

St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~ The Second Sunday after Epiphany January 26, 2025 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** ~ Original Improvisation Paul Burkle

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

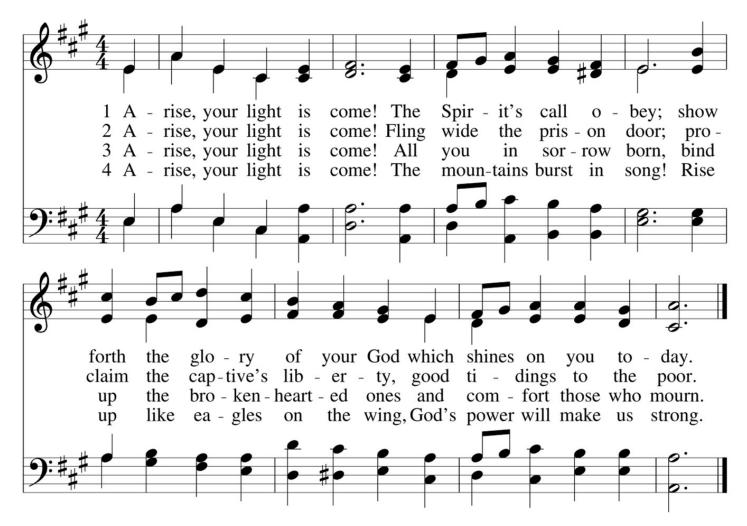
People: Glory to God for ever and ever.

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

All:

"Arise! Your Light is Come"



Collect of the Day

Celebrant:	God be with you.
People:	And also with you.
Celebrant:	Loving Jesus: Protect and sustain us with your hand. Open the door of your love that, sealed with
	your wisdom, we may be free to serve you with joy.
People:	Amen

Nehemiah 8:1-3, 5-6, 8-10

Reader: A Reading from the book of Nehemiah

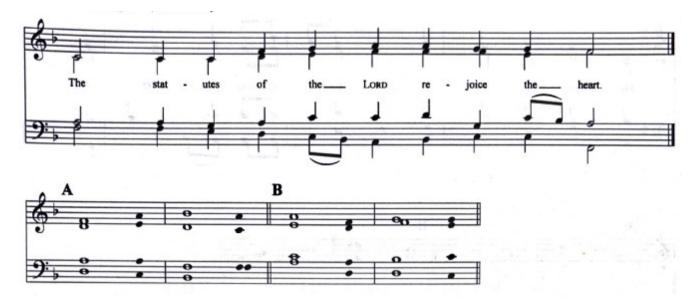
All the people of Israel gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the LORD had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the LORD, the great God, and all the people answered, "Amen, Amen," lifting up their hands. Then they bowed their heads and worshiped the LORD with their faces to the ground. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading.

And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the LORD your God; do not mourn or weep." For all the people wept when they heard the words of the law. Then he said to them, "Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our LORD; and do not be grieved, for the joy of the LORD is your strength."

Reader:The word of the Lord.People:Thanks be to God.

Psalm 19

The cantor/choir will sing the Antiphon, it is then repeated by the congregation.



All A B A B	The heavens declare the glory of God , and the firmament shows his handiwork One day tells its tale to another , and one night imparts knowledge to ano Although they have no words or language , and their voices are not heard , Their sound has gone out into all lands , and their message to the ends of the world . In the deep has he set a pavilion for the sur it comes forth like a bridegroom out of h it rejoices like a champion to run its cou	 ther. [Antiphon repeated by all] n; nis chamber;
В	It goes forth from the uttermost edge of the and runs about to the end of it again ; nothing is hidden from its burning heat .	
A	The law of the LORD is perfect and revives the soul ; the testimony of the LORD is sure and gives wisdom to the innocent .	
B	The statutes of the LORD are just and rejoice the heart; the commandment of the LORD is clear and gives light to the eyes.	[Antiphon repeated by all]
A	The fear of the LORD is clean and endures for ever ; the judgments of the LORD are true and righteous alto gether .	
В	More to be desired are they than gold, more than much fine gold , sweeter far than honey, than honey in the comb .	[Antiphon repeated by all]
A	By them also is your servant enlightened,	
В	and in keeping them there is great rewar Who can tell how often he of fends ?	rd.
	cleanse me from my secret faults.	[Antiphon repeated by all]
A B	 Above all, keep your servant from presumplet them not get dominion over me; then shall I be whole and sound, and innocent of a great offense. Let the words of my mouth and the meditatheart be acceptable in your sight, O LORD, my strength and my redeemer. 	tion of my

1 Corinthians 12:12-31a

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

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body--Jews or Greeks, slaves or free--and we were all made to drink of one Spirit.

Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear would say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the members of the body that seem to be weaker are indispensable, and those members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts.

Reader:The word of the Lord.People:Thanks be to God.



Words: Tobias Clausnitzer (1619-1684); tr. Catherine Winkworth (1829-1878); alt. Music: *Liebster Jesu*, melody Johann Rudolph Ahle (1625-1673); alt. *Das grosse Cantional: oder Kirchen-Gesangbuch*, 1687; harm. George Herbert Palmer (1846-1926).

Luke 4:14-21

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

People: Glory to You, Lord Christ.

Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

"The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,
to proclaim the year of the Lord's favor."

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing."

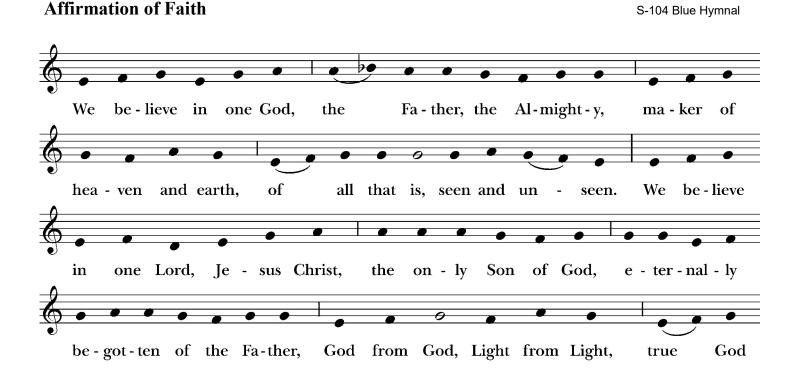
Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

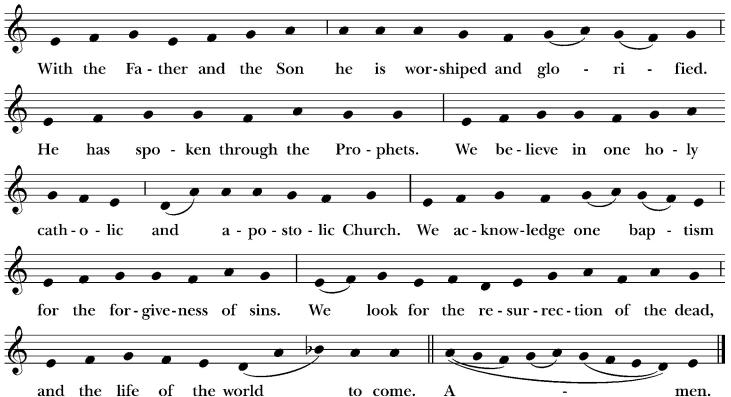
Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]







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

Prayers of the People

BCP Form III

God, we pray for your holy Catholic Church;

That we all may be one.

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;

That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;

That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;

That they may be delivered from their distress.

Give to the departed eternal rest.

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;

May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

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

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: Holy 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

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 are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can contribute at our website www.stbenslososos.org at any time.



Words: Frances Ridley Havergal (1836-1879), alt. Music: Hollingside, John Bacchus Dykes (1823-1876).

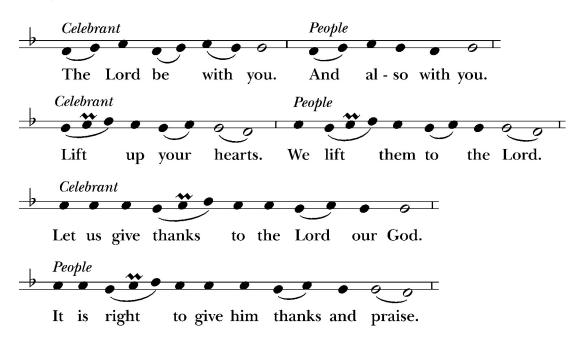


♪ Doxology:

[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

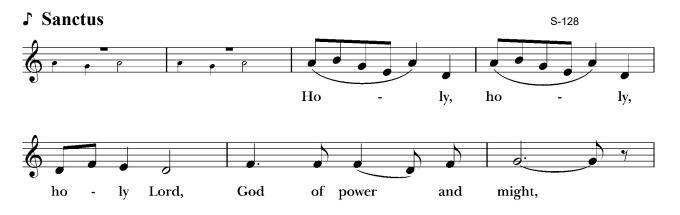
BCP Prayer B

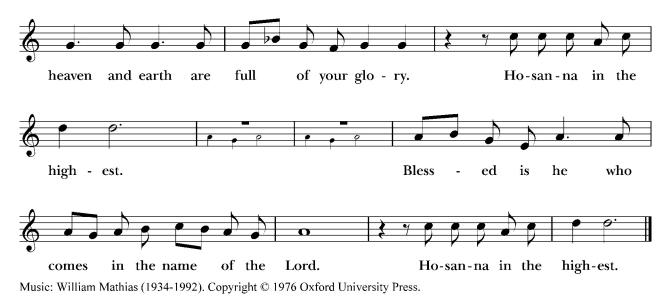


Setting: Copyright © Church Publishing Inc.

Celebrant It is right, and a good and joyful thing, always and everywhere to give thanks to you, the Maker of heaven and earth.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:





The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, Jesus took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O God,

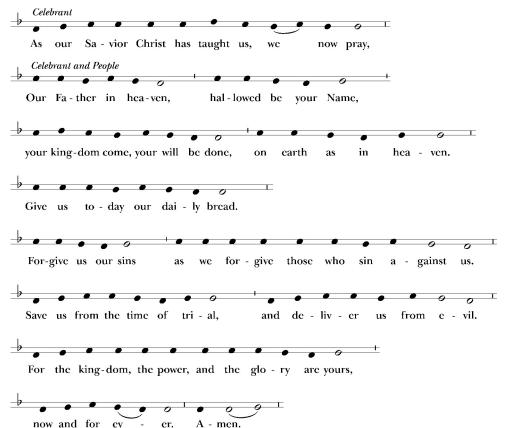
All: We remember his death, We proclaim his resurrection, We await his coming in glory;

And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, gather all things into the circle of Christ's love, and bring us to that heavenly country where, with blessed Mary and blessed Benedict and all your saints, we may enter the everlasting heritage of your children; through Jesus Christ, the firstborn of all creation, the head of the Church, and the author of our salvation.

All: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. AMEN.

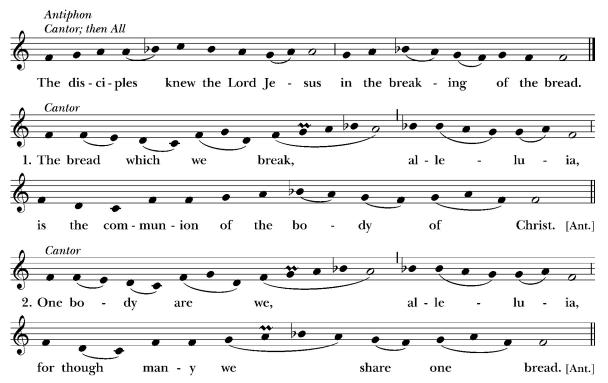
The Lord's Prayer



Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

The Breaking of the Bread

The celebrant breaks the Bread



S 167

Music: Mode 6 melody; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

Holy Communion

The celebrant continues:

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

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.



Words: African-American spiritual. Music: Let Us Break Bread, Afro-American spiritual; arr. and harm. David Hurd (b. 1950).

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.

In the name of this parish family, I send you forth, bearing these holy gifts, to . Together, Celebrant: 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.

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

Prayer

Almighty and ever-living God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom.

And now, Holy One, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

Blessing



Words: Fanny J. Crosby (1820-1915). Music: Phoebe P. Knapp (1839-1908).

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

Today's Liturgy is from the outline in the Book of Common Prayer. Music reproduced and broadcast under OneLicense #A706314

Ministers of the Service

Celebrant: Preacher: **Eucharistic Minister:** Eucharistic Assistant: Altar Guild: Lector: Flowers: Usher: Usher: Intercessor: Music: Online Host: Teller: Teller: Technical: Coffee Hour Host:

Rev. Linzi Stahlecker Rev. Linzi Stahlecker Brian Spolarich Alan Kiste Pat Stoneman Roz Malone Elaine Beckham Alan Kiste Barbara Schippers Sandy Fisher Paul Burkle

Bryson McKelvey Sandy Fisher Hannah Matthews

This Week at St Ben's

This week at St Den S		
Sunday	Jan 26	
12:30p	Annual Parish Meeting	
Tuesday	Jan 28	
9:45a	Prayers of the Morning (Zoom)	
10:30a	Spiritual Conversation (Zoom)	
Wednesday	Jan 29	
11:00a	Laundry Love	
4:00p	Laundry Love	
Thursday	Jan 30	
3:00p	Healing Ministry Team Meeting	
6:00p	Choir Practice	
Saturday	Feb 1	
12:00p	People's Kitchen	

Announcements

Annual Meeting

Please do plan to stay after church on Sunday, January 26 for our most important all-parish meeting of the year - our Annual Parish Meeting! We'll look back on 2024 and welcome our new vestry. Our Annual Meeting is your chance to learn about all that goes into the life and mission of St. Ben's - please do plan on attending if you can!

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 <u>prayers@stbenslososos.org</u> and requests for pastoral care may be sent to <u>pastoralcare@stbenslososos.org</u>.

Tuesday Morning Prayers & Spiritual Conversation: During the season after The 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, all are welcome on Zoom.

LA Fire Response

The Episcopal Diocese of Los Angeles has a page on their website (diocesela.org/fire-response/) dedicated to Fire Response and Resources, with a video from the Bishop of Los Angeles. It's a good page to bookmark if you're wondering how you might help and stay informed.

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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