



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Sixth Sunday after Epiphany

February 16, 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: **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

“Arise! Your Light is Come”

1 A - rise, your light is come! The Spir - it's call o - bey; show
2 A - rise, your light is come! Fling wide the pris - on door; pro -
3 A - rise, your light is come! All you in sor - row born, bind
4 A - rise, your light is come! The moun-tains burst in song! Rise

forth the glo - ry of your God which shines on you to - day.
claim the cap-tive's lib - er - ty, good ti - dings to the poor.
up the bro - ken - heart - ed ones and com - fort those who mourn.
up like ea - gles on the wing, God's power will make us strong.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People: *Amen*

Jeremiah 17:5-10

Reader: *A Reading from the book of Jeremiah*

Thus says the LORD:

Cursed are those who trust in mere mortals
and make mere flesh their strength,
whose hearts turn away from the LORD.

They shall be like a shrub in the desert,
and shall not see when relief comes.

They shall live in the parched places of the wilderness,
in an uninhabited salt land.

Blessed are those who trust in the LORD,
whose trust is the LORD.

They shall be like a tree planted by water,
sending out its roots by the stream.

It shall not fear when heat comes,
and its leaves shall stay green;

in the year of drought it is not anxious,
and it does not cease to bear fruit.

The heart is devious above all else;
it is perverse--
who can understand it?

I the LORD test the mind
and search the heart,

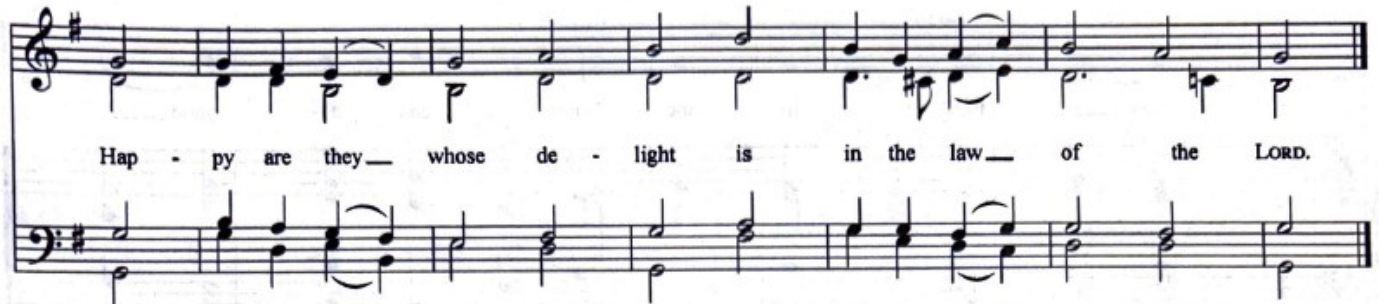
to give to all according to their ways,
according to the fruit of their doings.

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 1

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



Hap - py are they — whose de - light is in the law — of the LORD.



A B

All

A Happy are they who have not walked in the counsel of the **wicked**, *
nor lingered in the way of sinners,
nor sat in the seats of the **scornful**!

B Their delight is in the law of the **LORD**, *
and they meditate on his law day and **night**.

A They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do not **wither**; *
everything they do shall **prosper**.

B It is not so with the **wicked**; *
they are like chaff which the wind blows **away**.

A Therefore the wicked shall not stand upright when **judgment comes**, *
nor the sinner in the council of the **righteous**.

B For the **LORD** knows the way of the **righteous**, *
but the way of the wicked is **doomed**.

Antiphon repeated by all

1 Corinthians 15:12-20

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

Now if Christ is proclaimed as raised from the dead, how can some of you say there is no resurrection of the dead? If there is no resurrection of the dead, then Christ has not been raised; and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain. We are even found to be misrepresenting God, because we testified of God that he raised Christ--whom he did not raise if it is true that the dead are not raised. For if the dead are not raised, then Christ has not been raised. If Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have died in Christ have perished. If for this life only we have hoped in Christ, we are of all people most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have died.

Reader: The word of the Lord.

People: *Thanks be to God.*

♩ Hymn #633

“Word of God Come Down on Earth”

v. 1-2

Blue Hymnal



1 Word of God, come down on earth, liv - ing rain from
2 Word e - ter - nal, throned on high, Word that brought to
3 Word that caused blind eyes to see, speak and heal our
4 Word that speaks your Fa - ther's love, one with him be -



heaven de - scend - ing; touch our hearts and bring to birth
life cre - a - tion, Word that came from heaven to die,
mor - tal blind - ness; deaf we are: our heal - er be;
yond all tell - ing, Word that sends us from a - bove



faith and hope and love un - end - ing. Word al - might - y,
cru - ci - fied for our sal - va - tion, sav - ing Word, the
loose our tongues to tell your kind - ness. Be our Word in
God the Spi - rit, with us dwell - ing, Word of truth, to



we re - vere you; Word made flesh, we long to hear you.
world re - stor - ing, speak to us, your love out - pour - ing.
pi - ty spo - ken; heal the world, by our sin bro - ken.
all truth lead us, Word of life, with one Bread feed us.

Words: James Quinn (b. 1919). Copyright © 1969 James Quinn, SJ, printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: *Mt. St. Alban NCA*, Richard Wayne Dirksen (b. 1921). Copyright © 1984 Richard W. Dirksen.

Luke 6:17-26

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

People: *Glory to You, Lord Christ.*

Jesus came down with the twelve apostles and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Then he looked up at his disciples and said:

“Blessed are you who are poor,
for yours is the kingdom of God.

“Blessed are you who are hungry now,
for you will be filled.

“Blessed are you who weep now,
for you will laugh.

"Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets."

"But woe to you who are rich,
for you have received your consolation.

"Woe to you who are full now,
for you will be hungry.

"Woe to you who are laughing now,
for you will mourn and weep.

"Woe to you when all speak well of you, for that is what their ancestors did to the false prophets."

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

S-104 Blue Hymnal

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-shipped 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.

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.]

Silence

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.**

The congregation may greet one another in the name of Christ.

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.**

♪ Choir Anthem

“How Beautiful Upon the Mountains”

By John Carter

The Offertory

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



♩ Hymn #655

“O Jesus I have Promised”

Blue Hymnal



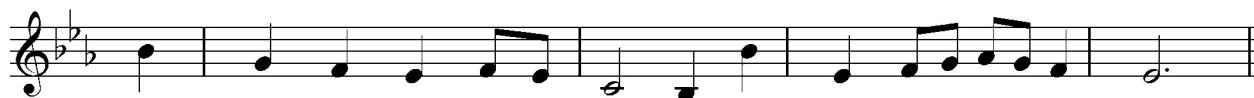
1 O Je - sus, I have prom - ised to serve thee to the end;
 2 O let me hear thee speak - ing in ac - cents clear and still,
 3 O Je - sus, thou hast prom - ised to all who fol - low thee,



be thou for ev - er near me, my Mas - ter and my friend;
 a - bove the storms of pas - sion, the mur - murs of self - will;
 that where thou art in glo - ry there shall thy ser - vant be;



I shall not fear the bat - tle, if thou art by my side,
 O speak to re - as - sure me, to has - ten or con - trol;
 and, Je - sus, I have prom - ised to serve thee to the end;



nor wan - der from the path - way, if thou wilt be my guide.
 O speak, and make me lis - ten, thou guard - ian of my soul.
 O give me grace to fol - low, my Mas - ter and my friend.

Words: John Ernest Bode (1816-1874), alt. Music: *Nyland*, Finnish folk melody; adapt. and harm. David Evans (1874-1948).
 Harmonization by permission of Oxford University Press.

Sanctus

S-128

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.

Music: William Mathias (1934-1992). Copyright © 1976 Oxford University Press.

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;***

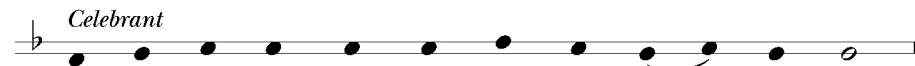
And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine.

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.*

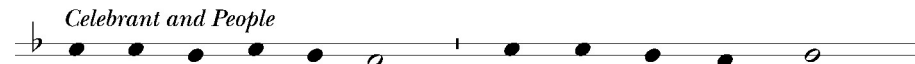
The Lord's Prayer

Celebrant

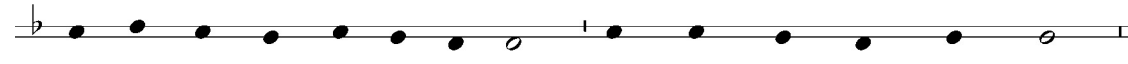


As our Sa - vior Christ has taught us, we now pray,

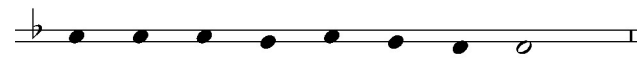
Celebrant and People



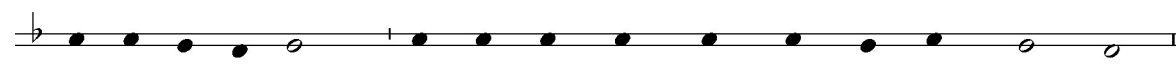
Our Fa - ther in hea - ven, hal - lowed be your Name,



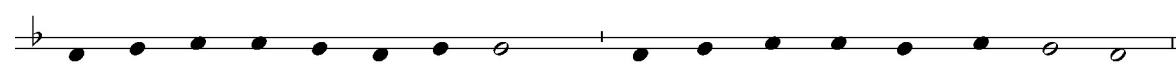
your king - dom come, your will be done, on earth as in hea - ven.



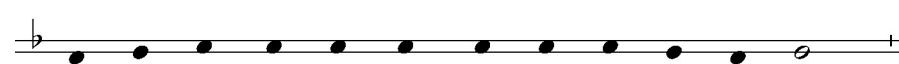
Give us to - day our dai - ly bread.



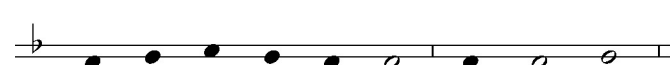
For - give us our sins as we for - give those who sin a - gainst us.



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.

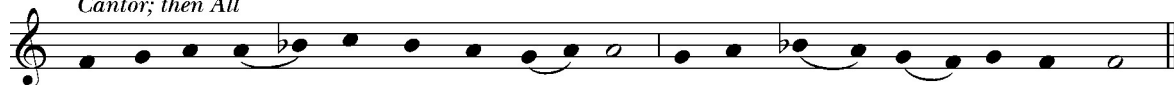
The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

S 167

Antiphon
Cantor; then All



The dis - ci - ples knew the Lord Je - sus in the break - ing of the bread.

Cantor



1. The bread which we break, al - le - lu - ia,



is the com - mun - ion of the bo - dy of Christ. [Ant.]

Cantor



2. One bo - dy are we, al - le - lu - ia,



for though man - y we share one bread. [Ant.]

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 to receive communion when the celebrant invites your section forward.

If you prefer to receive a blessing, please cross your arms over your chest.

♪ Communion Music

Original Improvisation

Paul Burkle

1 For the bread which you have bro - ken, for the
 2 By this pledge, Lord, that you love us, by your
 3 As our bless - ed ones a - dore you, seat - ed
 4 In your ser - vice, Lord, de - fend us; in our

wine which you have poured, for the words which you have
 gift of peace re - stored, by your call to heaven a -
 at our Fa - ther's board, may the Church still wait - ing
 hearts keep watch and ward, in the world to which you

spo - ken, now we give you thanks, O Lord.
 bove us, hal - low all our lives, O Lord.
 for you keep love's tie un - bro - ken, Lord.
 send us let your king - dom come, O Lord.

Words: Louis F. Benson (1855-1930), alt. Copyright © Louis F. Benson. Used by permission of Robert F. Jeffery. Music: *Omni die*, melody from *Gross Catolisch Gesangbuch*, 1631; harm. William Smith Rockstro (1823-1895).

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

*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

1. Great is thy faith - ful - ness, O God my Fa - ther,
 2. Sum - mer and win - ter, and spring - time and har - vest,
 3. Par - don for sin and a peace that en - dur - eth,

1. There is no shad - ow of turn - ing with thee;
 2. Sun, moon and stars in their cours - es a - bove,
 3. Thine own dear pres - ence to cheer and to guide;

1. Thou chang - est not, thy com - pas - sions, they fail not,
 2. Join with all na - ture in man - i - fold wit - ness,
 3. Strength for to - day and bright hope for to - mor - row,

1. As thou hast been thou for - ev - er wilt be.
 2. To thy great faith - ful - ness, mer - cy and love.
 3. Bless - ings all mine, with ten thou - sand be - side!

Great is thy faith - ful-ness! Great is thy faith - ful-ness!

Morn - ing by morn - ing new mer - cies I see;

All I have need - ed thy hand hath pro - vid - ed,

Great is Thy faith - ful - ness, Lord un - to me!

Words: Thomas O. Chisholm (1866-1960). Music: William M. Runyan (1870-1957). Copyright © 1923. Renewal 1951 Hope Publishing Co., Carol Stream, IL 60188. All Rights Reserved. Used by permission.

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.
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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:	Lisa Gonzalez
Lector:	Bryson McKelvey
Flowers:	Brian Spolarich
Ushers:	Maureen Titus & Sandy Fisher
Intercessor:	Louisa Beeler
Music:	Paul Burkle
Online Host:	Don Maruska
Teller:	Alice Welchert & Diana Hammerlund
Technical:	Hannah Matthews
Coffee Hour Host:	

This Week at St Ben's

Monday 3:30p	Feb 17 Liturgy Committee
Tuesday 9:45a 10:30a	Feb 18 Prayers of the Morning (Zoom) Spiritual Conversation (Zoom)
Wednesday 3:00p	Feb 19 Earthcare
Thursday 6:00p	Feb 20 Choir Practice

Announcements

Coffee Hour hospitality is such an important ministry of the church, it creates a warm welcome for all and a time and space for community-building. If you've not hosted Coffee Hour before, please take a moment to connect with Barbara Hirahara, who can fill you in on what's involved - many hands make light work!

Liturgical Minister Training Would you like to train to be a Eucharistic Minister and serve on a Sunday morning? Would you like to train to be a Eucharistic Visitor, taking Communion to folks who are unable to make it to church for worship? Do you need to renew your license with the diocese to continue to serve either as a LEM or an EV (this is required once every three years)? There is a deanery training coming up on **Saturday, March 22** - the location is yet to be decided, but it will likely be at St. Luke's, Atascadero. If you have any questions at all about the training, or would like to sign up, please reach out to [Deacon Jim Arnold](#).

Personal Prayer: If you'd like prayer support during the week, contact Louisa Beeler (805 543-2898). 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 the rest of the season after The Epiphany, the Spiritual Conversation group will be focusing on **The Book of Acts**. We'll read several chapters a week and then discuss together. You do not have to do the reading to participate, all are welcome. Join on [Zoom](#).

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tihini (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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