



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!

February 8th, 2026

Fifth Sunday after the Epiphany

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

♪ Hymn #432

“O praise ye the Lord” vs. 1, 2 and 4 only

Blue Hymnal

1 O praise ye the Lord! Praise him in the height;
 2 O praise ye the Lord! Praise him up - on earth,
 *3 O praise ye the Lord! All things that give sound;
 4 O praise ye the Lord! Thanks - giv - ing and song

re - joice in his word, ye an - gels of light;
 in tune - ful ac - cord, all ye of new birth;
 each ju - bi - lant chord re - ech - o a - round;
 to him be out - poured all a - ges a - long!

ye hea -vens, a - dore him by whom ye were made,
 praise him who hath brought you his grace from a - bove,
 loud or - gans, his glo - ry forth tell in deep tone,
 For love in cre - a - tion, for hea - ven re - stored,

and wor - ship be - fore him, in bright - ness ar - rayed.
 praise him who hath taught you to sing of his love.
 and sweet harp, the sto - ry of what he hath done.
 for grace of sal - va - tion, O praise ye the Lord!

Words: Henry Williams Baker (1821-1877), alt.; based on Psalms 148 and 150. Music: *Laudate Dominum*, Charles Hubert Hastings Parry (1848-1918).

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 & 3 only



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



God of my heart is great, And my spirit sings of the
 work great things in me, And your misery will last from the
 stone will be left on stone. Let the king beware for your
 mem - ber who holds us fast: God's misery 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 servant'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



My heart shall sing of the day you bring. Let the fires of your justice burn. Wipe away all tears, for the dawn draws near, and the world is about to turn!

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: Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. ***Amen.***

(please be seated for the readings)

Isaiah 58:1-9a

Reader: *A Reading from the Book of the Prophet Isaiah*

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,
to the house of Jacob their sins.

Yet day after day they seek me
and delight to know my ways,

as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgments,
they delight to draw near to God.

“Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?”

Look, you serve your own interest on your fast day,
and oppress all your workers.

Look, you fast only to quarrel and to fight
and to strike with a wicked fist.

Such fasting as you do today
will not make your voice heard on high.

Is such the fast that I choose,
a day to humble oneself?

Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the LORD?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,

to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the hungry,
and bring the homeless poor into your house;

when you see the naked, to cover them,
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, Here I am.

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

People: Thanks be to God.

♪ Psalm 112:1-10

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

S410

Robert Knox Kennedy
(b. 1945)

1 Hallelujah!

Happy are they who fear the
Lord *

and have great delight in his com-
mandments!

2 Their descendants will be mighty in the **land**; *
the generation of the upright will be **blessed**.

3 Wealth and riches will be in their **house**, *
and their righteousness will last for **ever**.

4 Light shines in the darkness for the **upright**; *
the righteous are merciful and full of com-**passion**.

5 It is good for them to be generous in **lending** *
and to manage their affairs with **justice**.

6 For they will never be **shaken**; *
the righteous will be kept in everlasting **re-membrance**.

7 They will not be afraid of any evil **rumors**; *
their heart is right;
they put their trust in the **Lord**.

8 Their heart is established and will not **shrink**, *
until they see their desire upon their **enemies**.

9 They have given freely to the **poor**, *
and their righteousness stands fast for ever;
they will hold up their head with **honor**.

10 The wicked will see it and be angry;
they will gnash their teeth and pine a-way; *
the desires of the wicked will **perish**.



1 Corinthians 2:1-12

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

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish.

But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,
 nor the human heart conceived,
what God has prepared for those who love him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by 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 #536

“Open your ears” vs 1 & 2 only

Blue Hymnal

1 O - pen your ears, O faith - ful peo - ple,
 2 They who have ears to hear the mes - sage,
 3 Is ra - el comes to greet the Sa - vior,
 4 O - pen your ears, O faith - ful peo - ple,

o - pen your ears and hear God's word. O - pen your hearts, O
 they who have ears, then let them hear. They who would learn the
 Ju - dah is glad to see his day. From east and west the
 o - pen your ears and hear God's word. O - pen your hearts, O

Fine

roy - al priest - hood, God has come to you.
 way of wis - dom, let them hear God's word.
 peo - ples trav - el, he will show the way.
 roy - al priest - hood, God has come to you.

God has spo - ken to his peo - ple, Hal - le - lu - jah!

And his words are words of wis - dom, Hal - le - lu -

jah! Hal - le - lu - jah! God has spo - ken to his peo - ple,
 To - rah o - ra, To - rah o - ra,

Hal - le - lu - jah! And his words are
 To - rah o - ra,

words of wis - dom, Hal - le - lu - jah!
 To - rah o - ra, Hal - le - lu - jah!

Da Capo

“Torah ora” is Hebrew for, “The Law is our Light.”

Words: Willard F. Jabusch (b. 1930), alt. Copyright © 1966, 1984 by Willard F. Jabusch. Music: *Torah song (Yisrael V'oraita)*, Hasidic melody; arr. Richard Proulx (b. 1937). Arrangement Copyright © 1985, G.I.A. Publications, Inc.

Matthew 5:13-20

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

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

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished.

Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

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

Church Year by David Adam

Adapted from *Clouds and Glory, Prayers for the*

We give thanks to you, O God, for the light that shines in our lives through Christ our Savior. Fill your church with that light, that it may be a light to light all nations, that we may proclaim your presence and your glory.

We pray for all visionaries, for all who patiently wait upon you. We pray for all who have dedicated their lives to you, for all who work in your church today.

We remember especially those who have served you faithfully for many years. We pray for the growth of the church in our generation.

***Light of Christ,
scatter the darkness from your world.***

We pray for the leaders of the nations who have difficult decisions to make and are not sure which way to turn. We pray for all who strive to bring in justice, to free the oppressed, to share with those who are hungry, to house the unhoused and to care for those who are poor. We pray for leaders who feel they are working in the dark, for all who cannot find answers to the problems before them.

Light of Christ,

scatter the darkness from your world.

We pray that the shadowy places of our hearts, and all sinful deeds, will be done away. That the sin of injustice may be dispersed from our communities, that greed and violence may be done away, that the places where we live may be places of peace and light.

Light of Christ,

scatter the darkness from your world.

We pray that all who walk in darkness and in the shadow of death may see your light. We remember all who have lost hope, all who have ceased to trust. We pray for all captives, and all who are incarcerated.

We pray for all who are experiencing sickness, that your healing may be known among them.

We pray for 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]

Light of Christ,

scatter the darkness from your world.

We give thanks that life is eternal. We remember loved ones who have gone before us and are in the fullness of light in your kingdom. We pray that one day we may all walk in that light.

Light of Christ,

scatter the darkness from your world.

Concluding collect:

God of grace, God of glory, guide us by your goodness, that we may walk in your ways, seek to do your will, and worship you always; through Jesus Christ our Savior, who is alive and reigns with you and the Holy Spirit, one God, 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.

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. If you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can also contribute by scanning the QR Code or at our website www.stbenslososos.org



♪ Hymn #490 “I want to walk as a child of the light”

Blue Hymnal

1 I want to walk as a child of the light.
 2 I want to see the brightness of God.
 3 I'm looking for the coming of Christ.

I want to follow Je-sus.
 I want to look at Je-sus.
 I want to be with Je-sus.

God set the stars to give light to the world. The Clear sun of right-eous-ness, shine on my path, and we When we have run with pa-tience the race,

star of my life is Je-sus. show me the way to the Fa-ther. shall know the joy of Je-sus.

Refrain

In him there is no dark-ness at all. The night and the day are both a-like. The Lamb is the light of the ci-ty of God. Shine in my heart, Lord Je-sus.

rit.

a tempo

Shine in my heart, Lord Je-sus.

♪ 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

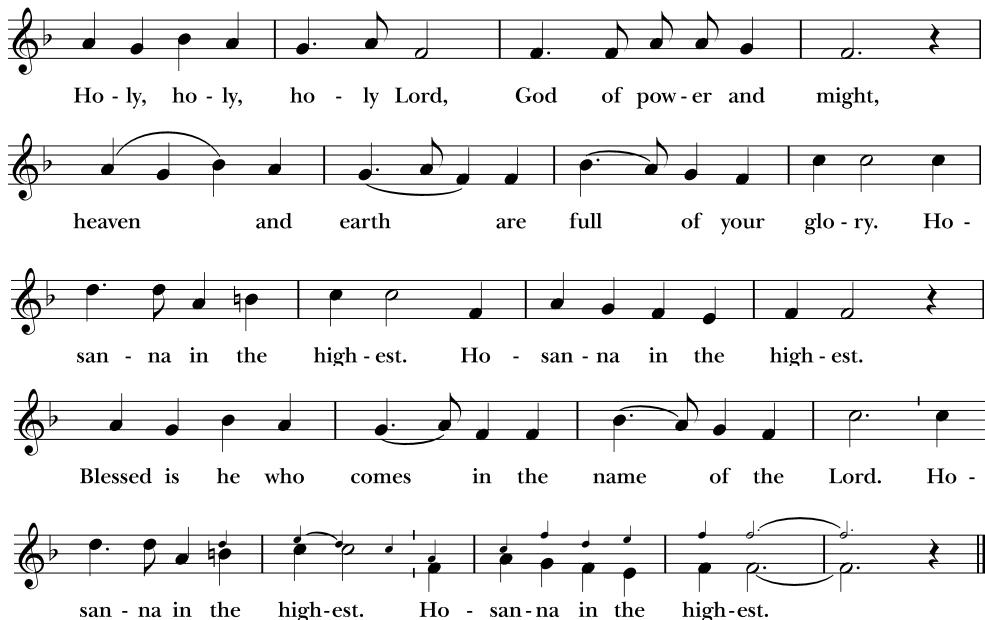
Presider:

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.
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

S125



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

vour king-dom come, vour 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 Jesus in the breaking of the bread
Cantor

is the communion of the body of Christ. [Ant.]
Cantor

for though many 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 #339 “Deck thyself, my soul, with gladness” Blue Hymnal

1. Deck thyself, my soul, with gladness, leave the
 2. Sun, who all my life dost brighten; Light, who
 3. Je-sus, Bread of Life, I pray thee, let me
 gloom-y haunts of sadness, come in - to the day-light's
 2. dost my soul enlighten; Joy, the best that an-y
 3. glad-ly here obey thee; nev-er to my hurt in -
 splen-dor, there with joy thy praises ren-der
 know-eth; Fount, whence all my be-ing flow-eth:
 2. vit-ed, be thy love with love re-quit-ed;
 3. un-to him whose grace un-bound-ed hath this
 2. at thy feet I cry, my Ma-ker, let me
 3. from this ban-quet let me mea-sure, Lord, how
 2. won-drous ban-quet found-ed— high o'er all the heavens he
 3. be a fit par-ta-ker of this bless-ed food from
 vast and deep its trea-sure; through the gifts thou here dost
 reign-eth, yet to dwell with thee he deign-eth.
 2. hea-ven, for our good, thy glo-ry, giv-en.
 3. give me, as thy guest in heaven re-ceive me.

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 221

“This little light of mine”

LEVAS

1. This lit - tle light of mine, _____ I'm gon - na let it
2. Ev - 'ry - where I go, _____ I'm gon - na let it
3. Je - sus gave it to me, _____ I'm gon - na let it
Oh _____

1. shine, _____ This lit - tle light of mine, _____
2. shine, _____ Ev - 'ry - where I go, _____
3. shine, _____ Je - sus gave it to me, _____
Oh _____

1. I'm gon - na let it shine; _____ This lit - tle light of
2. I'm gon - na let it shine; _____ Ev - 'ry - where I
3. I'm gon - na let it shine; _____ Je - sus gave it to
Oh _____

Words: Traditional. Music: Negro Spiritual; arr. Horace Clarence Boyer (b. 1935). Arr. Copyright © 1992 Horace Clarence Boyer.

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

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Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Altar Guild:	Diana Hammerlund
Eucharistic Minister:	Sandy Fisher
Chalice:	Lisa Gonzalez
Lectors:	Bryson McKelvey, John Horsley
Flowers:	Sharon Porter
Usher:	Connie Weldon
Usher:	Barbara Schippers
Music:	Paul Burkle
Online Host:	Jane Wu
Intercessor:	Sandy Fisher
Tellers:	Alice Welchert, Karen Lewis
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Carol Brubaker Walton, Jerry Walton

This Week at St. Ben's

Monday	Feb 9
8:30 a	Morning Prayers (Zoom)
Tuesday	Feb 10
8:30 a	Morning Prayers (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
Wednesday	Feb 11
8:30 a	Morning Prayers (Zoom)
5:00 p	Wonder and Mystery Gathering
Thursday	Feb 12
8:30 a	Morning Prayers (Zoom)
6:00 p	Choir Practice
Friday	Feb 13
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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