



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 simply to rest into this sacred time and space,
and let the congregation carry you in worship.

Your presence here today is a blessing!

January 25th, 2026

Third Sunday after the Epiphany

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

♪ Hymn #372 “Praise for the living God!” (vs. 1,3 and 4 only) Blue Hymnal

1 Praise to the liv - ing God! All prais - ed be his Name
 2 Form - less, all love - ly forms de - clare his love - li - ness;
 3 His Spi - rit flow - eth free, high surg - ing where it will:
 4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.
 ho - ly, no ho - li - ness of earth can his ex - press.
 in pro - phet's word he spoke of old; he speak - eth still.
 his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:
 Lo, he is Lord of all. Cre - a - tion speaks his praise,
 Es - tab - lished is his law, and change - less it shall stand,
 Praise to the liv - ing God! All prais - ed be his Name

the first, the last, be - yond all thought his time - less years!
 and ev - ery - where a - bove, be - low, his will o - beys.
 deep writ up - on the hu - man heart, on sea, on land.
 who was, and is, and is to be, for ay the same.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926). Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1985, alt.

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: **Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen..**

People: ***Amen***

(please be seated for the readings)

Isaiah 9:1-4

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

There will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations.

The people who walked in darkness
have seen a great light;
those who lived in a land of deep darkness--
on them light has shined.

You have multiplied the nation,
you have increased its joy;
they rejoice before you
as with joy at the harvest,
as people exult when dividing plunder.

For the yoke of their burden,
and the bar across their shoulders,
the rod of their oppressor,
you have broken as on the day of Midian.

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

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

♪ Psalm 27:1, 5-13

S411

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

Robert Knox Kennedy
(b. 1945)



- 1 The Lord is my light and my salvation;
whom then shall I **fear**? *the Lord is the strength of my life;
of whom then shall I be **a-fraid**?
- 5 One thing have I asked of the Lord;
one thing I **seek**; *
that I may dwell in the house of the Lord all the days of my **life**;
- 6 To behold the fair beauty of the **Lord** *
and to seek him in his **temple**.
- 7 For in the day of trouble he shall keep me safe in his **shelter**; *
he shall hide me in the secrecy of his dwelling
and set me high upon a **rock**.
- 8 Even now he lifts up my **head** *
above my enemies round **a-bout me**.
- 9 Therefore I will offer in his dwelling an oblation
with sounds of great **gladness**; *
I will sing and make music to the **Lord**.
- 10 Hearken to my voice, O Lord, when I **call**; *
have mercy on me and **answer me**.
- 11 You speak in my heart and say, "Seek my **face**." *
Your face, Lord, will I **seek**.
- 12 Hide not your face **from me**, *
nor turn away your servant in **dis-pleasure**.
- 13 You have been my helper;
cast me not **a-way**; *
do not forsake me, O God of my **sal-vation**.

1 Corinthians 1: 10-18

Reader: A Reading from Paul's first letter to the Corinthians

Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose. For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. What I mean is that each of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, so that no one can say that you were baptized in my name. (I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power.

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

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 #550

“Jesus calls us” (vs. 1, 2, and 5 only)

Blue Hymnal

Unison or harmony

1 Je - sus calls us; o'er the tu - mult
 2 as, of old, Saint An - drew heard it
 3 Je - sus calls us from the wor - ship
 4 In our joys and in our sor - rows,
 5 Je - sus calls us! By thy mer - cies,

1 of our life's wild, rest - less sea, day by day his
 2 by the Gal - i - le - an lake, turned from home and
 3 of the vain world's gold - en store; from each i - dol
 4 days of toil and hours of ease, still he calls, in
 5 Sa - vior, make us hear thy call, give our hearts to

1 clear voice sound - eth, say - ing, “Chris - tian, fol - low me;”
 2 toil and kin - dred, leav - ing all for his dear sake.
 3 that would keep us, say - ing, “Chris - tian, love me more.”
 4 cares and plea - sures, “Chris-tian, love me more than these.”
 5 thine o - be - dience, serve and love thee best of all.

Words: Cecil Frances Alexander (1818-1895), alt. Music: *Restoration*, melody from *The Southern Harmony*, 1835; harm. *Hymnal 1982*, after *The Southern Harmony*, 1985; alt. harm. Margaret W. Mealy (b. 1922).

Matthew 4:12-23

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

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

When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled:

“Land of Zebulun, land of Naphtali,
on the road by the sea, across the Jordan, Galilee of the
Gentiles—
the people who sat in darkness
have seen a great light,
and for those who sat in the region and shadow of death
light has dawned.”

From that time Jesus began to proclaim, “Repent, for the kingdom of heaven has come near.”

As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, “Follow me, and I will make you fish for people.” Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.

Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

Deacon: *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

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.

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 at any time.



♪ Hymn

LEVAS #184

“Blessed Assurance”

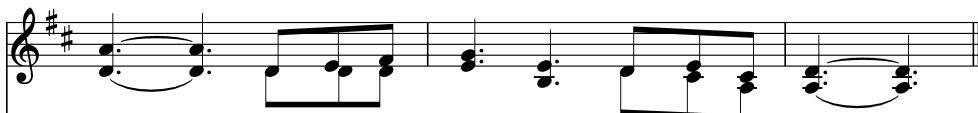


1. Bless - ed as - sur - ance, Je - sus is mine! _____
2. Per - fect sub - mis - sion, per-fect de - light, _____
3. Per - fect sub - mis - sion, all is at rest, _____

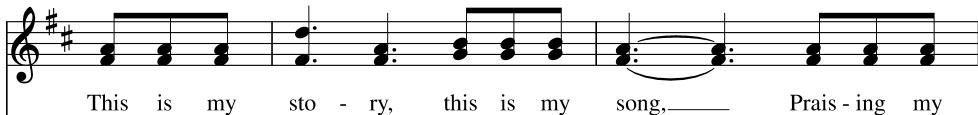
O what a
Vi - sions of
I in my



1. fore-taste of glo - ry di - vine! _____ Heir of sal - va - tion, pur - chase of
2. rap - ture now burst on my sight; _____ An - gels de - scend - ing, bring from a -
3. sav - ior am hap - py and blest; _____ Watch - ing and wait - ing, look - ing a -



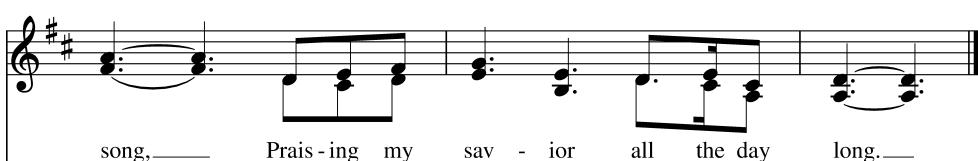
1. God, _____ Born of His spir - it, washed in His blood. _____
2. bove _____ Ech - oes of mer - cy, whis - pers of love. _____
3. bove, _____ Filled with His good - ness, lost in His love. _____



This is my sto - ry, this is my song, _____ Prais - ing my



sav - ior all the day long; _____ This is my sto - ry, this is my



song, _____ Prais - ing my sav - ior all the day long. _____

♪ 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*

On the 4th Sunday of the month, it has long been St. Benedict's custom to use the Eucharistic Prayer from the Iona Community [iona.uk.org]. The Iona Community is an international, ecumenical Christian movement, working for peace and justice, the rebuilding of community and the renewal of worship.

Holy Eucharist

Iona

Presider:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time; you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Presider: May Christ be with you,

All: And also with you.

Presider: Lift up your hearts,

All: We lift them up to God.

Presider: Let us give thanks to God,

All: It is right to give both thanks and praise.

Presider: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with the host of heaven, with all the saints before and beside us, with siblings east and west, north and south, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

♪ Sanctus

S128

The musical notation consists of five staves of music in G clef, common time, and a three-part setting (SATB). The lyrics are as follows:

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

Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of bread. On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying, "This is my body, given to you." In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying, "This cup is the new relationship with God, sealed with my blood. Take this and share it. I shall drink wine with you next in the coming Kingdom of God."

All: ***Loving God,***
through your goodness we have this bread and wine to offer,
which earth has given and human hands have made.
May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.
We celebrate the life that Jesus has shared among his
community through the centuries, and shares with us now.
Made one in Christ and one with each other, we offer these
gifts and with them ourselves, a single, holy, living sacrifice.
Amen.

Presider: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

All: ***Through Christ and with Christ and in Christ,***
all honor and glory are yours, All-Compassionate God,
in the unity of the Holy Spirit, for ever and ever. AMEN

♪ The Lord's Prayer

S149

Deacon: As our Savior Christ has taught us, we now pray:

Our Fa - ther in hea - ven, hal - lowed be your Name,
your king - dom come, your will be done, on earth as in
heav - en. 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,
and de - liv - er us from e - vil. For the king - dom, the pow - er,
and the glo - ry are yours, now and for ev - er. A - men.

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 147

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 #302**“Father, we thank thee”**

Blue Hymnal

1. Fa - ther, we thank thee who hast plant - ed thy ho - ly Name with -
2. Watch o'er thy Church, O Lord, in mer - cy, save it from e - vil,
in our hearts. Know - ledge and faith and life im-mor - tal Je - sus thy
guard it still, per - fect it in thy love, u - nite it, cleansed and con -
Son to us im-parts. Thou, Lord, didst make all for thy plea - sure,
formed un - to thy will. As grain, once scat - tered on the hill - sides,
didst give us food for all our days, giv - ing in Christ the
was in this bro - ken bread made one, so from all lands thy
Bread e - ter - - nal; thine is the power, be thine the praise.
Church be gath - - ered in - to thy king - dom by thy Son.

Silence

(please stand as you are able)

Prayer

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

Blessing

♪ Hymn #381

“Thy strong word”

Blue Hymnal

1 Thy strong word did cleave the dark - ness; at thy speak - ing
 2 Lo, on those who dwelt in dark - ness, dark as night and
 3 Thy strong word be - speaks us right - eous; bright with thine own
 4 God the Fa-ther, Light-Cre - a - tor, to thee laud and

it was done; for cre - at - ed light we thank thee,
 deep as death, broke the light of thy sal - va - tion,
 ho - li - ness, glo - rious now, we press toward glo - ry,
 hon - or be; to thee, Light of Light be - got - ten,

while thine or - dered sea - sons run: Al-le - lu - ia, al - le -
 breathed thine own life - giv - ing breath: Al-le - lu - ia, al - le -
 and our lives our hopes con - fess: Al-le - lu - ia, al - le -
 praise be sung e - ter - nal - ly; Ho-ly Spi-rit, Light-Re -

lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 veal - er, glo - ry, glo - ry be to thee; mor-tals, an-gels,

al - le - lu - ia! Al - le - lu - ia with - out end!
 al - le - lu - ia! Al - le - lu - ia with - out end!
 al - le - lu - ia! Al - le - lu - ia with - out end!
 now and ev - er praise the Ho - ly Tri - ni - ty.

The Alleluias in stanzas 1-3 may be sung antiphonally.

Words: Martin H. Franzmann (1907-1976). From *Worship Supplement*. Copyright © 1969, Concordia Publishing House. Used by permission. Music: *Ton-v 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

Eucharist Liturgy Adapted from Enriching Our Worship
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Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Brother Dennis Gibbs
Altar Guild:	Sarah Chesebro
Eucharistic Minister:	Brian Spolarich
Chalice:	Brother Dennis Gibbs
Lectors:	Sandy Fisher, Ed Valentine
Flowers:	Brian Spolarich
Usher:	Alan Kiste
Usher:	Connie Weldon
Music:	Paul Burkle
Online Host:	Jane Wu
Intercessor:	Louisa Beeler
Tellers:	Alice Welchert, Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	St. Ben's

This Week at St. Ben's

Monday	Jan 26
8:30 a	Morning Prayers (Zoom)
Tuesday	Jan 27
8:30 a	Morning Prayers (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
Wednesday	Jan 28
8:30 a	Morning Prayers (Zoom)
11:00 a	Laundry Love
4:00 P	Laundry Love
Thursday	Jan 29
8:30 a	Morning Prayers (Zoom)
6:00 p	Choir Practice
Friday	Jan 30
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.



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