



## St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fourth Sunday after Epiphany

January 28, 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 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.*

### 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:** *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.*

(please be seated for the readings)

### **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.**

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

## **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.*

## **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**

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 aloud]

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 which the world cannot give, the deep peace of him who stilled the storm; the peace of the Lord 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**

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:

**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.***

*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

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. If you prefer to receive a blessing, please cross your arms over your chest.*

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: 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**

(please stand as you are able)

## **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  
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Ministers of the Service

Celebrant:	Rev. Jen Crompton
Preacher:	Rev. Jen Crompton
Flowers:	Sharon Porter
Altar Guild:	JW Wright
Technical:	Hannah-Jaye Matthews

**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

## 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](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.



### **St. Benedict's Episcopal Church**

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