



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The last Sunday after the Epiphany

February 11, 2024 10:30 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 as you are able 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.

~ Prelude ~

"Spirit of God, Descend Upon My Heart"

Frederick Cook Atkinson

© 1997 Hal Leonard Corp

Dave Alm, piano

(please stand as you are able)

Celebrant: **B**lessed be the one, holy, and living God.

People: **G**lory 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.***

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *God made known in human frailty; your chosen one walked through fields where bitterness flourished and mercy was enclosed: break through our conspiracies of unholy power and teach us what it means to save and honor life; through Jesus Christ, lord of the Sabbath. Amen.*

(please be seated for the readings)

2 Kings 2:1-12

Reader: *A Reading from the book of Second Kings*

When the LORD was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, “Stay here; for the LORD has sent me as far as Bethel.” But Elisha said, “As the LORD lives, and as you yourself live, I will not leave you.” So they went down to Bethel. The company of prophets who were in Bethel came out to Elisha, and said to him, “Do you know that today the LORD will take your master away from you?” And he said, “Yes, I know; keep silent.”

Elijah said to him, “Elisha, stay here; for the LORD has sent me to Jericho.” But he said, “As the LORD lives, and as you yourself live, I will not leave you.” So they came to Jericho. The company of prophets who were at Jericho drew near to Elisha, and said to him, “Do you know that today the LORD will take your master away from you?” And he answered, “Yes, I know; be silent.”

Then Elijah said to him, “Stay here; for the LORD has sent me to the Jordan.” But he said, “As the LORD lives, and as you yourself live, I will not leave you.” So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan. Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground.

When they had crossed, Elijah said to Elisha, "Tell me what I may do for you, before I am taken from you." Elisha said, "Please let me inherit a double share of your spirit." He responded, "You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not." As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, "Father, father! The chariots of Israel and its horsemen!" But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 50:1-6

The LORD, the God of gods, has spoken; *
he has called the earth from the rising of the sun to its setting.
Out of Zion, perfect in its beauty, *
God reveals himself in glory.
Our God will come and will not keep silence; *
before him there is a consuming flame,
and round about him a raging storm.
He calls the heavens and the earth from above *
to witness the judgment of his people.
"Gather before me my loyal followers, *
those who have made a covenant with me
and sealed it with sacrifice."
Let the heavens declare the rightness of his cause; *
for God himself is judge.

2 Corinthians 4:3-6

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

Even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not

proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

Reader: The word of the Lord.

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

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

♪ Hymn 137 (v1-4)

"O Wonderous type"

Blue Hymnal

Mark 9:2-9

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

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

Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

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.]

(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

BCP Form IV

Let us pray for the Church and for the world.

Grant, All-merciful God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

[Silence]

Lord, in your mercy, ***Hear our prayer.***

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

[Silence]

Lord, in your mercy, ***Hear our prayer.***

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

[Silence]

Lord, in your mercy. ***Hear our prayer.***

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

[Silence]

Lord, in your mercy, ***Hear our prayer.***

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

[Prayers from the bidding book are read.
Please add additional prayers, silently or aloud.]

Lord, in your mercy, ***Hear our prayer.***

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

[Silence]

Lord, in your mercy, ***Hear our prayer.***

Celebrant: *Hasten, O Creator, the coming of your kingdom; and grant that we your servants, who now live by faith, may with joy behold your Son at his coming in glorious majesty; even Jesus Christ, our only Mediator and Advocate. 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.

Celebrant: May the All-Compassionate God have mercy on you, forgive you all your sins through our Lord 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.*

The Offertory

You are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can contribute at our website www.stbenslososos.org at any time.

♪ Hymn #383

“Fairest Lord Jesus”

Blue Hymnal

(please stand as you are able)

♪ 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

BCP Prayer B

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.*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

♪ Sanctus

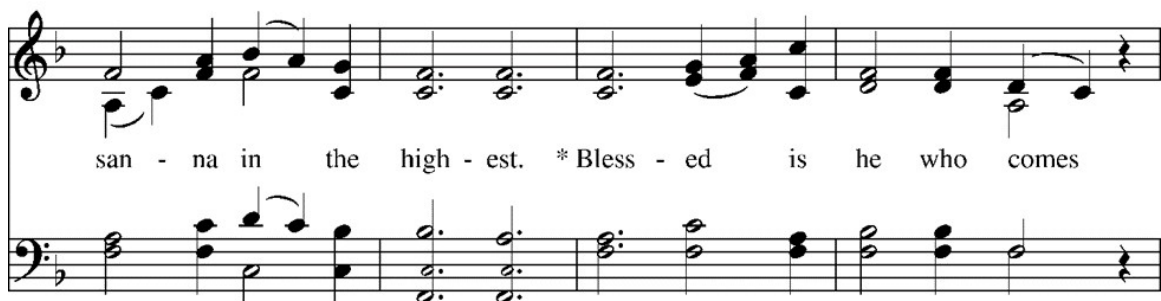
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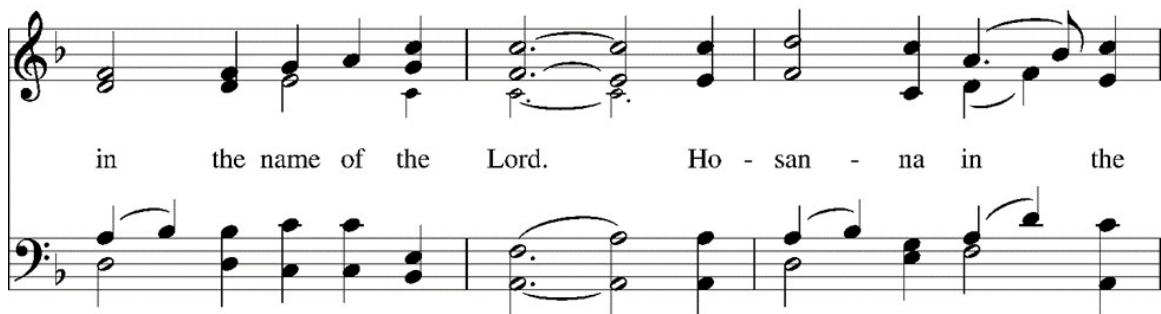
Ho - ly, ho - ly, ho - ly Lord, God of power and



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.

The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O God,

**All: *We remember his death,
 We proclaim his resurrection,
 We await his coming in glory;***

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be

the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with blessed Mary and blessed Benedict and all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

All: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. AMEN.

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 thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.*

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

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 musical score is written in 4/4 time with a key signature of one sharp (F#). It consists of two systems. The first system has a vocal line and a piano accompaniment. The vocal line begins with a quarter rest, followed by the lyrics 'Who - ev - er comes to me shall not hun - ger and'. The piano accompaniment features a steady bass line and chords in the right hand. The second system continues the vocal line with 'who - ev - er be - lieves in me shall nev - er thirst.' and concludes with a double bar line.

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

Holy Communion

Celebrant: Christ our Passover is sacrificed for us;

People: *Therefore let us keep the feast.*

The celebrant continues:

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

If God is calling you, you are welcome to receive communion when the celebrant invites your section 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.

♪ Communion Music

“Fairest Lord Jesus”

Schlesische Volkslieder
1842 Piano Setting by Joel Raney

© 2007 Hope Publishing
Dave Alm, Piano

♪ Hymn #316

“This is the hour”

Blue Hymnal

Silence

(please stand as you are able)

Prayer

*All-compassionate and ever-living God,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. 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

(please stand as you are able)

♪ Hymn #542

“Christ is the World’s True Light”

Blue Hymnal

Dismissal

Celebrant: Go in peace to love and serve the Lord.

All: *Thanks be to God.*

♪ Postlude

“Toccatina in E Minor”

J.S.Bach

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Sarah Jane Scott

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

Celebrant:	Rev. Jen Crompton
Eucharistic Minister:	Alan Kiste
Liturgical Assistant:	Brian Spolarich
Lector:	Roz Malone
Flowers:	Sharon Porter
Ushers:	Brian Spolarich & Jim Malone
Intercessor:	Lisa Gonzalez
Altar Guild:	Leyy Cotta
Online Host:	Jane Wu
Tellers:	Diana Hammerlund & Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Roz and Jim Malone

This Week at St Ben's

Monday	Feb 12
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Feb 13
9:45p	Prayers for the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Saturday	Feb 17
9:00a	Men's Breakfast at Celas Garden Cafe
Sunday	Feb 11
8:00a	Contemplative Service
10:30a	Eucharist Service
12:30p	Parish Council Meeting

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Lisa Gonzales (805-441-3386). If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslosos.org and requests for pastoral care may be sent to pastoralcare@stbenslosos.org.

Tuesday Morning Prayers & Spiritual Conversation: The Tuesday Spiritual Discussion group will be using an Lenten program sponsored by a group called Living Compass. The six-week program includes Sunday and weekday meditations for the Lenten season. We will begin the program on Tuesday February 20, 2024 at 10.30 on Zoom. The program booklets are available as pdf electronic copies for free or a print copy available for \$1.00 plus postage. A limited number of print copies have been received and will be available in the back of the church. If you are not planning on attending the Tuesday group, feel free to take one of the booklets for your personal use.

Order booklets at <https://www.livingcompass.org/advent-lent>.

“Our Living Compass theme for the 2024 Lent season is Practicing Forgiveness with All Your Heart, Soul, Strength, and Mind. Designed for both individual reflection and group study, this daily devotional provides a foundation for seeking a deeper experience of Lent—one that prepares us for the coming of Easter.”

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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