



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The First Sunday after Christmas

December 29, 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!

~ Prelude ~

Variations on *Adeste Fidelis* by Raynor Taylor

Ann Lucas

Officiant: Blessed be the one, holy, and living God.

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

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 #93

“Angels from the Realms of Glory”

Blue Hymnal

1 An - gels, from the realms of glo - ry, wing your flight o'er
2 Shep - herds in the field a - bid - ing, watch - ing o'er your
3 Sa - ges, leave your con - tem - pla - tions; bright - er vi - sions
4 Saints be - fore the al - tar bend - ing, watch - ing long in

all the earth; ye, who sang cre - a - tion's sto - ry,
flocks by night, God with you is now re - sid - ing;
beam a - far: seek the great De - sire of na - tions;
hope and fear, sud - den - ly the Lord, de - scend - ing,

Refrain

now pro - claim Mes - si - ah's birth:
yon - der shines the in - fant Light: come and wor - ship,
ye have seen his na - tal star:
in his tem - ple shall ap - pear:

come and wor - ship, wor - ship Christ, the new - born King.

The musical score is written for voice and piano. It features a treble and bass clef with a key signature of one flat (B-flat). The melody is simple and hymn-like, with lyrics printed below the notes. The refrain is marked with a double bar line and the word 'Refrain' above it.

Words: James Montgomery (1771-1854), alt. Music: *Regent Square*, Henry Thomas Smart (1813-1879).

Collect of the Day

Officiant: Christ be with you.

People: *And also with you.*

Almighty God, you have poured upon us the new light of your incarnate Word: Grant that this light, enkindled in our hearts, may shine forth in our lives; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

People: *Amen*

Isaiah 61:10-62:3

Reader: A Reading from the book of Isaiah

I will greatly rejoice in the LORD,
my whole being shall exult in my God;
for he has clothed me with the garments of salvation,
he has covered me with the robe of righteousness,
as a bridegroom decks himself with a garland,
and as a bride adorns herself with her jewels.

For as the earth brings forth its shoots,
and as a garden causes what is sown in it to spring up,
so the Lord GOD will cause righteousness and praise
to spring up before all the nations.

For Zion's sake I will not keep silent,
and for Jerusalem's sake I will not rest,
until her vindication shines out like the dawn,
and her salvation like a burning torch.

The nations shall see your vindication,
and all the kings your glory;
and you shall be called by a new name
that the mouth of the LORD will give.

You shall be a crown of beauty in the hand of the LORD,
and a royal diadem in the hand of your God.

Reader: *The word of the Lord OR Hear what the Spirit is saying to God's people.*

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

Psalm 147:13-21

Worship the Lord, O Jerusalem; *
praise your God, O Zion;

For he has strengthened the bars of your gates; *
he has blessed your children within you.

He has established peace on your borders; *
he satisfies you with the finest wheat.

He sends out his command to the earth, *
and his word runs very swiftly.

He gives snow like wool; *
he scatters hoarfrost like ashes.

He scatters his hail like bread crumbs; *
who can stand against his cold?

He sends forth his word and melts them; *
he blows with his wind, and the waters flow.

He declares his word to Jacob, *
his statutes and his judgments to Israel.

He has not done so to any other nation; *
to them he has not revealed his judgments.
Hallelujah!

Galatians 3:23-25; 4:4-7

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

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian.

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

Reader: *The word of the Lord OR Hear what the Spirit is saying to God's people.*

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

♪ Hymn #98

“Unto Us a Boy is Born”

Blue Hymnal



1 Un - to us a boy is born! The King of all cre -
 2 Cra - dled in a stall was he with sleep - y cows and
 3 He - rod then with fear was filled; “A prince,” he said, “in
 4 Now may Ma - ry’s son, who came so long a - go to
 *5 Un - to us a boy is born! The King of all cre -



1 a - tion, came he to a world for - lorn, the
 2 ass - es; but the ve - ry beasts could see that
 3 Jew - ry!” All the lit - tle boys he killed at
 4 love us, lead us all with hearts a - flame un -
 5 a - tion, came he to a world for - lorn, the



1 Lord of ev - ery na - - - tion.
 2 he all men sur - pass - - - es.
 3 Beth - lehem in his fu - - - ry.
 4 to the joys a - bove _____ us.
 5 Lord of ev - ery na - - - tion.

Words: Latin carol, 15th cent., tr. Percy Dearmer (1867-1936), alt. Music: *Puer nobis nascitur*, melody from *Piae Cantiones*, 1582; harm. Geoffrey Turton Shaw (1879-1943).

John 1:1-18

Officiant: The Holy Gospel of Our Savior Jesus Christ According to John

People: Glory to You, Lord Christ.

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. The true light, which enlightens everyone, was coming into the world.

He was in the world, and the world came into being through him; yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God.

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. (John testified to him and cried out, "This was he of whom I said, 'He who comes after me ranks ahead of me because he was before me.'") From his fullness we have all received, grace upon grace. The law indeed was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God. It is God the only Son, who is close to the Father's heart, who has made him known.

Officiant: The Gospel of Christ

People: Praise to You, Lord Christ.

[We pause for a few moments' reflection before affirming our faith.]

Affirmation of Faith

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 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 in the chat.]

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.*

Officiant: Holy One, accept these prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, now and for ever. *Amen.*

Confession and Absolution

Let us confess our sins against God and our neighbor.

All: *Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;*

*we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.*

Officiant: May the All-Compassionate God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us 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

Birthday & Anniversary Prayers

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

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.*



The Offertory

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

♩ Hymn #81

“Lo How a Rose e’er Blooming”

Blue Hymnal

1 Lo, how a Rose e’er bloom-ing from ten - der stem hath sprung!
 2 I - sa - iah ’twas fore - told it, the Rose I have in mind,
 * 3 O Flower, whose fra - grance ten - der with sweet - ness fills the air,

Of Jes - se’s lin - eage com - ing as seers of old have sung.
 with Ma - ry we be - hold it, the Vir - gin Mo - ther kind.
 dis - pel in glo - rious splen - dor the dark - ness ev - ery - where;

It came, a blos - som bright, a - mid the
 To show God’s love a - right, she bore to
 true man, yet ve - ry God, from sin and

cold of win - ter, when half spent was the night.
 us a Sa - vior, when half spent was the night.
 death now save us, and share our ev - ery load.

Words: St. 1-2 German, 15th cent.; tr. Theodore Baker (1851-1934). St. 3, Friedrich Layritz (1808-1859); tr. Harriet Reynolds Krauth Spaeth (1845-1925); ver. *Hymnal 1940*. St. 3, Copyright © The Church Pension Fund. Music: *Es ist ein Ros*, melody from *Alte Catholische Geistliche Kirchengesäng*, 1599; harm. Michael Praetorius (1571-1621).

♪ 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*

The General Thanksgiving

*All: Holy One, author of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.*

(silence)

The Lord's Prayer

And now, as our Savior Christ has taught us, we are bold to say,

*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.*

Blessing

Officiant: Live without fear: our Creator has made us holy, has always protected us, and loves us as a parent. Go in peace to follow the good road and may God's blessing be with you always. **Amen.** (source: from Saint Clare)

♪ Hymn #376

“Joyful, Joyful We Adore Thee”

Blue Hymnal

1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,
3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,

hearts un - fold like flowers be - fore thee, prais - ing thee, their sun a - bove.
stars and an - gels sing a - round thee, cen - ter of un - bro - ken praise.
well - spring of the joy of liv - ing, o - cean - depth of hap - py rest!

Melt the clouds of sin and sad - ness; drive the dark of doubt a - way;
Field and for - est, vale and moun - tain, bloom - ing mea - dow, flash - ing sea,
Thou our Fa - ther, Christ our Bro - ther: all who live in love are thine;

giv - er of im - mor - tal glad - ness, fill us with the light of day.
chant - ing bird and flow - ing foun - tain, call us to re - joice in thee.
teach - us how to love each o - ther, lift us to the joy di - vine.

Words: Henry Van Dyke (1852-1933). Music: *Hymn to Joy*, Ludwig van Beethoven (1770-1827); adapt. Edward Hodges (1796-1867), alt.

Dismissal

Officiant: Let us go forth into the world,
rejoicing in the power of the Spirit.

All: *Thanks be to God.*

♪ Postlude

In Dulci Jubilo J.S. Bach

Ann Lucas

Today's Liturgy

is from the outline in the Book of Common Prayer.

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Ministers of the Service

Officiant:	The Rev. Mike Eggleston
Preacher:	The Rev. Mike Eggleston
Liturgical Assistant:	Bryson McKelvey
Lector:	Roz Malone
Flowers:	Sharon Porter
Ushers:	Barbara Schippers & Jim Malone
Music:	Ann Lucas
Altar Guild:	Diana Hammerlund
Online Host:	Elaine Beckham
Tellers:	Bryson McKelvey & Diana Hammerlund
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Kathy West

This Week at St Ben's

Tuesday	Dec 31
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	Jan 1
4:00p	Community Dinner
Thursday	Jan 2
6:00p	Choir Practice
Sunday	Jan 5
10:30a	Eucharist Service
12:30p	Potluck

Announcements

STAR PARTY

Friday January 10th at 6 pm

Join us for a joyful evening as we celebrate Epiphany, Twelfth Night, and Old Christmas together.

Bring your favorite dish and beverage to share—but don't worry if you can't, just come and enjoy the festivities! Highlights of the evening include crowning kings and queens of the Epiphany, journeying with the three magi to the creche, and undressing the church by taking down the lights. We'll also light the fire of Old Christmas—feel free to bring twigs from your Christmas decorations to add to the flames.

Additionally, we'll bless the church in a cherished European tradition, and everyone will receive a star word to guide and inspire you in the year ahead.

All are welcome to this special celebration!

Personal Prayer: Prayer requests may 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 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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