Ruth Elaine Schram © 2009 Lorenz Publishing Co.

Pianist: Dave Alm

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***

♪ Praise Hymn

"Hallelujah! We Sing Your Praises"

WLP 784

Hal - le - lu - jah! We sing your prais - es! All our
Ha - le - lu - ya! Pe - lo tsa ro - na, di tha -

hearts are filled with glad - ness! Hal - le - lu - jah! We sing your
bi - le ka - o - fe - la. Ha - le - lu - ya! Pe - lo tsa

Fine

prai - ses! All our hearts are filled with glad - ness!
ro - na, di tha - bi - le ka - o - je - la.

Christ the Lord to us said: "I am wine, I am bread, I am
Je - sus says to us still: "All who do the Lord's will, all who

wine, I am bread, give to all who thirst and hun - ger!"
do the Lord's will are my sis - ters and my bro - thers." *D.C.*

Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *God of all people you sent your Son into the shrouded world into the borderlands; may his dawning light give hope of the broken, the persecuted, the alien and excluded, that we might feel the kingdom drawing near and turn to follow him; through Jesus Christ, the morning star. Amen.*

Isaiah 9:1-4

There will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations. The people who walked in darkness have seen a great light; those who lived in a land of deep darkness--on them light has shined. You have multiplied the nation, you have increased its joy; they rejoice before you as with joy at the harvest, as people exult when dividing plunder. For the yoke of their burden, and the bar across their shoulders, the rod of their oppressor, you have broken as on the day of Midian.

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

Psalm 27:1, 5-13

Source: The Psalter © 1994 Liturgy Training Publications

The Lord is my saving light; whom should I fear?
God is my fortress; what should I dread?

One thing I ask the Lord, one thing I seek:
to live in the house of God every day of my life,
caught up in God's beauty, at prayer in his temple.

The Lord will hide me there, hide my life from attack:
a sheltering tent above me, a firm rock below.

I am now beyond reach of those who besiege me.
In his temple I will offer a joyful sacrifice,
I will play and sing to God.

O God, listen to me; be gracious, answer me.
Deep within me a voice says,
"Look for the face of God!"

So I look for your face, I beg you not to hide.
Do not shut me out in anger, help me instead.
Do not abandon or desert me, my savior, my God.

1 Corinthians 1:10-18

Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose. For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. What I mean is that each of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, so that no one can say that you were baptized in my name. (I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power. For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

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



1 O - pen your ears, O faith - ful peo - ple,
 2 They who have ears to hear the mes - sage,
 3 Is - ra - el comes to greet the Sa - vior,
 4 O - pen your ears, O faith - ful peo - ple,



o - pen your ears and hear God's word. O - pen your hearts, O
 they who have ears, then let them hear. They who would learn the
 Ju - dah is glad to see his day. From east and west the
 o - pen your ears and hear God's word. O - pen your hearts, O



roy - al priest - hood, God has come to you.
 way of wis - dom, let them hear God's word.
 peo - ples trav - el, he will show the way.
 roy - al priest - hood, God has come to you.



God has spo - ken to his peo - ple, Hal - le - lu - jah!



And his words are words of wis - dom, Hal - le - lu -



jah! Hal - le - lu - jah! God has spo - ken to his peo - ple,
 To - rah o - ra, To - rah o - ra,



Hal - le - lu - jah! And his words are
 To - rah o - ra,



words of wis - dom, Hal - le - lu - jah!
 To - rah o - ra, Hal - le - lu - jah!

“Torah ora” is Hebrew for, “The Law is our Light.”

Words: Willard F. Jabusch (b. 1930), alt. Copyright © 1966, 1984 by Willard F. Jabusch. Music: *Torah song [Yisrael V'ora'ita]*, Hasidic melody; arr. Richard Proulx (b. 1937). Arrangement Copyright © 1985, G.I.A. Publications, Inc.

Matthew 4:12-23

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

People: *Glory to You, Lord Christ.*

When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled: “Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.” From that time Jesus began to proclaim, “Repent, for the kingdom of heaven has come near.” As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, “Follow me, and I will make you fish for people.” Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him. Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

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 Membership in the Christian Church

Deacon: Let us stand and join in the Affirmation of our Faith

People: ***We believe in God the Creator,
from whom every family in heaven and on earth is named.
We believe in God the Redeemer,
who lives in our hearts through faith, and fills us with God’s love.
We believe in God the Holy Spirit,
who strengthens us with power from on high.
We believe in One God: Creator, Christ and Holy Spirit. Amen.***

Source: Common Worship, Church of England.

Prayers of the People

Lord, be a light to our path, and a strength for our journey. When we call, have mercy and answer us. May we hear and heed your call, that we may walk as children of light. May we leave the trivial things of this world to come to behold your glory. As the disciples were called to be fishers of people, keep us true to your gospel. May we seek to bring others to you. We pray for evangelists and preachers, for the leaders of Messy Church and the Trailblazer Team.

Lord, our light and our salvation, *be the strength of our life.*

Shine in the dark places of our world, that there may be hope and light. We pray for impoverished peoples, those who have suffered from natural disasters, those who have suffered through the greed of others or through war, especially those in Ukraine. We remember all whose freedom is limited, whose lives are darkened by cruelty especially the indigenous peoples of the world.

Lord, our light and our salvation, *be the strength of our life.*

Lord, with you is the well of life, and in your light we shall see life. We give thanks for our parents. We pray for our families and loved ones, for our places of work and the communities to which we belong. We pray for the work of the Abundance Shop that it may be a comfort and a strength to those in need.

Lord, our light and our salvation, *be the strength of our life.*

We pray for those who feel lost, without vocation or purpose. We remember the unemployed, those recently laid off and those unable to work because of physical limitations. We remember those suffering from the recent storms and flooding. We pray for all who are in sickness or any trouble, especially those for whom our prayers have been asked and for those who are in our hearts.

[Prayers are read from the bidding book;
the people may offer additional prayers, either silently or aloud.]

Lord, our light and our salvation, *be the strength of our life.*

We give thanks for all who have served you faithfully, for those who have enriched the world by their goodness, for the well known and those who were never noticed except by you; may they continue to serve you in glory.

Lord, our light and our salvation, *be the strength of our life.*

Lord God, you are all-compassionate; in your great power renew, refresh, restore us, that we may live and work to your praise and glory; through Jesus Christ our Lord who is alive and reigns with you, O Father, and the Holy Spirit, for ever and ever. Amen.

Source: Clouds and Glory, © 2001 David Adam, Morehouse Publishing

Confession and Absolution

Let us confess our sins against God and our neighbor.

All: *Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done, and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.*

Celebrant: *Almighty God have mercy on you, forgive you all your sins through
our Lord Jesus Christ, strengthen you in all goodness, and by the pow-
er 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, may come forward.

Prayers can be found on the last page

The Offertory

You may contribute at our website www.stbenslososos.org at any time.

♪ Offertory Hymn

“You Have Come Down to the Lakeshore”
[English verses]

WLP 758

1. Tú _____ has ve - ni - do a la o - ri - lla, _____ no has bus -
 2. Tú _____ sa - bes bien lo que ten - go: _____ en mi
1. You _____ have come down to the lake - shore _____ seek - ing
2. You _____ know full well my pos - ses - sions. _____ Nei - ther

ca - do _____ ni a sa - bios, ni a ri - cos, _____ tan só - lo
 bar - ca _____ no hay o - ro ni es - pa - das; _____ tan só - lo
nei - ther _____ the wise nor the weal - thy, _____ But on - ly
trea - sure _____ nor weap - ons for con - quest, _____ Just these my

*Estribillo
(Refrain)*

que - res _____ que yo te si - ga. _____ Je -
 re - des _____ y mi tra - ba - jo. _____
ask - ing _____ for me to fol - low. _____ O
fish nets _____ and will for work - ing. _____

sús, _____ me has mi - ra - do a los o - jos; _____ son - ri -
Je - sus, _____ you have looked in - to my eyes; _____ kind - ly

en - do has di - cho mi nom - bre; en la a -
smil - ing, you've called out my name. On the

re - na he de - ja - do mi bar - ca; jun - to a
sand I have a - ban - doned my small boat; now with

ti bus - ca - ré o - tro mar.
you, I will seek oth - er seas.

3. *You need my hands, my exhaustion,
working love for the rest of the wea.
a love that's willing to go on loving.*
Refrain

4. *You who have fished other waters;
you, the longing of souls that
are yearning;
As loving Friend, you have come to call me.*
Refrain

♪ Doxology

[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***

[Hymn tune #400]

Blue Hymnal

The Eucharist

IONA

Celebrant: 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: The Lord 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

WLP8

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: 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***

The Lord's Prayer

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

***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 your reign is the glory of the power that is love, now and forever. Amen.*

New Zealand Prayer Book

The Celebrant breaks the Bread

♩ Fraction Anthem

sung twice

WLP 878

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

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.]

Communion Music:
 "Be Still and Know"

Jason W. Krug Drennan © 2022 Lorenz Publishing Co.
 Pianist: Dave Alm

Communion Hymn

“Pan de Vida”

Refrain

* Pan de Vi - da, cuer-po del Se - ñor,
cup of bless - ing, blood of Christ the Lord.
At this ta - ble the last shall be first, ** po -
der es ser - vir, por-que Dios es a - mor.

Verses

1. We are the dwell-ing of God,
*** 2. Us - te - des me lla - man “Se - ñor,” me in -
3. There is no Jew or Greek,
fra - gile and wound-ed and weak. We are the
cli - no_a la - var - les los pies: Ha - gan lo
there is no slave or free: there is no
bod - y of Christ, called to be the com -
mis - mo, hu - mil - des, sir - vién - do - se
wom-an or man; on - ly heirs of the
D.C.
pas - sion of God.
u - nos a o - tros.
prom - ise of God.

* Bread of Life, body of the Lord, **power is for service, because God is Love.
***You call me “Lord,” and I bow to wash your feet:
you must do the same, humbly serving each other.

[We pause for a few moments' reflection before joining in our final prayer.]

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

May the everlasting God shield you, east and west and wherever you go,
And the blessing of God be upon us, ***the blessing of the God of life.***
The blessing of Christ be upon us, ***the blessing of the Christ of love.***
The blessing of the Spirit be upon us, ***the blessing of the Spirit of grace.***
The blessing of the Trinity be upon us, now and for ever more. ***Amen.***

Announcements

♪ Final Hymn

“Blessed Assurance”

LEVAS 184

The musical score is written for a four-part setting (Soprano, Alto, Tenor, Bass) in G major and 8/8 time. It consists of two systems of music. Each system has a vocal line in treble clef and a bass line in bass clef. The lyrics are printed below the vocal line of each system.

1. Bless - ed as - sur - ance, Je - sus is mine! — O what a
2. Per - fect sub - mis - sion, per - fect de - light, — Vi - sions of
3. Per - fect sub - mis - sion, all is at rest, — I in my

1. fore-taste of glo - ry di - vine! — Heir of sal - va - tion, pur - chase of
2. rap - ture now burst on my sight; — An - gels de - scend - ing, bring from a -
3. sav - ior am hap - py and blest; — Watch - ing and wait - ing, look - ing a -

1. God, Born of His spir - it, washed in His blood.
 2. bove Ech - oes of mer - cy, whis - pers of love.
 3. bove, Filled with His good - ness, lost in His love.

This is my sto - ry, this is my song, Prais - ing my
 sav - ior all the day long; This is my sto - ry, this is my
 song, Prais - ing my sav - ior all the day long.

The Dismissal

Postlude

"New Born Again"

Traditional American spiritual Arranged by Mary McDonald © 2020 Lorenz Publishing Co.
 Pianist: Dave Alm

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Deacon:	The Rev. Jen Crompton
Eucharistic Minister:	Michael Lucas
Lector:	John Horsley
Flowers:	Elaine Beckham
Ushers:	Alan Kiste and Brian Spolarich
Intercessor:	Jill Denton
Altar Guild:	Diana Hammerlund
Online Host:	Don and Liz Maruska
Tellers:	Bryson McKelvey & Alice Welchert
Piano	Ann Lucas
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

TODAY:	12:00p Choir Practice 12:30p Parish Council 12:30p Storytelling Gathering 3:00p Piano Recital
Tuesday:	9:45a Prayers for the Morning (Zoom) 10:15a Spiritual Conversation (Zoom) 5:30p Vespers followed by supper
Wednesday;	11:00a Laundry Love 4:00p Laundry Love
Thursday:	3:00p Healing Ministry 7:00p Storied Pilgrimage with Race
Friday	9:00a Gentle Yoga
Saturday	10:00a Story Telling Gathering 3:00p Story Telling Gathering

St. Benedict's Episcopal Church

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ANNOUNCEMENTS

PIANO RECITAL: Local pianist Jack Artusio will be playing a program of music by Haydn, Beethoven, Debussy and Rachmaninoff on TODAY at 3pm in the church. There is no charge, donations are welcome.

PARISH SURVEY: This very important survey is designed to help the Transition Team learn about the St. Benedict's community and what we should be looking for in a new Rector. It is crucial that everyone in the parish participate! But this is not the only opportunity you will have for input. There will be several more conversations as we prepare the Parish Profile.

Please complete the survey by January 29. You can complete it online at: <https://www.surveymonkey.com/r/StBens>. Paper copies are available on the Usher's Table at the back of the sanctuary. If you need a paper copy sent to you, please contact the church office. Thank you for your participation!

STORYTELLING GATHERINGS As part of the process for developing the Parish Profile, the Transition Team will be hosting Storytelling gatherings throughout the month of January. These are in-person small group gatherings that are an opportunity to share your favorite memories of St. Ben's: worship, ministry, and of course our dear friends. Sign ups are in the Great Room with dates and locations or you can sign up by contacting Hannah-Jaye in the office. We hope everyone will participate.

SPIRITUAL CONVERSATION - this week the conversation continues 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: Rehearses for the first time in 2023 after church today. All singers are welcome.

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.

Everyone is invited to **GENTLE YOGA Fridays** at 9am in the Great Room. For more info see Maureen Titus.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Jill Denton (805-534-1101). If no answer, please leave a message and your call will be re-

turned. Prayer requests may also be emailed at any time to prayers@stbenslososos.org and requests for pastoral care may be sent to pastoral-care@stbenslososos.org.

FORWARD DAY BY DAY provides daily Scripture reflections. This booklet is now available on the ushers table.

BIDDING BOOK PRAYERS – If you'd like to request prayers for someone to have their names read out 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.

The Altar Guild serves each Sunday by setting up and creating sacred space and then putting the vessels and linens away at the end as well as by looking after everything we use in worship. There are openings for two or more people to join the team. If God is calling you to this special ministry please talk to Sarah Chesebro.

UKRAINIAN REFUGEES in Poland need help. We are sending money to Caro's sisters church in Nowy Sacz, Poland. Please put "Ukraine" on your check or on-line gift.



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Birthday and Anniversary Prayers

For a Birthday

Watch over thy child, O Lord, as his/her/their days increase; bless and guide him/her/ them wherever he/she/they may be. Strengthen him/her/when he/she/they stand(s); comfort him/her/when discouraged or sorrowful; raise him/her/when 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.

For an Anniversary

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.

For Travelers

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.