



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday after Epiphany

January 21 10:30 am

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

## ~ Prelude ~

*How Great Thou Art*

Arr. by Dan Forrest

Swedish hymn tune

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 #117

## Brightest and Best (v. 1-3)

## Blue Hymnal

1 Bright - est and best of the stars of the morn - ing,  
2 Cold on his cra - dle the dew - drops are shin - ing,  
3 Shall we then yield him, in cost - ly de - vo - tion,  
4 Vain - ly we of - fer each am - ple o - bla - tion,  
5 Bright - est and best of the stars of the morn - ing,

1 dawn on our dark - ness, and lend us thine aid;  
2 low lies his head with the beasts of the stall;  
3 o - dors of E - dom, and of - ferings di - vine,  
4 vain - ly with gifts would his fa - vor se - cure,  
5 dawn on our dark - ness, and lend us thine aid;

1 star of the east, the hor - i - zon a - dorn - ing,  
 2 an - gels a - dore him in slum - ber re - clin - ing,  
 3 gems of the moun - tain, and pearls of the o - cean,  
 4 rich - er by far is the heart's a - dor - a - tion,  
 5 star of the east, the hor - i - zon a - dorn - ing,

1 guide where our in - fant Re - deem - er is laid.  
 2 Ma - ker and Mon - arch and Sa - vior of all.  
 3 myrrh from the for - est, and gold from the mine?  
 4 dear - er to God are the prayers of the poor.  
 5 guide where our in - fant Re - deem - er is laid.

Words: Reginald Heber (1783-1826), alt. Music: *Morning Star*, James Proctor Harding (1850-1911).

## Collect of the Day

Celebrant: God be with you.

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

Celebrant: Let us pray together.

**All:** *Lord of time fulfilled, who was not born an angel but walked the common earth: with those you called by the lakeside may we share your mission to bring good news to all, to let the world know that God is among us; through Jesus Christ, the one who reigns. Amen.*

## Jonah 3:1-5, 10

**Reader:** *A Reading from the book of Jonah*

The word of the LORD came to Jonah a second time, saying, “Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.” So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, “Forty days more, and Nineveh shall be overthrown!” And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

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

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

## **Psalm 62:6-14**

For God alone my soul in silence waits; \*  
truly, my hope is in him.

He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be shaken.

In God is my safety and my honor; \*  
God is my strong rock and my refuge.

Put your trust in him always, O people, \*  
pour out your hearts before him, for God is our refuge.

Those of high degree are but a fleeting breath, \*  
even those of low estate cannot be trusted.

On the scales they are lighter than a breath, \*  
all of them together.

Put no trust in extortion;  
in robbery take no empty pride; \*  
though wealth increase, set not your heart upon it.

God has spoken once, twice have I heard it, \*  
that power belongs to God.

Steadfast love is yours, O Lord, \*  
for you repay everyone according to his deeds.

## **1 Corinthians 7:29-31**

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

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

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

**People: Thanks be to God**

♩ Hymn #661

They Cast Their Nets in Galilee

Blue Hymnal

1 They cast their nets in Gal - i - lee just  
 2 Con - tent - ed, peace - ful fish - er - men, be -  
 3 Young John who trimmed the flap - ping sail, home -  
 4 The peace of God, it is no peace, but

off the hills of brown; such hap - py,  
 fore they ev - er knew the peace of  
 less, in Pat - mos died. Pe - ter, who  
 strife closed in the sod. Yet let us

sim - ple fish - er - folk, be - fore the Lord came down.  
 God that filled their hearts brim - ful, and broke them too.  
 hauled the teem - ing net, head - down was cru - ci - fied.  
 pray for but one thing— the mar - velous peace of God.

Words: William Alexander Percy (1885-1942), alt. Copyright by Edward B. Marks Music Corporation. Used with permission.  
 Music: *Georgetown*, David McKinley Williams (1887-1978). Copyright © The Church Pension Fund.

**Mark 1:14-20**

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

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

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

*Gospeller: The Gospel of Christ*

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

**Sermon**

Rev. Jen Crompton

[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

You have called us, O God, to follow you. Give us the grace to listen to your call, to lay aside the things of this world, and to follow you. In your mercy, *hear our prayer.*

You have sent us, O God, into the world to tell the story of your love and faithfulness. Give us a holy zeal for the proclamation of the gospel in this place and in all the world. In your mercy, *hear our prayer.*

You have called, O God, persons of varieties of gifts to serve your church. Bless, we pray, the ministries of musicians and artists, scholars and writers, pastors and teachers, that their work enrich our common life and offer us a glimpse of the life to come, In your mercy, *hear our prayer.*

You gave life, O God, for us and for all people. We remember before you those who are sick, those who mourn, and those who rejoice. We pray for the needs and concerns of this parish, starting with those in our bidding book.

[here prayers are added from the bidding book and  
you are invited to add your own prayers silently or in the chat]

As you have reached out to us in love, so inspire us to be present to those we have named before you. In your mercy, *hear our prayer.*

You are Governor, O God, over the whole cosmos; bless those whom we have elected and set in authority over us, especially our president, Joe Biden, vice-president, Kamala Harris, and all our other Representatives and Senators. In your mercy, *hear our prayer.*

You have mercy, O God, on all your people: bring a rapid end to the pandemic and surround all those affected with your healing grace. In your mercy, *hear our prayer.*

Celebrant: *As we are faithful in prayer, O God, so make us faithful in following you, that loving and serving you all the days of our lives, we may know the joy of the resurrection and may look with longing for your coming in power, through Jesus Christ our Lord. Amen.* From *Intercession for the Christian People* 1990 Liturgical Press

## 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](http://www.stbenslososos.org) at any time.

♪ Hymn #488

Be Thou My Vision

Blue Hymnal



1 Be thou my vi - sion, O Lord of my heart;  
 2 Be thou my wis - dom, and thou my true word;  
 3 High King of hea - ven, when vic - tory is won,



all else be nought to me, save that thou art—  
 I ev - er with thee and thou with me, Lord;  
 may I reach hea - ven's joys, bright hea - ven's Sun!



thou my best thought, — by day or by night,  
 thou my great Fa - ther; thine own may I be;  
 Heart of my heart, — what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.  
 thou in me dwell - ing, and I one with thee.  
 still be my vis - ion, O Ru - ler of all.

Words: Irish, ca. 700; versified Mary Elizabeth Byrne (1880-1931); tr. Eleanor H. Hull (1860-1935), alt. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. David Evans (1874-1948). By permission of Oxford University Press.

♪ 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 sing,

Voice

Our Fa-----ther in  
Heaven Holy be- your name Your kingdom come; Your will be  
done on earth as in heav'n- Give us this day our dai-----ly  
bread. Forgive us our sins as we for- give those who sin a - gainst us.  
Save us from the time of tri-al and de - li-ver-us from e-vil For the  
king - dom the po-wer and the glo----- ry are yours now & for---e---ver  
A -----men A -----men A-----men  
A -----men A -----men.

Jack Noble White Tune: © 1993 Triune Music,

## ***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.

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of the anthem, and the second staff contains the melody for the second line. The lyrics are written below the notes.

## **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**

*Jerusalem, My Happy Home*

Arr. by Anna Laura Page

American Folk Hymn

♩ Hymn #341

For The Bread

Blue Hymnal

1 For the bread which you have bro - ken, for the  
 2 By this pledge, Lord, that you love us, by your  
 3 As our bless - ed ones a - dore you, seat - ed  
 4 In your ser - vice, Lord, de - fend us; in our

wine which you have poured, for the words which you have  
 gift of peace re - stored, by your call to heaven a -  
 at our Fa - ther's board, may the Church still wait - ing  
 hearts keep watch and ward, in the world to which you

spo - ken, now we give you thanks, O Lord.  
 bove us, hal - low all our lives, O Lord.  
 for you keep love's tie un - bro - ken, Lord.  
 send us let your king - dom come, O Lord.

Words: Louis F. Benson (1855-1930), alt. Copyright © Louis F. Benson. Used by permission of Robert F. Jeffery. Music: *Omni die*, melody from *Gross Catolisch Gesangbuch*, 1631; harm. William Smith Rockstro (1823-1895).

Silence

**Prayer**

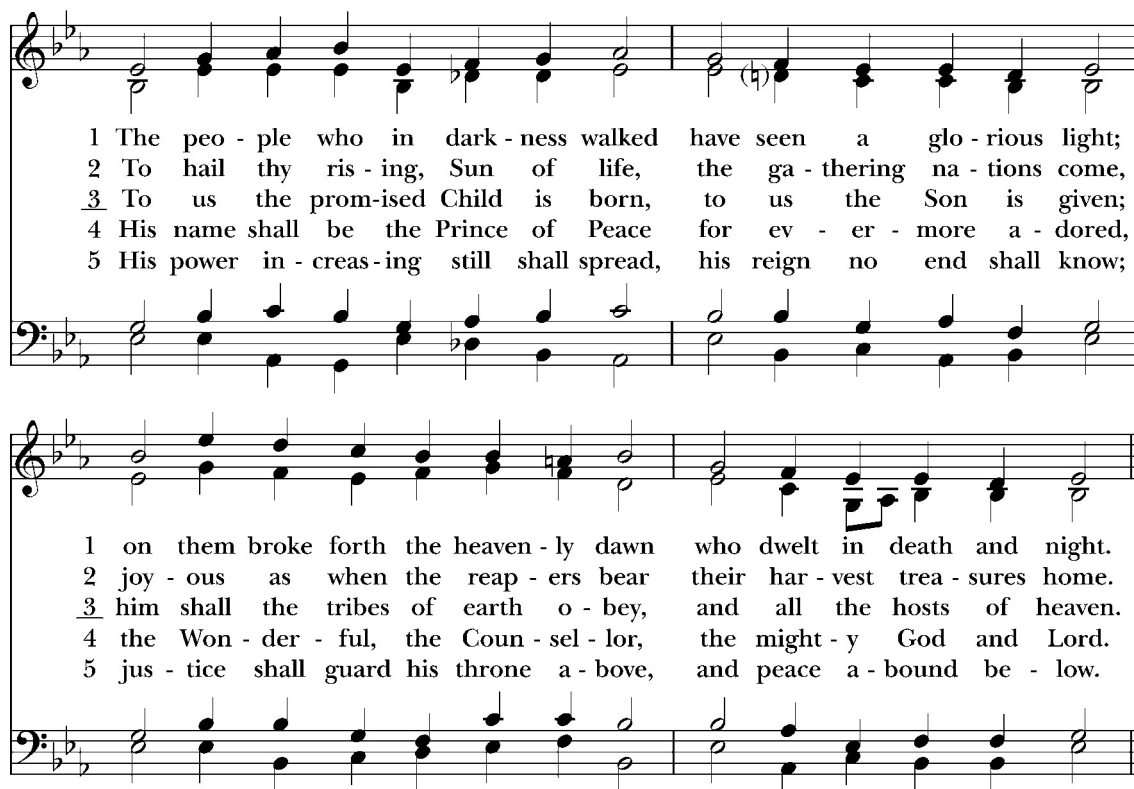
*God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and 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 #126 The People Who in Darkness Walked (v 1-3) Blue Hymnal



1 The peo - ple who in dark - ness walked have seen a glo - rious light;  
2 To hail thy ris - ing, Sun of life, the ga - thering na - tions come,  
3 To us the prom - ised Child is born, to us the Son is given;  
4 His name shall be the Prince of Peace for ev - er - more a - dored,  
5 His power in - creas - ing still shall spread, his reign no end shall know;

1 on them broke forth the heaven - ly dawn who dwelt in death and night.  
2 joy - ous as when the reap - ers bear their har - vest trea - sures home.  
3 him shall the tribes of earth o - bey, and all the hosts of heaven.  
4 the Won - der - ful, the Coun - sel - lor, the might - y God and Lord.  
5 jus - tice shall guard his throne a - bove, and peace a - bound be - low.

Words: John Morison (1749-1798), alt.; para. of Isaiah 9:2-7. Music: Dundee, melody *The CL Psalms of Davis*, 1615; harm. Thomas Ravenscroft (1592-1635?), alt.

### Dismissal

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

All: *Thanks be to God.*

### ♪ Postlude

*Little Prelude in C Major*

J.S. Bach

Eucharist Liturgy Adapted from [Enriching Our Worship](#)  
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## **Ministers of the Service**

Celebrant:	Rev. Jen Crompton
Preacher:	Rev. Jen Crompton
Eucharistic Minister:	Brian Spolarich
Eucharistic Assistant:	Alan Kiste
Lector:	Bryson McKelvey
Music:	Ann Lucas
Flowers:	Brian Spolarich
Ushers:	Alan Kiste & Barbara Schippers
Intercessor:	Louisa Beeler
Altar Guild:	Diana Hammerlund
Online Host:	Jane Wu
Tellers:	Bryson McKelvey & Alice Welchert
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Ann & Michael Lucas

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

Monday	Jan 22
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Jan 23
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
5:30p	Vespers in-person
Sunday	Jan 28
8:00a	Contemplative Service
10:30a	Eucharist Service
	Annual Meeting & Potluck

## Announcements

**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).

**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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