



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fifth Sunday after the Epiphany

February 5, 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 ~

"Spirit of God, Descend Upon My Heart"

Frederick Cook Atkinson

© 1997 Hal Leonard Corp

Dave Alm, piano

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

Let All Things Now Living

Gather 567



1. Let all things now liv - ing A song of thanks - giv - ing  
2. His law he en - forc - es, The stars in their cours - es,



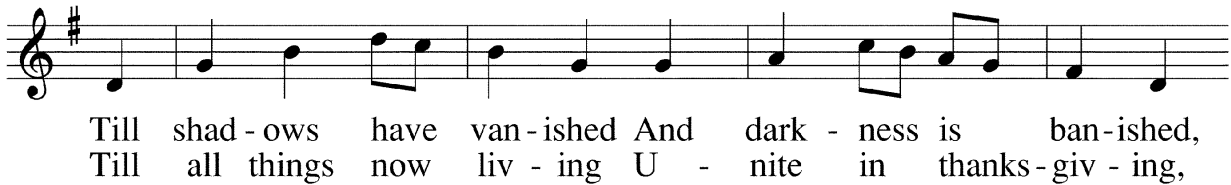
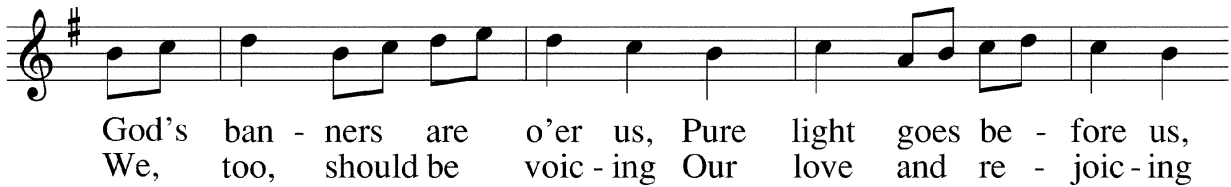
To God our Cre - a - tor tri - um - phant - ly raise;  
The sun in its or - bit o - be - dient - ly shine,



Who fash - ioned and made us, Pro - tect - ed and stayed us,  
The hills and the moun - tains, The riv - ers and foun - tains,



By guid - ing us on to the end of our days.  
The depths of the o - cean pro - claim God di - vine.



Text: Katherine K. Davis, 1892-1980, © 1939, E.C. Schirmer Music Co.  
Tune: ASH GROVE, 66 11 66 11 D; Welsh; harm. by Gerald H. Knight, 1908-1979

## Collect of the Day

Celebrant: Christ 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.*

## Deuteronomy 30:15-20

Reader: *A Reading from to 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*

People: *Thanks be to God*

## 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*

**B**rothers 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*

People: *Thanks be to God*

## Hymn

## The Word

Refrain

Thy word is a lamp un-to my feet and a light un-to my

The musical notation is for a hymn in G major, 4/4 time. It consists of a single line of music with a treble clef and a key signature of one sharp (F#). The melody is: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4-A4 (beamed eighth notes), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter). Chord symbols are placed above the notes: G above the first note, D/F# above the eighth note, G above the thirteenth note, C above the fourteenth note, and D7 above the fifteenth note.

path. Thy word is a lamp un-to my feet and a  
light un-to my path. When I feel a-fraid, and I  
think I've lost my way, still you're there right be-side me.  
Noth-ing will I fear as long as you are near.  
Please be near me to the end.

TEXT: Amy Grant, 1984  
MUSIC: Michael W. Smith, 1984; arr. John Sharber  
Text and Music © 1984 Meadowgreen Music Company (admin. EMI/CMG Publishing.com)/Word Music

THY WORD  
Irregular

## Matthew 5:21-37

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

People: ***Glory to You, Lord Christ.***

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: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

## Sermon

The Rev. Jen Crompton

[We pause for a few moments' reflection before affirming our faith.]

## Affirmation of Faith

*cf Philipians 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 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*

Adapted from Clouds and Glory© 2001 David Adam

## **Confession and Absolution**

Celebrant: Let us confess our sins to God.

***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: Almighty 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.*

Please greet one another in the chat.

## Birthday & 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.*

## Transition Prayer

O Lord,

You are the light that illumines our path.

You are the map that gives us direction.

You are the peace that makes us strong.

You are the guide whom we faithfully follow.

May your light illuminate our entire lives.

And your guidance bring direction to our work.

May we find inspiration in your Word,

And peace in our hearts as we follow you.

Amen.

## The Offertory

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

1. All to Je - sus I sur - ren - der,  
I will ev - er love and trust Him,  
2. All to Je - sus I sur - ren - der  
World - ly pleas - ures all for - sak - en,  
3. All to Je - sus I sur - ren - der  
Let me feel the Ho - ly Spir - it  
4. All to Je - sus I sur - ren - der  
Fill me with thy love and pow - er,

1. all to Him I free - ly give;  
In His pres - ence dai - ly live.  
2. Hum - bly at His feet I bow;  
Take me, Je - sus, take me now.  
3. Make me, Sav - ior, whol - ly thine;  
Tru - ly know that thou art mine.  
4. Lord, I give my - self to thee;  
Let thy bless - ings fall on me.

I sur - ren - der all,  
I sur - ren - der all,

I sur - ren - der all, All to thee, my  
I sur - ren - der all,

bless - ed Sav - ior, I sur - ren - der all.



## ♪ 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

Iona

Celebrant: **T**he table of bread and wine is now made ready.  
It is the table of company with Jesus, and all who love him.  
It is the table of sharing with the poor of the world, with whom Jesus identified himself.  
It is the table of communion with the earth, in which Christ became incarnate. So come to this table, you who have much faith and you who would like to have more; you who have been here often and you who have not been for a long time; you who have tried to follow Jesus, and you who have failed; Come.  
It is Christ who invites us to meet him here.

Celebrant: May Christ be with you,

All: *And also with you.*

Celebrant: Lift up your hearts,

All: *We lift them up to God.*

Celebrant: Let us give thanks to God,

All: *It is right to give both thanks and praise.*

Celebrant: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

## ♪ Sanctus

WLP 858

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 image shows a musical score for a hymn. It consists of three systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature has one flat (B-flat), and the time signature is 4/4. The lyrics are: '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:

Blessed is our brother Jesus,  
 who walks with us the road of our world's suffering,  
 and who is known to us in the breaking of bread.

On the night of his arrest Jesus took bread and having blessed it  
 he broke the bread and gave it to his disciples, saying,  
 This is my body, given to you.

In the same way he took wine and having given thanks for it  
 he poured it out and gave the cup to his disciples, saying,  
 This cup is the new relationship with God,  
 sealed with my blood. Take this and share it.

I shall drink wine with you next in the coming Kin-dom of God.

All:

*Loving God, through your goodness we have this bread and wine to offer,  
 which earth has given and human hands have made.  
 May we know your presence in the sharing of this bread,  
 So that we may know your touch in all bread, all matter.  
 We celebrate the life that Jesus has shared among his community  
 through the centuries, and shares with us now.  
 Made one in Christ and one with each other, we offer these gifts  
 and with them ourselves, a single, holy, living sacrifice. Amen.*

Celebrant:

Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

All: *Through Christ and with Christ and in Christ,  
all honor and glory are yours, All-Compassionate God,  
in the unity of the Holy Spirit, for ever and 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)

WLP #87



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, please contact the church office to have communion brought to your home.*

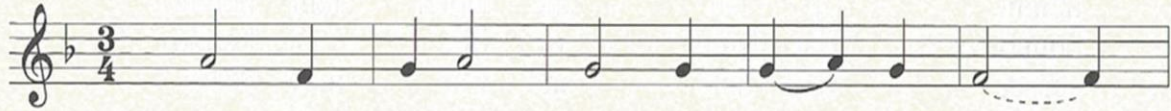
### ♪ Communion Music

"Fairest Lord Jesus" Schlesische Volkslieder, 1842

Piano Setting by Joel Raney

© 2007 Hope Publishing

Dave Alm, Piano



1. Peace be - fore us, peace be - hind us, peace  
 2. Love be - fore us, love be - hind us, love  
 3. Light be - fore us, light be - hind us, light  
 4. Christ be - fore us, Christ be - hind us, Christ  
 5. Al - le - lu - ia, al - le - lu - ia, al - le -  
 6. Peace be - fore us, peace be - hind us, peace



un - der our feet. Peace with - in us, peace  
 un - der our feet. Love with - in us, love  
 un - der our feet. Light with - in us, light  
 un - der our feet. Christ with - in us, Christ  
 lu - ia, Al - le - lu - ia, al - le -  
 un - der our feet. Peace with - in us, peace



o - ver us, let all a - round us be peace.  
 o - ver us, let all a - round us be love.  
 o - ver us, let all a - round us be light.  
 o - ver us, let all a - round us be Christ.  
 lu - ia, al - le - lu - ia.  
 o - ver us, let all a - round us be peace.

**Final Prayer**

*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

*We pause for a few minutes silent prayer*

**The Blessing**

May the everlasting God shield you, east and west and wherever you go,  
 And the blessing of God be upon us, *the blessing of the God of life.*  
 The blessing of Christ be upon us, *the blessing of the Christ of love.*  
 The blessing of the Spirit be upon us, *the blessing of the Spirit of grace.*  
 The blessing of the Trinity be upon us, now and for ever more. **Amen.**

# Announcements

## Final Hymn

## Great is Thy Faithfulness

LEVAS 189

1. Great is thy faith - ful - ness, O God my Fa - ther,  
2. Sum - mer and win - ter, and spring - time and har - vest,  
3. Par - don for sin and a peace that en - dur - eth,

1. There is no shad - ow of turn - ing with thee;  
2. Sun, moon and stars in their cours - es a - bove,  
3. Thine own dear pres - ence to cheer and to guide;

1. Thou chang - est not, thy com - pas - sions, they fail not,  
2. Join with all na - ture in man - i - fold wit - ness,  
3. Strength for to - day and bright hope for to - mor - row,

1. As thou hast been thou for - ev - er wilt be.  
2. To thy great faith - ful - ness, mer - cy and love.  
3. Bless - ings all mine, with ten thou - sand be - side!

Great is thy faith - ful-ness! Great is thy faith - ful-ness!

Morn - ing by morn - ing new mer - cies I see;

All I have need - ed thy hand hath pro - vid - ed,

Great is Thy faith - ful - ness, Lord un - to me!

Words: Thomas O. Chisholm (1866-1960). Music: William M. Runyan (1870-1957). Copyright © 1923. Renewal 1951 Hope Publishing Co., Carol Stream, IL 60188. All Rights Reserved. Used by permission.

## Dismissal

### ♪ Postlude

Tocatta in E Minor

J.S.Bach

Public Domain

Sarah Jane Scott

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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## Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Preacher:	The Rev. Jen Crompton
Eucharistic Minister:	Lisa Gonzalez
Lector:	Bryson McKelvey
Flowers:	Sharon Porter
Ushers:	Alan Kiste and Brian Spolarich
Altar Guild:	Lettie Cotta
Online Host:	Pat Henry and Suzan Vaughn
Tellers:	Sandy Fisher and Steve Cake
Technical:	Hannah-Jaye Matthews

## This Week at St Ben's

### Today

12 noon	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)
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### Thursday

6:00p	Parish Council Planning Retreat (1)
7:00p	Storied Pilgrimage with Race

### Friday

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

## 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

**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.

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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