



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The First Sunday after the Epiphany

January 7, 2024 10:30 am

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

~ Prelude ~

"Men and Kings Seek Him"

KINGS OF ORIENT and DIX, Arranged by: Ruth Elaine Schram

© 2009 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 #119

As With Gladness Men of Old

Blue Hymnal



1 As with glad - ness men of old did the guid - ing star be - hold;
2 As with joy - ful steps they sped to that low - ly man - ger - bed;
3 As they of - fered gifts most rare at that man - ger rude and bare;
4 Ho - ly Je - sus! ev - ery day keep us in the nar - row way;
5 In the heav - en - ly coun - try bright, need they no cre - a - ted light;



1 as with joy they hailed its light, lead - ing on - ward, beam - ing bright;
2 there to bend the knee be - fore him whom heaven and earth a - dore;
3 so may we with ho - ly joy, pure and free from sin's al - loy,
4 and, when earth - ly things are past, bring our ran - somed souls at last
5 thou its light, its joy, its crown, thou its sun which goes not down:



1 so, most gra - cious Lord, may we ev - er - more be led to thee.
2 so may we with will - ing feet ev - er seek the mer - cy - seat.
3 all our cost - liest trea - sures bring, Christ! to thee, our heav - en - ly King.
4 where they need no star to guide, where no clouds thy glo - ry hide.
5 there for ev - er may we sing al - le - lu - ias to our King.

Words: William Chatterton Dix (1837-1898). Music: Dix, melody Conrad Kocher (1786-1872); arr. William Henry Monk (1823-1889); 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: *God of freedom, your beloved meets us where we are, immersed in the flow of life: by his humility and solidarity raise us from fear and guilt; may the arc of the Spirit's flight make us a people of peace; through Jesus Christ, the Son of Righteousness. Amen.*

Genesis 1:1-5

Reader: A Reading from the book of Genesis

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, "Let there be light"; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

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

People: *Thanks be to God*

Psalm 29

Ascribe to the LORD, you gods, *
ascribe to the LORD glory and strength.

Ascribe to the LORD the glory due his Name; *
worship the LORD in the beauty of holiness.

The voice of the LORD is upon the waters;
the God of glory thunders; *
the LORD is upon the mighty waters.

The voice of the LORD is a powerful voice; *
the voice of the LORD is a voice of splendor.

The voice of the LORD breaks the cedar trees; *
the LORD breaks the cedars of Lebanon;

He makes Lebanon skip like a calf, *
and Mount Hermon like a young wild ox.

The voice of the LORD splits the flames of fire;
the voice of the LORD shakes the wilderness; *
the LORD shakes the wilderness of Kadesh.

The voice of the LORD makes the oak trees writhe *
and strips the forests bare.

And in the temple of the LORD *
all are crying, "Glory!"

The LORD sits enthroned above the flood; *
the LORD sits enthroned as King for evermore.

The LORD shall give strength to his people; *
the LORD shall give his people the blessing of peace.

Acts 19:1-7

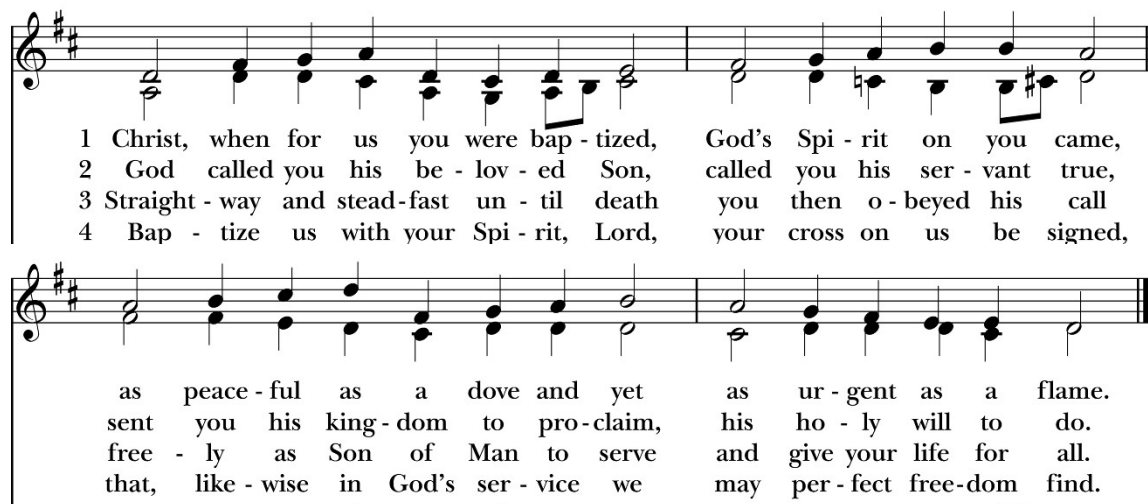
Reader: A Reading from the Acts of the Apostles

While Apollos was in Corinth, Paul passed through the interior regions and came to Ephesus, where he found some disciples. He said to them, “Did you receive the Holy Spirit when you became believers?” They replied, “No, we have not even heard that there is a Holy Spirit.” Then he said, “Into what then were you baptized?” They answered, “Into John’s baptism.” Paul said, “John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus.” On hearing this, they were baptized in the name of the Lord Jesus. When Paul had laid his hands on them, the Holy Spirit came upon them, and they spoke in tongues and prophesied— altogether there were about twelve of them.

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

People: Thanks be to God

♪ Hymn #121 Christ, When for Us You Were Baptized Blue Hymnal



1 Christ, when for us you were bap-tized, God's Spi-rit on you came,
2 God called you his be-lov-ed Son, called you his ser-vant true,
3 Straight-way and stead-fast un-til death you then o-beyed his call,
4 Bap-tize us with your Spi-rit, Lord, your cross on us be signed,
as peace-ful as a dove and yet as ur-gent as a flame.
sent you his king-dom to pro-claim, his ho-ly will to do.
free-ly as Son of Man to serve and give your life for all.
that, like-wise in God's ser-vice we may per-fect free-dom find.

Words: F. Bland Tucker (1895-1984), rev. Copyright © The Church Pension Fund. Music: *Caithness*, melody from *The Psalms of David in Prose and Meeter*, 1635; harm. *The English Hymnal*, 1906.

Mark 1:4-11

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

People: Glory to You, Lord Christ.

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel’s hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, “The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit.”

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

Gospeller: *The Gospel of Christ*

People: *Praise to You, Lord Christ.*

Sermon

Brother Dennis Gibbs

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

Affirmation of Faith

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

All: *We trust in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.*
*We trust in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.*
*We trust in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We trust in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.*

Prayers of the People

We pray for all who are being prepared or baptism or confirmation: for our Godchildren and our Godparents, for all who have been baptized in this place. God of light, **enlighten all your people.**

We pray for justice among the nations, we remember especially any who are held hostage, any who suffer from captivity or tyranny. We pray for all who are slaves to debt or suffer from poverty; that we all may work for justice and peace. God of light, **enlighten all your people.**

We give thanks for all who have been concerned with our well-being. We pray for parents and loved ones, for those who have shared their lives and their faith with us, for all with whom we work and for all our friends. God of light, **enlighten all your people.**

We remember all who are feeling badly bruised, by illness, by accident, or by circumstance. For all who have suffered spiritually or mentally, for those with memories that disturb or frighten them. We remember all who have lost confidence in themselves or in others. We pray for the world-weary and the weak, that God will give strength to all his people. God of light, **enlighten all your people.**

We pray especially for friends and loved ones who are ill or in need of our prayers...

[prayers from the bidding book read here...Please share silently or in the chat]

We pray especially for loved ones departed from us, may they rejoice in that greater awareness of your holy presence. God of light, **enlighten all your people.**

Celebrant: *Holy and Compassionate God, we pray that we may know that we are always immersed in your presence. Give your church the power to show that we are members of Christ and children of God. Amen.*

Adapted from *Traces of Glory* by David Adam 1999

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 *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.***

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 at any time.

♪ Hymn #7

Christ Whose Glory Fills the Skies

Blue Hymnal

♪ 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

EOW1

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.

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

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.***

Celebrant: 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 children, that with blessed Mary and blessed Benedict all your saints, past, present, and yet to come, we may praise your Name for ever.

**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,

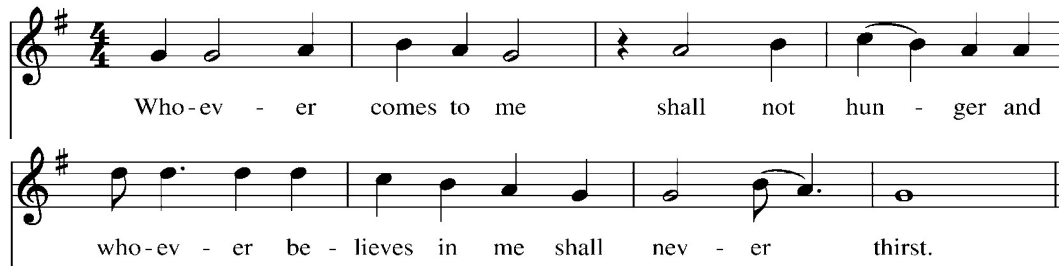
***Our Father in heaven,
 hallowed be your Name,
 your kingdom come,
 your will be done,
 on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
 as we forgive those
 who sin against us.
Save us from the time of trial,
 and deliver us from evil.
For the kingdom, the power,
 and the glory are yours,
 now and for ever. Amen.***

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem (2x)

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

“Be Still and Know”

Jason W. Krug Drennan

© 2022 Lorenz Publishing Co.

♪ Hymn #312

Strengthen for Service

Blue Hymnal

Prayer

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever 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 #135

Songs of Thankfulness and Praise

Blue Hymnal

Dismissal

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

All: *Thanks be to God.*

♪ Postlude

“Go, Tell It On the Mountain”

Traditional American Spiritual. Arranged by Patti Drennan

© 2014 Lorenz Publishing Co.

Ministers of the Service

Celebrant:	Sister Greta Ronningen
Preacher:	Brother Dennis Gibbs
Eucharistic Minister:	Diana Hammerlund
Eucharistic Assistant:	Lisa Gonzalez
Lector:	John Horsley
Flowers:	Pamela Bleisch
Ushers:	Maureen Titus & Jim Malone
Intercessor:	Lisa Gonzalez
Altar Guild:	Lisa Gonzalez
Online Host:	Jane Wu
Tellers:	Diana Hammerlund & Alice Welchert
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Monday 3:30p	Jan 8 Liturgy Committee Meeting (Zoom)
Tuesday 9:45a 10:30a 5:30p	Jan 9 Prayers of the Morning (Zoom) Spiritual Conversation (Zoom) Vespers in-person
Sunday 8:00a 10:30a	Jan 14 Contemplative Service Eucharist Service

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tilhini (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

