

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Last Epiphany

February 19, 2023

—8 a.m. Service—

Whoever you are and wherever you are on your faith journey, there's a warm welcome for you here!

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*

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: ***Friend of Moses, strength of Elijah, you go with your people and give them your Spirit: May the Child of your heart transfigure the mortal world that love may know no bounds: through Jesus Christ the beloved one. Amen.***

From Prayers for an Inclusive Church, Steven Shakespeare (2009)

Exodus 24:12-18

~ *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.

— *Hear What the Spirit is Saying to God’s People.*

Psalm 99

Source: The Psalter © 1994 Liturgy Training Publications

The Lord reigns from the cherubim throne, nations tremble, earth shakes!
The Lord of Zion is great, high above all peoples.
Praise the great and fearful name, “Holy is the Lord!”

Almighty ruler, you love justice, you strengthen the upright and secure equity for Jacob.
Bow down to worship at God’s feet, lift your voice in praise, “Holy is the Lord!”

First among priests of the Lord were Moses, Aaron and Samuel;
They called out God’s Name.
The Lord heard them and spoke from a pillar of cloud: they honored each command.

Our God did what was needed, it was yours, Lord, to punish, yours to forgive sin.
Bow down to worship the Lord, give praise in God’ holy place, “Holy is the Lord our God!”

2 Peter 1:16-21

~ *A reading from the second letter of Peter*

We did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honor and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, “This is my Son, my Beloved, with whom I am well pleased.” We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

— *Hear What the Spirit is Saying to God's People.*

Matthew 17:1-9

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

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

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: This is the Gospel of Christ.

People: ***Praise to Christ, the Word.***

Discussion of the Readings

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.

Silence may be kept.

Minister and People:

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.

The Holy Eucharist

EOW 2

Celebrant: May God 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: We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:

All: *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.*

Celebrant: Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, 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. Again, he gave thanks to you, 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.”

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen,

who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with the Blessed Virgin Mary, Blessed Benedict, and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

All: ***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: *Loving God,
We give you thanks for restoring us in your image
And nourishing us with spiritual food
In the Sacrament of Christ's Body and Blood.
Now send us forth
A people, forgiven, healed, renewed;
That we may proclaim your love to the world
And continue in the risen life of Christ our Savior. Amen.*

The 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.**

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

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

ASH WEDNESDAY. Ashe to go and Pop-up Prayer at the Abundance Shop. 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 Louisa Beeler (805- 543-2898) If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslososos.org and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

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, Feb 26 Greg Vanderhoof



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