



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Second Sunday after Epiphany

January 14, 2024 8:00 am

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

About Our Service

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.

We invite everyone to stand and sit during various parts of the service. Indicators are found within parentheses throughout the bulletin. Apologies if any are missing.

Please silence your phones.

(please stand as you are able)

Officiant: 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.*

Canticle S

A Song of Our True Nature

Julian of Norwich

Christ revealed our frailty and our falling, *
our trespasses and our humiliations.

Christ also revealed his blessed power, *
his blessed wisdom and love.

He protects us as tenderly and as sweetly when we are in greatest need; *
he raises us in spirit and turns everything to glory and joy without
ending.

God is the ground and the substance, the very essence of nature; *
God is the true father and mother of natures.

We are all bound to God by nature, *
and we are all bound to God by grace.

And this grace is for all the world, * ?
because it is our precious mother, Christ.

For this fair nature was prepared by Christ for the honor and nobility of all, *
and for the joy and bliss of salvation.

Collect of the Day

Officiant: Christ be with you.

People: *And also with you.*

Officiant: 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.*

(please be seated for the readings)

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*

(please stand as you are able as we welcome the Gospel)

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.*

Discussion

Lisa Gonzalez

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

(please stand as you are able)

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 of this parish, starting with those in our bidding book.

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

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.***

Officiant: *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.*

Officiant: *May the All-Compassionate God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.*

The Peace

Officiant: *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.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or any special concern, may come forward.
Prayers can be found on the white or yellow card in your pew.

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 General Thanksgiving

All: Holy One, author of all mercies,

we your unworthy servants give you humble thanks

for all your goodness and loving-kindness

to us and to all whom you have made.

We bless you for our creation, preservation,

and all the blessings of this life;

but above all for your immeasurable love

in the redemption of the world by our Lord Jesus Christ;

for the means of grace, and for the hope of glory.

And, we pray, give us such an awareness of your mercies,

that with truly thankful hearts we may show forth your praise,

not only with our lips, but in our lives,

by giving up our selves to your service,

and by walking before you

in holiness and righteousness all our days;

through Jesus Christ our Lord,

to whom, with you and the Holy Spirit,

be honor and glory throughout all ages. Amen.

(silence)

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.*

Blessing

Officiant: Live without fear: your Creator has made you holy, has always protected you, and loves you as a parent. Go in peace to follow the good road and may God's blessing be with you always. *Amen.*

(source: from Saint Clare)

Announcements

Dismissal

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

All: *Thanks be to God.*

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

Officiant:	Lisa Gonzalez
Flowers:	Elaine Beckham
Altar Guild:	JW Wright
Technical:	Hannah-Jaye Matthews

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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