



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Last Sunday of Epiphany

February 19, 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 ~

"Spirit of God, Descend Upon My Heart"

Music by Frederick Cook Atkinson

© 1997 Hal Leonard Corp.

Dave Alm, piano

Celebrant: Blessed be the one, holy, and living God.

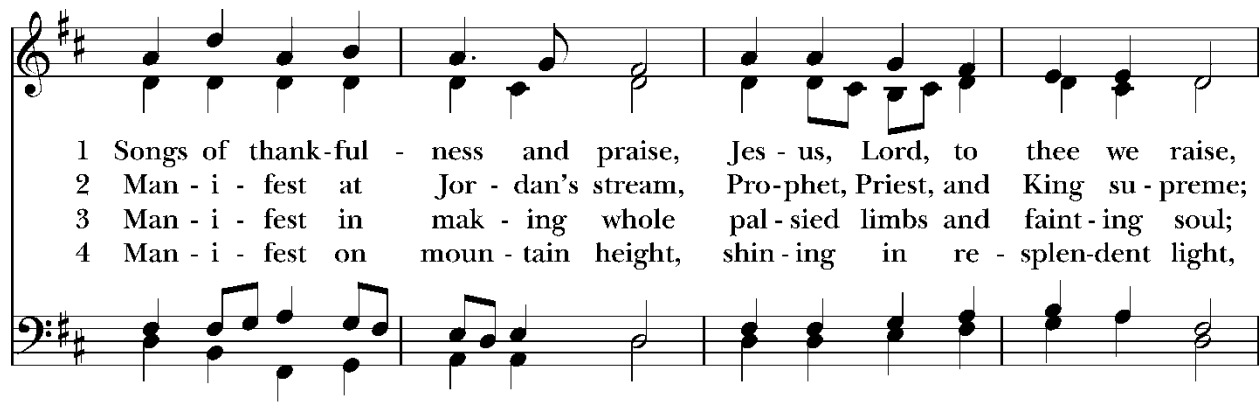
People: ***Glory to God for ever and ever!***

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 #135

Songs of thankfulness

Blue Hymnal



1 Songs of thank-ful - ness and praise, Jes - us, Lord, to thee we raise,
 2 Man - i - fest at Jor - dan's stream, Pro-phet, Priest, and King su - preme;
 3 Man - i - fest in mak - ing whole pal - sied limbs and faint - ing soul;
 4 Man - i - fest on moun - tain height, shin - ing in re - splen - dent light,



man - i - fest - ed by the star to the sa - ges from a - far;
 and at Ca - na, wed - ding - guest, in thy God - head man - i - fest;
 man - i - fest in val - iant fight, quell - ing all the dev - il's might;
 where dis - ci - ples filled with awe thy trans - fi - gured glo - ry saw.



branch of roy - al Da - vid's stem in thy birth at Beth - le - hem;
 man - i - fest in power di - vine, chang - ing wa - ter in - to wine;
 man - i - fest in gra - cious will, ev - er bring - ing good from ill;
 When from there thou led - dest them stead - fast to Je - ru - sa - lem,



an - thems be to thee ad - dressed, God in man made man - i - fest.
 an - thems be to thee ad - dressed, God in man made man - i - fest.
 an - thems be to thee ad - dressed, God in man made man - i - fest.
 cross and Eas - ter Day at - test God in man made man - i - fest.

Words: Sts. 1-3, Christopher Wordsworth (1807-1885); st. 4, F. Bland Tucker (1895-1984). St. 4, Copyright © The Church Pension Fund. Music: *Salzburg*, melody Jakob Hintze (1622-1702); harm. Johann Sebastian Bach (1685-1750).

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

Exodus 24:12-18

Reader: *A Reading from the book of Exodus*

The LORD said to Moses, "Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction." So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, "Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them."

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the LORD settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the LORD was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

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

People: *Thanks be to God*

♪ Hymn #823

O Word of God come into this space

Gather 4th Ed.

Ostinato Refrain

O Word of God, come in - to this space. O Word of
God, come send us your grace. O - pen our minds;
show us your truth. Trans - form our lives a - new.

Text: Some verses © 1968, 1981, 1997, ICEL. Some verses © 1970, 1997, 1998, Confraternity of Christian Doctrine, Inc.; refrain, Ricky Manalo, CSP, b.1965, © 2002, Ricky Manalo, CSP, Published by OCP.

Tune: Ricky Manalo, CSP, b.1965, choral arr. by Craig S. Kingsbury, b.1952, © 2002, Ricky Manalo, CSP, Published by OCP.

Matthew 17:1-9

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

People: *Glory to You, Lord Christ.*

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, "Tell no one about the vision until after the Son of Man has been raised from the dead."

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

Transcendent God, bless your church that it may reflect your glory, that it may guide your people into the ways of love and peace. We pray for the church as it seeks to uphold your law and to discover your will, that we may be faithful to you until the day dawns and the morning star rises in our hearts. Enable us to proclaim your kin-dom and your glory. Good and gracious God, ***grant us a glimpse of your glory.***

Compassionate God, we remember before you the nations of the world; all those who are suffering from earthquake, storm, drought and war and those who carry the burden of leadership. May your grace bring them the help and comfort that they need. Good and gracious God, ***grant us a glimpse of your glory.***

We pray for a world that so often has lost its way, a world without standards, without direction. We pray for all whose life has no purpose or meaning, for all who are confused and needing guidance. Good and gracious God, ***grant us a glimpse of your glory.***

Holy One, transform our lives by a vision of your glory. Transform our work by an awareness of your presence. Transform our homes by a knowledge of your love. Transform our relationships by our being with you. Good and gracious God, ***grant us a glimpse of your glory.***

All-merciful One, transform our hospitals by your power, transform our fears by your love, transform our darkness by your light. We remember before you all who need your transforming power, especially those whose lives are closely linked with ours, starting with those in our bidding book...

[Prayers are read from the bidding book;
the people may offer additional prayers, either silently or aloud.]

Good and gracious God, ***grant us a glimpse of your glory.***

Eternal God, transform our fear of death by our knowing you. We remember before you loved ones already transformed in likeness to your glory. Good and gracious God, ***grant us a glimpse of your glory.***

Almighty God, change us and we shall be changed, transform us by your love, redeem us by your grace, strengthen us by your presence, that we may move from glory to glory; through Christ our Lord, who with the Holy Spirit reigns with you, O Father, in glory everlasting. Amen.

Source: Clouds and Glory, © 2001 David Adam, Morehouse Publishing

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 & 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 at any time.

♪ Offertory Hymn #742

Loving Spirit

Gather 700



1. Lov - ing Spir - it, lov - ing Spir - it, you have cho - sen me to be;
2. Like a moth - er you en - fold me, hold my life with - in your own.
3. Like a fa - ther you pro - tect me. Teach me the dis - cern - ing eye.
4. Friend and lov - er in your close - ness I am known and held and blest:
5. Lov - ing Spir - it, lov - ing Spir - it, you have cho - sen me to be;



you have drawn me to your won - der, you have set your sign on me.
Feed me with your ver - y bod - y, form me of your flesh and bone.
Hoist me up up - on your shoul - der, let me see the world from high.
in your prom - ise is my com - fort, in your pres - ence I may rest.
you have drawn me to your won - der, you have set your sign on me.

Words: Shirley Erena Murray (b. 1931). Music: *Omni die*, melody from *Gross Catolische Gesangbuch*, 1631; harm. William Smith Rockstro (1823-1895).

♪ 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.*

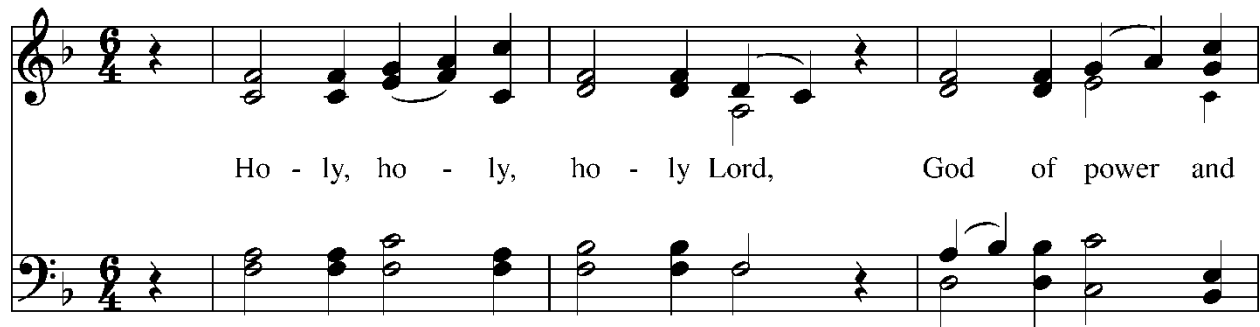
We rejoice to give you thanks and praise, All-Compassionate One. You are constantly calling us to follow you and to discover our true identity as your daughters and sons, children of the Creator God.

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.

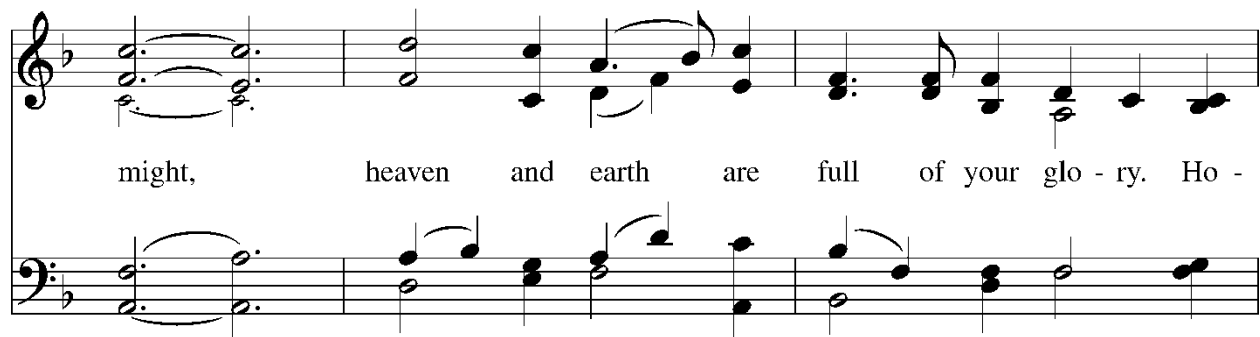
Your unbounded and loving forgiveness fills the universe with hope and joy. And so we join the saints and angels in the song that rings through the universe, as we sing:

♪ Sanctus

WLP 858



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."



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



king - dom the power and the glory are yours now & forever



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



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

Composed by: Jack Noble White

The Breaking of the Bread

The celebrant breaks the Bread

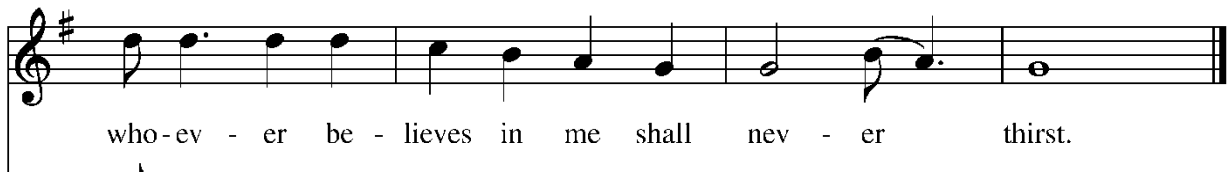
♪ Fraction Anthem

(sung twice)

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

♪ Communion Music

“Fairest Lord Jesus”

Schlesische Volkslieder, 1842

© 2007 Hope Publishing

Piano Setting by Joel Raney

Dave Alm, piano

♪ Communion Hymn #482 Lord of all hopefulness

Blue Hymnal



1 Lord of all hope - ful - ness, Lord of all joy,
2 Lord of all ea - ger - ness, Lord of all faith,
3 Lord of all kind - li - ness, Lord of all grace,
4 Lord of all gen - tle - ness, Lord of all calm,



whose trust, ev - er child - like, no cares could de - stroy,
whose strong hands were skilled at the plane and the lathe,
your hands swift to wel - come, your arms to em - brace,
whose voice is con - tent - ment, whose pres - ence is balm,



be there at our wak - ing, and give us, we pray,
be there at our lab - ors, and give us, we pray,
be there at our hom - ing, and give us, we pray,
be there at our sleep - ing, and give us, we pray,



your bliss in our hearts, Lord, at the break of the day.
your strength in our hearts, Lord, at the noon of the day.
your love in our hearts, Lord, at the eve of the day.
your peace in our hearts, Lord, at the end of the day.

Words: Jan Struther (1901-1953). By permission of Oxford University Press. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. *Hymnal 1982*.

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 #671

Glorious in Majesty

Gather

Verses



1. Glo-ri-ous in maj-es-ty, Ho-ly in his prais-es,
2. Vic-to-ry he won for us, Free-ing us from dark-ness,
3. One in love, as fam-i-ly, Liv-ing with each oth-er,



Je-sus, our Sav-ior and our King. Born a man, yet God of old,
Dy-ing and ris-ing from the dead. Liv-ing with the Fa-ther now,
Glad-ly we share each oth-er's pain. Yet he will not leave us so,

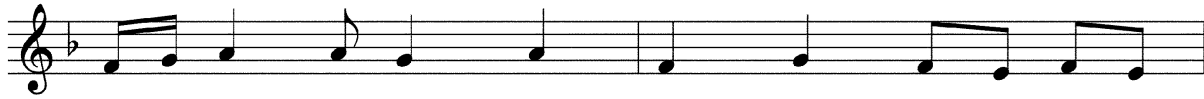


Let us all a-dore him: Filled with his Spir-it, let us sing.
Yet he is a-mong us: We are the bod-y, he the head.
Soon he is re-turn-ing, Tak-ing us back with him to reign.

Refrain



Liv-ing is to love him, serv-ing him to know his free-dom.



Come a-long with us to join the praise of Je - sus.



Come to Je - sus now, Go to live his word re - joic - ing.

Text: Jeff Cothran, fl.1972, © 1972, GIA Publications, Inc.
Tune: SHIBBOLET BASADEH, 7 6 8 D with refrain; Jewish melody; harm. by Jeff Cothran, fl.1972

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

“Poco allegretto” - Cesar Franck

Sarah Jane Scott, organ

Today's Eucharist Liturgy
is from the outline in the Book of Common Prayer, page 401,
utilizing prayers written by the Rector.
Music reproduced and broadcast under OneLicense #A706314

Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Alan Kiste
Acolyte	Areanna Welch
Lector:	Connie Weldon
Flowers:	Elaine Beckham
Ushers:	Sandy Fisher & Maureen Titus
Intercessor:	Louisa Beeler
Altar Guild:	Diana Hammerlund
Online Host:	Don and Liz Maruska
Tellers:	Alice Welchert & Bryson McKelvey
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

Monday Rector's Sabbath

Tuesday

9:45a Prayers for the Morning

10:30a Spiritual Conversation

5:30p Vespers

Wednesday

7:30a—11a Ashes to Go

10a—4p Pop-up Prayers & Ashes

11:00a Laundry Love

4:00p Laundry Love

7:00p Ash Wednesday service

Thursday

6:00p Parish Council Planning Retreat

Friday

9:00a Gentle Yoga

Sunday— 1st Lent

8:00a Contemplative Communion, in-person and on Zoom

10:30a Eucharist in-person and on FB

12:00p Choir Practice

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](#)*

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 with ashes at 7pm

LENTEN Devotional: Practicing Compassion with all your Heart, Soul, Strength and Mind.

Booklets should be here later this week or you get a pdf or purchase as an e-book. If you prefer you can get each day's reflection by email. Check it out at LivingCompass.org/Lent

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.

ARTICLES for the March Benediction newsletter are due Feb 27 to Cathy Gildea: cathy@gildea.com

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 Luoisia 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.

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 20 Caro Hall+, Mary Stein-Webber

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