



# 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 ~

He is Our Peace

Kandela Groves arr. C Tornquist

© 1995 Marantha! Music

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

Gather us in

Gather 744



1. Here in this place new light is stream - ing,  
2. We are the young— our lives are a mys - t'ry,  
3. Here we will take the wine and the wa - ter,  
4. Not in the dark of build - ings con - fin - ing,



Now is the dark - ness van - ished a - way,  
We are the old— who yearn for your face,  
Here we will take the bread of new birth,  
Not in some heav - en, light - years a - way, But



See in this space our fears and our dream - ings,  
We have been sung through - out all of his - t'ry,  
Here you shall call your sons and your daugh - ters,  
here in this place the new light is shin - ing,

Brought here to you in the light of this day.  
 Called to be light to the whole hu - man race.  
 Call us a - new to be salt for the earth.  
 Now is the King - dom, now is the day.

Gath - er us in— the lost and for - sak - en,  
 Gath - er us in— the rich and the haugh - ty,  
 Give us to drink the wine of com - pas - sion,  
 Gath - er us in and hold us for ev - er,

Gath - er us in— the blind and the lame;  
 Gath - er us in— the proud and the strong;  
 Give us to eat the bread that is you;  
 Gath - er us in and make us your own;

Call to us now, and we shall a - wak - en,  
 Give us a heart so meek and so low - ly,  
 Nour - ish us well, and teach us to fash - ion  
 Gath - er us in— all peo - ples to - geth - er,

We shall a - rise at the sound of our name.  
 Give us the cour-age to en - ter the song.  
 Lives that are ho - ly and hearts that are true.  
 Fire of love in our flesh and our bone.

Text: Marty Haugen, b.1950  
 Tune: GATHER US IN, Irregular; Marty Haugen, b.1950  
 © 1982, GIA Publications, Inc.

## Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Israel's jealous God, giver of love's law, in whom there is no blandness, no dullness of oppression; liberate us from all that numbs compassion to find in your commands light undimmed and flavor unrestrained; through Jesus Christ, fulfiller of the law. Amen.*

From *Prayers for an Inclusive Church*, Steven Shakespeare 2008

## **Isaiah 58:1-9**

Reader: *A Reading from the book of Isaiah*

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,  
to the house of Jacob their sins.

Yet day after day they seek me  
and delight to know my ways,  
as if they were a nation that practiced righteousness  
and did not forsake the ordinance of their God;  
they ask of me righteous judgments,  
they delight to draw near to God.

“Why do we fast, but you do not see?  
Why humble ourselves, but you do not notice?”

Look, you serve your own interest on your fast day,  
and oppress all your workers.

Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.

Such fasting as you do today  
will not make your voice heard on high.

Is such the fast that I choose,  
a day to humble oneself?

Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?

Will you call this a fast,  
a day acceptable to the LORD?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?

Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;

your vindicator shall go before you,  
the glory of the LORD shall be your rear guard.  
Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

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

People: *Thanks be to God*

♩ Hymn #7

Christ whose glory

Blue Hymnal

1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,  
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;  
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:  
joy-less is the day's re - turn, till thy mer - cy's beams I see,  
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

Day-spring from on high, be near; Day-star, in my heart ap - pear.  
till they in - ward light im - part, glad my eyes, and warm my heart.  
more and more thy - self dis - play, shin - ing to the per - fect day.

Words: Charles Wesley (1707-1788). Music: *Ratisbon*, melody from *Geystliche gesangk Buchleyn*, 1524; adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870), alt.

## Psalm 112:1-9

Read responsively

All: ***Hallelujah!***

Reader: Happy are they who fear the Lord

People: ***and have great delight in his commandments!***

Reader: Their descendants will be mighty in the land;

People: ***the generation of the upright will be blessed.***

Reader: Wealth and riches will be in their house,

People: ***and their righteousness will last for ever.***

Reader: Light shines in the darkness for the upright;

People: ***the righteous are merciful and full of compassion.***

Reader: It is good for them to be generous in lending

People: ***and to manage their affairs with justice.***

Reader: For they will never be shaken;

People: ***the righteous will be kept in everlasting remembrance.***

Reader: They will not be afraid of any evil rumors;

People: ***their heart is right;***

***they put their trust in the Lord.***

Reader: Their heart is established and will not shrink,

People: ***until they see their desire upon their enemies.***

All: ***They have given freely to the poor,  
and their righteousness stands fast for ever;  
they will hold up their head with honor.***

## 1 Corinthians 2:1-12

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

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,  
 nor the human heart conceived,  
 what God has prepared for those who love him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God’s except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

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

People: *Thanks be to God*

♪ Hymn

Gracious Spirit

WLP 782

1. Gra - cious Spir - it, give your ser - vants joy to set sin's  
 2. Word made flesh, who gave up glo - ry to be - come our  
 3. Lov - ing God, who birthed cre - a - tion from the noth - ing -  
 4. Tri - une God, e - ter - nal Be - ing, nev - er end - ing,

cap - tives free, hope to heal the bro - ken - heart - ed,  
 great high priest, tak - ing on our hu - man na - ture  
 ness of space, kin - dling life where all was emp - ty,  
 un - be - gun, bound - less grace and per - fect jus - tice,

peace to share love's li - ber - ty. Through us bring your balm of  
 to re - deem the last and least: let your cour - age and com -  
 turn - ing cha - os in - to grace: when we feel con - fused and  
 right - eous and for - giv - ing One: so en - fold us in you

glad - ness to the wound - ed and op - pressed; help us claim and  
 pas - sion shape and guide our min - is - tries; as our Sav - ior  
 fruit - less, dawn up - on our rest - less night; give us faith's im -  
 mer - cy that our wills and yours u - nite; through us may the  
  
 show God's fa - vor as a peo - ple called and blessed.  
 and our Shep - herd, lead us to the truth that frees.  
 ag - i - na - tion, hope's re - new - ing, love's de - light.  
 world be - hold you, find your love, your truth, your light.

## Matthew 5:13-20

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

People: *Glory to You, Lord Christ.*

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

Gospeller: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

## Sermon

The Rev. Dr. Caroline Hall

## **Affirmation of Faith**

Church of England

*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.*

## **Prayers of the People**

Let us pray for all people, all nations and the church, offering our prayers to God:

I ask your prayers for God's church, for our Bishop Lucinda, our Rector Caro and Deacon Jen, our Parish Council and Transition Team, for all who serve in this congregation, and for God's people everywhere. Pray for the people of God.

*Silence*

I ask your prayers for the planet Earth, that all people may respect its resources, preserve its future, and enjoy its fruits in their season. Pray for the earth.

*Silence*

I ask your prayers for the leaders of the nations, especially Joseph our president, that they may act deliberately and dispassionately, and for the good of all. Pray for those who govern.

*Silence*

I ask your prayers for peace, especially in Ukraine and other places where there is armed conflict, that the peoples of the world may live in safety and without fear. Pray for peace.

*Silence*

I ask your prayers for the privileged, the free and the healthy, that they may use their possessions to aid those in need. Pray for compassion among people.

*Silence*

I ask your prayers for the sick, the sorrowing and those who are alone. Pray for those in any sorrow or need.

[here prayers are added from the bidding book,  
and you are invited to add your own prayers silently or aloud]



I ask your prayers for those who have died, that God may give them eternal rest. Pray for the departed.

*Silence*

*God of all the living, hear the prayers of your faithful people and grant our requests. Strengthen us for the tasks you give us, and bring us at last to praise you forever with your saints, through Christ our Lord. Amen*

Adapted from Intercessions for the Christian People, Liturgical Press 1988

## **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.*

## The Offertory

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

### ♪ Offertory Anthem

### For Everyone Born

St. Benedict's Singers

Shirley Erena Murray  
director Sarah Jane Scott, Ann Lucas

© Hope Publishing ,1998  
Ann Lucas, piano

### ♪ 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 1

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

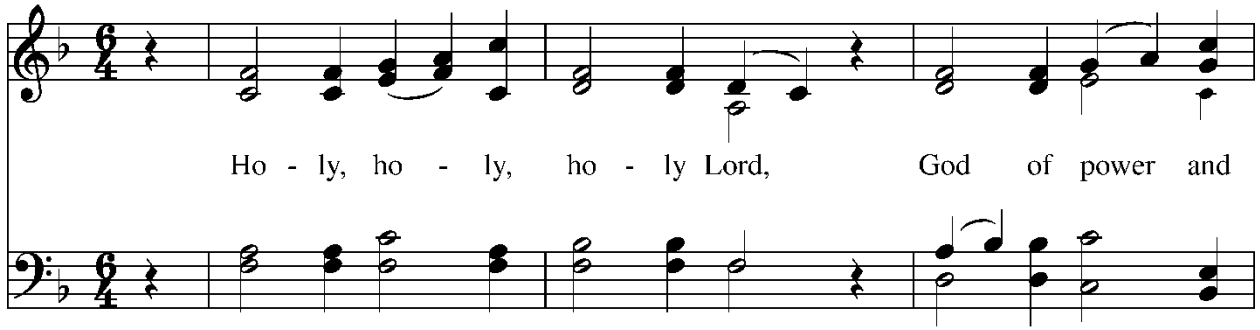
You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body.

Through your Spirit you replenish us and call us to fullness of life.

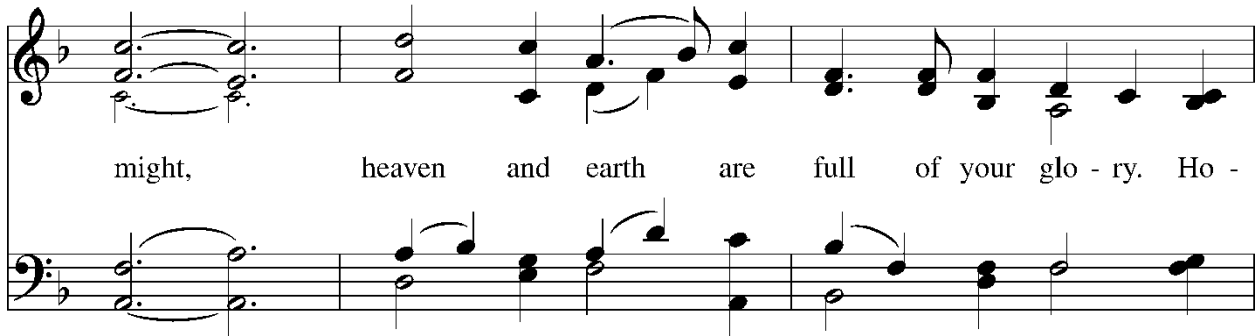
Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

♪ Sanctus

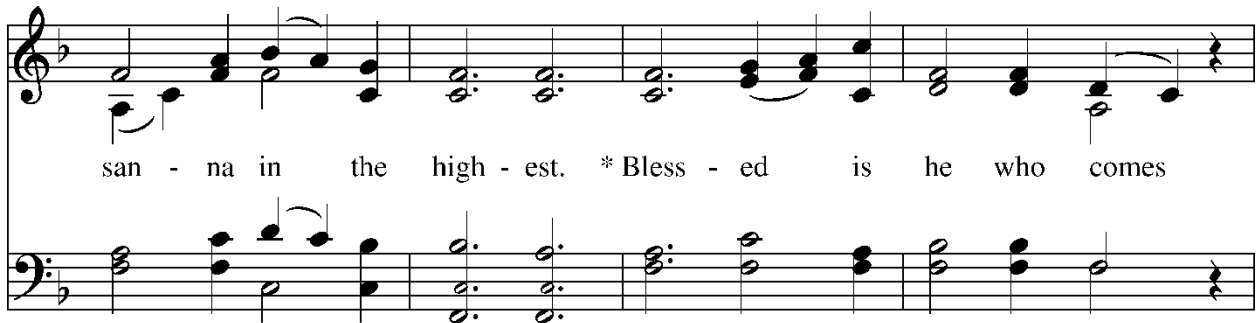
WLP 858



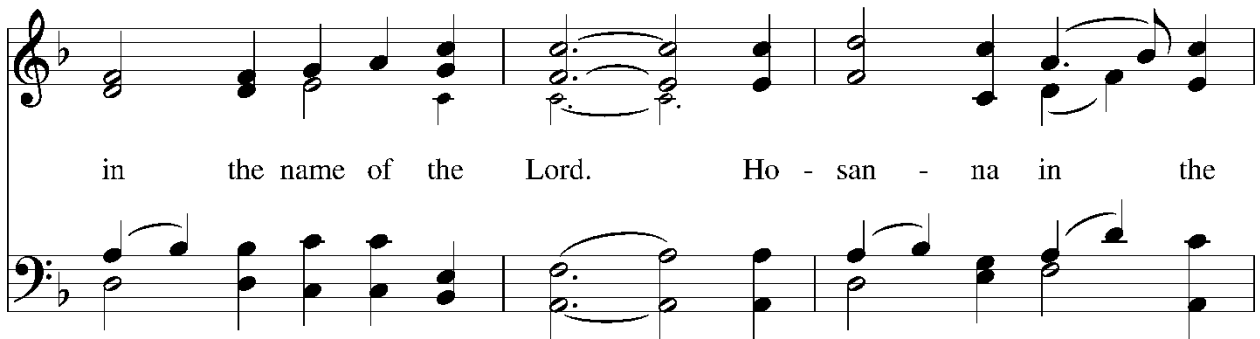
Ho - ly, ho - ly, ho - ly Lord, God of power and



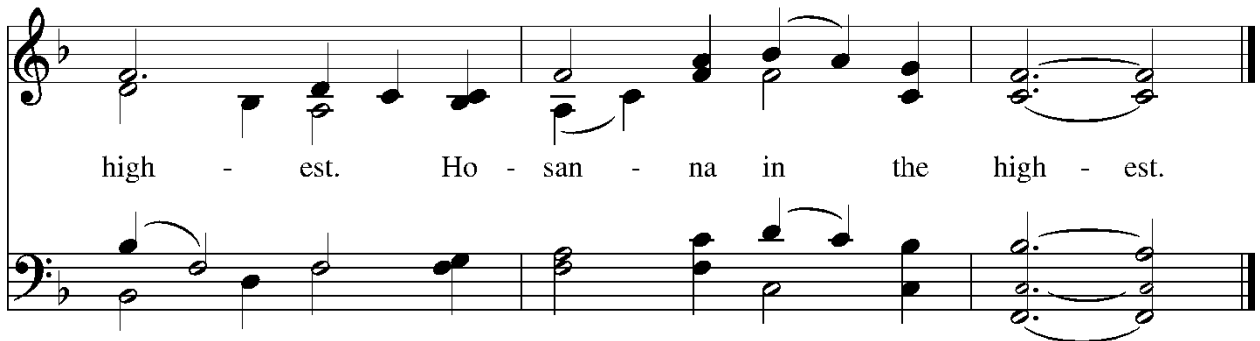
might, heaven and earth are full of your glo - ry. Ho -



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.

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.

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:

All:           **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 Blessed Mary and Blessed Benedict and all your saints, past, present, and yet to come, we may praise your Name for ever.

*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.*

## 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.

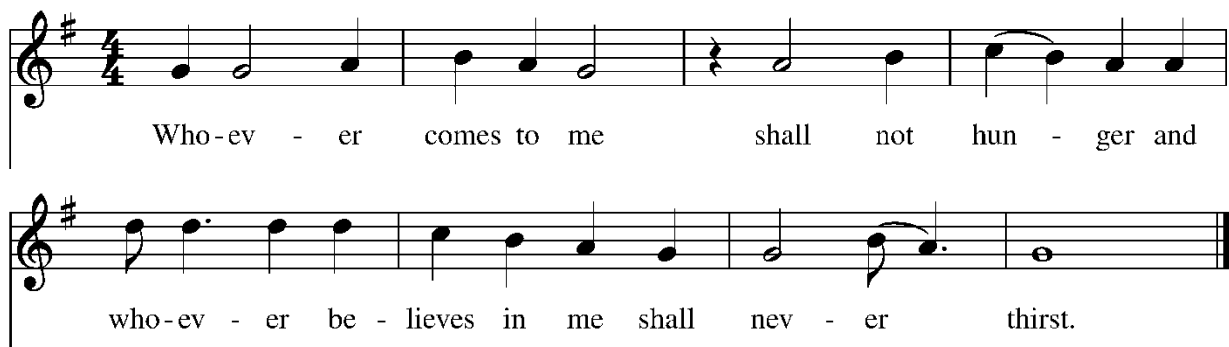
## The Breaking of the Bread

The celebrant breaks the Bread

### ♪ Fraction Anthem

(sung twice)

WLP #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

Prelude No 4 in D Major

Sergei Rachmaninoff

Ann Lucas, Piano

## ♪ Communion Hymn

### We have come to share

Gather 847



We come to share our sto - ry, we  
Ve - ni - mos a de - cir del mis - te - rio, y par -



come to break the bread, We come to know our  
tir el pan de vi - da. Ve - ni - mos a sa - ber de

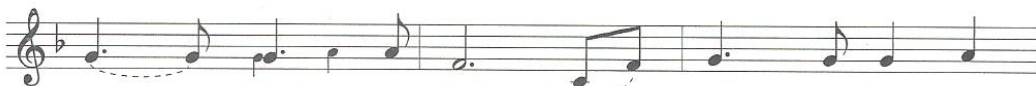


ris - ing from the dead.  
nues - tra e - ter - ni - dad.

Verses



1. We come as your peo - ple, we
  2. We are called to heal the bro - ken, to be
  3. Bread of life and cup of prom - ise, in this
  4. You will lead and we shall fol - low, you will
  5. We will live and sing: "A - lo - ha," "Al - le -
- (live and sing your prais - es,)



come as your own, u - nit - ed with each  
hope for the poor, we are called to feed the  
meal we all are one. In our dy - ing and our  
be the breath of life; liv - ing wa - ter, we are  
lu - ia" is our song. May we live in love and



oth - er, love finds a home.  
hun - gry at our door.  
ris - ing, may your king - dom come.  
thirst - ing, for your light.  
peace our whole life long.

D.C.

*We pause for a few minutes silent prayer*

## 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

## Blessing

(source: Celtic)

God's Blessing be with you,  
Christ's peace be with you,  
the Spirit's outpouring be with you,  
now and always. Amen.

## Announcements

### Final Hymn

### This little light

LEVAS 221

1. This lit - tle light of mine, \_\_\_\_\_ I'm gon - na let it  
2. Ev - 'ry - where I go, \_\_\_\_\_ I'm gon - na let it  
3. Je - sus gave it to me, \_\_\_\_\_ I'm gon - na let it

Oh \_\_\_\_\_

The first system of musical notation is in 4/4 time with a key signature of one sharp (F#). It features a treble and bass staff. The treble staff contains the melody with lyrics underneath. The bass staff provides harmonic accompaniment. A dashed line indicates a slur over the first two notes of the treble staff in the first measure.

1. shine, \_\_\_\_\_ This lit - tle light of mine,  
2. shine, \_\_\_\_\_ Ev - 'ry - where I go,  
3. shine, \_\_\_\_\_ Je - sus gave it to me,

Oh \_\_\_\_\_

The second system of musical notation continues the melody and accompaniment from the first system. It maintains the same 4/4 time and key signature. A dashed line indicates a slur over the first two notes of the treble staff in the first measure.

1. I'm gon - na let it shine; \_\_\_\_\_ This lit - tle light of  
 2. I'm gon - na let it shine; \_\_\_\_\_ Ev - 'ry - where I  
 3. I'm gon - na let it shine; \_\_\_\_\_ Je - sus gave it to

Oh \_\_\_\_\_

1. mine, \_\_\_\_\_ I'm gon - na let it shine, \_\_\_\_\_ Let it  
 2. go, \_\_\_\_\_ I'm gon - na let it shine, \_\_\_\_\_ Let it  
 3. me, \_\_\_\_\_ I'm gon - na let it shine, \_\_\_\_\_ Let it

Oh \_\_\_\_\_

1. shine, let it shine, let it shine. \_\_\_\_\_  
 2. shine, let it shine, let it shine. \_\_\_\_\_  
 3. shine, let it shine, let it shine. \_\_\_\_\_

Words: Traditional. Music: Negro Spiritual; arr. Horace Clarence Boyer (b. 1935). Arr. Copyright © 1992 Horace Clarence Boyer.

## Dismissal

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ

All: *Thanks be to God, Alleluia, Alleluia!*

## ♪ Postlude

Fanfare in D Major

Jacques Lemmens

Public Domain



Eucharist Liturgy from Enriching Our Worship  
Copyright © 1998 by The Church Pension Fund  
Music reproduced and broadcast under OneLicense #A706314

## Ministers of the Service

Celebrant:	The Rev. Canon Martha Korienek
Preacher:	The Rev. Dr. Caroline Hall
Deacon	The Rev. Jen Crompton
Eucharistic Minister:	John Horsley
Flowers:	Laura Thompson
Ushers:	Maureen Titus and Ron Thompson
Altar Guild:	Sarah Chesebro
Online Host:	Elaine Beckham
Tellers:	Sandy Fisher and Diana Hammerlund
Musician	Ann Lucas
Technical:	Hannah-Jaye Matthews

## This Week at St Ben's

### Today

12 noon	Pot-luck Lunch
12:15p	Parish Meeting

### Tuesday

9:45a	Prayers for the Morning—Zoom
10:15a	Spiritual Conversation—Zoom
5:30p	Vespers followed by supper

### Thursday

7:00p	Storied Pilgrimage with Race
-------	------------------------------

### Friday

9:00a	Gentle Yoga
-------	-------------

### Sunday

8:00a	Contemplative Communion
10:30a	Eucharist
12:00	Choir

**St. Benedict's Episcopal Church**  
**2220 Snowy Egret Lane, Los Osos CA 93402**  
**P.O. Box 6877, Los Osos CA 93412**  
**Phone: (805) 528-0654**  
**Email: [office@stbenslososos.org](mailto:office@stbenslososos.org)**  
**[www.stbenslososos.org](http://www.stbenslososos.org)**