



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday of Epiphany

January 15, 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 ~

“Savior Like a Shepherd Lead Us “

arr. Bill Wolaver

© Word Music, 2000

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.***

## ♪ Hymn of Praise #7

Christ whose glory

Blue Hymnal



1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,  
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;  
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!



Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:  
joy-less is the day's re - turn, till thy mer - cy's beams I see,  
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;



Day-spring from on high, be near; Day-star, in my heart ap - pear.  
till they in - ward light im - part, glad my eyes, and warm my heart.  
more and more thy - self dis - play, shin - ing to the per - fect day.

Words: Charles Wesley (1707-1788). Music: *Ratisbon*, melody from *Geystliche gesangk Buchleyn*, 1524; adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870), alt.

## Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *You, who teach us a new song, and train our feet to follow: meet us in our searching and turn our eyes and hearts to the one who give his life for the world; through Jesus Christ, the Lamb of God. Amen.*

From Prayers for an Inclusive Church, Steven Shakespeare, 2009

## Isaiah 49:1-7

Reader: *A Reading from the prophet Isaiah*

Listen to me, O coastlands,  
pay attention, you peoples from far away!

The LORD called me before I was born,  
while I was in my mother's womb he named me.

He made my mouth like a sharp sword,  
in the shadow of his hand he hid me;  
he made me a polished arrow,  
in his quiver he hid me away.

And he said to me, "You are my servant,  
Israel, in whom I will be glorified."

But I said, "I have labored in vain,  
I have spent my strength for nothing and vanity;  
yet surely my cause is with the LORD,  
and my reward with my God."

And now the LORD says,  
who formed me in the womb to be his servant,  
to bring Jacob back to him,  
and that Israel might be gathered to him,  
for I am honored in the sight of the LORD,  
and my God has become my strength--  
he says,  
"It is too light a thing that you should be my servant

to raise up the tribes of Jacob  
and to restore the survivors of Israel;  
I will give you as a light to the nations,  
that my salvation may reach to the end of the earth.”

Thus says the LORD,  
the Redeemer of Israel and his Holy One,  
to one deeply despised, abhorred by the nations,  
the slave of rulers,  
“Kings shall see and stand up,  
princes, and they shall prostrate themselves,  
because of the LORD, who is faithful,  
the Holy One of Israel, who has chosen you.”

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

People: *Thanks be to God*

## **1 Corinthians 1:1-9**

Reader: *A Reading from Paul’s first letter to the Corinthians*

Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,

To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours:

Grace to you and peace from God our Father and the Lord Jesus Christ.

I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind-- just as the testimony of Christ has been strengthened among you-- so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

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

People: *Thanks be to God*

# Hymn # 439

## What wondrous love

Blue Hymnal

*Unison*



1 What won - drous love is this, O my soul, O my soul! What  
 2 To God and to the Lamb, I will sing, I will sing, to  
 3 And when from death I'm free, I'll sing on, I'll sing on, and  
 won - drous love is this, O my soul! What won - drous love is this that  
 God and to the Lamb, I will sing. To God and to the Lamb who  
 when from death I'm free, I'll sing on. And when from death I'm free I'll  
 caused the Lord of bliss to lay a - side his crown for my  
 is the great I AM, while mil - lions join the theme, I will  
 sing and joy - ful be, and through e - ter - ni - ty I'll sing  
 soul, for my soul, to lay a - side his crown for my soul.  
 sing, I will sing, while mil - lions join the theme I will sing.  
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

## John 1:29-42

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

People: *Glory to You, Lord Christ.*

John saw Jesus coming toward him and declared, “Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, ‘After me comes a man who ranks ahead of me because he was before me.’ I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.” And John testified, “I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, ‘He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.’ And I myself have seen and have testified that this is the Son of God.”

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, “Look, here is the Lamb of God!” The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them

following, he said to them, “What are you looking for?” They said to him, “Rabbi” (which translated means Teacher), “where are you staying?” He said to them, “Come and see.” They came and saw where he was staying, and they remained with him that day. It was about four o’clock in the afternoon. One of the two who heard John speak and followed him was Andrew, Simon Peter’s brother. He first found his brother Simon and said to him, “We have found the Messiah” (which is translated Anointed). He brought Simon to Jesus, who looked at him and said, “You are Simon son of John. You are to be called Cephas” (which is translated Peter).

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 Philippians 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

Holy Three, we give thanks that you have called us. You have called us to know you, you have called us to love you, you have called us to serve you. Lord, make us worthy of our calling.

We pray for all who hear your call at this time, for all who seek to do your will. We pray for all who serve you, both lay and ordained. We pray for all who seek to bring others to you, for the whole ministry of the church and especially for the St. Ben's Trailblazing team. Holy God, you call us to serve you. ***Be our strength in all we do.***

We give thanks for all who care for us in the service industries. We pray for all who have been called to teach, for all who have been called to keep peace and order especially our local sheriff and first responders. Holy God, you call us to serve you. ***Be our strength in all we do.***

We give thanks for those who brought us to know you. We pray for the faithful within our community, that your grace and peace may be revealed in our homes. We pray for our families and friends, especially those who do not yet know you. May we bring others to you. Holy God, you call us to serve you. ***Be our strength in all we do.***

We pray for all who are called to the caring professions. We pray for social workers and therapists, for caregivers, for doctors and nurses and all who work in the medical field. We remember all those whose vocations are hindered by sickness or injury, all those whose lives are wasted through poverty and tyranny. We remember all those who have asked for our prayer...

[here prayers are added from the bidding book and  
you are invited to add your own prayers silently or aloud]

Holy God, you call us to serve you. ***Be our strength in all we do.***

We give thanks for all who have served you faithfully and are now at rest, all who are called to be your people. We pray for our dear ones who have departed from us. Holy God, you call us to serve you. ***Be our strength in all we do.***

*Our God, you call us in the depths of our being; you have a purpose for us: open our ears to your call, open our hearts to your love, open our minds to your purpose, that we may know you and give ourselves fully in your service, Creator, Word and Holy Spirit. 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.***

Please greet one another in the chat.

## Birthday and Anniversary Prayers

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

### 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/them when he/she/they stand (s); comfort him/her/them when discouraged or sorrowful; raise him/her/them 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.

### 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.

## The Offertory

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

### ♪ Offertory Hymn

### The Summons

Gather 700



1. Will	you	come	and	fol -	low	me	If	I	but
2. Will	you	leave	your -	self	be -	hind	If	I	but
3. Will	you	let	the	blind -	ed	see	If	I	but
4. Will	you	love	the	'you'	you	hide	If	I	but
5. Lord,	your	sum -	mons	ech -	oes	true	When	you	but



call	your	name?	Will	you	go	where
call	your	name?	Will	you	care	for
call	your	name?	Will	you	set	the
call	your	name?	Will	you	quell	the
call	my	name.	Let	me	turn	and



you	don't	know	And	nev -	er	be	the	same?
cruel	and	kind	And	nev -	er	be	the	same?
pris -	'ners	free	And	nev -	er	be	the	same?
fear	in -	side	And	nev -	er	be	the	same?
fol -	low	you	And	nev -	er	be	the	same.



Will you let my love be shown, Will you Should you  
 Will you risk the hos - tile stare  
 Will you kiss the lep - er clean, And do  
 Will you use the faith you've found To re -  
 In your com - pa - ny I'll go Where your

let my name be known, Will you let my  
 life at - tract or scare? Will you let me  
 such as this un - seen, And ad - mit to  
 shape the world a - round, Through my sight and  
 love and foot - steps show. Thus I'll move and

life be grown In you and you in me?  
 an - swer prayer In you and you in me?  
 what I mean In you and you in me?  
 touch and sound In you and you in me?  
 live and grow In you and you in me.

Text: John L. Bell, b.1949, © 1987, Iona Community, GIA Publications, Inc., agent  
 Tune: KELVINGROVE, 7 6 7 6 777 6; Scottish traditional; arr. by John L. Bell, b.1949

## ♪ **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: The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

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 rejoice to give you thanks and praise, All-Compassionate One. You are constantly calling us to follow you and to discover our true identity as your daughters and sons, children of the Creator God.

From the beginning of time you invited us into co-creative relationship with you. But, thinking that we could do it better, we forgot our dependence on you and went our own ways. Again and again your Spirit reveals you, calling us to our senses and you welcome us back, inviting us to join you at the heavenly banquet.

Your unbounded and loving forgiveness fills the universe with hope and joy. And so we join the saints and angels in the song that rings through the universe, as we sing:

## ♪ Sanctus

WLP 858

The musical score for 'Sanctus' is written for four parts: Soprano, Alto, Tenor, and Bass. It is in 6/8 time and G major. The lyrics are: 'Ho - ly, ho - ly, ho - ly Lord, God of power and might, heaven and earth are full of your glo - ry. Ho -'.

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.

*The Celebrant continues*

In your infinite love and wisdom, you sent your Son, your very essence, to be incarnate as a human, to show us the path you have called us to walk on, the path of generosity, love and holiness.

Jesus the Christ challenged our limited thinking and demonstrated that you are a God of glory, a God who transcends all human barriers. He gave us glimpses of our true life in you, and he demonstrated life in the reign of God through compassion and forgiveness. Living among us, Jesus taught us to forgive, to show mercy and to love all beings. Through his obedience to his own calling he brought salvation to the whole creation, and taught us to walk in his footsteps. Even at the last he chose a path of nonviolence and forgave those who taunted, tortured and crucified him.

On the night he was handed over to suffering and death, Jesus took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, saying,

"Take, eat: This is my Body, which is given for you.

Do this for the remembrance of me."

After supper he 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 shed for you and for all for the forgiveness of sins.

Whenever you drink it, do this for the remembrance of me."

Recalling now his suffering and death, and celebrating his resurrection and ascension, we await his coming in glory. Accept, O God, our sacrifice of praise, this memorial of our redemption. Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son. And grant that we who eat this bread and drink this cup may be filled with your life and goodness.

*All      May the spirit of unconditional love and inclusion  
which dwelt in your Son dwell also in us,  
that we, being renewed by the Holy Spirit,  
may walk humbly with you,  
showing kindness and mercy all our days,  
until all your people are gathered into your Body  
and your reign is fulfilled in heaven and on earth.  
All this we ask through your Son Jesus Christ.  
By him, and with him, and in him,  
in the unity of the Holy Spirit  
all honor and glory is yours, All Compassionate Creator,  
now and for ever. Amen.*

## **The Lord's Prayer**

And now, as our Savior Christ has taught us, we sing:

Voice

Our Fa----ther in

Heaven Holy be- your name Your kingdom come; Your will be

done on earth as in heav'n. Give us this day our dai-----ly

bread. Forgive us our sins as we for- give those who sin a - gainst us.

Save us from the time of tri-al and de - li-ver-us from e-vil For the

king - dom the po-wer and the glo----- ry are yours now & for---e---ver

A -----men A -----men A-----men


A -----men A -----men.

# The Breaking of the Bread

The celebrant breaks the Bread

## ♪ 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.

## 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.

*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. As your group is called forward, please spread out to widen the circle and increase safe social distancing.*

## ♪ Communion Music

Prelude Op 23 No 4

Sergei Rachmaninoff

© Schirmer 2003

## ♪ Communion Anthem

*"I want to Walk as a Child of the Light"*

Tune/Composer: Kathleen Thomerson

Arr. Mark Hayes

© 2022 Celebration

*The St. Benedict's Singers*

Silence

## Prayer

Eternal God, whose Son at supper prayed  
that his disciples might be one,  
as he is one with you:  
draw us closer to him,  
that in common love and obedience to you  
we may be united to one another  
in the fellowship of the one Spirit,  
that the world may believe that he is Lord,  
to your eternal glory;  
through Jesus Christ our Lord. Amen.

From Church of England

## **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.**

(source: from Saint Clare)

## **Announcements**

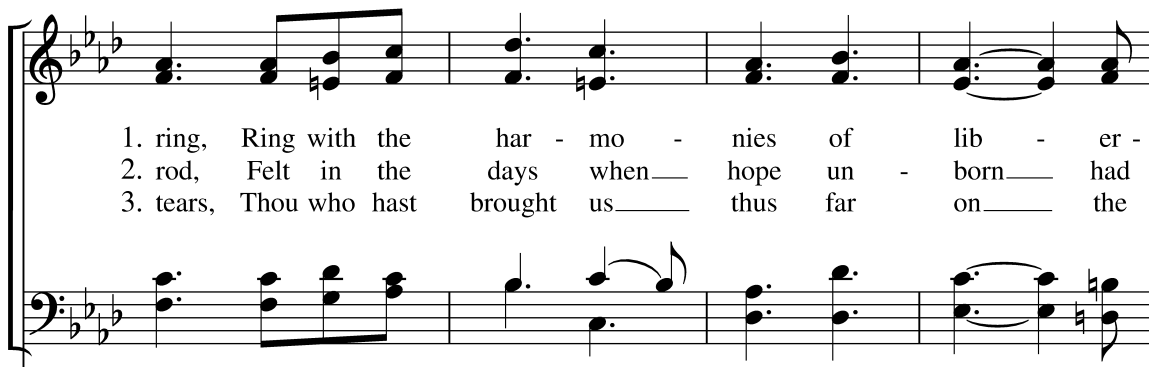
♪ **Final Hymn**

**Lift Every Voice**

LEVAS #1



1. Lift ev - 'ry voice and sing, Till earth and heav - en  
 2. Sto - ny the road we trod, Bit - ter the chast - 'ning  
 3. God of our wea - ry years, God of our si - lent



1. ring, Ring with the har - mo - nies of lib - er -  
 2. rod, Felt in the days when hope un - born had  
 3. tears, Thou who hast brought us thus far on the



1. ty; Let our re - joic - ing rise High as the list - 'ning  
 2. died; Yet with a stead - y beat, Have not our wear - y  
 3. way; Thou who hast by thy might, Led us in - to the



1. skies, Let it re - sound loud as the roll - ing sea.  
 2. feet Come to the place for which our fa - thers sighed?  
 3. light, Keep us for - ev - er in the path, we pray.



1. Sing a song full of the faith that the dark past has taught us;  
 2. We have come o - ver a - way that with tears has been wa - tered;  
 3. Lest our feet stray from the pla - ces, our God, where we met thee;

1. brought us; Fac - ing the ris - ing sun Of our new  
 2. slaugh - tered; Out from the gloom - y past, Till now we  
 3. get thee, Shad - owed be - neath Thy hand, May we for -

1. day be - gun, Let us march on till vic - to - ry is won.  
 2. stand at last Where the white gleam of our bright star is cast.  
 3. ev - er stand, True to our God, true to our na - tive land.

Words: James Weldon Johnson (1871-1938). Music: J. Rosamond Johnson (1873-1954). Copyright © 1921 by Edward B. Marks Music Company. Copyright Renewed. International Copyright Secured. All Rights Reserved. Used by permission.

## 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

“Praise to the Lord, the Almighty”

arr. Teresa Wilhelmi Word Music 1997

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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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## Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Michael Lucas
Lector:	Sandy Fisher
Flowers:	Sharon Porter
Ushers:	Sandy Fisher & Maureen Titus
Intercessor:	Helen Schnieders
Altar Guild:	Lorienne Schwenk and Letty Cotta
Online Host:	Pat Henry and Suzanne Vaughn
Tellers:	Diana Hammerlund & Sandy Fisher
Music:	Ann Lucas
Technical:	Hannah-Jaye Matthew

## This Week at St Ben's

Monday Rector's Sabbath

Tuesday

9:45a Prayers for the Morning (Zoom)  
10:15a Spiritual Conversation (Zoom)  
5:30p Vespers followed by supper

Wednesday  
3:00p EarthCare on Zoom

Friday  
9:00a Gentle Yoga  
5:30p Messy Church

Saturday  
9:00a Mens' Breakfast at Celas Garden Cafe  
10:00a Story-Telling Gathering  
3:00p Story-Telling Gathering

## ANNOUNCEMENTS

**NEWSLETTER:** The Benediction Weekly is now available online. <https://www.stbenslososos.org/2023/01/06/the-benediction-jan-feb-2023/>

**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. One session will be via Zoom for those who prefer not to meet in-person. 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:** Continues with rehearsals on Sundays after the 10:30 service starting January 22nd. 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.

**PIANO RECITAL:** Local pianist Jack Artusio will be playing a program of music by Haydn, Beethoven, Debussy and Rachmaninoff on January 22 at 3pm in the church. There is no charge, donations are welcome.

**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.

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 Helen Schnieders (818-324-2646). 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).

**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.

**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.

**BIRTHDAY:** January 18 Elaine Beckham

**St. Benedict's Episcopal Church**  
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