



# St. Benedict's Episcopal Church

## Tending Mind & Soul in Los Osos, CA

Wherever you are on your spiritual journey, **you are welcome here!**

If the customs of the Episcopal Church are unfamiliar to you,  
you're invited to simply rest into this sacred time and space,  
and let the congregation carry you in worship.

**Your presence here today is a blessing!**

December 21st, 2025

The Fourth Sunday of Advent

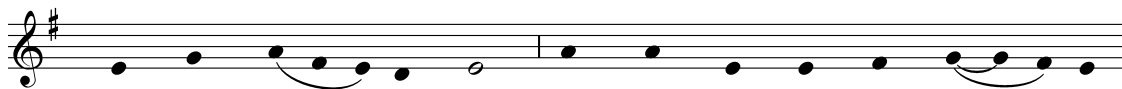
~ Prelude ~

*Original Improvisation*

Paul Burkle

Welcome

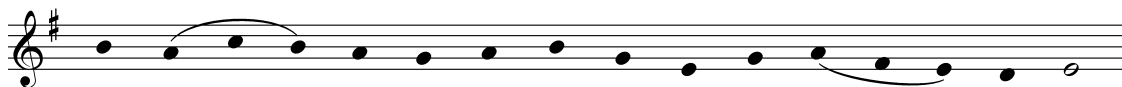
# ♫ Hymn #56 “O come, O come Emmanuel” (verses 1, 6, 7, 8) Blue Hymnal



1 cap - tive Is - ra - el, that mourns in lone - ly ex - ile  
 2 all things might - i - ly; to us the path of know - ledge  
 3 tribes on Si - nai's height in an - cient times didst give the  
 4 Sa - tan's ty - ran - ny that trust thy might - y power to  
 5 wide our heaven - ly home; make safe the way that leads on  
 6 by thy draw - ing nigh; dis - perse the gloom - y clouds of  
 7 hearts of all man - kind; bid thou our sad di - vi - sions  
 8 cap - tive Is - ra - el, that mourns in lone - ly ex - ile



1 here un - til the Son of God ap - pear.  
 2 show, and teach us in her ways to go.  
 3 law, in cloud, and ma - jes - ty, and awe.  
 4 save, and give them vic - tory o'er the grave. Re - joice! Re - joice!  
 5 high, and close the path to mis - er - y.  
 6 night, and death's dark shad - ow put to flight.  
 7 cease, and be thy - self our King of Peace.  
 8 here un - til the Son of God ap - pear.



Em - man - u - el shall come to thee, O Is - ra - el!

*The stanzas may be used as antiphons with “The Song of Mary” on the dates given.*

Words: Latin, ca. 9th cent.; ver. *Hymnal 1940*, alt. Copyright © The Church Pension Fund. Music: *Veni, veni, Emmanuel*, plainsong, Mode 1, Processionale, 15th cent.; adapt. Thomas Helmore (1811-1890); acc. Richard Proulx (b. 1937).

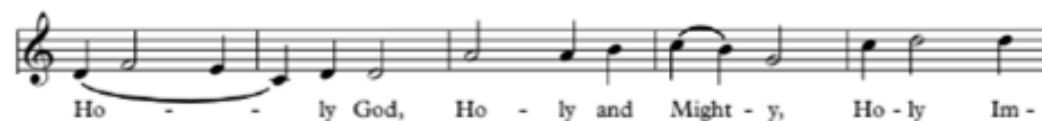
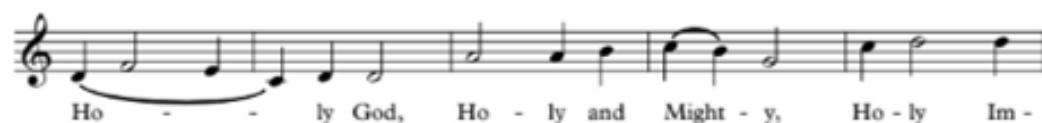
Presider: Blessed are you, holy and living One.

People: ***You come to your people and set them free.***

# "Holy God"

WLP #844  
Edited by Paul Burkle

WLP



## Collect of the Day

Presider: God be with you.

*People: And also with you.*

Presider: Purify our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in us a mansion prepared for himself; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

*People: Amen*

(please be seated for the readings)

## Isaiah 7:10-16

*Reader: A Reading from the book of Isaiah*

Again the Lord spoke to Ahaz, saying, Ask a sign of the Lord your God; let it be

deep as Sheol or high as heaven. But Ahaz said, I will not ask, and I will not put the Lord to the test. Then Isaiah said: "Hear then, O house of David! Is it too little for you to weary mortals, that you weary my God also? Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel. He shall eat curds and honey by the time he knows how to refuse the evil and choose the good. For before the child knows how to refuse the evil and choose the good, the land before whose two kings you are in dread will be deserted."

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

*People: Thanks be to God*

## Psalm 80:1-7, 16-18

*The Psalm is chanted by all on a single note  
changing pitch on the bolded word*

Robert Knox Kennedy  
(b. 1945)



- 1 Hear, O Shepherd of Israel,  
leading Joseph like a **flock**; \*  
shine forth, you that are enthroned upon the **cherubim**.
- 2 In the presence of Ephraim, Benjamin, and Ma-**nasseh**, \*  
stir up your strength and come to help **us**.
- 3 Restore us, O God of **hosts**; \*  
show the light of your countenance, and we shall be **saved**.
- 4 O LORD God of **hosts**, \*  
how long will you be angered  
despite the prayers of your **people**?
- 5 You have fed them with the bread of **tears**; \*  
you have given them bowls of tears to **drink**.
- 6 You have made us the derision of our **neighbors**, \*  
and our enemies laugh us to **scorn**.
- 7 Restore us, O God of **hosts**; \*  
show the light of your countenance, and we shall be **saved**.
- 16 Let your hand be upon the man of your **right hand**, \*  
the son of man you have made so strong for your-**self**.
- 17 And so will we never turn away from **you**; \*  
give us life, that we may call upon your **Name**.
- 18 Restore us, O LORD God of **hosts**; \*  
show the light of your countenance, and we shall be **saved**.

## Romans 1:1-7

Reader: *A Reading from the book of Romans*

Paul, a servant of Jesus Christ, called to be an apostle, set apart for the gospel of God, which he promised beforehand through his prophets in the holy scriptures, the gospel concerning his Son, who was descended from David according to the flesh and was declared to be Son of God with power according to the spirit of holiness by resurrection from the dead, Jesus Christ our Lord, through whom we have received grace and apostleship to bring about the obedience of faith among all the Gentiles for the sake of his name, including yourselves who are called to belong to Jesus Christ,

To all God's beloved in Rome, who are called to be saints:

Grace to you and peace from God our Father and the Lord Jesus Christ.

Reader: Here 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)

## ♪ Hymn #66 “Come thou long expected Jesus” (verses 1-3) Blue Hymnal

1 Come, thou long - ex - spect - ed Je - sus, born to set thy peo - ple free;  
2 Is - rael's strength and con - so - la - tion, hope of all the earth thou art:  
3 Born thy peo - ple to de - liv - er, born a child, and yet a king,  
4 By thine own e - ter - nal Spi - rit rule in all our hearts a - lone;



Words: Charles Wesley (1707-1788). Music: *Stuttgart*, melody from *Psalmodia Sacra, oder Andächtige und Schöne Gesänge*, 1715; adapt. and harm. William Henry Havergal (1793-1870), alt.

## Matthew 1:18-25

*Presider: The Holy Gospel of Our Savior Jesus Christ According to Matthew*

*People: Glory to You, Lord Christ.*

Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins.” All this took place to fulfill what had been spoken by the Lord through the prophet:

“Look, the virgin shall conceive and bear a son,  
and they shall name him Emmanuel,”

which means, “God is with us.” When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus.”

*Presider: The Gospel of Christ*

*People: Praise to You, Lord Christ.*

[We pause for a few moments' reflection before affirming our faith.]

## Affirmation of Faith

(please stand as you are able)

*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 became truly human.  
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.  
Who with the Father and the Son is worshiped and glorified,  
who 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**

Form 2 BCP

*In the course of the silence after each bidding, the People offer their own prayers, either  
silently or aloud.*

I ask your prayers for God's people throughout the world;  
for our Bishop, Lucinda; for this gathering; and for all ministers of your  
Holy Church.

Pray for the Church.

*Silence*

I ask your prayers for peace; for goodwill among nations;  
and for the well-being of all people.

Pray for justice and peace.

*Silence*

I ask your prayers for those who are living in poverty, those who are sick,  
those who are hungry, those who are oppressed, and those who are  
incarcerated.

Pray for those in any need or trouble.

*Silence*

I ask your prayers for all who seek God, or a deeper knowledge of God.

Pray that all who are longing for Christ, may find and be found by him.

*Silence*

I ask your prayers for all those who have passed from this life to life eternal.

Pray for those who have died.

*Silence*

I ask you prayers for all those named in our bidding book.

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

Praise God for those in every generation in whom Christ has been honored, and pray that we may have grace to glorify Christ in our own lives and in our own day.

*Silence*

Presider: Christ Jesus, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly Kingdom, where with the Father and the Holy Spirit you live and reign, now and for ever. *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.*

Presider: May the All-Compassionate God have mercy on you, forgive you all our 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**

Presider: The peace of Christ be always with you.

People: *And also with you.*

The congregation may greet one another in the name of Christ.

## **Announcements**

## **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or any special concern, may come forward. Prayers can be found on the white or yellow card in your pew.

## **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.*



# ♫ WLP 775

## “Give thanks for life”

1. Give thanks for life, the meas - ure of our days,  
 2. Give thanks for those who made their life a light  
 3. And for our own, our liv - ing and our dead,  
 4. Give thanks for hope, that like the wheat, the grain

mor - tal, we pass through beau - ty that de - cays, yet  
 caught from the Christ flame burst - ing through the night, who  
 thanks for the love by which our life is fed, a  
 ly - ing in dark - ness does its life re - tain, in

sing to God our hope, our love, our—praise,  
touched the truth, who burned for what is right,  
love not changed by time or death or dread, } Al -  
res - ur - rec - tion to grow green a - gain.

le - lu - ia, Al - le - lu - ia!

Words: Shirley Erena Murray (b. 1931). Music: *Sine nomine*, Ralph Vaughan Williams (1872-1958); arr. Robert Roth (b. 1928).

(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

The musical notation is arranged in four systems, each with a staff for the Celebrant and a staff for the People. The notes are represented by black dots on a five-line staff, with stems and beams indicating the melody. The lyrics are written below the staves.

**Celebrant**                      **People**  
The Lord be with you. And al - so with you.

**Celebrant**                      **People**  
Lift up your hearts. We lift them to the Lord.

**Celebrant**  
Let us give thanks to the Lord our God.

**People**  
It is right to give him thanks and praise.

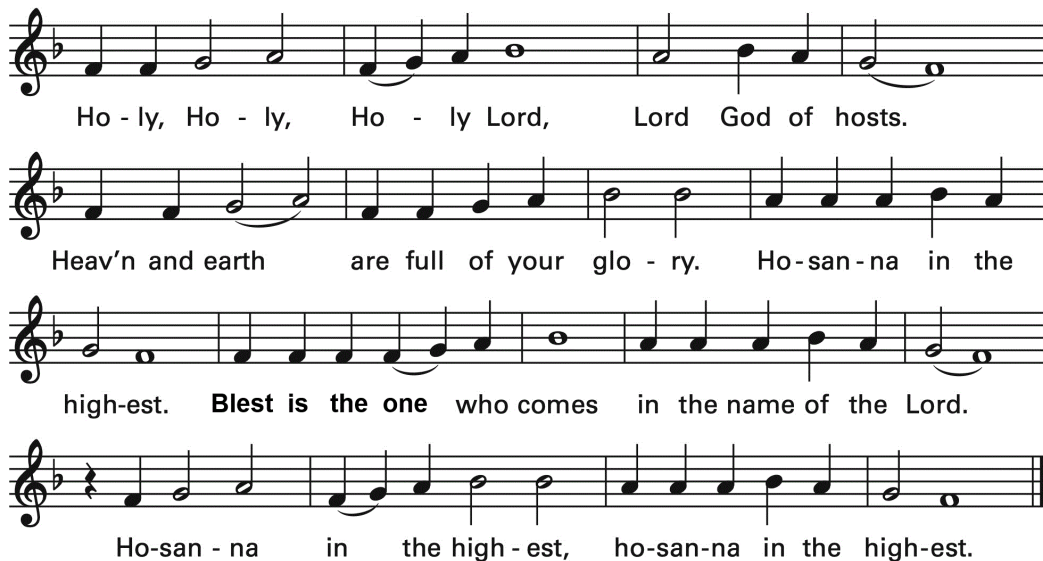
Setting: Copyright © Church Publishing Inc.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, the Maker of heaven and earth. Because you sent your beloved Son to redeem us from sin and death, and to make us heirs in him of everlasting life; that when he shall come again in power and great triumph to judge the world, we may without shame of fear rejoice to behold his appearing.

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

*Missa Oecumenica*  
Arranged by Richard Proulx



Ho - ly, Ho - ly, Ho - ly Lord, Lord God of hosts.  
Heav'n and earth are full of your glo - ry. Ho-san-na in the  
high-est. **Blest is the one** who comes in the name of the Lord.  
Ho-san - na in the high - est, ho-san-na in the high-est.

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Music: Russian Orthodox Tone 1; arr. by Richard Proulx, 1937–2010, © 1999, 2012, Richard Proulx.  
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*The Presider 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, Jesus 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 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 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;***

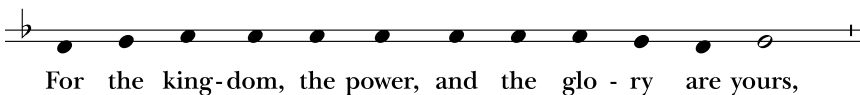
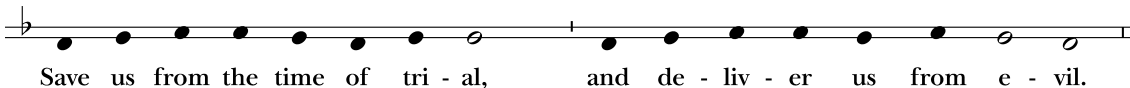
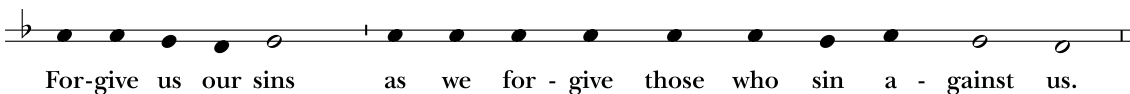
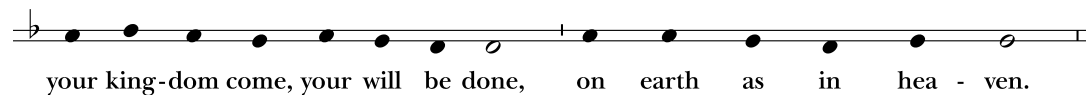
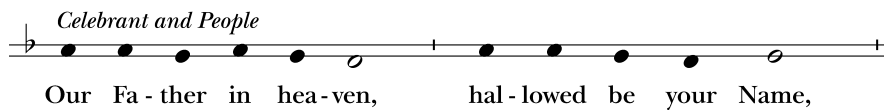
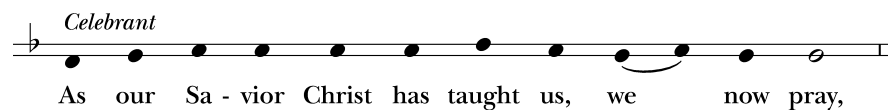
And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine.

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, gather all things into the circle of Christ's love, 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, 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 God, now and for ever. AMEN.***



# The Lord's Prayer



Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

# The Breaking of the Bread

The Presider breaks the Bread

## Fraction

S161

Lamb of God, you take a - way the sins of the world:

have mer - cy on us. Lamb of God, you take a - way the

sins of the world: have mer - cy on us. Lamb of God,

you take a - way the sins of the world: grant us peace.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Presider: Alleluia. Christ our Passover is sacrificed for us.

People: ***Therefore let us keep the feast. Alleluia.***

Presider: 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.

## Holy Communion

*If God is calling you, you are welcome to receive communion when the Presider invites your section forward. If you prefer to receive a blessing, please cross your arms over your chest.*

### ♪ Communion Music

*Original Improvisation*

Paul Burkle

## ♯ Choir Anthem

## “Jul Jul”

Music by Gustaf Nordqvist, Arranged by Chris de Silva

Silence

## Sending of the Eucharistic Visitor

If no visitation is to be made,

prayer is not said.

*When the Eucharist is brought to people at any place outside our walls, we say the following to send our Lay Eucharistic Visitors or other Ministry team members out with care and blessings.*

Presider: In the name of this parish family, I send you forth, bearing these holy gifts, to \_\_\_\_\_. Together, we share in the body and blood of Christ. And we who are many are one Body because we share one Bread and one Cup.

All: *We who are many are one Body, because we share one Bread and one Cup. Amen.*

## Prayer

All: **Eternal God, heavenly Father, 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

# ♫ WLP 721

## “Signs of endings all around us”

1. Signs of end-ings all a - round us—dark - ness, death, and win - ter days  
 2. Can it be that from our end - ings, new be - gin - nings you cre - ate?  
 3. Speak, O God, your Word a - mong us. Bar - ren lives your pres - ence fill.

shroud our lives in fear and sad - ness, numb - ing mouths that long to praise.  
 Life from death, and from our rend - ings, realms of whole - ness gen - er - ate?  
 Swell our hearts with songs of glad - ness, ter - rors calm fore - bod - ings still.

Come, O<sup>3</sup> Christ, and dwell a - mong us! Hear our cries, come set us free.  
 Take our fears, then, Lord, and turn them in - to hopes for life a - new:  
 Let your prom-ised realm of jus - tice blos-som now through-out the earth;  
 Give us hope and faith and glad - ness. Show us what there yet can be.  
 Fad - ing light and dy - ing sea - son sing their Glo - ri - as to you.  
 your do - min-ion bring now near us; we a - wait the sav - ing birth.

Words: Dean W. Nelson (b. 1944). Music: *Ton-y-Botel*, Thomas John Williams (1869-1944).

## Dismissal

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

All: *Thanks be to God.*

**♪ Postlude**

*Original Improvisation*

Paul Burkle

## **Ministers of the Service**

|                       |                                   |
|-----------------------|-----------------------------------|
| Presider:             | Rev. Linzi Stahlecker             |
| Eucharistic Minister: | Diana Hammerlund                  |
| Acolyte:              | Payton Chesebro                   |
| Chalice:              | Michael Lucas                     |
| Lector:               | John Horsley                      |
| Flowers:              | Sharon Porter                     |
| Ushers:               | Barbara Schippers & Michael Lucas |
| Intercessor:          | Sandy Fisher                      |
| Music:                | Paul Burkle                       |
| Altar Guild:          | Lisa Gonzalez                     |
| Tellers:              | Sandy Fisher & Steve Cake         |
| Technical:            | Hannah-Jaye Matthews              |
| Coffee Hour:          |                                   |

## **This Week at St Ben's**

|           |                                |
|-----------|--------------------------------|
| Monday    | Dec 22                         |
| 8:30 a    | Morning Prayers (Zoom)         |
| Tuesday   | Dec 23                         |
| 8:30 a    | Morning Prayers (Zoom)         |
| 9:45 a    | Prayers for the Morning (Zoom) |
| 10:30 a   | Spiritual Conversation (Zoom)  |
| Wednesday | Dec 24                         |
| 7:00 p    | Christmas Eve Service          |
| Thursday  | Dec 25                         |
| 10:30 a   | Christmas Day Service          |
| Friday    | Dec 26                         |
| 8:30 a    | Morning Prayers (Zoom)         |

## 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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