



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The First Sunday of Advent

December 1, 2024 10:30 am

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability— your presence here today is a blessing!

About Our Service

Wherever you are on your faith journey, you are warmly welcome at St. Benedict's! If you are unfamiliar with the ritual customs of the Episcopal Church, simply rest into the liturgy and let the rest of the congregation carry you in worship.

Please silence your phones.

~ Prelude ~

Original Improvisation

Paul Burkle

Celebrant: Blessed are you, holy, and living One.

People: *You come to your people and set them free.*

Celebrant: 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.*



Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever.

People: *Amen*

Jeremiah 33:14-16

Reader: A Reading from the book of Jeremiah

The days are surely coming, says the Lord, when I will fulfill the promise I made to the house of Israel and the house of Judah. In those days and at that time I will cause a righteous Branch to spring up for David; and he shall execute justice and righteousness in the land. In those days Judah will be saved and Jerusalem will live in safety. And this is the name by which it will be called: "The Lord is our righteousness."

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

People: *Thanks be to God.*

Psalm 25:1-9

The words of the Psalm are sung by the congregation to the first reciting note, moving to the next note for the word in **bold**.



© 1979, Robert Knox Kennedy.

To you, O Lord, I lift up my **soul**;
my God, I put my trust in **you**; *
let me not be **humiliated**,
nor let my enemies triumph **over me**.

Let none who look to you be put to **shame**; *
let the treacherous be disappointed in their **schemes**.

Show me your ways, O **Lord**, *
and teach me your **paths**.

Lead me in your truth and **teach me**, *
for you are the God of my salvation;
in you have I trusted all the day **long**.

Remember, O Lord, your compassion and **love**, *
for they are from **everlasting**.

Remember not the sins of my youth and my **transgressions**; *
remember me according to your love
and for the sake of your goodness, O **Lord**.

Gracious and upright is the **Lord**; *
therefore he teaches sinners in his **way**.

He guides the humble in doing **right** *
and teaches his way to the **lowly**.

All the paths of the Lord are love and **faithfulness** *
to those who keep his covenant and his **testimonies**.

1 Thessalonians 3:9-13

Reader: A Reading from Paul's letter to the church in Thessalonica

How can we thank God enough for you in return for all the joy that we feel before our God because of you? Night and day we pray most earnestly that we may see you face to face and restore whatever is lacking in your faith.

Now may our God and Father himself and our Lord Jesus direct our way to you. And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

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

People: Thanks be to God.

♩ Hymn

“My Lord What a Morning”

LEVAS 13

Harmony

My Lord, what a morn-ing, My Lord, what a morn-ing, O

my Lord, what a morn-ing, When the stars be-gin to fall.

Fine

Unison

1. You'll hear the trum-pet sound,
 2. You'll hear the sin-ner mourn, To wake the
 3. You'll hear the Chris-tian shout,

na-tions un-der-ground, Look-ing to my God's right

hand, When the stars be-gin to fall.

D.C.

Words: Traditional. Music: Negro Spiritual.

Luke 21:25-36

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

People: *Glory to You, Lord Christ.*

Jesus said, "There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see 'the Son of Man coming in a cloud' with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near."

Then he told them a parable: "Look at the fig tree and all the trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly I tell you, this generation will not pass away until all things have taken place. Heaven and earth will pass away, but my words will not pass away.

"Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man."

Gospeller: The Gospel of Christ.

People: *Praise to You, Lord Christ.*

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

Affirmation of Faith

Let us affirm our faith in Jesus Christ the Son of God.

We be-lieve in one God, the Fa-ther, the Al-might-y, ma-ker of
hea-ven and earth, of all that is, seen and un - seen. We be-lieve
in one Lord, Je - sus Christ, the on - ly Son of God, e - ter - nal - ly
be - got - ten of the Fa-ther, God from God, Light from Light, true God
from true God, be - got - ten, not made, of one Be - ing with the Fa-ther.
Through him all things were made. For us and for our sal - va - tion
he came down from hea - ven: by the pow - er of the Ho - ly Spi - rit
he be - came in - car - nate from the Vir - gin Ma - ry, and was made man.
For our sake he was cru - ci - fied un - der Pon - tius Pi - late;
he suf - fered death and was bur - ied. On the third day he rose a - gain
in ac - cord - ance with the Scrip - tures; he a - scend - ed in - to hea - ven
and is seat - ed at the right hand of the Fa - ther. He will come a -

gain in glo - ry to judge the liv - ing and the dead, and his king-dom
will have no end. We be - lieve in the Ho - ly Spi - rit, the Lord,
the giv - er of life, who pro - ceeds from the Fa - ther and the Son.
With the Fa - ther and the Son he is wor - shiped and glo - ri - fied.
He has spo - ken through the Pro - phets. We be - lieve in one ho - ly
cath - o - lic and a - po - sto - lic Church. We ac - know - ledge one bap - tism
for the for - give - ness of sins. We look for the re - sur - rec - tion of the dead,
and the life of the world to come. A - men.

Music: Plainsong, Mode 4; Credo I; adapt. Mason Martens (1933-1991). Copyright © 1984 Mason Martens.

Prayers of the People

BCP Form I

With all our heart and with all our mind, let us pray to our God, saying "God, have mercy."

For the peace from above, for the loving-kindness of God, and for the salvation of our souls, let us pray to our God. ***God, have mercy.***

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to our God. ***God, have mercy.***

For our Bishop Lucinda and our priest Rev. Linzi, and for all the clergy and people, let us pray to our God. ***God, have mercy.***

For our President, for the leaders of the nations, and for all in authority, let us pray to our God. ***God, have mercy.***

For this community of Los Osos, for every community, and for those who live in them, let us pray to our God. ***God, have mercy.***

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to our God. ***God, have mercy.***

For those who travel on land, on water, or in the air, let us pray to our God. ***God, have mercy.***

For those who are aged and infirm, for those who are widowed and orphans, and for those who are sick and suffering, let us pray to our God. **God, have mercy.**

For those mentioned in our bidding book: _____

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

Let us pray to our God. **God, have mercy.**

For those who are poor and those who are oppressed, for those who are unemployed and those who are destitute, for prisoners and captives, and for all who remember and care for them, let us pray to our God. **God, have mercy.**

For all who have died in the hope of the resurrection, and for all the departed, let us pray to our God. **God, have mercy.**

For deliverance from all danger, violence, oppression, and degradation, let us pray to our God. **God, have mercy.**

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to our God. **God, have mercy.**

In the communion of Benedict and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God. **To you, O Lord our God.**

Celebrant: 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: 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,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.**

Celebrant Almighty God have mercy on you, forgive you all your sins through the grace of 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.*

Please greet others in the chat.

Announcements

51. For a Birthday p 830

Watch over thy child, O Lord, as *his/her/their* days increase; bless and guide *him/her/their* wherever *he/she/they* may be. Strengthen *him/her/them* when *he/she/they* stand(s); comfort *him/her/their* when discouraged or sorrowful; raise *him/her/their* up if *he/she/they* fall; and in *his/her/their* heart may thy peace which passeth understanding abide all the days of *him/her/their* life/lives; through Jesus Christ our Lord. *Amen.*

52. For an Anniversary p 431

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

53. For Travelers p 831

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel [in particular _____]; surround them with your loving care; protect them from every danger; and bring them into safety to their journey's end; through Jesus Christ our Lord. *Amen.*

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or special concern, please share in the chat.

The Offertory

You can contribute at our website www.stbenslososos.org at any time.



♪ Hymn #61

“Sleepers Wake!”

Blue Hymnal

1 “Sleep-ers, wake!” A voice a - stounds us, the
 2 Zi - on hears the watch - men sing - ing; her
 3 Lamb of God, the heavens a - dore you; let

shout of ram - part - guards sur - rounds us: “A -
 heart with joy - ful hope is spring - ing, she
 saints and an - gels sing be - fore you, as

wake, Je - ru - sa - lem, a - rise!” Mid - night’s peace their
 wakes and hur - ries through the night. Forth he comes, her
 harps and cym - bals swell the sound. Twelve great pearls, the

cry has bro - ken, their ur - gent sum - mons clear - ly spo -
 Bride-groom glo - rious in strength of grace, in truth vic - to -
 ci - ty’s por - tals: through them we stream to join the im - mor -

ken: "The time has come, O maid - ens wise!
 rious: her star is risen, her light grows bright.
 tals as we with joy your throne sur - round.

Rise up, and give us light; the Bride - groom is in
 Now come, most wor - thy Lord, God's Son, In - car - nate
 No eye has known the sight, no ear heard such de -

sight. Al - le - lu - ia! Your lamps pre - pare and
 Word, Al - le - lu - ia! We fol - low all and
 light: Al - le - lu - ia! There - fore we sing to

has - ten there, that you the wed - ding feast may share."
 heed your call to come in - to the ban - quet hall.
 greet our King; for ev - er let our prais - es ring.

Words: Philipp Nicolai (1556-1608); tr. Carl P. Daw, Jr. (b. 1944). Copyright © 1982, by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Wachet auf*, melody Hans Sachs (1494-1576); adapt. Philipp Nicolai (1556-1608); arr. and harm. Johann Sebastian Bach (1685-1750).

Sanctus

WLP 858

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. Ho - san - na in the high - est.

Music: American folk melody; arr. Marcia Pruner, harm. Annabel Morris Buchanan (1889-1983).

The Celebrant continues

Glory and honor and praise to you, holy and living God.
To deliver us from the power of sin and death
and to reveal the riches of your grace,
you looked with favor upon Mary, your willing servant,
that she might conceive and bear a son,
Jesus the holy child of God.
Living among us, Jesus loved us.
He broke bread with outcasts and sinners,
healed the sick, and proclaimed good news to the poor.
He yearned to draw all the world to himself
yet we were heedless of his call to walk in love.
Then, the time came for him to complete upon the cross
the sacrifice of his life,
and to be glorified by you.

On the night before he died for us,
Jesus was at table with his friends.
He took bread, gave thanks to you,
broke it, and gave it to them, and said:
“Take, eat:
This is my Body, which is given for you.
Do this for the remembrance of me.”
As supper was ending, Jesus took the cup of wine.
Again, he gave thanks to you,
gave it to them, and said:
“Drink this, all of you:
This is my Blood of the new Covenant,
which is poured out for you and for all
for the forgiveness of sins.
Whenever you drink it,
do this for the remembrance of me.”

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

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

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

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

The Lord's Prayer

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 celebrant breaks the Bread

♪ Fraction Anthem

WLP 875

Cantor or Choir

Be known to us, Lord Je - sus, } in the
 The dis - ci - ples knew the Lord Je - sus }

1. *Congregation* | 2. *Cantor or Choir*

break - ing of the bread. Be bread. The

bread which we break, al - le - lu - ia, Is the com -

Congregation

mun - ion of the bod - y of Christ. Be
 The dis -

known to us, Lord Je - sus, } in the break - ing of the
 ci - ples knew the Lord Je - sus }

Cantor or Choir

bread. One bod - y are we, al - le - lu - ia, for though

Congregation

man - y we share one bread. Be known to us, Lord
 The dis - ci - ples knew the Lord

Je - sus, } in the break - ing of the bread.
 Je - sus }

Holy Communion

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

*If God is calling you, you are welcome and invited to receive communion.
 Please contact the church office to arrange to receive communion in your home.*

♪ Communion Music

Original Improvisation

Paul Burkle

♪ Hymn #316

“This is the Hour”

Blue Hymnal



1 This is the hour of banquet and of song;
2 Too soon we rise; we go our sev - eral ways;
3 Feast af - ter feast thus comes and pass - es by,



this is the heaven - ly ta - ble spread for me;
the feast, though not the love, is past and gone,
yet, pass - ing, points to the glad feast a - bove,



here let me feast, and feast - ing, still pro - long the
the Bread and Wine con - sumed: yet all our days thou
giv - ing us fore - taste of the fes - tal joy, the



brief, bright hour of fel - low - ship with thee.
still art here with us— our Shield and Sun.
Lamb's great mar - riage feast of bliss and love.

Words: Horatius Bonar (1808-1889), alt. Music: *Canticum refectiois*, David McKinley Williams (1887-1978). Copyright © The Church Pension Fund.

Silence

Sending of the Eucharistic Visitor

If no visitation is to be made, prayer is not said.

When the Eucharist is brought to people at any place outside our walls, we say the following to send our Lay Eucharistic Visitors or other Ministry team members out with care and blessings.

Celebrant: In the name of this parish family, I send you forth, bearing these holy gifts, to _____. Together, we share in the body and blood of Christ. And we who are many are one Body because we share one Bread and one Cup.

All: *We who are many are one Body, because we share one Bread and one Cup. Amen*

Prayer

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen

Blessing

♪ Hymn #57 “Lo, He Comes with Clouds Descending” Blue Hymnal



1 Lo! he comes, with clouds de - scend - ing, once for
 2 Ev - ery eye shall now be - hold him, robed in
 3 Those dear tok - ens of his pas - sion still his
 4 Yea, a - men! let all a - dore thee, high on



our sal - va - tion slain; thou - sand thou - sand
 dread - ful ma - jes - ty; those who set at
 daz - zling bo - dy bears, cause of end - less
 thine e - ter - nal throne; Sa - vior, take the



saints at - tend - ing swell the tri - umph of his
 nought and sold him, pierced, and nailed him to the
 ex - ul - ta - tion to his ran - somed wor - ship -
 power and glo - ry; claim the king - dom for thine



train: Al - le - lu - ia! Al - le - lu - ia!
 tree, deep - ly wail - ing, deep - ly wail - ing,
 ers; with what rap - ture, with what rap - ture,
 own: Al - le - lu - ia! Al - le - lu - ia!



Al - le - lu - ia! Christ the Lord re - turns to reign.
 deep - ly wail - ing, shall the true Mes - si - ah see.
 with what rap - ture gaze we on those glo - rious scars!
 Al - le - lu - ia! Thou shalt reign, and thou a - lone.

Words: Charles Wesley (1707-1788). Music: *Helmsley*, melody Thomas Augustine Arne (1710-1778); harm. Ralph Vaughan Williams (1872-1958), alt.

Dismissal

Celebrant: 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

Celebrant:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Altar Guild:	Lisa Gonzalez
Eucharistic Minister:	Alan Kiste
Eucharistic Assistant:	Brian Spolarich
Lector:	Bob Pelfrey
Flowers:	Sharon Porter
Ushers:	Brian Spolarich & Maureen Titus
Intercessor:	Lisa Gonzalez
Music:	Paul Burkle
Online Host:	Connie Weldon
Tellers:	Diana Hammerlund & Steve Cake
Technical:	Hannah Matthews
Coffee Hour Host:	Potluck

This Week at St Ben's

Tuesday	Dec 3
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Thursday	Dec 5
6:00p	Choir Practice
Sunday	Dec 7
10:30a	Eucharist Service

Announcements

Pledge cards are available, please consider filling one out and dropping it into the offering plate during worship.

We're looking to hire a store Manager, this is a paid position, and we need your help sharing the job description. **PLEASE [share/post this job description](#) far and wide**, we would like to interview candidates in early December. Applicants should submit a cover letter and resume to the office [by email](#).

Announcements: The flow and energy of the liturgy is less interrupted (and somewhat less unpredictable!) when the week's community announcements are handled by just one person each week. Going forward, please email Rev. Linzi with any community announcements you'd like shared on a Sunday morning, the announcements will be compiled and shared by a single voice each week.

Tuesday Morning Prayers & Spiritual Conversation: During Advent, the Spiritual Conversation group will be using the [Living Well Through Advent: Practicing Peace with All Your Heart, Soul, Strength and Mind](#) from Living Compass. This seasonal resource consists of short daily readings to inspire reflection as we prepare ourselves to honor the birth of Jesus. You do not have to read the book to participate. Join on [Zoom](#).

Personal Prayer: If you'd like prayer support during the week, contact Lisa Gonzalez (805-441-3386). If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslososos.org and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

An all-gender restroom is located through the white door at the left of the sanctuary. All other restrooms are located by exiting out the doors and going down the outdoor wooden walkway towards the red door and then down the hallway to the left. Please ask an usher for assistance if needed.

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tiłhini (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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