



St. Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fourth Sunday after the Epiphany

January 29, 2023 10:30 am

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

~ Prelude ~

"Reflections in the Water"

Composer: Claude Debussy

Pianist: Ann Lucas

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***

♪ Hymn of Praise #381

Thy strong word

Blue Hymnal



1 Thy strong word did cleave the dark - ness; at thy speak - ing
 2 Lo, on those who dwelt in dark - ness, dark as night and
 3 Thy strong word be - speaks us right - eous; bright with thine own
 4 God the Fa - ther, Light - Cre - a - tor, to thee laud and



it was done; for cre - at - ed light we thank thee,
 deep as death, broke the light of thy sal - va - tion,
 ho - li - ness, glo - rious now, we press toward glo - ry,
 hon - or be; to thee, Light of Light be - got - ten,



while thine or - dered sea - sons run: Al - le - lu - ia, al - le -
 breathed thine own life - giv - ing breath: Al - le - lu - ia, al - le -
 and our lives our hopes con - fess: Al - le - lu - ia, al - le -
 praise be sung e - ter - nal - ly; Ho - ly Spi - rit, Light - Re -



lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 veal - er, glo - ry, glo - ry be to thee; mor - tals, an - gels,



al - le - lu - ia! Al - le - lu - ia with - out end!
 al - le - lu - ia! Al - le - lu - ia with - out end!
 al - le - lu - ia! Al - le - lu - ia with - out end!
 now and ev - er praise the Ho - ly Tri - ni - ty.

The Alleluias in stanzas 1-3 may be sung antiphonally.

Words: Martin H. Franzmann (1907-1976). From *Worship Supplement*. Copyright © 1969, Concordia Publishing House. Used by permission. Music: *Ton-y Botel*, Thomas John Williams (1869-1944).

Collect of the Day

Celebrant: Christ 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?

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

People: ***Thanks be to God.***

♩ Hymn #440

Blessed Jesus

Blue Hymnal

1 Bless - ed Je - sus, at thy word we are gath - ered all to
 2 All our know - ledge, sense, and sight lie in deep - est dark - ness
 3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -

hear thee; let our hearts and souls be stirred
 shroud - ed, till thy Spi - rit breaks our night
 ceed - ing, o - pen thou our ears and heart,

now to seek and love and fear thee; by thy teach - ings
 with the beams of truth un - cloud - ed; thou a - lone to
 help us by thy Spi - rit's plead - ing. Hear the cry thy

pure and ho - ly, drawn from earth to love thee sole - ly.
 God canst win us; thou must work all good with - in us.
 Church up - rais - es; hear, and bless our prayers and prais - es.

Words: Tobias Clausnitzer (1619-1684); tr. Catherine Winkworth (1829-1878); alt. Music: *Liebster Jesu*, melody Johann Rudolph Ahle (1625-1673); alt. *Das grosse Cantional: oder Kirchen-Gesangbuch*, 1687; harm. George Herbert Palmer (1846-1926).

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 the Lord.

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

CofE

Let us affirm our faith in Jesus Christ the Son of God

All *We believe in God the Father,
from whom every family
in heaven and on earth is named.
We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;
Father, Son and Holy Spirit.*

A Litany for Healing

EOW2

Let us name before God those for whom we offer our prayers, starting with those in the bidding book...

(Prayers from the bidding book are read. The people may add additional prayers silently or aloud.)

God the Father, your will for all people is health and salvation;

We praise you and thank you, O Lord.

God the Son, you came that we might have life, and might have it more abundantly;

We praise you and thank you, O Lord.

God the Holy Spirit, you make our bodies the temple of your presence;

We praise you and thank you, O Lord.

Holy Trinity, one God, in you we live and move and have our being;

We praise you and thank you, O Lord.

Lord, grant your healing grace to all who are sick, injured, or disabled,
that they may be made whole;

Hear us, O Lord of life.

Grant to all who seek your guidance, and to all who are lonely, anxious,
or despondent, a knowledge of your will and an awareness of your presence;

Hear us, O Lord of life.

Mend broken relationships, and restore those in emotional distress
to soundness of mind and serenity of spirit;

Hear us, O Lord of life.

Bless physicians, nurses, and all others who minister to the suffering,
granting them wisdom and skill, sympathy and patience;

Hear us, O Lord of life.

Grant to the dying peace and a holy death, and uphold by the grace and
consolation of your Holy Spirit those who are bereaved;

Hear us, O Lord of life.

Restore to wholeness whatever is broken by human sin, in our lives,
in our nation, and in the world;

Hear us, O Lord of life.

You are the Lord who does wonders:

You have declared your power among the peoples.

With you, O Lord, is the well of life:

And in your light we see light.

Hear us, O Lord of life:

Heal us, and make us whole.

Celebrant: *All Compassionate God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.*

Confession of Need

Celebrant Let us confess our need for God's healing grace.

All ***Compassionate God,***
we confess our weaknesses and our need for your strengthening touch.
We confess that some illnesses stem from our own fault,
while others are beyond our control.
We turn to you, source of life,
and ask in the name of our Savior Jesus Christ
for the gifts of true healing and life in you. Amen

Celebrant May the God of love visit you in your times of trial and weakness,
and raise you to newness of life, through Jesus Christ,
in the power of the Holy Spirit. *Amen.*

Prayers for Healing

The ministry of Jesus invites us to new life in God and with each other. We proclaim the Good News that God desires us to be healthy and one in the body of Christ. You are invited to offer yourself, whatever your sickness of spirit, mind, or body, and ask for healing and wholeness in the Name of the holy and undivided Trinity.

*(We invite you to pray for healing for yourself, each other, and the planet.
Those wishing to receive a blessing may come forward.)*

♪ Meditation

Dave Alm

Let us pray together:

***Generous God,
we give you thanks for your beloved Jesus Christ,
in whom you have shared the beauty and pain of human life.
Look with compassion upon all for whom we pray,
and strengthen us to be your instruments of healing in the world,
by the power of the Holy Spirit. Amen.***

The Peace

Celebrant: The peace of Christ be always with you.

People: ***And also with you.***

Please greet one another in the chat.

Birthdays & Anniversary Prayers

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

51. For a Birthday p 830

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

52. For an Anniversary p 431

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.*

53. For Travelers p 831

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.*

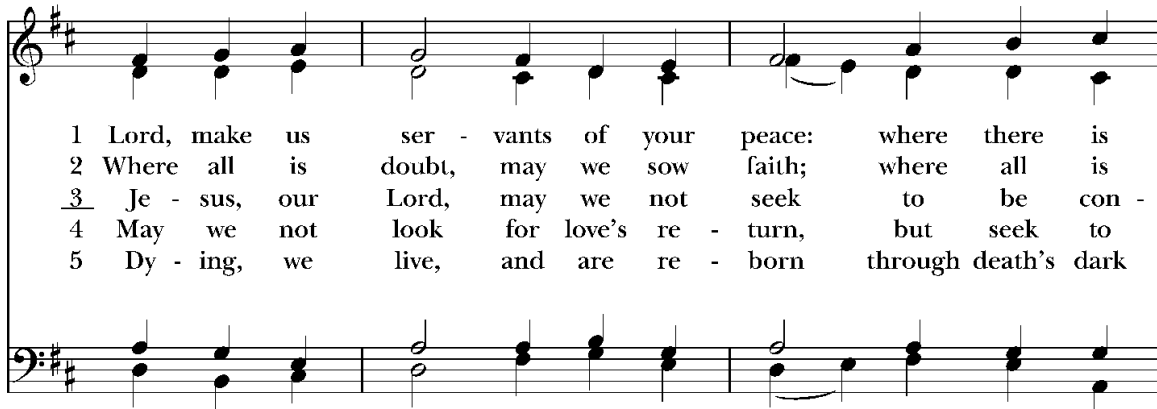
The Offertory

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

♪ Offertory Hymn #593

Lord make us servants

Blue Hymnal



1 Lord, make us ser - vants of your peace: where there is
2 Where all is doubt, may we sow faith; where all is
3 Je - sus, our Lord, may we not seek to be con -
4 May we not look for love's re - turn, but seek to
5 Dy - ing, we live, and are re - born through death's dark



1 hate, may we sow love; where there is hurt, may we for -
2 gloom, may we sow hope; where all is night, may we sow
3 soled, but to con - sole, nor look to un - der - stand - ing
4 love un - self - ish - ly, for in our giv - ing we re -
5 night to end - less day: Lord, make us ser - vants of your



1 give; where there is strife, may we make onc.
2 light; where all is tears, may we sow joy.
3 hearts, but look for hearts to un - der - stand.
4 ceive, and in for - giv - ing are for - given.
5 peace, to wake at last in hea - ven's light.

Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182-1226). Copyright © James Quinn, SJ, printed by permission of Geoffrey Chapman, a division on Cassell Ltd. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979). Copyright © 1962, Theodore Presser Co. used by permission of the publisher.

♪ 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

EOW 3

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Lift up your hearts.

People: *We lift them to the Lord.*

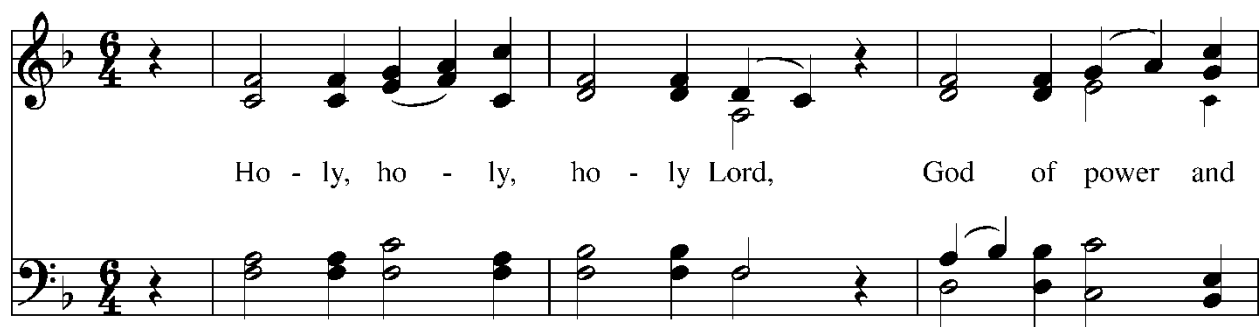
Celebrant: Let us give thanks to the Lord our God.

People: *It is right to give our thanks and praise.*

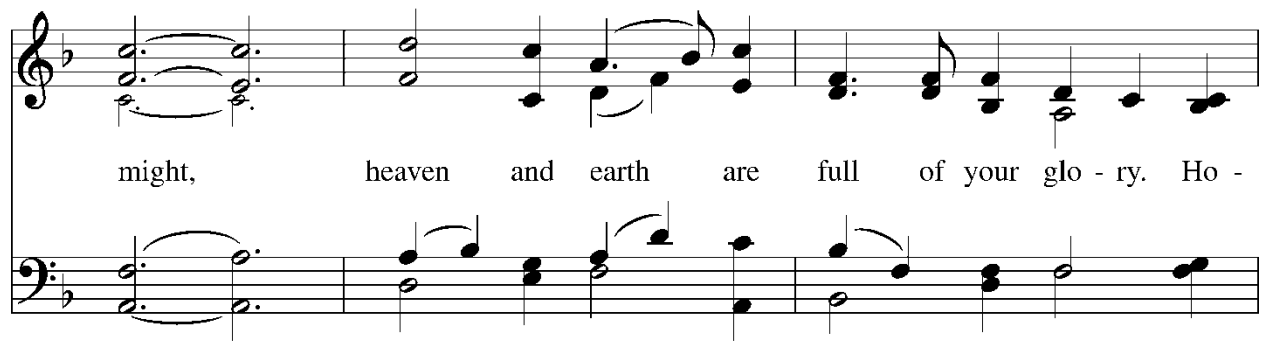
Celebrant: All thanks and praise
are yours at all times and in all places,
our true and loving God;
through Jesus Christ, your eternal Word,
the Wisdom from on high by whom you created all things.
You laid the foundations of the world
and enclosed the sea when it burst out from the womb;
You brought 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 shout with joy:

♪ Sanctus



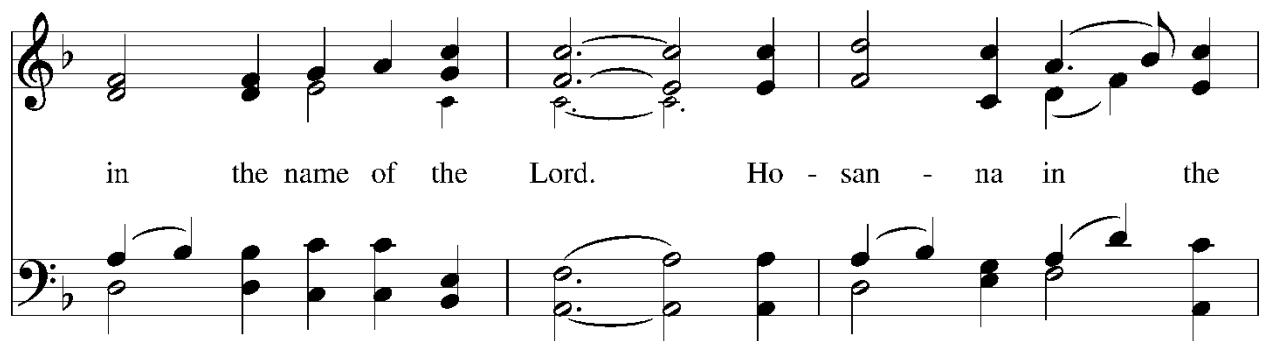
Ho - ly, ho - ly, ho - ly Lord, God of power and



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 continues:

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, Saint 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.***

Lord's Prayer

As our Savior Christ has taught us, we now pray:

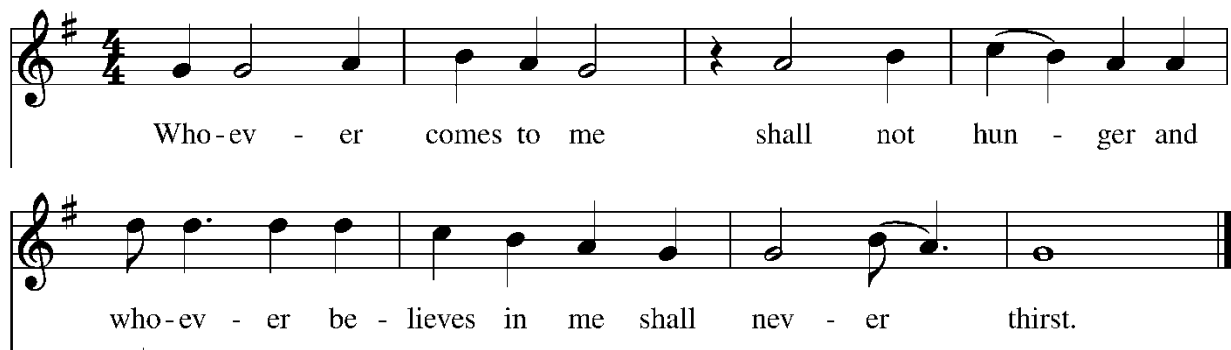
Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

sung twice



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 ~

“Be Thou My Vision with *Open Our Eyes, O Lord, We Pray*”

Arranged by Paul A. Tate

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Dave Alm, piano

1. O God of gen - tle strength, your
 2. Your wa - ters of re - birth have
 3. And when life's chal - len - ges e -
 4. Where will the jour - ney lead? The

love em - bra - ces me. With - in the sure - ness
 claimed us as your own. As mem - bers of one
 ciple our minds with doubt, let ho - ly wis - dom
 path may be ob - scure. But prom - ised hope of

of your care my heart rests will - ing - ly.
 bod - y, we shall nev - er be a - lone.
 spark a flame to drive the dark - ness out.
 things un - seen will keep our foot - ing sure.

We pause for a few minutes silence

All: ***Faithful God***
in the wonder of your wisdom and love
you fed your people in the wilderness with the bread of angels,
and you sent Jesus to be the bread of life.
We thank you for feeding us with this bread.
May it strengthen us that by the power of the Holy Spirit
we may embody your desire and be renewed for your
service through Jesus Christ our Savior. Amen.

Blessing

Celebrant: May the God of peace sanctify you entirely, and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. *Amen.*

Announcements

♪ Hymn


Jerusalem my destiny

Gather 390

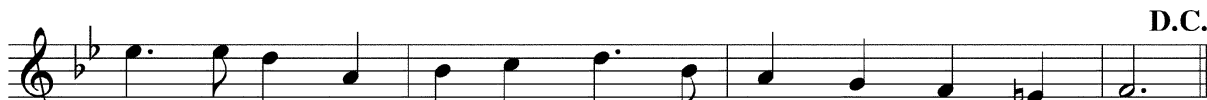


I have fixed my eyes on your hills, Je - ru - sa - lem, my
des - ti - ny! Though I can - not see the end for me, I
can - not turn a - way. We have set our hearts for the
way; this jour - ney is our des - ti - ny. Let
no - one walk a - lone. The jour - ney makes us one.

Verses



1. Oth - er spir - its, less - er gods, have court - ed me with lies.
2. See, I leave the past be - hind; a new land calls to me.
3. In my thirst, you let me drink the wa - ters of your life.
4. All the worlds I have not seen you o - pen to my view.
5. To the tombs I went to mourn the hope I thought was gone.



D.C.

Here a - mong you I have found a truth which bids me rise.
Here a - mong you now I find a glimpse of what might be.
Here a - mong you I have met the sav - ior, Je - sus Christ.
Here a - mong you I have found a vi - sion, bright and new.
Here a - mong you I a - woke to un - ex - pect - ed dawn.

Dismissal

♪ Postlude

“May the Road Rise to Meet You”

Lori True
Dave Alm, piano

Arr. Paul A. Tate
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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Alan Kiste
Lector:	Brian Spolarich
Flowers:	Brian Spolarich
Ushers:	Connie Weldon and Maureen Titus
Altar Guild:	Sarah Chesebro
Online Host:	Jane Wu
Tellers:	Sandy Fisher and Diana Hammerlund
Pianist:	Ann Lucas
Technical:	Hannah-Jaye Matthew

Eucharist Liturgy Adapted from Enriching Our Worship

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This Week at St Ben's

Today

- 12:00p Choir
- 12:00p Storytelling Gathering

Tuesday

- 09:45a Prayers for the Morning—Zoom
- 10:15a Spiritual Conversation—Zoom
- 05:30p Vespers followed by supper

Friday

- 09:00a Gentle Yoga

Saturday

- 11:30 People's Kitchen

Sunday

- 08:00a No 8am Service
- 10:30a Eucharist
- 12:00p Choir

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 and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

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

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

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