



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday after Epiphany

January 21, 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.

During Communion

We have gluten-free wafers available. Please let your nearest usher know *before the service begins* if you would prefer a gluten-free wafer, and they will inform the celebrant.

We use wine per the Canons of the Episcopal Church; it is offered either from the common cup or individual cups. If you prefer to abstain from alcohol for any reason, you may cross your arms over your chest and receive the cup by sight. Taking Communion with just one element (Bread) is considered complete.

(please stand as you are able)

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.*

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

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.*

(please be seated for the readings)

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

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

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.

Discussion

Rev. Jen Crompton

[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 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 aloud]

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.***

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 concerns, 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.*

(please stand as you are able)

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 say:

People *Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is the one who comes in the name of the Lord. Hosanna in the highest.*

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

Celebrant This is the true bread which comes down from heaven and gives life to the world.

People *Whoever eats this bread will live for ever.*

Holy Communion

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

If God is calling you, you are welcome to receive communion when the celebrant invites the people forward. If you prefer to receive a blessing, please cross your arms over your chest. As your group is called forward, please spread out to widen the circle and increase safe social distancing.

Silence
(please stand as you are able)

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

Dismissal

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

All: Thanks be to God.

Eucharist Liturgy Adapted from Enriching Our Worship
© 1988 Church Publishing Incorporated Used with permission

Ministers of the Service

Celebrant:	Rev. Jen Crompton
Flowers:	Brian Spolarich
Altar Guild:	JW Wright
Technical:	Hannah-Jaye Matthews

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 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 tiłhini (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@stbenslososos.org

www.stbenslososos.org

