

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

6th Sunday after Epiphany

February 12, 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 God: Father, Son, and Holy Spirit.

People: *And blessed be God's kin-dom, now and for ever. Amen.*

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: Living one, in whose freedom creation was born as a gift: free us from the need to possess, define and silence others that we might rejoice in the strangeness of your beauty revealed in flesh and blood; through Jesus Christ, our reconciliation. **Amen**

Prayers for an Inclusive Church, Church Pub. 2009

## Deuteronomy 30:15-20

*A reading from the book of Deuteronomy*

Moses said, "See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the LORD your God that I am commanding you today, by loving the LORD your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the LORD your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the LORD your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the LORD swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

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

## Psalm 19:1-8

Happy the blameless, who keep the Lord's decrees,  
walking the path of the law, seeking God with all their heart.

They never choose evil but follow God's way.

Lord, you charge us to cherish your law.

Steady me, that I may keep your commands.

Then, without shame, I can reflect on your ways.

I truly sing your praise, when I learn your justice.

Hold me closely, I shall keep your commands.

Source: The Psalter © 1994 Liturgy Training Publications

## 1 Corinthians 3:1-9

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

Brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for solid food. Even now you are still not ready, for you are still of the flesh. For as long as there is jealousy and quarreling among you, are you not of the flesh, and behaving according to human inclinations? For when one says, "I belong to Paul," and another, "I belong to Apollos," are you not merely human?

What then is Apollos? What is Paul? Servants through whom you came to believe, as the Lord assigned to each. I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. For we are God's servants, working together; you are God's field, God's building.

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

## Matthew 5:21-37

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

People: ***Praise and Glory to God.***

Jesus said, "You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgment.' But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

"You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell.

"It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

"Again, you have heard that it was said to those of ancient times, 'You shall not swear falsely, but carry out the vows you have made to the Lord.' But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be 'Yes, Yes' or 'No, No'; anything more than this comes from the evil one."

Gospeller: This is the Gospel of Christ.  
People: *Praise to Christ, the Word.*

## Reflection on the Readings

### Prayers of the People

Adapted from Clouds and Glory© 2001 David Adam

Holy One, as you are generous to us, may we be generous to others. As you forgive us, may we learn to forgive others. You give us life, you give us love, you give us yourself; may we give our lives, our love, ourselves, to you. Help us to choose the way of life and to lead others to the One who is the Way the Truth and the Life. May your church be an example of discipline and discipleship. Help us to rejoice in life, and to work together for the building up of your kin-dom. Life-giving God, *hear us and be with us.*

May your world work for the ways that lead to peace, that there may be peace and goodwill among the nations, that the resources of the world may be respected and cared for, that all who work for the prosperity of the world may be encouraged. We remember all who work for renewal and restoration in derelict areas.

Life-giving God, *hear us and be with us.*

We pray that discord and anger may be taken away from our hearts and our communities, that broken relationships may find healing, that communities may turn to the ways of peace and trust, that we may work together across political difference, and that the destructive forces within us may be conquered.

Life-giving God, *hear us and be with us.*

We pray for all who are facing disaster and destruction, especially those effected by the earthquakes in Turkey and Syria, and those living in war zones, especially in Ukraine; all whose land is being destroyed by greed, all whose lives are being destroyed by choosing ways that lead to death. We pray for all drug addicts, all whose lives are marred by their past, and all whose lives are diminished by sickness. We pray for those in any need, especially those whose lives are closely linked with ours, starting with those in our bidding book...

[Prayers are read from the bidding book;  
additional prayers may be offered silently or aloud.]

Life-giving God, *hear us and be with us.*

We rejoice that nothing can separate us from the love of God in Christ Jesus. We pray for all who have passed through death, especially those we hold dear.

Life-giving God, *hear us and be with us.*

*Enfold us, All-merciful God, in your love; surround us with your peace; encircle us with your power. Enable us to be what you would have us be; empower us to do what you would have us do; through Christ our living Lord. Amen*

## Confession and Absolution

Let us confess our sins to God.

*Silence may be kept.*

***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.*

## Holy Eucharist

EDW I

Celebrant The Lord 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 It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we say:

*Celebrant and People*

***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 *Blessed are you, gracious God,  
creator of the universe and giver of life.  
You formed us in your own image  
and called us to dwell in your infinite love.  
You gave the world into our care  
that we might be your faithful stewards  
and show forth your bountiful grace.  
But we failed to honor your image  
in one another and in ourselves;  
we would not see your goodness in the world around us;  
and so we violated your creation,  
abused one another,  
and rejected your love.  
Yet you never ceased to care for us,  
and prepared the way of salvation for all people.  
Through Abraham and Sarah  
you called us into covenant with you.  
You delivered us from slavery,  
sustained us in the wilderness,  
and raised up prophets  
to renew your promise of salvation.  
Then, in the fullness of time,  
you sent your eternal Word,  
made mortal flesh in Jesus.  
Born into the human family,  
and dwelling among us,  
he revealed your glory.  
Giving himself freely to death on the cross,  
he triumphed over evil,  
opening the way of freedom and life.*

The Celebrant continues.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, 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, 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 poured out for you and for all  
for the forgiveness of sins.

Whenever you drink it,

do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

Celebrant and People

***Christ has died.  
Christ is risen.  
Christ will come again.***

The Celebrant continues

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with the Blessed Virgin Mary, Blessed Benedict, and all your saints, past, present, and yet to come, we may praise your Name for ever.

Celebrant and People

***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: *Most loving God, creator and redeemer,  
we give you thanks for this foretaste of your glory.  
Through Christ, and with all your saints,  
we offer ourselves and our lives to your service.  
Send us out in the power of your Spirit,  
to stand with you in your world.  
We ask this through Jesus Christ, the servant,  
our friend and brother. Amen.*

*A Prayer Book for New Zealand*

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

Today

12:30 Choir Practice  
12 noon Parish Council and Transition Team

Tuesday

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

Wednesday

3:00p Earthcare (Zoom)

Thursday

6:00p Parish Council Planning Retreat  
7:00p Storied Pilgrimage with Race

Friday

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

Saturday

9:00a Men's Breakfast

## **ANNOUNCEMENTS**

**COPIES OF THE ANNUAL REPORT** are available on the ushers table.

**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. *Note the new time of 10:30, [Zoom](#)*

**STORIED PILGRIMAGE WITH RACE**—the final session happens this week with a video conversation with our very own Pat Henry. See the Benediction Weekly for more details

**SATURDAY** is the Men's Breakfast. 9am at Celia's Café. Open to all guys.

**COMING UP! February 22 is Ash Wednesday.** Ashes to Go will be at the Abundance Shop from 7:30 to 11am followed by a special Prayer Pop-Up. Evening service at 7pm

**Discover how you can be a Trailblazer, too!** Are you curious about how we reach out and do even more to share God's love with our neighbors? The Trailblazer Discovery Team is taking church outside our walls with the Prayer Pop-Up, a "mobile coffee hour" experience focused on bringing

church to the people. Sign up to join us at the Abundance Shop on Ash Wednesday. Would you like to walk with us as we explore these questions? Contact Deacon Jen.

**OPENING DOORS OF INTERFAITH UNDERSTANDING** on Monday, Feb 13 at 7pm. In-person at Nativity Catholic Church in San Luis Obispo or virtually on Zoom. Dr. Hisham Assal will talk about "The Islamic Jesus: How the King of the Jews became a Prophet of the Muslims" by Mustafa Akyol, and Fr Jim Nesbitt will talk about the Pilgrimage to Guadalupe. Everyone is welcome.  
<https://us02web.zoom.us/j/82424073889?pwd=OXh2NVdlNzNLeUc5OE1RTDlxaHdqZz09>

Everyone is invited to **GENTLE YOGA Fridays** at 9am. 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).

**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.

**BIRTHDAYS:** Feb. 13 Johnny Hammerlund; February 14th Laura Horsley



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