



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Second Sunday after Epiphany

January 14, 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 ~

Savior Like a Shepherd Lead Us

Arr. by Bill Wolaver

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

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

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 #8

Morning Has Broken

Blue Hymnal

Unison or harmony

1 Morn-ing has bro - ken like the first morn - ing,
2 Sweet the rain's new fall sun - lit from hea - ven,
3 Mine is the sun - light! Mine is the morn - ing

black-bird has spo - ken like the first bird. _____
like the first dew - fall on the first grass. _____
born of the one light E - den saw play! _____

Praise for the sing - ing! Praise for the morn - ing!
Praise for the sweet - ness of the wet gar - den,
Praise with e - la - tion, praise ev - ery morn - ing,

Praise for them, spring - ing fresh from the Word! _____
 sprung in com - plete - ness where his feet pass. _____
 God's re - cre - a - tion of the new day! _____

Words: Eleanor Farjeon (1881-1965), alt. By permission of David Higham Associates Limited, London. Music: *Bunessan*, Gaelic melody; harm. Alec Wyton (b. 1921). Harmonization Copyright © by The Church Pension Fund.

Collect of the Day

Celebrant: God 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 gives his life for the world; through Jesus Christ, the Lamb of God. Amen.*

1 Samuel 3:1-10

Reader: *A Reading from the first book of Samuel*

Now the boy Samuel was ministering to the LORD under Eli. The word of the LORD was rare in those days; visions were not widespread.

At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel was lying down in the temple of the LORD, where the ark of God was. Then the LORD called, "Samuel! Samuel!" and he said, "Here I am!" and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. The LORD called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." Now Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him. The LORD called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, LORD, for your servant is listening.'" So Samuel went and lay down in his place.

Now the LORD came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening."

Reader: The word of the Lord

People: *Thanks be to God*

Psalm 139:1-5, 12-17

LORD, you have searched me out and known me; *
you know my sitting down and my rising up;
you discern my thoughts from afar.

You trace my journeys and my resting-places *
and are acquainted with all my ways.

Indeed, there is not a word on my lips, *
but you, O LORD, know it altogether.

You press upon me behind and before *
and lay your hand upon me.

Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.

For you yourself created my inmost parts; *
you knit me together in my mother's womb.

I will thank you because I am marvelously made; *
your works are wonderful, and I know it well.

My body was not hidden from you, *
while I was being made in secret
and woven in the depths of the earth.

Your eyes beheld my limbs, yet unfinished in the womb;
all of them were written in your book; *
they were fashioned day by day,
when as yet there was none of them.

How deep I find your thoughts, O God! *
how great is the sum of them!

If I were to count them, they would be more in number than the sand; *
to count them all, my life span would need to be like yours.

1 Corinthians 6:12-20

Reader: A Reading from Paul's letter to the church in Corinth

“All things are lawful for me,” but not all things are beneficial. “All things are lawful for me,” but I will not be dominated by anything. “Food is meant for the stomach and the stomach for food,” and God will destroy both one and the other. The body is meant not for fornication but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us by his power. Do you not know that your bodies are members of Christ? Should I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that whoever is united to a prostitute becomes one body with her? For it is said, “The two shall be one flesh.” But anyone united to the Lord becomes one spirit with him. Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

Reader: The word of the Lord

People: ***Thanks be to God***

♩ Hymn #423

Immortal, Invisible God Only Wise Blue Hymnal

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
 2 Un - rest - ing, un - hast - ing, and si - lent as light,
 3 To all life thou giv - est, to both great and small;
 4 Thou reign - est in glo - ry, thou rul - est in light,

in light in - ac - ces - si - ble hid from our eyes,
 nor want - ing, nor wast - ing, thou rul - est in might;
 in all life thou liv - est, the true life of all;
 thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,
 thy jus - tice like moun - tains high soar - ing a - bove
 we blos - som and flour - ish, like leaves on the tree,
 all laud we would ren - der: O help us to see

al - might - y, vic - tor - ious, thy great Name we praise.
 thy clouds, which are foun - tains of good - ness and love.
 then with - er and per - ish; but nought chan - geth thee.
 'tis on - ly the splen - dor of light hid - eth thee.

Words: Walter Chalmers Smith (1824-1908), alt. Music: *St. Denio*, Welsh hymn, from *Caniadau y Cyssegr*, 1839; adapt. John Roberts (1822-1877); harm. *The English Hymnal*, 1906, alt.

John 1:43-51

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

People: Glory to You, Lord Christ.

Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him about whom

Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth.” Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” When Jesus saw Nathanael coming toward him, he said of him, “Here is truly an Israelite in whom there is no deceit!” Nathanael asked him, “Where did you get to know me?” Jesus answered, “I saw you under the fig tree before Philip called you.” Nathanael replied, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered, “Do you believe because I told you that I saw you under the fig tree? You will see greater things than these.” And he said to him, “Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man.”

Gospeller: The Gospel of Christ

People: Praise to You, Lord Christ.

Sermon

Sr. Greta Ronningen

[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

Traces of Glory © 2001 David Adam

We give you thanks, O God, for you have called us to know you and to proclaim you. Make us worthy of our calling; may we be faithful to you in our discipleship. We pray that each in their calling may seek to do your will, that your church may be attentive to your word and seek to do your will, that we may share in the mission and saving work of Christ our Lord. You are our strength. ***You are our salvation.***

We pray for all who are seeking to live up to their calling, for all who are striving to keep the ideals that they see. We remember all whose work has been frustrated, by evil or by accident, or by the restrictions of living in the midst of war. We pray for the underprivileged, the unemployed, for the work-weary and for the exploited. You are our strength. ***You are our salvation.***

Make us aware, Holy One, that you are ever calling us to new ventures, new visions: you call us to extend ourselves. We pray for the communities to which we belong and in which we have an active share. May we see our daily work as part of our discipleship and discipline. You are our strength. ***You are our salvation.***

We pray for all who feel they have labored in vain, for all who have toiled hard and achieved nothing, for those whose world has collapsed around them. We remember all who have been recently made homeless, those who have lost loved ones or possessions. We pray for all who through illness are unable to fulfill themselves, for all who are frustrated with life, all who feel like giving up. You are our strength. ***You are our salvation.***

We pray for the needs and concerns of this parish, starting with those in our bidding book.

[Prayers are read from the bidding book; additional prayers may be offered silently or in the chat.]

You are our strength. ***You are our salvation.***

We give thanks for all who have been faithful disciples, who have heeded your call and obeyed your commands. We pray for those who now serve you with the saints in glory. You are our strength. ***You are our salvation.***

Celebrant: *All-compassionate One, as you called the disciples, open our ears to your calling, open our eyes to your presence, open our hearts to your love, that we may hear you, and hearing you may love you, and loving you may serve you, whom to serve is perfect freedom; through Jesus Christ, the lamb of God. Amen.*

Confession and Absolution

Let us confess our sins against God and our neighbor.

All: ***Most merciful God,***
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. 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 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.

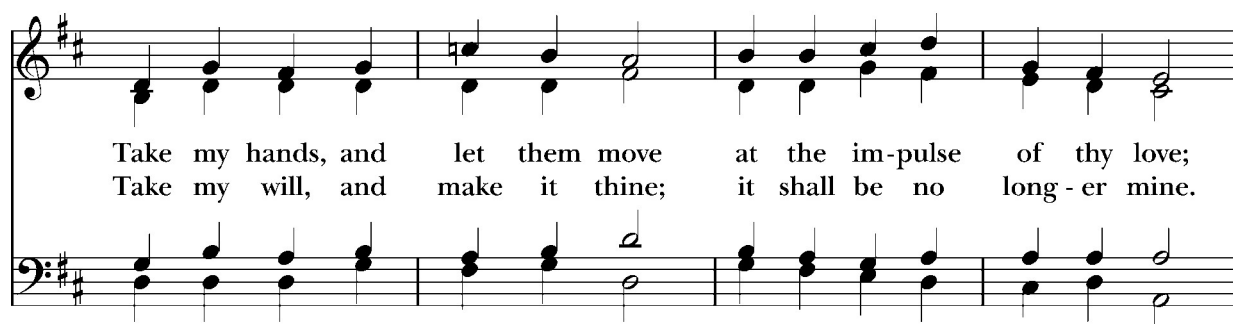
♪ Hymn #707 Take My Life and Let It Be Consecrated Blue Hymnal



1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;



take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.



Take my hands, and let them move at the im-pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.



take my heart, it is thine own; it shall be thy roy - al throne.
Take my - self, and I will be ev - er, on - ly, all for thee.

Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876).

♪ 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

BCP Prayer B

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.*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

♪ 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

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O God,

All: *We remember his death,
 We proclaim his resurrection,
 We await his coming in glory;*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with blessed Mary and blessed Benedict and all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

All: *By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours,
 Almighty Father, now and for ever. AMEN.*

The Lord's Prayer

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

*Our Father, who art in heaven,
 hallowed be your Name,
 your kingdom come,
 your will be done,
 on earth as it is in heaven.*

Give us this day 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.*

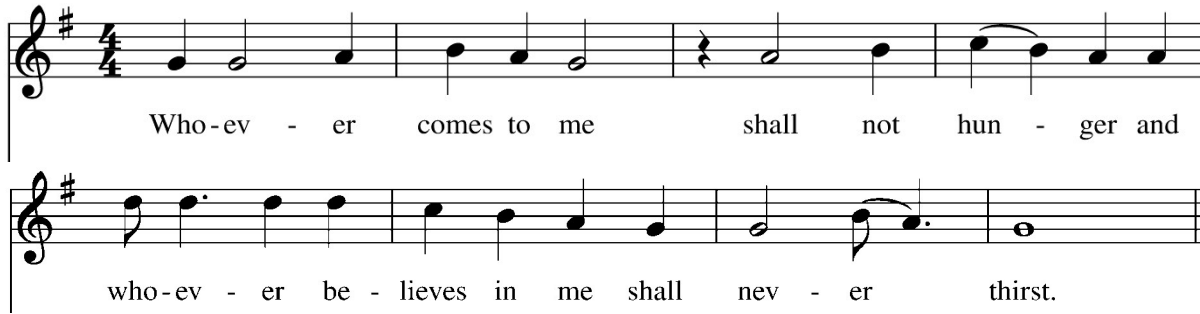
*For the kingdom, the power, and the glory are yours
 now and for ever. Amen.*

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: Christ our Passover is sacrificed for us;

People: *Therefore let us keep the feast.*

The celebrant continues:

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.

*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

Prelude Op 23 No 4

Sergei Rachmaninoff

© Schirmer 2003

♪ Hymn #324

Let All Mortal Flesh Keep Silence

Blue Hymnal

Silence

Prayer

*All-compassionate and ever-living God,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. 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

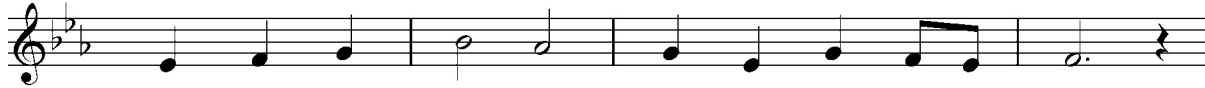
♪ Hymn #347

Go Forth for God

Blue Hymnal



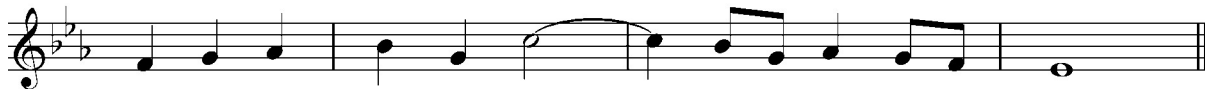
1 Go forth for God; go _____ to the world in peace;
2 Go forth for God; go _____ to the world in love;
3 Go forth for God; go _____ to the world in strength;
4 Go forth for God; go _____ to the world in joy,



be of good cour - age, armed with heaven - ly grace,
strength - en the faint, give cour - age to the weak;
hold fast the good, be ur - gent for the right;
to serve God's peo - ple ev - ery day and hour,



in God's good Spi - rit dai - ly to in - crease,
help the af - flict - ed; rich - ly from a - bove
ren - der to no one e - vil; Christ at length
and ser - ving Christ, our ev - ery gift em - ploy,



till in his king - dom we _____ be - hold his face.
his love sup - plies the grace _____ and power we seek.
shall o - ver - come all dark - ness with his light.
re - joic - ing in the Ho - ly Spi - rit's power.

Words: J.R. Peacey (1896-1971) and *English Praise*, 1975, alt. Copyright © 1984 by Hope Publishing company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Litton*, Erik Routley (1917-1982). Copyright © 1984 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission.

Dismissal

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

All: *Thanks be to God.*

♪ Postlude

Praise to the Lord, the Almighty

Arr. by Teresa Wilhelmi

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Today's Liturgy is from the outline in the Book of Common Prayer.
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Ministers of the Service

Celebrant:	Sister Greta Ronningen
Preacher:	Sister Greta Ronningen
Eucharistic Minister:	Alan Kiste
Eucharistic Assistant:	Brian Spolarich
Lector:	Jane Wu
Flowers:	Elaine Beckham
Ushers:	Connie Weldon & Brian Spolarich
Intercessor:	Helen Schnieders
Altar Guild:	Letty Cotta
Online Host:	Don Maruska
Tellers:	Steve Cake & Sandy Fisher
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Connie Weldon

This Week at St Ben's

Monday	Jan 15
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Jan 16
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
5:30p	Vespers in-person
Wednesday	Jan 17
3:00p	Earthcare
Saturday	Jan 20
9:00a	Men's Breakfast at Celia's Cafe
Sunday	Jan 21
8:00a	Contemplative Service
10:30a	Eucharist Service
12:30p	Vestry Meeting

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Helen Schnieders (818) 324-2646 . 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.

Tuesday Morning Prayers & Spiritual Conversation: The Tuesday morning Spiritual conversation will be discussing ideas from the book [*How to Live: What the Rule of St. Benedict Teaches Us About Happiness, Meaning and Community*](#) by Judith Valente. You do not have to read the book to participate. Tuesdays at 10:30 on [Zoom](#).

An all-gender restroom is located through the white door at the left of the sanctuary. All other restrooms are located by exiting out the doors and going down the outdoor wooden walkway towards the red door and then down the hallway to the left. Please ask an usher for assistance if needed.

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.



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