

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Epiphany 4

January 29, 2023

—8 a.m. Service—

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

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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***

## 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: ***Foolish God, shaming the strong through the weakness of love; turning upside down the wisdom of the world: may your blessing dwell with the poor and the hungry, the grieving and abused; may your peaceful revolution be our joy and our reward through Jesus Christ, the power of God. Amen.***

## **Micah 6:1-8**

Reader: *A Reading from the book of Micah*

Hear what the LORD says:

Rise, plead your case before the mountains,  
and let the hills hear your voice.

Hear, you mountains, the controversy of the LORD,  
and you enduring foundations of the earth;  
for the LORD has a controversy with his people,  
and he will contend with Israel.

“O my people, what have I done to you?

In what have I wearied you? Answer me!

For I brought you up from the land of Egypt,  
and redeemed you from the house of slavery;  
and I sent before you Moses,  
Aaron, and Miriam.

O my people, remember now what King Balak of Moab devised,  
what Balaam son of Beor answered him,  
and what happened from Shittim to Gilgal,  
that you may know the saving acts of the LORD.”

“With what shall I come before the LORD,  
and bow myself before God on high?

Shall I come before him with burnt-offerings,  
with calves a year old?

Will the LORD be pleased with thousands of rams,  
with tens of thousands of rivers of oil?

Shall I give my firstborn for my transgression,  
the fruit of my body for the sin of my soul?”

He has told you, O mortal, what is good;  
and what does the LORD require of you  
but to do justice, and to love kindness,  
and to walk humbly with your God?

*~ Hear what the Spirit is saying to God's people*

## **Psalms 15**

Lord who is welcome in your house?

Who can rest on your holy mountain?

Those who walk with integrity and do only what is right,  
Speaking the truth with courage.

They never spread slander or abuse their friends  
Or condemn their neighbors.

They disdain the godless but honor those who believe.  
Before God, they give their word and keep it at any cost.

They neither lend for gain nor take bribes against the guiltless.  
These are the just: they stand for ever unshaken.

## **1 Corinthians 1:18-31**

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. For it is written,

“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

*~Hear what the Spirit is saying to God's people*

## **The Gospel**

### **Matthew 5:1-12**

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

People: *Glory to You, Lord Christ.*

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

Gospeller: The Gospel of Christ.

People: *Praise to Christ the Word*

## Discussion of the Readings

### Prayers of the People

God, your glory fills the whole world.

Open our eyes that we may have a glimpse of your glory. We give thanks that you, O Christ, shared in our humanity that we might by your grace share in the Divine. We pray that the whole church may show forth your glory. We pray especially for preachers and prayer leaders, for Bible study groups, theological colleges, and religious communities. Look upon us, O God, ***and let us show forth your glory.***

We pray for city planners, and all who make decisions about our future. We remember all those who are striving to improve our world and make it more peaceful: for peace-makers, for protectors of peoples, for all who keep our world safe. We remember all who live in sordid dwellings or among violent and evil people. We pray for all whose lives have lost any radiance. Look upon us, O God, ***and let us show forth your glory.***

We give thanks for all who have revealed your glory to us. We pray for those who cared for us and continue to do so, for those who have been good companions, friends and guides. We pray for the communities to which we belong. Look upon us, O God, ***and let us show forth your glory.***

We pray for all who are struggling at this time, all whose lives are dull and whose work is boring. We remember all who are unable to achieve what they want to do, through disability or illness, all who feel frustrated or thwarted. We pray for all who are ill at home or in hospital. We pray for those for whom our prayers have been asked and those who are in our hearts.... Prayers are read from the bidding book;

additional prayers may be offered silently or aloud.]

Look upon us, O God, ***and let us show forth your glory.***

We give thanks for all who have entered into the glory of your kingdom, for all who behold and share in your splendor. We pray for loved ones departed, that they may glory in your love. Look upon us, O God, ***and let us show forth your glory.***

*Compassionate God, you created us out of love, you redeemed us by your love, you sustain us with your love. Let the glory of your love be seen in us, that we may reflect your presence and show forth your love in the world; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.*

Glimpses of Glory by David Adam © 2000 Morehouse Publishing

### 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 Eucharist**

God is here.

***God's Spirit is with us.***

Lift up your hearts.

***We lift them to the Lord.***

Let us give thanks to God.

***It is right to offer thanks and praise.***

It is right indeed, it is our joy and our salvation, holy Lord, all-compassionate and everlasting God, at all times and in all places to give you thanks and praise through Christ your only Son.

You are the source of all life and goodness; through your eternal Word you have created all things from the beginning and formed us in your own image; uniquely human you created each of us.

When we sinned and turned away you called us back to yourself and gave your Son to share our human nature.

By his death on the cross, he made the one perfect sacrifice for the sin of the world and freed us from the bondage of sin.

You raised him to life triumphant over death;  
you exalted him in glory.

In him you have made us a holy people by sending upon us  
your holy and life-giving Spirit.

Therefore, with the faithful who rest in him, with angels and archangels and all the company of heaven, we proclaim your great and glorious name, forever praising you and saying:

***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.***

All glory and thanksgiving to you, Holy Father;  
on the night before he died your Son, Jesus Christ, took bread;  
when he had given you thanks, he broke it, gave it to his disciples, and said:

Take, eat, this is my body  
which is given for you; do this to remember me.

After supper he took the cup; when he had given you thanks,  
he gave it to them and said:

Drink this, all of you,  
for this is my blood of the new covenant

which is shed for you and for all  
for the forgiveness of sins;  
do this as often as you drink it, to remember me.

***Glory to you, Lord Christ; your death we show forth;  
your resurrection we proclaim; your coming we await;  
Amen! Come Lord Jesus.***

Therefore loving God, recalling your great goodness to us in Christ,  
his suffering and death, his resurrection and ascension,  
and looking for his coming in glory, we celebrate our redemption  
with this bread of life and this cup of salvation.  
Accept our sacrifice of praise and thanksgiving  
which we offer through Christ our great high priest.

Send your Holy Spirit that these gifts of bread and wine which we receive  
may be to us the body and blood of Christ,  
and that we, filled with the Spirit's grace and power,  
may be renewed for the service of your kingdom.

United in Christ with all who stand before you in earth and heaven,  
we worship you, O God, in songs of everlasting praise.

***Blessing, honor and glory be yours,  
here and everywhere,  
now and forever. Amen***

## **The Lord's Prayer**

New Zealand Prayer Book

As our Savior Christ has taught us we now pray:

***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.***

## **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.

## 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

May the outrageous welcome of the Father accept us for who we are;  
may the incarnation of the Word touch and hold us close;  
may the wandering of the Spirit help us risk ourselves for love;  
and may the blessing of God All-Compassionate,  
Father, Son, and Holy Spirit, be upon you, and remain with you always. *Amen*  
Prayers for an Inclusive Church © 2009 Church Pub. Co.

## Dismissal

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

### This Week at St Ben's

Today	Friday
12noon Choir	9:00a Gentle Yoga
12noon Storytelling Gathering	
	Saturday
Tuesday	11:30 People's Kitchen
9:45a Prayers for the Morning—Zoom	
10:15a Spiritual Conversation—Zoom	Sunday
5:30p Vespers followed by supper	8:00a No 8am Service
	10:30a Eucharist
	12:15 Parish Meeting

## ANNOUNCEMENTS

**PARISH SURVEY:** Please complete the survey by TODAY. 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 has been 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. The last one is today at 12noon.

**PEOPLE'S KITCHEN** is coming up this Saturday. Please let Pat Henry know how you can help to provide lunch for our neighbors in SLO.

**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 Louisa Beeler (805-543-2898). 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).

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**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.

**BIRTHDAY:** Feb. 5 Sarah Meg Hart



Today's Eucharist Liturgy is from  
The New Zealand Prayer book. Used with permission.



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