



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fourth Sunday after Epiphany

January 28, 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 ~

"Reflections in the Water"

Composer: Claude Debussy

Pianist: Ann Lucas

Celebrant: Blessed be God: Creator, Word, and Holy Spirit.

People: *And blessed be his kingdom, now and for ever. Amen.*

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 #432

O Praise Ye the Lord

Blue Hymnal

1 O praise ye the Lord! Praise him in the height;
2 O praise ye the Lord! Praise him up - on earth,
*3 O praise ye the Lord! All things that give sound;
4 O praise ye the Lord! Thanks - giv - ing and song

re - joice in his word, ye an - gels of light;
in tune - ful ac - cord, all ye of new birth;
each ju - bi - lant chord re - ech - o a - round;
to him be out - poured all a - ges a - long!

ye hea - vens, a - dore him by whom ye were made,
 praise him who hath brought you his grace from a - bove,
 loud or - gans, his glo - ry forth tell in deep tone,
 For love in cre - a - tion, for hea - ven re - stored,

and wor - ship be - fore him, in bright - ness ar - rayed.
 praise him who hath taught you to sing of his love.
 and sweet harp, the sto - ry of what he hath done.
 for grace of sal - va - tion, O praise ye the Lord!

Words: Henry Williams Baker (1821-1877), alt.; based on Psalms 148 and 150. Music: *Laudate Dominum*, Charles Hubert Hastings Parry (1848-1918).

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *God of liberation, confronting the powers that exclude the unclean and bind us to death: may we receive your word of authority, your rule of peace, your earthly holiness, which comes not to destroy but to set us free; through Jesus Christ, the holy one of God. Amen.*

Deuteronomy 18:15-20

Reader: A Reading from the book of Deuteronomy

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: “If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.” Then the Lord replied to me: “They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.”

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

People: *Thanks be to God.*

Psalm 111

Hallelujah!

I will give thanks to the LORD with my whole heart, *
in the assembly of the upright, in the congregation.

Great are the deeds of the LORD! *
they are studied by all who delight in them.

His work is full of majesty and splendor, *
and his righteousness endures for ever.

He makes his marvelous works to be remembered; *
the LORD is gracious and full of compassion.

He gives food to those who fear him; *
he is ever mindful of his covenant.

He has shown his people the power of his works *
in giving them the lands of the nations.

The works of his hands are faithfulness and justice; *
all his commandments are sure.

They stand fast for ever and ever, *
because they are done in truth and equity.

He sent redemption to his people;
he commanded his covenant for ever; *
holy and awesome is his Name.

The fear of the LORD is the beginning of wisdom; *
those who act accordingly have a good understanding;
his praise endures for ever.

1 Corinthians 8:1-13

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

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and

wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

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

People: Thanks be to God.

♩ Hymn #448 O Love, How Deep, How Broad, How High 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.

Mark 1:21-28

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

People: Glory to You, Lord Christ.

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.” But Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” At once his fame began to spread throughout the surrounding region of Galilee.

Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

[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

Holy One, give to us and your whole church the spirit of wisdom and godly guidance; that we may discern the times in which we live, that we may proclaim with relevance the Gospel in all the world. By your Spirit empower all who preach to speak clearly and with vision. We pray for all ministers of the word and of the sacraments. Holy One, hear us. **Oh God, deliver us.**

We pray for all rulers and leaders of peoples, that they may have vision and not neglect the responsibilities put on them. We pray for all who plan for our future, for scientists, geneticists, research workers and inventors; for

those who influence our minds through broadcasting or the press. We remember all who have lost vision, and those who lead others astray. Holy One, hear us. **Oh God, deliver us.**

We give you thanks for those who have revealed your presence and love to us, for those who guided us into the ways of truth. We pray for those who now influence the minds of our young people; for schools, colleges and universities; for young people who have left home, for those caught up in crime or drugs. Holy One, hear us. **Oh God, deliver us.**

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. Holy One, hear us. **Oh God, deliver us.**

We give thanks for your redeeming love and liberating power, that you free us from the powers of evil and death, and open up for us the glory of your kingdom. We pray for all who have died and are now at peace. May we rejoice with them in your heavenly kingdom. Holy One, hear us. **Oh God, deliver us.**

Celebrant: *Holy God, give us a deep insight into your ways and the ways of the world, that seeing with a clear vision and having the spirit of discernment, we may be able to stand firm for justice and speak out in truth; through Jesus Christ our Lord, who lives and reigns with you now and for ever. Amen.*

Adapted from *Traces of Glory* by David Adam 1999

Confession and Absolution

Let us confess our sins against God and our neighbor.

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 *Almighty 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.

♪ WLP #773

Heal Me, Hands of Jesus

WLP



1. Heal me, hands of Je-sus, and search out all my pain: re -
2. Cleanse me, blood of Je-sus, take bit - ter-ness a - way; let
3. Know me, mind of Je-sus, and show me all my sin; dis -
4. Fill me, joy of Je-sus: anx - i - e - ty shall cease and



store my hope, re - move my fear and bring me peace a - gain.
me for - give as one for-given and bring me peace to - day.
pel the mem - o - ries of guilt, and bring me peace with - in.
heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

♪ 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

Iona

Celebrant:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Celebrant: May Christ be with you,

All: *And also with you.*

Celebrant: Lift up your hearts,

All: *We lift them up to God.*

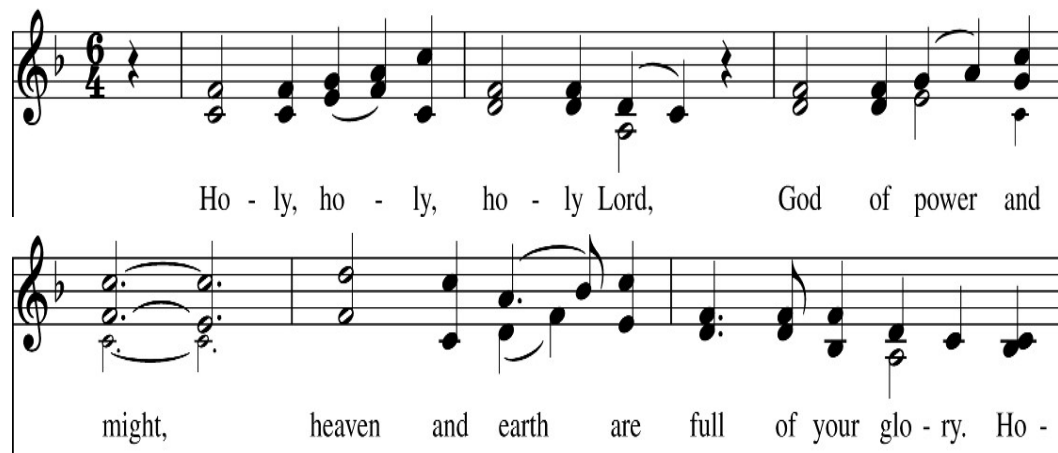
Celebrant: Let us give thanks to God,

All: *It is right to give both thanks and praise.*

Celebrant: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with siblings east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

♪ 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).

Celebrant Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of bread. On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying, This is my body, given to you. In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying, This cup is the new relationship with God, sealed with my blood. Take this and share it. I shall drink wine with you next in the coming Kingdom of God.

All: *Loving God,
 through your goodness we have this bread and wine to offer,
 which earth has given and human hands have made.
 May we know your presence in the sharing of this bread,
 So that we may know your touch in all bread, all matter.
 We celebrate the life that Jesus has shared among his
 community through the centuries, and shares with us now.
 Made one in Christ and one with each other, we offer these gifts
 and with them ourselves, a single, holy, living sacrifice. Amen.*

Celebrant: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

All: *Through Christ and with Christ and in Christ,
 all honor and glory are yours, All-Compassionate God,
 in the unity of the Holy Spirit, for ever and ever. AMEN*

The Lord's Prayer

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

*Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
 Source of all that is and that shall be,
 Father and Mother of us all,
 Loving God, in whom is heaven:*

*The hallowing of your name echo through the universe!
 The way of your justice be followed by the peoples of the world!
 Your heavenly will be done by all created beings!
 Your commonwealth of peace and freedom sustain our hope and come on earth.
 With the bread we need for today, feed us.
 In the hurts we absorb from one another, forgive us.
 In times of temptation and test, strengthen us.
 From trials too great to endure, spare us.
 From the grip of all that is evil, free us.
 For you reign in the glory of the power that is love, now and for ever.
 Amen.*

from *A New Zealand Prayer Book*

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 lyrics, and the second staff contains the melody for the second line. The lyrics are written below the notes.

Music: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants*. Copyright © 1997 Carl Haywood.

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 Thou My Vision with Open Our Eyes, O Lord, We Pray”

Arr. by Paul A. Tate

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♩ Hymn #343

Shepherd of Souls Refresh and Bless

Blue Hymnal

1 Shep - herd of souls, re - fresh and bless thy cho - sen
 2 We would not live by bread a - lone, but by thy
 3 Be known to us in break - ing bread, and do not
 4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the
 word of grace, in strength of which we
 then de - part; Sa - vior, a - bide with
 and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
 trav - el on to our a - bid - ing - place.
 us, and spread thy ta - ble in our heart.
 heaven - ly wine, be our im - mor - tal food.

Words: James Montgomery (1771-1845), alt. Music: *St. Agnes*, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876). Copyright © 1985, G.I.A. Publications.

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: May the Lord of light and love lead you into the way of peace, guide you in the way that you are traveling, protect you from all danger, keep you in his care forever. *Amen.*

Announcements

♩ LEVAS #189 Great is Thy Faithfulness

Great is thy faith - ful - ness! Great is thy faith - ful - ness!

Morn - ing by morn - ing new mer - cies I see;

All I have need - ed thy hand hath pro - vid - ed,

Great is Thy faith - ful - ness, Lord un - to me!

Words: Thomas O. Chisholm (1866-1960). Music: William M. Runyan (1870-1957). Copyright © 1923. Renewal 1951 Hope Publishing Co., 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

“May the Road Rise to Meet You”

Lori True Arr. Paul A. Tate

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Ministers of the Service

Celebrant:	Rev. Jen Crompton
Preacher:	Rev. Jen Crompton
Eucharistic Minister:	Michael Lucas
Eucharistic Assistant:	Sarah Chesebro
Lector:	Roz Malone
Flowers:	Sharon Porter
Ushers:	Jim Malone & Sandy Fisher
Intercessor:	Sandy Fisher
Altar Guild:	Sarah Chesebro
Online Host:	Elaine Beckham
Tellers:	Alice Welchert & Diana Hammerlund
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Potluck

This Week at St Ben's

Monday	Jan 29
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Jan 30
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
5:30p	Vespers in-person
Wednesday	Jan 31
11:00a	Laundry Love
4:00p	Laundry Love
Saturday	Feb 3
10:30a	Peoples Kitchen
Sunday	Feb 4
10:30a	Liturgy of the Word

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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