



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The First Sunday after Christmas

December 31, 2023 10:30 am

You are warmly welcome at St. Benedict's for who you are  
and where you are on your faith journey!

## ~ Prelude ~

*"Let All Things Now Living with Now Thank We All Our God"*

Tunes: Ash Grove & Nun Danket  
Arranged by Lloyd Larson

© 2014 Lorenz Publishing Co.

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

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

Celebrant: Let us pray.

All: **All-compassionate and most merciful God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

## ♪ Hymn #83

### O Come, All Ye Faithful (v 1-4)

Blue Hymnal

1 O come, all ye faith - ful, joy - ful and tri - um - phant, O  
2 God from God, Light from Light e - ter - nal,  
3 Sing, choirs of an - gels, sing in ex - ul - ta - tion,  
\*4 See how the shep - herds, sum - moned to his cra - dle,  
\*5 Child, for us sin - ners poor and in the man - ger,

1 come ye, O come ye to Beth - le - hem;  
2 lo! he ab - hors not the Vir - gin's womb;  
3 sing, all ye ci - ti - zens of heaven a - bove;  
4 leav - ing their flocks, draw nigh to gaze;  
5 we would em - brace thee, with love and awe;

1 come, and be - hold him, born the King of an - gels;  
2 on - ly - be - got - ten Son of the Fa - ther;  
3 glo - ry to God, glo - ry in the high - est;  
4 we too will thith - er bend our joy - ful foot - steps;  
5 who would not love thee, lov - ing us so dear - ly?

1 come, and be - hold him, born the King of an - gels;  
 2 on - ly - be - got - ten Son of the Fa - ther;  
 3 glo - ry to God, glo - ry in the high - est;  
 4 we too will thith - er bend our joy - ful foot - steps;  
 5 who would not love thee, lov - ing us so dear - ly?

*Refrain*

O come, let us a - dore him, O come, let us a -

dore him, O come, let us a - dore him, Christ the Lord.

Words: John Francis Wade (1711-1786); tr. Frederick Oakeley (1802-1880) and others. Music: *Adeste fideles*, present form of melody att. John Francis Wade (1711-1786); harm. *The English Hymnal*, 1906.

## Collect of the Day

Celebrant: God be with you.

**People:** *And also with you.*

Celebrant: Let us pray together.

All: *Gracious God, we commend to your loving care all who suffer, especially those who come here seeking your healing grace for themselves or others. Give them patience and hope in their distress; strengthen and uphold them in mind and body; and grant, by your intervention, that all your people may be made whole according to your desire, through Jesus Christ, in the power of the Holy Spirit. Amen.*

(please be seated for the readings)

## Isaiah 61:10-62:3

*Reader: A Reading from the book of Isaiah*

I will greatly rejoice in the LORD,  
 my whole being shall exult in my God;  
 for he has clothed me with the garments of salvation,  
 he has covered me with the robe of righteousness,  
 as a bridegroom decks himself with a garland,  
 and as a bride adorns herself with her jewels.

For as the earth brings forth its shoots,  
and as a garden causes what is sown in it to spring up,  
so the Lord GOD will cause righteousness and praise  
to spring up before all the nations.

For Zion's sake I will not keep silent,  
and for Jerusalem's sake I will not rest,  
until her vindication shines out like the dawn,  
and her salvation like a burning torch.

The nations shall see your vindication,  
and all the kings your glory;  
and you shall be called by a new name  
that the mouth of the LORD will give.

You shall be a crown of beauty in the hand of the LORD,  
and a royal diadem in the hand of your God.

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

*People: Thanks be to God*

### **Psalm 147:13-21**

Worship the LORD, O Jerusalem; \*  
praise your God, O Zion;

For he has strengthened the bars of your gates; \*  
he has blessed your children within you.

He has established peace on your borders; \*  
he satisfies you with the finest wheat.

He sends out his command to the earth, \*  
and his word runs very swiftly.

He gives snow like wool; \*  
he scatters hoarfrost like ashes.

He scatters his hail like bread crumbs; \*  
who can stand against his cold?

He sends forth his word and melts them; \*  
he blows with his wind, and the waters flow.

He declares his word to Jacob, \*  
his statutes and his judgments to Israel.

He has not done so to any other nation; \*  
to them he has not revealed his judgments.  
Hallelujah!

## Galatians 3:23-25; 4:4-7

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

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian.

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

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

**People: Thanks be to God**

### ♪ Hymn

### Alleluia #7 (3x)

Taizé

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

Music: Alleluia 7; Jacques Berthier, © 1984, Les Presses de Taizé, GIA Publications, Inc., agent

## John 1:1-18

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

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

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. The true light, which enlightens everyone, was coming into the world.

He was in the world, and the world came into being through him; yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God.

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. (John testified to him and cried out, "This was he of whom I said, 'He who comes after me ranks ahead of me because he was before me.'") From his fullness we have all received, grace upon grace. The law indeed was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God. It is God the only Son, who is close to the Father's heart, who has made him known.

Gospeller: *The Gospel of Christ*

People: *Praise to You, Lord Christ.*

## Sermon

Rev. Karen Siegfried

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

(please stand as you are able)

## Affirmation of Faith

*Let us affirm our faith in Jesus Christ the Son of God.*

All: *We believe in God the Creator,  
from whom every family in heaven and on earth is named.  
We believe in God the Redeemer,  
Who lives in our hearts through faith, and fills us with God's love.  
We believe in God the Holy Spirit,  
Who strengthens us with power from on high  
We believe in one God;  
Creator, Christ and Holy Spirit. Amen.*

Source: *Common Worship, Church of England.*

## Prayers of the People - A Litany for Healing

EOW2

Let us name before God those for whom we offer our prayers, starting with those in the bidding book...

*(Prayers from the bidding book are read. Please add your own prayers silently or in the chat.)*

God the Father, your will for all people is health and salvation;

*We praise you and thank you, O Lord.*

God the Son, you came that we might have life, and might have it more abundantly;

*We praise you and thank you, O Lord.*

God the Holy Spirit, you make our bodies the temple of your presence;

*We praise you and thank you, O Lord.*

Holy Trinity, one God, in you we live and move and have our being;

*We praise you and thank you, O Lord.*

Lord, grant your healing grace to all who are sick, injured, or disabled, that they may be made whole;

*Hear us, O Lord of life.*

Grant to all who seek your guidance, and to all who are lonely, anxious, or despondent, a knowledge of your will and an awareness of your presence;

*Hear us, O Lord of life.*

Mend broken relationships, and restore those in emotional distress to soundness of mind and serenity of spirit;

*Hear us, O Lord of life.*

Bless physicians, nurses, and all others who minister to the suffering, granting them wisdom and skill, sympathy and patience;

***Hear us, O Lord of life.***

Grant to the dying peace and a holy death, and uphold by the grace and consolation of your Holy Spirit those who are bereaved;

***Hear us, O Lord of life.***

Restore to wholeness whatever is broken by human sin, in our lives, in our nation, and in the world;

***Hear us, O Lord of life.***

You are the Lord who does wonders:

***You have declared your power among the peoples.***

With you, O Lord, is the well of life:

***And in your light we see light.***

Hear us, O Lord of life:

***Heal us, and make us whole.***

Celebrant: *Almighty God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.*

## **Confession of Need**

*Let us confess our sins to God.*

All: ***Compassionate God,  
we confess our weaknesses and our need for your  
strengthening touch.  
We confess that some illnesses stem from our own fault,  
while others are beyond our control.  
We turn to you, source of life,  
and ask in the name of our Savior Jesus Christ  
for the gifts of true healing and life in you. Amen.***

Celebrant *May the God of love visit you in your times of trial and weakness, and raise you to newness of life, through Jesus Christ, in the power of the Holy Spirit. Amen.*

## **Prayers for Healing**

Celebrant The ministry of Jesus invites us to new life in God and with each other. We proclaim the Good News that God desires us to be healthy and one in the body of Christ. You are invited to offer yourself, whatever your sickness of spirit, mind, or body, and ask for healing and wholeness in the Name of the holy and undivided Trinity.

*(Those who wish to receive laying on of hands and anointing for healing are invited to come forward. Everyone else remains seated, we invite you to pray silently for healing for each other, our world and our planet.)*

## **♪ Musical Interlude ♪**

Original composition by Dave Alm used with permission

*Let us pray together:*

***Generous God,  
we give you thanks for your beloved Jesus Christ,  
in whom you have shared the beauty and pain of human life.  
Look with compassion upon all for whom we pray,  
and strengthen us to be your instruments of healing in the world,  
by the power of the Holy Spirit. Amen.***

## **The Peace**

Celebrant: The peace of Christ be always with you.

**People:** *And also with you.*

Please greet others in the chat.

## **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or special concern, 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/lives; 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 can contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.

# ♪ Hymn #98

## Unto Us

## Blue Hymnal



1 Un - to us a boy is born! The King of all cre -  
 2 Cra - dled in a stall was he with sleep - y cows and  
 3 He - rod then with fear was filled; "A prince," he said, "in  
 4 Now may Ma - ry's son, who came so long a - go to  
 \*5 Un - to us a boy is born! The King of all cre -



1 a - tion, came he to a world for - lorn, the  
 2 ass - es; but the ve - ry beasts could see that  
 3 Jew - ry!" All the lit - tle boys he killed at  
 4 love us, lead us all with hearts a - flame un -  
 5 a - tion, came he to a world for - lorn, the



1 Lord of ev - ery na - - - tion.  
 2 he all men sur - pass - - - es.  
 3 Beth - lehem in his fu - - - ry.  
 4 to the joys a - bove \_\_\_\_\_ us.  
 5 Lord of ev - ery na - - - tion.

Words: Latin carol, 15th cent., tr. Percy Dearmer (1867-1936), alt. Music: *Puer nobis nascitur*, melody from *Piae Cantiones*, 1582; harm. Geoffrey Turton Shaw (1879-1943).

# ♪ 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 Prayer 2

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 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 parent cares for their 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 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.

Music: American folk melody; arr. Marcia Pruner, harm. Annabel Morris Buchanan (1889-1983).

### *The Celebrant continues*

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 Benedict 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

And now, as our Savior Christ has taught us, we are bold to say,

*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

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

Celebrant: The Gifts of God for the People of God.

*If God is calling you, you are welcome and invited to receive communion.  
Please contact the church office to arrange to receive communion in your home.*

## ♪ Communion Music

*"I've Got Peace Like a River"*

Spiritual Arranged by Gina Sprunger

© 2019 Soundforth

♩ Hymn #96

Angels We Have Heard on High

Blue Hymnal

1 An - gels we have heard on high, sing - ing sweet - ly through the night,  
 2 Shep - herds, why this ju - bi - lee? Why these songs of hap - py cheer?  
 3 Come to Beth - le - hem and see him whose birth the an - gels sing;  
 4 See him in a man - ger laid whom the an - gels praise a - bove;

and the moun - tains in re - ply ech - o - ing their brave de - light.  
 What great bright - ness did you see? What glad tid - ings did you hear?  
 come, a - dore on bend - ed knee Christ, the Lord, the new - born King.  
 Ma - ry, Jo - seph, lend your aid, while we raise our hearts in love.

*Refrain*

Glo - - - - - ri - a

in ex - cel - sis De - o. Glo - - - - -

- - - - - ri - a in ex - cel - sis De - o.

Words: French carol; tr. James Chadwick (1813-1882), alt. Music: *Gloria*, French carol; arr. Edward Shippen Barnes (1887-1958).

Silence

## Prayer

*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.*

## Blessing

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

## Announcements

♪ Hymn #493                      O for a Thousand Tongues to Sing                      Blue Hymnal

## Dismissal

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.

All:                      *Thanks be to God.*

## ♪ Postlude

*"O Worship the King"*

Tune: Lyons by Johann Michael Haydn  
Arranged by Terry Osman

© 2014 Lorenz Publishing Co

Eucharist Liturgy Adapted from Enriching Our Worship II  
© 1988 Church Publishing Incorporated Used with permission  
Music reproduced and broadcast under OneLicense #A706314

## **Ministers of the Service**

Celebrant:	Rev. Karen Siegfriedt
Preacher:	Rev. Karen Siegfriedt
Eucharistic Minister:	Michael Lucas
Eucharistic Assistant:	Sarah Chesebro
Lector:	Bryson McKelvey
Flowers:	Pamela Bleisch
Ushers:	Maureen Titus & Lisa Gonzalez
Altar Guild:	Sarah Chesebro
Online Host:	Elaine Beckham
Tellers:	Bryson McKelvey & Diana Hammerlund
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Lisa Gonzalez

## **This Week at St Ben's**

Tuesday	Jan 2
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
5:30p	Vespers
Wednesday	Jan 3
4:00p	Community Dinner
Friday	Jan 5
6:00p	Star Party
Sunday	Jan 7
10:30a	Eucharist Service
	Potluck

## Announcements

**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

**Tuesday Morning Prayers & Spiritual Conversation:** The Tuesday Spiritual Discussion group will conclude the Advent program sponsored by a group called Living Compass. You do not have to read the book to participate. Tuesdays at 10:30 on [Zoom](#).

**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](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

### **Offering the Common Cup at Communion**

In an effort to address the ongoing needs of our parish, including the continued assessment of the return to pre-COVID liturgical practices, we will resume offering you wine from the Common Cup (chalice) at the Eucharist. At the Eucharist, you will be offered wine from either the chalice or from an individual cup. If you choose to drink from the chalice, reach for it from the Eucharistic Minister. If you choose to drink from the individual cups, simply acknowledge the chalice with a nod of your head and take one of the small cups from the tray offered by the Eucharistic Assistant. As usual, cross your arms over your chest if you do not wish to receive any wine.

## Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tihini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today. May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

## Our Mission Statement

*St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.*

## Our Inclusivity Statement

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.

We embrace and seek to preserve the beautiful, amazing diversity of God's creation. We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.



**St. Benedict's Episcopal Church**  
**PO Box 6877**  
**2220 Snowy Egret Lane**  
**Los Osos, CA 93402**  
**805-528-0654**  
**office@stbenslosos.org**  
**www.stbenslosos.org**

