



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!

February 1st, 2026

Fourth Sunday after the Epiphany

~ **Prelude** ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

♪ **Hymn #8**

“Morning has broken”

Blue Hymnal

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

“Canticle of the Turning” vs 1 & 2 only



1. My soul cries out with a joy - ful shout that the
2. Though I am small, my God, my all, you
3. From the halls of power to the for - tress tower, not a
4. Though the na - tions rage from age to age, we re -



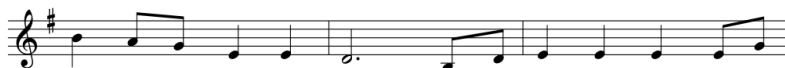
God of my heart is great, And my spir - it sings of the
work great things in me, And your mer - cy will last from the
stone will be left on stone. Let the king be - ware for your
mem - ber who holds us fast: God's mer - cy must de -



won - drous things that you bring to the ones who
depths of the past to the end of the age to
jus - tice tears ev - 'ry ty - rant from his
liv - er us from the con - quer - or's crush - ing



wait. You fixed your sight on your ser - vant's plight, and my
be. Your ver - y name puts the proud to shame, and to
throne. The hun - gry poor shall weep no more, for the
grasp. This sav - ing word that our fore - bears heard is the



weak - ness you did not spurn, So from east to west shall my
those who would for you yearn, You will show your might, put the
food they can nev - er earn; There are ta - bles spread, ev - 'ry
prom - ise which holds us bound, 'Til the spear and rod can be



name be blest. Could the world be a - bout to turn?
strong to flight, for the world is a - bout to turn.
mouth be fed, for the world is a - bout to turn.
crushed by God, who is turn - ing the world a - round.

Refrain



Text: Luke 1:46-58; Rory Cooney, b.1952, © 1990, GIA Publications, Inc.
Tune: STAR OF THE COUNTY DOWN; Irish traditional; arr. by Rory Cooney, b.1952

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, 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)

Micah 6:1-8

Reader: A Reading from the Book of the Prophet Micah

Hear what the LORD says:

Rise, plead your case before the mountains,
and let the hills hear your voice.

Hear, you mountains, the controversy of the LORD,
and you enduring foundations of the earth;
for the LORD has a controversy with his people,
and he will contend with Israel.

“O my people, what have I done to you?

In what have I wearied you? Answer me!

For I brought you up from the land of Egypt,
and redeemed you from the house of slavery;

and I sent before you Moses,
Aaron, and Miriam.

O my people, remember now what King Balak of Moab devised,
what Balaam son of Beor answered him,

and what happened from Shittim to Gilgal,
that you may know the saving acts of the LORD.”

“With what shall I come before the LORD,
and bow myself before God on high?

Shall I come before him with burnt-offerings,
with calves a year old?

Will the LORD be pleased with thousands of rams,
with tens of thousands of rivers of oil?

Shall I give my firstborn for my transgression,
the fruit of my body for the sin of my soul?”

He has told you, O mortal, what is good;
and what does the LORD require of you

but to do justice, and to love kindness,
and to walk humbly with your God?

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

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

♪ Psalm 15

S411

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

Robert Knox Kennedy
(b. 1945)



- 1 Lord, who may dwell in your
tabernacle? *
who may abide upon your holy **hill?**
- 2 Whoever leads a blameless life and does what is **right,** *
who speaks the truth from his **heart.**
- 3 There is no guile upon his tongue;
he does no evil to his **friend;** *
he does not heap contempt upon his **neighbor.**
- 4 In his sight the wicked is re-**jected,** *
but he honors those who fear the **Lord.**
- 5 He has sworn to do no **wrong** *
and does not take back his **word.**
- 6 He does not give his money in hope of **gain,** *
nor does he take a bribe against the **innocent.**

repeat the second half of the chant setting for the last verse

- 7 Whoever does these **things** *
shall never be over-**thrown.**

1 Corinthians 1:18-31

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

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. For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

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 #656

“Blest are the pure in heart”

Blue Hymnal

1 Blest are the pure in heart, for they shall see our God; the
2 The Lord, who left the heavens our life and peace to bring, to
3 he to the low - ly soul will still him - self im - part and
4 Lord, we thy pres - ence seek; may ours this bless - ing be; give
se - cret of the Lord is theirs, their soul is Christ's a - bode.
dwell in low - li - ness with us, our pat - tern and our King;
for his dwell - ing and his throne will choose the pure in heart.
us a pure and low - ly heart, a tem - ple fit for thee.

Matthew 5:1-12

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

People: *Glory to You, Lord Christ.*

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

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.]

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

BCP Form 3

Almighty God, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and
humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

We pray 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]

Give to the departed eternal rest.
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Concluding collect:

Loving God, accept the fervent prayers of these 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, Father, Son, and Holy Spirit, 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 your sins through our Savior Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

Blessing of the Candles:

Presider: Dear people of God, tomorrow it will be forty days since we celebrated the joyful feast of the Incarnation of Jesus. And so, tomorrow, the church remembers the day on which Jesus was presented in the temple. Led by the Spirit, Simeon and Anna came to the temple, recognized the child as the Christ, and proclaimed him with joy.

Let us pray,

Eternal God, who has created all things; when Jesus was presented in the temple you fulfilled the petitions of the just Simeon: We humbly ask you to bless and sanctify these candles for our use. Graciously hear our prayers and be merciful to us, whom you have redeemed by your Christ, who is the light of the world, and who lives and reigns with you and the Holy Spirit, one God for ever and ever. *Amen.*

The **Song of Simeon** (*Nunc dimittis*) is then said,

Presider: A Light to enlighten the nations,
and the glory of your people Israel.

*All: A Light to enlighten the nations,
and the glory of your people Israel.*

Presider: Lord, you now have set your servant free *
to go in peace as you have promised.

*All: A Light to enlighten the nations,
and the glory of your people Israel.*

Presider: For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see.

*All: A Light to enlighten the nations,
and the glory of your people Israel. (Luke 2:29-32)*

The Presider then says the following prayer

Let us pray.

O God, source of all light, when Jesus was presented in the Temple you revealed to the aged Simeon your light which enlightens the nations. Fill our hearts with the light of faith, that we who live and pray by the light of these candles may walk in the path of goodness, through Jesus Christ the Light of the World. *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 #613

“Thy kingdom come, O God!”

Blue Hymnal

1 Thy king - dom come, O God! Thy rule, O Christ, be - gin!
2 Where is thy reign of peace, and pu - ri - ty, and love?
3 When comes the prom - ised time that war shall be no more,
4 We pray thee, Lord, a - rise, and come in thy great might;
5 Wher - ev - er near or far thick dark - ness brood - eth yet:

1 Break with thine i - ron rod the tyr - an - nies of sin!
2 When shall all ha - tred cease, as in the realms a - bove?
3 op - pres - sion, lust, and crime shall flee thy face be - fore?
4 re - vive our long - ing eyes, which lan - guish for thy sight.
5 a - rise, O Morn - ing Star, a - rise, and nev - er set!

♪ 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 sharp (F#). The lyrics are written below the notes. The first staff is for the Celebrant and the People, with the lyrics 'The Lord be with you. And al - so with you.' The second staff is for the Celebrant and the People, with the lyrics 'Lift up your hearts. We lift them to the Lord.' The third staff is for the Celebrant, with the lyrics 'Let us give thanks to the Lord our God.' The fourth staff is for the People, with the lyrics 'It is right to give him thanks and praise.'

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:

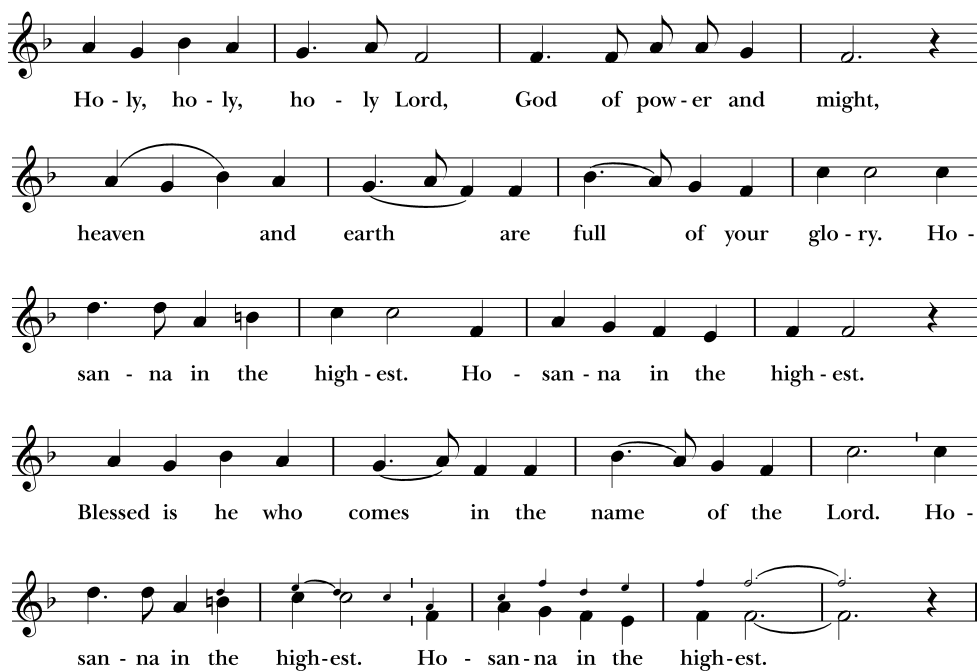
All thanks and praise
are yours at all times and in all places,
our true and loving God;
through Jesus Christ, your eternal Word,
the Wisdom from on high by whom you created all things.
You laid the foundations of the world
and enclosed the sea when it burst out from the womb;

You brought forth all creatures of the earth
and gave breath to humankind.

Wondrous are you, Holy One of Blessing,
all you create is a sign of hope for our journey;
And so as the morning stars sing your praises
we join the heavenly beings and all creation
as we shout with joy:

♪ Sanctus

S128



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

The Presider continues

Glory and honor are yours, Creator of all,
your Word has never been silent;

you called a people to yourself, as a light to the nations,
you delivered them from bondage
and led them to a land of promise.
Of your grace, you gave Jesus
to be human, to share our life,
to proclaim the coming of your holy reign
and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer,
you have freed us from sin,
brought us into your life,
reconciled us to you,
and restored us to the glory you intend for us.

We thank you that on the night before he died for us
Jesus took bread,
and when he had given thanks to you, he broke it,
gave it to his friends and said:

“Take, eat, this is my Body, broken for you.
Do this for the remembrance of me.”

After supper Jesus took the cup of wine,
said the blessing, gave it to his friends and said:
“Drink this, all of you:
this cup is the new Covenant in my Blood,
poured out for you and for all
for the forgiveness of sin.
Do this for the remembrance of me.”

And so, remembering all that was done for us:

the cross, the tomb, the resurrection and ascension,
longing for Christ's coming in glory,
and presenting to you these gifts
your earth has formed and human hands have made,
we acclaim you, O Christ:

Presider and People

***Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!***

The Presider continues

Send your Holy Spirit upon us
and upon these gifts of bread and wine
that they may be to us
the Body and Blood of your Christ.
Grant that we, burning with your Spirit's power,
may be a people of hope, justice and love.

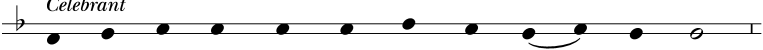
Giver of Life, draw us together in the Body of Christ,
and in the fullness of time gather us
with blessed Benedict, and all your people
into the joy of our true eternal home.

All: ***Through Christ and with Christ and in Christ,
by the inspiration of your Holy Spirit,
we worship you our God and Creator
In voices of unending praise.
Blessed are you now and for ever, AMEN.***

♪ The Lord's Prayer

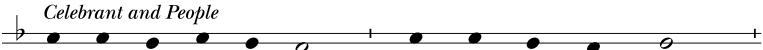
S148

Celebrant

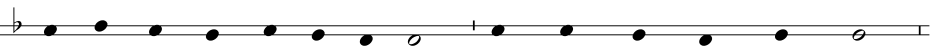


As our Sa - vior Christ has taught us, we now pray,

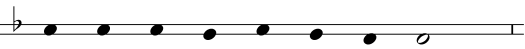
Celebrant and People



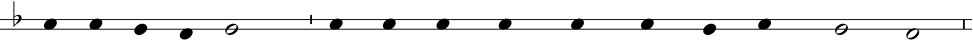
Our Fa - ther in hea - ven, hal - lowed be your Name,



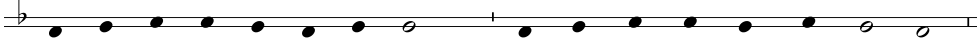
your king - dom come, your will be done, on earth as in hea - ven.



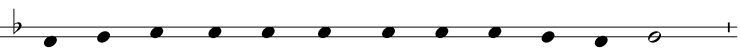
Give us to - day our dai - ly bread.



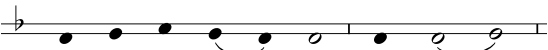
For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of tri - al, and de - liv - er us from e - vil.



For the king - dom, the power, and the glo - ry are yours,



now and for ev - er. A - men.

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

The Breaking of the Bread

The Presider breaks the Bread

♪ Fraction Anthem

S 171

This setting is not used in Lent.

Antiphon: Cantor; then All



Be known to us, Lord Je - sus, in the break - ing of the bread.



1. The bread which we break, al - le - lu - ia,



is the com - mun - ion of the bo - dy of Christ. [Ant.]



2. One bo - dy are we, al - le - lu - ia,



for though man - y we share one bread. [Ant.]

Music: Mode 6 melody; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

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 #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.

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 #401 “The God of Abraham” (vs. 1-3 only)

Blue Hymnal



1 The God of A - braham praise, who reigns en - throned a - bove;
 2 He by him - self hath sworn: we on his oath de - pend;
 3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
 4 The God who reigns on high the great arch - an - gels sing,
 5 The whole tri - um - phant host give thanks to God on high;



1 An - cient of ev - er - last - ing days, and God of love;
 2 we shall, on ea - gle - wings up - borne, to heaven a - scend:
 3 tri - um - phant o'er the world and sin, the Prince of Peace;
 4 and “Ho - ly, ho - ly, ho - ly,” cry, “Al - might - y King!
 5 “Hail, Fa - ther, Son, and Ho - ly Ghost!” they ev - er cry;



1 the Lord, the great I AM, by earth and heaven con - fessed:
 2 we shall be - hold his face, we shall his power a - dore,
 3 on Zi - on's sa - cred height his king - dom he main - tains,
 4 Who was, and is, the same, and ev - er - more shall be:
 5 hail, A - braham's Lord di - vine! With heaven our songs we raise;



we bow and bless the sa - cred Name for ev - er blest.
 and sing the won - ders of his grace for ev - er - more.
 and, glo - rious with his saints in light, for ev - er reigns.
 e - ter - nal Fa - ther, great I AM, we wor - ship thee.”
 all might and ma - jes - ty are thine, and end - less praise.

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:	Rev. Linzi Stahlecker
Altar Guild:	Sarah Chesebro
Eucharistic Minister:	Maureen Titus
Chalice:	Jane Wu
Lectors:	Bob Pelfrey, Sandy Fisher
Flowers:	Sarah Chesebro
Usher:	Ed Valentine
Usher:	Michael Lucas
Music:	Paul Burkle
Online Host:	Connie Weldon
Intercessor:	Lisa Gonzalez
Tellers:	Bryson McKelvey, Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	POTLUCK

This Week at St. Ben's

Monday	Feb 2
8:30 a	Morning Prayers (Zoom)
Tuesday	Feb 3
8:30 a	Morning Prayers (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
Wednesday	Feb 4
8:30 a	Morning Prayers (Zoom)
3:00 p	Earthcare Meeting (Zoom)
Thursday	Feb 5
8:30 a	Morning Prayers (Zoom)
6:00 p	Choir Practice
Friday	Feb 6
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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