



St Benedict's Episcopal Church
Los Osos, California
~ Tending Mind and Soul ~
FOURTH SUNDAY AFTER THE EPIPHANY:
8 am – January 30, 2022

Whoever you are and wherever you are on your faith journey, there's a warm welcome for you here

Celebrant: *Blessed be the one, holy, and living God.*

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

All: *Holy and Life-Giving Spirit, You know our innermost thoughts even before they break through into consciousness; You teach us how to pray. Breathe your breath into our hearts and minds this morning. Prepare us for worship, that our thoughts may turn to you and our hearts bow down in grateful praise of God - Creator, Word and Holy Spirit, Amen.*

Canticle N

A Song of God's Love

1 John 4:7-11

*Beloved, let us love one another, *
for love is of God.
Whoever does not love does not know God, *
for God is Love.
In this the love of God was revealed among us, *
that God sent his only Son into the world,
so that we might live through Jesus Christ.
In this is love, not that we loved God but that God loved us *
and sent his Son that sins might be forgiven.
Beloved, since God loved us so much, *
we ought also to love one another.
For if we love one another, God abides in us, *
and God's love will be perfected in us.*

Collect of the Day

Celebrant: **God be with you**

People: ***And also with you.***

Celebrant: **Let us pray.**

All: *Provoking God, calling us through the face of the Other: free our fickle hearts from our need to divide and exclude the foreign and the misfit; lead us through the storms of rage to a clear and new beginning; through Jesus Christ, whom hatred cannot touch. Amen.*

Prayers for an Inclusive Church © 2009 Steven Shakespeare

Jeremiah 1:4-10

— *A reading from the book of the prophet Jeremiah*

The word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Truly I do not know how to speak, for I am only a boy." But the Lord said to me, "Do not say, 'I am only a boy'; for you shall go to all to whom I send you, and you shall speak whatever I command you, Do not be afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put out his hand and touched my mouth; and the Lord

said to me, "Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant."

—*Hear what the Spirit is saying to God's People.*

Psalm 71:1-6

God, you are my shelter, do not fail me.
You always do right; deliver me, rescue me,
hear me and save me.

Be my rock and haven, to whom I can always turn;
be my tower of strength, keep me safe.
The ruthless and wicked trap me; reach out to free me.

You are my hope, O Holy One, from the days of my youth.
I have relied on you since birth, my strength from my mother's womb;
I will praise you always.

The Psalter © 1994 Liturgy Training Publications

1 Corinthians 13:1-13

—*A reading from the First letter of Paul to the Corinthians*

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

—*Hear what the Spirit is saying to God's People.*

Luke 4:21-30

Gospeller: The Holy Gospel of Our Savior Jesus Christ According to Luke.

People: *Praise and Glory to God.*

Jesus began to speak in the synagogue at Nazareth: "Today this scripture has been fulfilled in your hearing." All spoke well of him and were amazed at the gracious words that came from his mouth. They said, "Is not this Joseph's son?" He said to them, "Doubtless you will quote to me this proverb, 'Doctor, cure yourself!' And you will say, 'Do here also in your hometown the things that we have heard you did at Capernaum.'" And he said, "Truly I tell you, no prophet is accepted in the prophet's hometown. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and

there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian." When they heard this, all in the synagogue were filled with rage. They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But he passed through the midst of them and went on his way.

Gospeller: This is the Gospel of Christ.

People: *Praise to Christ the Word*

~ ~ ~ Reflections on the Readings ~ ~ ~

Prayers of the People

God, your glory fills the whole world.

Open our eyes that we may have a glimpse of your glory. We give thanks that you, O Christ, shared in our humanity that we might by your grace share in the Divine. We pray that the whole church may show forth your glory. We pray especially for preachers and prayer leaders, for Bible study groups, theological colleges, and religious communities. Look upon us, O God, *and let us show forth your glory.*

We pray for city planners, and all who make decisions about our future. We remember all those who are striving to improve our world and make it more peaceful: for peace-makers, for protectors of peoples, for all who keep our world safe. We remember all who live in sordid dwellings or among violent and evil people. We pray for all whose lives have lost any radiance. Look upon us, O God, *and let us show forth your glory.*

We give thanks for all who have revealed your glory to us. We pray for those who cared for us and continue to do so, for those who have been good companions, friends and guides. We pray for the communities to which we belong. Look upon us, O God, *and let us show forth your glory.*

We pray for all who are struggling at this time, all whose lives are dull and whose work is boring. We remember all who are unable to achieve what they want to do, through disability or illness, all who feel frustrated or thwarted. We pray for all who are ill at home or in hospital. We pray for those for whom our prayers have been asked and those who are in our hearts....

Prayers are read from the bidding book;
additional prayers may be offered silently or aloud.]

Look upon us, O God, *and let us show forth your glory.*

We give thanks for all who have entered into the glory of your kingdom, for all who behold and share in your splendor. We pray for loved ones departed, that they may glory in your love. Look upon us, O God, *and let us show forth your glory.*

Compassionate God, you created us out of love, you redeemed us by your love, you sustain us with your love. Let the glory of your love be seen in us, that we may reflect your presence and show forth your love in the world; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Confession and Absolution

Let us confess our sins to God.

All: ***God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
the evil done on our behalf,
and the good that we have left undone.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***

May the All-Compassionate God have mercy on you, forgive you all your 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

Celebrant: **The peace of Christ be always with you.**
People: ***And also with you.***

The Holy Eucharist

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Celebrant: **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.**

Celebrant: **The Lord be with you.**
All: ***And also with you.***
Celebrant: **Lift up your hearts.**
All: ***We lift them up to God.***
Celebrant: **Let us give thanks to God.**
All: ***It is right to give both thanks and praise.***

Celebrant: 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 Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, 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:

All: ***Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord,
Hosanna in the highest.***

Celebrant

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.***

Celebrant: 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

New Zealand Prayer Book

As our Savior Christ teaches us, we now pray:

*Eternal Spirit, Life-Giver, Pain-Bearer, Love Maker,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The Hallowing of your Name echo through the universe!
The Way of your Justice be followed by the people of the world!
Your Heavenly Will be done by all created beings!
Your Commonwealth of Peace and Freedom sustain our hope and come on
earth!
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and forever. Amen.*

The Breaking of the Bread

The celebrant breaks the consecrated bread.

A period of silence is kept.

Celebrant: We break this bread to share in the Body of Christ.

People: *We who are many are one body,
for we all share in the one bread.*

Holy Communion

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

A period of silence is kept before joining in our final prayer.

*Most loving God, creator and redeemer,
we give you thanks for this foretaste of your glory.
Through Christ, and with all your saints,
we offer ourselves and our lives to your service.
Send us out in the power of your Spirit,
to stand with you in your world.
We ask this through Jesus Christ, the servant,
our friend and brother. Amen.*

New Zealand Prayer Book

The Blessing

May the outrageous welcome of the Father accept us for who we are;
may the incarnation of the Word touch and hold us close;
may the wandering of the Spirit help us risk ourselves for love;
and may the blessing of God All-Compassionate,
Father, Son, and Holy Spirit, be upon you, and remain with you always.
Amen

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Announcements

Dismissal

Celebrant: Alleluia, alleluia!
Let us go forth into the world, rejoicing in the power of the Spirit.

People: *Thanks be to God. Alleluia, alleluia!*

Eucharist Liturgy Adapted from The Iona Abbey Worship Book
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