

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

The Third Sunday after Epiphany

January 22, 2023

—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 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*

Canticle 16

The Song of Zechariah

Blessed are you, Lord, the God of Israel, *
you have come to your people and set them free.
You have raised up for us a mighty Savior, *
born of the house of your servant David.
Through your holy prophets you promised of old to save us from our enemies, *
from the hands of all who hate us,
To show mercy to our forebears, *
and to remember your holy covenant.
This was the oath you swore to our father Abraham, *
to set us free from the hands of our enemies,
Free to worship you without fear, *
holy and righteous before you, all the days of our life.
And you, child, shall be called the prophet of the Most High, *
for you will go before the Lord to prepare the way,
To give God's people knowledge of salvation *
by the forgiveness of their sins.
In the tender compassion of our God *
the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death, *
and to guide our feet into the way of peace.

Collect of the Day

Celebrant: God 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.***

Prayers for an Inclusive Church (2009)

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.

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

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.*

Matthew 4: 12-23

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

People: *Praise and Glory to God.*

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: This is the Gospel of Christ.

People: *Praise to Christ, the Word.*

Discussion of the Readings

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 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 3

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.***

Celebrant All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey.

And so as the morning stars sing your praises we join the heavenly beings and all creation as we say with joy:

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 are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise.

Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you

have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

“Take, eat, this is my Body, broken for you.
Do this for the remembrance of me.”

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

Drink this, all of you:
this cup is the new Covenant in my Blood,
poured out for you and for all for the forgiveness of sin.
Do this for the remembrance of me.”

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ’s coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All ***Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!***

Celebrant Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit’s power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with the blessed virgin Mary, blessed Benedict, and all your people into the joy of our true eternal home.

All ***Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.
Blessed are you now and for 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: *Loving God,
we give you thanks
for restoring us in your image
and nourishing us with spiritual food
in the Sacrament of Christ's Body and Blood.
Now send us forth
a people, forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior. 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

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

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 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.

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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