



# 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!**

January 11th, 2026

First Sunday after the Epiphany:  
The Baptism of our Lord

~ Prelude ~

*Original Improvisation*

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

# ♩ Hymn #544

## “Jesus shall reign” (vs. 1-3 only)

Blue Hymnal

1 Je - sus shall reign wher - e'er the sun doth his suc -  
 2 To him shall end - less prayer be made, and prais - es  
 3 Peo - ple and realms of ev - ery tongue dwell on his  
 4 Bless - ings a - bound wher - e'er he reigns: the pris - oners  
 5 Let ev - ery crea - ture rise and bring pe - cu - liar

1 ces - sive jour - neys run; his king - dom stretch from  
 2 thron'g to crown his head; his Name like sweet per -  
 3 love with sweet - est song; and in - fant voic - es  
 4 leap to lose their chains, the wea - ry find e -  
 5 hon - ors to our King; an - gels de - scend with

1 shore to shore, till moons shall wax and wane no more.  
 2 fume shall rise with ev - ery morn - ing sac - ri - fice.  
 3 shall pro - claim their ear - ly bless - ings on his Name.  
 4 ter - nal rest, and all who suf - fer want are blest.  
 5 songs a - gain, and earth re - peat the loud a - men.

Words: Isaac Watts (1674-1748), alt. Music: *Duke Street*, John Hatton (d. 1793).

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

People: ***Glory to God for ever and ever.***

Presider: Let us pray.

*All: All-compassionate and most merciful God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.*

## ♪ Hymn

### “Arise! Your Light is Come”

1 A - rise, your light is come! The Spir - it's call o - bey; show  
2 A - rise, your light is come! Fling wide the pris - on door; pro -  
3 A - rise, your light is come! All you in sor - row born, bind  
4 A - rise, your light is come! The moun-tains burst in song! Rise

forth the glo - ry of your God which shines on you to - day.  
claim the cap-tive's lib - er - ty, good ti - dings to the poor.  
up the bro - ken-heart - ed ones and com - fort those who mourn.  
up like ea - gles on the wing, God's power will make us strong.

WORDS: Ruth Duck (1947- )  
MUSIC: William H. Walter (1825-1893)  
Words © 1992 GIA Publications

FESTAL SONG  
S.M.

## Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Creator God, who at the baptism of Jesus in the River Jordan proclaimed him your beloved Son and anointed him with the Holy Spirit: Grant that all who are baptized into his Name may keep the covenant they have made, and boldly confess him as Lord and Savior; who with you and the Holy Spirit lives and reigns, one God, in glory everlasting. *Amen.*

People: *Amen*

(please be seated for the readings)

## Isaiah 42:1-9

Reader: *A Reading from the book of the prophet Isaiah*

Here is my servant, whom I uphold,  
my chosen, in whom my soul delights;  
I have put my spirit upon him;  
he will bring forth justice to the nations.  
He will not cry or lift up his voice,  
or make it heard in the street;  
a bruised reed he will not break,  
and a dimly burning wick he will not quench;  
he will faithfully bring forth justice.  
He will not grow faint or be crushed  
until he has established justice in the earth;  
and the coastlands wait for his teaching.

Thus says God, the LORD,  
who created the heavens and stretched them out,  
who spread out the earth and what comes from it,  
who gives breath to the people upon it  
and spirit to those who walk in it:  
I am the LORD, I have called you in righteousness,

I have taken you by the hand and kept you;  
 I have given you as a covenant to the people,  
 a light to the nations,  
 to open the eyes that are blind,  
 to bring out the prisoners from the dungeon,  
 from the prison those who sit in darkness.  
 I am the LORD, that is my name;  
 my glory I give to no other,  
 nor my praise to idols.  
 See, the former things have come to pass,  
 and new things I now declare;  
 before they spring forth,  
 I tell you of them.

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

*People: Thanks be to God.*

## ♩ Psalm 29

S408

*Chanted by all on a single note moving to the next note for the bolded word*

James Frazier  
(b. 1947)

- 1 Ascribe to the Lord, you  
**gods**, \*  
 ascribe to the Lord glory  
 and **strength**.
- 2 Ascribe to the Lord the glory  
 due his **Name**; \*  
 worship the Lord in the beauty of **holiness**.
- 3 The voice of the Lord is upon the waters;  
 the God of glory **thunders**; \*  
 the Lord is upon the mighty **waters**.
- 4 The voice of the Lord is a powerful **voice**; \*  
 the voice of the Lord is a voice of **splendor**.
- 5 The voice of the Lord breaks the **cedar trees**; \*  
 the Lord breaks the cedars of **Lebanon**;



- 6 He makes Lebanon skip like a **calf**, \*  
and Mount Hermon like a young wild **ox**.
- 7 The voice of the Lord splits the flames of fire;  
the voice of the Lord shakes the **wilderness**; \*  
the Lord shakes the wilderness of Ka-**desh**.
- 8 The voice of the Lord makes the oak trees **writhe** \*  
and strips the forests **bare**.
- 9 And in the temple of the **Lord** \*  
all are crying, "**Glory!**"
- 10 The Lord sits enthroned above the **flood**; \*  
the Lord sits enthroned as King for ever-**more**.

*repeat the second half of the of the chant for the final verse*

- 11 The Lord shall give strength to his **people**; \*  
the Lord shall give his people the blessing of **peace**.

## **Acts 10:34-43**

*Reader: A Reading from the Acts of the Apostles*

Peter began to speak to them: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him.

You know the message he sent to the people of Israel, preaching peace by Jesus Christ--he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name."

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)

## ♩ Hymn #121 “Christ, when for us you were baptized” (vs. 1 and 2 only)

1 Christ, when for us you were bap - tized, God's Spi - rit on you came,  
2 God called you his be - lov - ed Son, called you his ser - vant true,  
3 Straight - way and stead-fast un - til death you then o - beyed his call  
4 Bap - tize us with your Spi - rit, Lord, your cross on us be signed,

as peace - ful as a dove and yet as ur - gent as a flame.  
sent you his king - dom to pro-claim, his ho - ly will to do.  
free - ly as Son of Man to serve and give your life for all.  
that, like - wise in God's ser - vice we may per - fect free-dom find.

Words: F. Bland Tucker (1895-1984), rev. Copyright © The Church Pension Fund. Music: *Caithness*, melody from *The Psalmes of David in Prose and Meeter*, 1635; harm. *The English Hymnal*, 1906.

## **Matthew 3:13-17**

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

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

Jesus came from Galilee to John at the Jordan, to be baptized by him. John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” But Jesus answered him, “Let it be so now; for it is proper for us in this way to fulfill all righteousness.” Then he consented. And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased.”

Presider: *The Gospel of Christ.*

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

## **Sermon**

The Rev. Linzi Stahlecker

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

## **Renewal of Baptismal Vows**

(please stand as you are able)

Let us renew the solemn promises and vows of holy baptism

*Presider:* Do you reaffirm your renunciation of evil and  
renew your commitment to Jesus Christ?

***People:* I do.**



*Presider:* Do you believe in God the Father?

***People:* I believe in God, the Father almighty,  
creator of heaven and earth.**

*Presider:* Do you believe in Jesus Christ, the Son of God?

***People:* I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and the dead.**

*Presider:* Do you believe in God the Holy Spirit?

***People:* I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.**

*Presider:* Will you continue in the apostles' teaching and  
fellowship, in the breaking of bread, and in the  
prayers?

***People:* I will, with God's help.**

*Presider:* Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

***People:* I will, with God's help.**

*Presider:* Will you proclaim by word and example the Good News of God in Christ?

***People:* I will, with God's help.**

*Presider:* Will you seek and serve Christ in all persons, loving your neighbor as yourself?

***People:* I will, with God's help.**

*Presider:* Will you strive for justice and peace among all people, and respect the dignity of every human being?

***People:* I will, with God's help.**

*The Presider concludes the Renewal of Vows as follows:*

May Almighty God, the Father of our Lord Jesus Christ, who has given us a new birth by water and the Holy Spirit, and bestowed upon us the forgiveness of sins, keep us in eternal life by his grace, in Christ Jesus our Lord. Amen.

## Prayers of the People

Let us pray for the Church and for the world.

Grant, Almighty 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*

God, 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*

God, 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*

God, 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*

God, 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.

*Silence*

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

God, 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*

God, in your mercy

***Hear our prayer.***

Presider: Holy One, accept these prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, now and for ever.

Amen.

*The Presider will now sprinkle the congregation with Holy Water as an embodied reminder of Baptism, the congregation remains standing as able.*

## 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.*



# ♫ Hymn #767

## “Baptized in Water”

WLP

1. Bap - tized in wa - ter, sealed by the Spi - rit, cleansed by the  
 2. Bap - tized in wa - ter, sealed by the Spi - rit, dead in the  
 3. Bap - tized in wa - ter, sealed by the Spi - rit, marked with the

blood of Christ our King: heirs of sal - va - tion,  
 tomb with Christ our King: one with his ris - ing,  
 sign of Christ our King: born of one Fa - ther,

trust - ing his prom - ise, faith - ful - ly now God's praise we sing.  
 freed and for - giv - en, thank - ful - ly now God's praise we sing.  
 we are his child - ren, joy - ful - ly now God's praise we sing.

(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

EOW

The musical notation consists of four staves, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff is for the Celebrant and the People. The second staff is for the Celebrant and the People. The third staff is for the Celebrant. The fourth staff is for the People.

*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.

Presider: We praise you and we bless you, holy and gracious God,  
source of life abundant.  
From before time you made ready the creation.  
Your Spirit moved over the deep  
and brought all things into being:  
sun, moon, and stars;  
earth, winds, and waters;  
and every living thing.  
You made us in your image, and taught us to walk in your ways.  
But we rebelled against you, and wandered far away;  
and yet, as a parent cares for their children,  
you would not forget us.  
Time and again you called us  
to live in the fullness of your love.

And so this day we join with Saints and Angels  
in the chorus of praise that rings through eternity,  
lifting our voices to magnify you as we sing:

# Sanctus

S128

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.

Music: William Mathias (1934-1992). Copyright © 1976 Oxford University Press.

*The Presider continues*

Glory and honor and praise to you, holy and living God.  
To deliver us from the power of sin and death  
and to reveal the riches of your grace,  
you looked with favor upon Mary, your willing servant,  
that she might conceive and bear a son,  
Jesus the holy child of God.  
Living among us, Jesus loved us.  
He broke bread with outcasts and sinners,  
healed the sick, and proclaimed good news to the poor.



He yearned to draw all the world to himself  
yet we were heedless of his call to walk in love.  
Then, the time came for him to complete upon the cross  
the sacrifice of his life,  
and to be glorified by you.

On the night before he died for us,  
Jesus was at table with his friends.  
He took bread, gave thanks to you,  
broke it, and gave it to them, and said:

“Take, eat:

This is my Body, which is given for you.

Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine.  
Again, he gave thanks to you,  
gave it to them, and said:

“Drink this, all of you:

This is my Blood of the new Covenant,  
which is poured out for you and for all  
for the forgiveness of sins.

Whenever you drink it,

do this for the remembrance of me.”

Now gathered at your table, O God of all creation,  
and remembering Christ, crucified and risen,  
who was and is and is to come,  
we offer to you our gifts of bread and wine,  
and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts  
that they may be the Body and Blood of Christ.  
Breathe your Spirit over the whole earth  
and make us your new creation,  
the Body of Christ given for the world you have made.

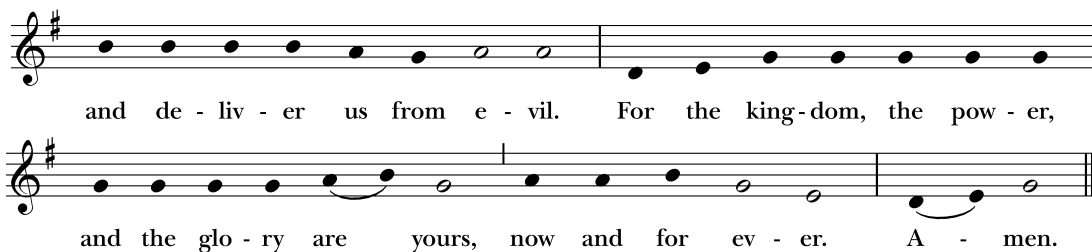
In the fullness of time bring us,  
with Benedict and all your saints,  
from every tribe and language and people and nation,  
to feast at the banquet prepared from the foundation of the world.

All: *Through Christ and with Christ and in Christ,  
in the unity of the Holy Spirit,  
to you be honor, glory, and praise, for ever and ever. AMEN.*

## ♪ The Lord's Prayer

S149

Our Fa - ther in hea - ven, hal - lowed be your Name,  
your king - dom come, your will be done, on earth as in  
hea - ven. Give us to - day our dai - ly bread.  
For - give us our sins as we for - give those who  
sin a - gainst us. Save us from the time of trial,



Music: McNeil Robinson II (b. 1943). Copyright © 1984 From: Music For the Lord's Supper. Theodore Presser Company. Used by permission.

## The Breaking of the Bread

*The Presider breaks the Bread*

### ♪ Fraction Anthem

EOM2 14

*Cantor, then All*

We who are man-y are one bo - dy, for we all share in the one bread.

*Cantor*

We break this bread to share in the Bo - dy of Christ.

*All*

We who are man-y are one bo - dy, for we all share in the one bread.

## Holy Communion

Presider: The Gifts of God for the People of God.

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

# ♫ Communion Music

## Original Improvisation

Paul Burkle

### ♫ Hymn #343

### “Shepard of souls refresh”

Blue Hymnal

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

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

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

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

## ♪ Hymn #371

### “Thou, whose almighty word”

Blue Hymnal



1 Thou, whose al - might - y word cha - os and dark - ness heard,  
2 Thou who didst come to bring on thy re - deem - ing wing  
3 Spi - rit of truth and love, life - giv - ing, ho - ly Dove,  
4 Ho - ly and bless - ed Three, glo - ri - ous Trin - i - ty,

and took their flight; hear us, we hum - bly pray, and, where the  
heal - ing and sight, health to the sick in mind, sight to the  
speed forth thy flight! Move on the wa - ters' face bear - ing the  
wis - dom, love, might; bound - less as o - cean's tide, roll - ing in

Gos - pel day sheds not its glo - ri - ous ray, let there be light!  
in - ly blind, now to all hu - man - kind, let there be light!  
gifts of grace, and, in earth's dark - est place, let there be light!  
full - est pride, through the world, far and wide, let there be light!

## 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

Eucharist Liturgy Adapted from Enriching Our Worship  
© 1988 Church Publishing Incorporated Used with permission  
Music reproduced and broadcast under OneLicense #A706314

## **Ministers of the Service**

Presider:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Altar Guild:	Diana Hammerlund
Eucharistic Minister:	Alan Kiste
Chalice:	Brian Spolarich
Lectors:	John Horsley, Roz Malone
Flowers:	Pamela Bleisch
Usher:	Brian Spolarich
Usher:	Jim Malone
Music:	Paul Burkle
Online Host:	Jane Wu
Intercessor:	Berkeley Johnson
Tellers:	Alice Welchert, Bryson McKelvey
Technical:	Hannah-Jaye Matthews
Coffee Hour:	Steve Cake and John Horsley

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

Monday	Jan 12
8:30 a	Morning Prayers (Zoom)
Tuesday	Jan 13
8:30 a	Morning Prayers (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
Wednesday	Jan 14
8:30 a	Morning Prayers (Zoom)
Thursday	Jan 15
8:30 a	Morning Prayers (Zoom)
6:00 p	Choir Practice
Friday	Jan 16
8:30 a	Morning Prayers (Zoom)
Saturday	Jan 17
6:00 p	Men's breakfast group @ Celia's



## Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tihini (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**

**PO Box 6877**

**2220 Snowy Egret Lane**

**Los Osos, CA 93402**

**805-528-0654**

**[office@stbenslososos.org](mailto:office@stbenslososos.org)**

**[www.stbenslososos.org](http://www.stbenslososos.org)**

