



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fifth Sunday after Epiphany

February 4, 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 ~

*He is Our Peace*

Kandela Groves arr. C Tornquist

© 1995 Marantha! Music

Officiant: Blessed be the one, holy, and living God.

People: *Glory 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.*

## ♪ Hymn #410

Praise My Soul, the King of Heaven

Blue Hymnal

*Unison or harmony*

1 Praise, my soul, the King of hea - ven; to his feet thy tri - bute bring;  
2 Praise him for his grace and fa - vor to his peo - ple in dis - tress;  
3 Fa - ther - like he tends and spares us; well our fee - ble frame he knows;  
4 An - gels, help us to a - dore him; ye be - hold him face to face;

ran - sored, healed, re - stored, for - giv - en, ev - er - more his prais - es sing;  
praise him still the same as ev - er, slow to chide, and swift to bless;  
in his hand he gen - tly bears us, res - cues us from all our foes.  
sun and moon, bow down be - fore him, dwell - ers all in time and space.

Al - le - lu - ia, al - le - lu - ia! Praise the ev - er - last - ing King.  
 Al - le - lu - ia, al - le - lu - ia! Glo - rious in his faith - ful - ness.  
 Al - le - lu - ia, al - le - lu - ia! Wide - ly yet his mer - cy flows.  
 Al - le - lu - ia, al - le - lu - ia! Praise with us the God of grace.

*Descant for use with unison singing*

4 An - gels, help us to a - dore him; ye be - hold him face to face;  
 sun and moon, bow down be - fore him, dwell - ers all in time and space.  
 Al - le - lu - ia, al - le - lu - ia! Praise — with us the God of grace.

Words: Henry Francis Lyte (1793-1847). Music: *Lauda anima*, John Goss (1800-1880); desc. Craig Sellar Lang (1891-1971).  
 Descant by permission of Novello and Company, Limited.

## Collect of the Day

Officiant: Christ be with you.

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

Officiant: Let us pray together.

All: *Lord of fierce compassion, you name the forces of death in our hearts and institutions and even in the holy places: lift from us the canopy of fear that feeds on repression and pushes away what it cannot abide; go with us to dark and lonely places where we can learn again who we are called to be; through Jesus Christ, the healer of creation. Amen.*

## Isaiah 40:21-31

Reader: *A Reading from the book of Isaiah*

Have you not known? Have you not heard?  
 Has it not been told you from the beginning?  
 Have you not understood from the foundations of the earth?

It is he who sits above the circle of the earth,  
 and its inhabitants are like grasshoppers;

who stretches out the heavens like a curtain,  
 and spreads them like a tent to live in;

who brings princes to naught,  
and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,  
when he blows upon them, and they wither,  
and the tempest carries them off like stubble.

To whom then will you compare me,  
or who is my equal? says the Holy One.

Lift up your eyes on high and see:  
Who created these?

He who brings out their host and numbers them,  
calling them all by name;

because he is great in strength,  
mighty in power,  
not one is missing.

Why do you say, O Jacob,  
and speak, O Israel,

"My way is hidden from the LORD,  
and my right is disregarded by my God"?

Have you not known? Have you not heard?

The LORD is the everlasting God,  
the Creator of the ends of the earth.

He does not faint or grow weary;  
his understanding is unsearchable.

He gives power to the faint,  
and strengthens the powerless.

Even youths will faint and be weary,  
and the young will fall exhausted;

but those who wait for the LORD shall renew their strength,  
they shall mount up with wings like eagles,

they shall run and not be weary,  
they shall walk and not faint.

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

People: *Thanks be to God.*

### **Psalm 147:1-12, 21c**

Hallelujah!

How good it is to sing praises to our God! \*  
how pleasant it is to honor him with praise!

The LORD rebuilds Jerusalem; \*  
he gathers the exiles of Israel.  
He heals the brokenhearted \*  
and binds up their wounds.  
He counts the number of the stars \*  
and calls them all by their names.  
Great is our LORD and mighty in power; \*  
there is no limit to his wisdom.  
The LORD lifts up the lowly, \*  
but casts the wicked to the ground.  
Sing to the LORD with thanksgiving; \*  
make music to our God upon the harp.  
He covers the heavens with clouds \*  
and prepares rain for the earth;  
He makes grass to grow upon the mountains \*  
and green plants to serve mankind.  
He provides food for flocks and herds \*  
and for the young ravens when they cry.  
He is not impressed by the might of a horse; \*  
he has no pleasure in the strength of a man;  
But the LORD has pleasure in those who fear him, \*  
in those who await his gracious favor.  
Hallelujah!

## **1 Corinthians 9:16-23**

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

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

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

*People: Thanks be to God.*

♪ Hymn #482

Lord of All Hopefulness

Blue Hymnal



1 Lord of all hope - ful - ness, Lord of all joy,  
 2 Lord of all ea - ger - ness, Lord of all faith,  
 3 Lord of all kind - li - ness, Lord of all grace,  
 4 Lord of all gen - tle - ness, Lord of all calm,



whose trust, ev - er child - like, no cares could de - stroy,  
 whose strong hands were skilled at the plane and the lathe,  
 your hands swift to wel - come, your arms to em - brace,  
 whose voice is con - tent - ment, whose pres - ence is balm,



be there at our wak - ing, and give us, we pray,  
 be there at our lab - ors, and give us, we pray,  
 be there at our hom - ing, and give us, we pray,  
 be there at our sleep - ing, and give us, we pray,



your bliss in our hearts, Lord, at the break of the day.  
 your strength in our hearts, Lord, at the noon of the day.  
 your love in our hearts, Lord, at the eve of the day.  
 your peace in our hearts, Lord, at the end of the day.

Words: Jan Struther (1901-1953). By permission of Oxford University Press. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. *Hymnal* 1982.

**Mark 1:29-39**

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

*People: Glory to You, Lord Christ.*

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon’s mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, “Everyone is searching for you.” He answered, “Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do.” And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

*Officiant: The Gospel of Christ.*

*People: Praise to You, Lord Christ.*

**Sermon**

Chaplain Berkeley Johnson

[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**

Jesus went through Galilee preaching and healing and showing compassion to those in need. As God comes no less today to those for whom we pray, let us offer our prayers to God, saying: Lord, in your mercy, hear our prayer.

Creator of all, look with favor upon the peoples of the world. In your mercy, give to all people the necessities of a dignified life. Lord, in your mercy, *hear our prayer.*

Ruler of creation, instill wisdom and understanding among the leaders of nations. Guide them into ways of

justice and peace. Lord, in your mercy, *hear our prayer.*

Lord of the church, gather us all into one holy communion. Give us the courage to look to you alone as the source of our unity. Lord, in your mercy, *hear our prayer.*

Great Physician, bring healing to all who suffer in body, mind, or spirit. We pray for those we know and for those known only to you, remembering especially those for whom our prayers have been asked and for those who are in our hearts.

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

Inspire us to care for your gifts of healthy bodies and minds. Lord, in your mercy, *hear our prayer.*

Spirit of the living Christ, fill us with expectation and eager longing for the coming of that day when none of your creatures will suffer, but when all the world will be gathered together in heavenly joy and eternal prosperity. Lord, in your mercy, *hear our prayer.*

Celebrant: *All this we ask, O God, in the name of Christ, who died and rose for us, and whose coming in glory we await. Accept our prayers and praises, through Christ our Lord. Amen.*

Source: [Intercessions for the Christian People](#) © 1990 Liturgical Press, OSB

## 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.*

Officiant: May the All-Compassionate God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us 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 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](http://www.stbenslososos.org) at any time.*



♪ Hymn #693

Just As I Am

Blue Hymnal

1 Just as I am, with - out one plea, but that thy  
 2 Just as I am, though tossed a - bout with man - y a  
 \* 3 Just as I am, poor, wretch - ed, blind; sight, rich - es,  
 4 Just as I am: thou wilt re - ceive; wilt wel - come,  
 5 Just as I am, thy love un - known has bro - ken

1 blood was shed for me, and that thou bidd'st me  
 2 con - flict, man - y a doubt; fight - ings and fears with -  
 3 heal - ing of the mind, yea, all I need, in  
 4 par - don, cleanse, re - lieve, be - cause thy prom - ise  
 5 ev - ery bar - rier down; now to be thine, yea,

1 come to thee, O Lamb of God, I come, I come.  
 2 in, with - out, O Lamb of God, I come, I come.  
 3 thee to find, O Lamb of God, I come, I come.  
 4 I be - lieve, O Lamb of God, I come, I come.  
 5 thine a - lone, O Lamb of God, I come, I come.

6 Just as I am, of thy great love  
 the breadth, length, depth, and height to prove,  
 here for a season, then above:  
 O Lamb of God, I come, I come.

Words: Charlotte Elliott (1789-1871). Music: *Woodworth*, William Batchelder Bradbury (1816-1868).

♪ 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*

## The General Thanksgiving

*All: Holy One, author of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.*

(silence)

## 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 your Name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us this day 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.*

## Blessing

Officiant: Live without fear: your Creator has made you holy, has always protected you, and loves you as a parent. Go in peace to follow the good road and may God's blessing be with you always. *Amen.* (source: from Saint Clare)

## Announcements

♪ Hymn #347

Go Forth for God

Blue Hymnal



1 Go forth for God; go \_\_\_\_\_ to the world in peace;  
 2 Go forth for God; go \_\_\_\_\_ to the world in love;  
 3 Go forth for God; go \_\_\_\_\_ to the world in strength;  
 4 Go forth for God; go \_\_\_\_\_ to the world in joy,



be of good cour - age, armed with heaven - ly grace,  
 strength - en the faint, give cour - age to the weak;  
 hold fast the good, be ur - gent for the right;  
 to serve God's peo - ple ev - ery day and hour,



in God's good Spi - rit dai - ly to in - crease,  
 help the af - flict - ed; rich - ly from a - bove  
 ren - der to no one e - vil; Christ at length  
 and ser - ving Christ, our ev - ery gift em - ploy,



till in his king - dom we \_\_\_\_\_ be - hold his face.  
 his love sup - plies the grace \_\_\_\_\_ and power we seek.  
 shall o - ver - come all dark - ness with his light.  
 re - joic - ing in the Ho - ly Spi - rit's power.

Words: J.R. Peacey (1896-1971) and *English Praise*, 1975, alt. Copyright © 1984 by Hope Publishing company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Litton*, Erik Routley (1917-1982). Copyright © 1984 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission.

**Dismissal**

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

All: *Thanks be to God.*

♪ **Postlude**

*Fanfare in D Major*

Jacques Lemmens

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 is from the outline in the Book of Common Prayer.  
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## Ministers of the Service

Officiant:	Berkley Johnson
Preacher:	Berkley Johnson
Liturgical Assistant:	Michael Lucas
Lector:	Sandy Fisher
Flowers:	Sarah Chesebro
Ushers:	Connie Weldon & Jim Malone
Intercessor:	Helen Schnieders
Altar Guild:	Pat Stoneman
Online Host:	Don Maruska
Tellers:	Alice Welchert & Bryson McKelvey
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Helen Schnieders

## This Week at St Ben's

Monday	Feb 5
3:30p	Liturgy Committee Meeting (Zoom)
Thursday	Feb 8
12:00p	Meet Me in San Luis Lunch
Sunday	Feb 11
8:00a	Contemplative Service
10:30a	Eucharist Service

## 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](#).

**Meet Me in San Luis:** You are invited to join us for conversation, fellowship, and delectable Chinese lunch on Thursday, February 8 at 12:00 noon at Golden Gong, 290 Madonna Road at El Mercado. Please call or text Bryson McKelvey at (805) 235-3045 by Wednesday to reserve or if you have questions. Gong hay fat choy!

## 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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