



St Benedict's Episcopal Church

~ *Tending Mind and Soul in Los Osos* ~

The Second Sunday after Christmas

January 5, 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.*

♩ Hymn #96

“Angels We Have Heard on High”

Blue Hymnal

1 An - gels we have heard on high, sing - ing sweet - ly through the night,
 2 Shep - herds, why this ju - bi - lee? Why these songs of hap - py cheer?
 3 Come to Beth - le - hem and see him whose birth the an - gels sing;
 4 See him in a man - ger laid whom the an - gels praise a - bove;

and the moun - tains in re - ply ech - o - ing their brave de - light.
 What great bright - ness did you see? What glad tid - ings did you hear?
 come, a - dore on bend - ed knee Christ, the Lord, the new - born King.
 Ma - ry, Jo - seph, lend your aid, while we raise our hearts in love.

Refrain

Glo - - - - - ri - a

in ex - cel - sis De - o. Glo - - - - -

- - - - - ri - a in ex - cel - sis De - o.

Words: French carol; tr. James Chadwick (1813-1882), alt. Music: *Gloria*, French carol; arr. Edward Shippen Barnes (1887-1958).

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

O God, who wonderfully created, and yet more wonderfully restored, the dignity of human nature: Grant that we may share the divine life of him who humbled himself to share our humanity, your Son Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever.

People: *Amen*

Jeremiah 31:7-14

Reader: *A Reading from the book of Jeremiah*

Thus says the Lord:

Sing aloud with gladness for Jacob,
and raise shouts for the chief of the nations;

proclaim, give praise, and say,
"Save, O Lord, your people,
the remnant of Israel."

See, I am going to bring them from the land of the north,
and gather them from the farthest parts of the earth,
among them the blind and the lame, those with child and
those in labor, together;
a great company, they shall return here.

With weeping they shall come,
and with consolations I will lead them back,

I will let them walk by brooks of water,
in a straight path in which they shall not stumble;

for I have become a father to Israel,
and Ephraim is my firstborn.

Hear the word of the Lord, O nations,
and declare it in the coastlands far away;

say, "He who scattered Israel will gather him,
and will keep him as a shepherd a flock."

For the Lord has ransomed Jacob,
and has redeemed him from hands too strong for him.

They shall come and sing aloud on the height of Zion,

and they shall be radiant over the goodness of the Lord,
over the grain, the wine, and the oil,
and over the young of the flock and the herd;
their life shall become like a watered garden,
and they shall never languish again.
Then shall the young women rejoice in the dance,
and the young men and the old shall be merry.
I will turn their mourning into joy,
I will comfort them, and give them gladness for sorrow.
I will give the priests their fill of fatness,
and my people shall be satisfied with my bounty,
says the Lord.

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

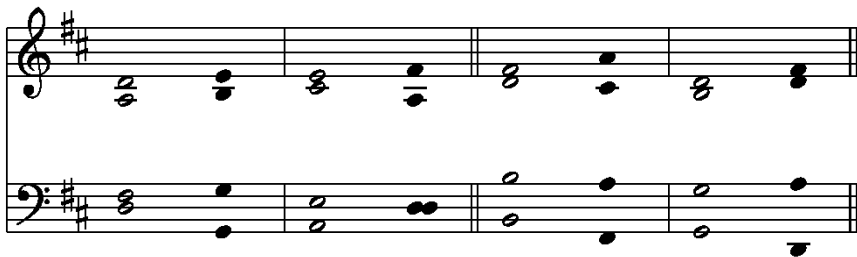
People: Thanks be to God.

Psalm 84:1-8

S415

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.

Jerome Webster Meachen
(b. 1930)



© 1956, Jerome Webster Meachen.

How dear to me is your dwelling, O Lord of **hosts!** *
My soul has a desire and longing for the courts of the Lord;
my heart and my flesh rejoice in the living **God.**

The sparrow has found her a house
and the swallow a nest where she may lay her **young;** *
by the side of your altars, O Lord of hosts,
my King and my **God.**

Happy are they who dwell in your **house!** *
they will always be praising **you.**

Happy are the people whose strength is in **you!** *

whose hearts are set on the pilgrims' **way**.

Those who go through the desolate valley will find it a place of **springs**, *
for the early rains have covered it with pools of **water**.

They will climb from height to **height**, *
and the God of gods will reveal himself in **Zion**.

Lord God of hosts, hear my **prayer**; *
hearken, O God of **Jacob**.

Behold our defender, O **God**; *
and look upon the face of you're **A-nointed**.

Ephesians 1:3-6,15-19a

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

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved.

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe.

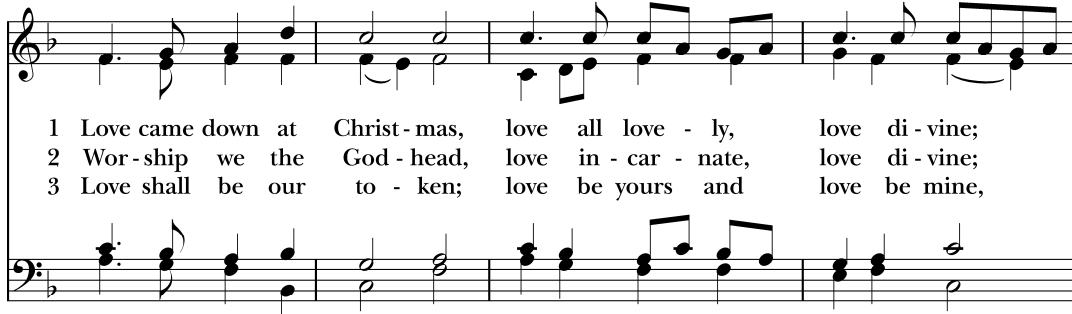
Reader: Hear what the Spirit is saying to God's people.

People: Thanks be to God.

♩ Hymn #84

“Love Come Down on Christmas”

Blue Hymnal



1 Love came down at Christ - mas, love all love - ly, love di - vine;
2 Wor - ship we the God - head, love in - car - nate, love di - vine;
3 Love shall be our to - ken; love be yours and love be mine,



love was born at Christ - mas: star and an - gels gave the sign.
wor - ship we our Je - sus, but where-with for sa - cred sign?
love to God and neigh - bor, love for plea and gift and sign.

Words: Christina Rossetti (1830-1894), alt. Music: *Gartan*, melody from *Petrie Collection of Irish Melodies, Part II*, 1902; harm. David Evans (1874-1948). By permission of Oxford University Press.

Matthew 2:1-12

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

People: *Glory to You, Lord Christ.*

In the time of King Herod, after Jesus was born in Bethlehem of Judea, wise men from the East came to Jerusalem, asking, "Where is the child who has been born king of the Jews? For we observed his star at its rising, and have come to pay him homage." When King Herod heard this, he was frightened, and all Jerusalem with him; and calling together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. They told him, "In Bethlehem of Judea; for so it has been written by the prophet:

 `And you, Bethlehem, in the land of Judah,
 are by no means least among the rulers of Judah;

for from you shall come a ruler
 who is to shepherd my people Israel."

Then Herod secretly called for the wise men and learned from them the exact time when the star had appeared. Then he sent them to Bethlehem, saying, "Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him homage." When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they left for their own country by another road.

Gospeller: The Gospel of Christ.

People: *Praise to You, Lord Christ.*

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

Nicene Creed

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.**

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 #657

“Love Divine All Love Excelling”

Blue Hymnal

1 Love di - vine, all loves ex - cell - ing, joy of heaven, to
 2 Come, al - might - y to de - liv - er, let us all thy
 3 Fi - nish then thy new cre - a - tion; pure and spot - less

earth come down, fix in us thy hum - ble dwell - ing, all thy
 life re - ceive; sud - den - ly re - turn, and nev - er, nev - er -
 let us be; let us see thy great sal - va - tion per - fect -

faith - ful mer - cies crown. Je - sus, thou art all com - pas - sion,
 more thy tem - ples leave. Thee we would be al - way bless - ing,
 ly re - stored in thee: changed from glo - ry in - to glo - ry,

pure, un - bound - ed love thou art; vis - it us with
 serve thee as thy hosts a - bove, pray, and praise thee
 till in heaven we take our place, till we cast our

thy sal - va - tion, en - ter ev - ery trem - bling heart.
 with - out ceas - ing, glo - ry in thy per - fect love.
 crowns be - fore thee, lost in won - der, love, and praise.

Words: Charles Wesley (1707-1788). Music: *Hyfrydol*, Rowland Hugh Prichard (1811-1887).

♪ 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

EOW2

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.

Setting: Copyright © Church Publishing Inc.

Celebrant

We praise you and we bless you, holy and gracious God,
 source of life abundant.
 From before time you made ready the creation.
 Your Spirit moved over the deep
 and brought all things into being:
 sun, moon, and stars;
 earth, winds, and waters;
 and every living thing.
 You made us in your image, and taught us to walk in your ways.
 But we rebelled against you, and wandered far away;
 and yet, as a parent cares for their children,
 you would not forget us.
 Time and again you called us
 to live in the fullness of your love.

And so this day we join with Saints and Angels
 in the chorus of praise that rings through eternity,
 lifting our voices to magnify you as we sing:

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

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 #90

“It Came Upon a Midnight Clear”

Blue Hymnal

1 It came up - on the mid - night clear, that glo - rious song of old,
 2 Still through the clov - en skies they come with peace - ful wings un - furled,
 3 Yet with the woes of sin and strife the world has suf - fered long;
 4 For lo! the days are haste - ning on, by pro - phets seen of old,

from an - gels bend - ing near the earth to touch their harps of gold:
 and still their heaven - ly mu - sic floats o'er all the wea - ry world;
 be - neath the heaven - ly hymn have rolled two thou - sand years of wrong;
 when with the ev - er - cir - cling years shall come the time fore - told,

“Peace on the earth, good will to men, from heaven’s all - gra - cious King.”
 a - bove its sad and low - ly plains they bend on hov - ering wing,
 and war - ring hu - man - kind hears not the tid - ings which they bring;
 when peace shall o - ver all the earth its an - cient splen - dors fling,

The world in sol - emn still - ness lay to hear the an - gels sing.
 and ev - er o'er its Ba - bel - sounds the bless - ed an - gels sing.
 O hush the noise and cease your strife and hear the an - gels sing!
 and all the world give back the song which now the an - gels sing.

Words: Edmund H. Sears (1810-1876), alt. Music: *Noel*, English melody; adapt. Arthur Seymour Sullivan (1842-1900).

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*

(please stand as you are able)

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 #99

“Go Tell it on the Mountain”

Blue Hymnal

Refrain

Go tell it on the moun - tain, o - ver the hills and

ev - ery - where; go tell it on the moun - tain, that

Je - sus Christ is born!

1	While	shep - herds	kept	their
2	The	shep - herds	feared	and
3	Down	in	a	low - ly

watch - ing o'er si - lent flocks by night, be -
trem - bled when lo! a - bove the earth rang
man - ger the hum - ble Christ was born, and

Repeat Refrain

hold, through - out the hea - vens there shone a ho - ly light.
out the an - gel cho - rus that hailed our Sa - vior's birth.
God sent us sal - va - tion that bless - ed Christ - mas morn.

Words: African-American spiritual 19th cent.; adapt. John W. Work (1901-1967). Music: *Go Tell It on the Mountain*, Afro-American spiritual, 19th cent.; arr. Horace Clarence Boyer (b. 1935). Arrangement, Copyright © 1984, Horace Clarence Boyer.

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
Eucharistic Minister:	Lisa Gonzalez
Eucharistic Assistant:	Diana Hammerlund
Altar Guild:	Diana Hammerlund
Lector:	Bob Pelfrey
Flowers:	Pamela Bleisch
Ushers:	Maureen Titus & Michael Lucas
Intercessor:	Lisa Gonzalez
Music:	Paul Burkle
Online Host:	Don Maruska
Tellers:	Alice Welchert & Bryson McKelvey
Technical:	Hannah Matthews
Coffee Hour Host:	

This Week at St Ben's

Tuesday	Jan 7
9:45a	Prayers of the Morning (Zoom)
	10:30a Spiritual Conversation (Zoom)
Thursday	Jan 9
6:00p	Choir Practice
Friday	Jan 10
6:00p	Star Party
Sunday	Jan 12
10:30a	Eucharist Service

Announcements

Please mark your calendars for the 2025 All-Parish meeting!

We hope everyone will join us for our once-yearly opportunity to hear updates from all corners of our parish and to hear all the plans for the upcoming year. We'll talk budget, and we'll talk hopes and dreams for St. Ben's - so bring your wonderings and your questions. We'll thank everyone whose efforts carried us so well through 2024 and we'll name the folks who'll be stepping into new leadership roles in 2025.

Everyone is invited! Especially if you've been away from St. Ben's for a while, or if you're new to the parish, please join us!

When: Sunday, January 26 at 12:30pm

Where: St. Benedict's Sanctuary

What: potluck, community time, and Blessing our Future!

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. 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.

All are welcome to this special celebration!

Personal Prayer: If you'd like prayer support during the week, contact Sandy Fisher (661) 805-2882. 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.

Tuesday Morning Prayers & Spiritual Conversation: During Epiphany, the Spiritual Conversation group will be focusing on spiritual practices that help us be present in the world as God's light. We will be loosely guided by Pema Chodron's [When Things Fall Apart: Heart Advice for Difficult Times](#). You do not have to read the book to participate. Join on [Zoom](#).

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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