

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Third Sunday after Epiphany

January 15, 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 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: *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."

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

## **Psalm 40:1-12**

Source: The Psalter © 1994 Liturgy Training Publications

I waited and waited for God.  
At long last God bent down to hear my complaint,  
And pulled me from the grave out of the swamp,  
and gave me a steady stride on rock-solid ground.  
  
God taught me a new song, a hymn of praise.  
Seeing all this, many will be moved to trust in the Lord.

Happy are they who trust in God,  
Not seduced by idols nor won over by lies.

You do so many wonders, you show you care for us,  
Lord my God; you are beyond compare.  
Were I to name them all, no one could keep track.

You did not seek offerings or ask for sacrifices;  
But you drilled ears for me to hear.

“Yes,” I said, “I will come to live by your written word.”  
I want to do what pleases you; your teaching is in my heart.

I celebrate your justice before all the assembly;  
I do not hold back the story. Lord, you know this is true.  
I did not hide in my heart your acts of rescue;  
I boldly declared to all your truth and care, your faithful love.

Your maternal love surrounds me, Lord.  
Your sure and tender care protects me always.

## **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.

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

## John 1:29-42

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

People: *Praise and Glory to God.*

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: This is the Gospel of Christ.

People: *Praise to Christ, the Word.*

## Discussion of the Readings

### 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.

*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 2

Celebrant: May God be with you.  
People: ***And also with you.***  
Celebrant: Lift up your hearts.  
People: ***We raise our hearts to God.***  
Celebrant: Let us thank the giver of life.  
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 say:

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 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 the Blessed Virgin Mary, 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.*

## **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**

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.

## **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  
"Enriching Our Worship" Supplemental Liturgical Materials  
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## **This Week at St Ben's**

### 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 Celia's Garden Cafe
10:00a	Story-Telling Gathering
3:00p	Story-Telling Gathering
Sunday	
8:00a	Contemplative Communion in-person and on Zoom
10:30a	Eucharist in person and on FB
12:00p	Choir
12:00p	Story-Telling Gathering
12:30p	Parish Council

## **ANNOUNCEMENTS**

**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. 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.

**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).

**BIRTHDAY: January 18 Elaine Beckham**

**St. Benedict's Episcopal Church**

2220 Snowy Egret Lane, Los Osos CA 93402

P.O. Box 6877, Los Osos CA 93412

Phone: (805) 528-0654 Email: [office@stbenslososos.org](mailto:office@stbenslososos.org)

Website: [www.stbenslososos.org](http://www.stbenslososos.org)