



St Benedict's Episcopal Church

~ *Tending Mind and Soul in Los Osos* ~

The Fifth Sunday after Epiphany

February 9, 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.

~ Prelude ~

Original Improvisation

Paul Burkle

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

"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

Officiant: Christ be with you.

People: *And also with you.*

Officiant: Jesus, you are the way through the wilderness: show us your truth in which we journey, and by the grace of the Holy Spirit be in us the life that draws us to God. Amen.

People: *Amen*

source: F.B. McNutt, The Prayer Manual [London: Mowbray, 1961], p. 29, adapted

Isaiah 6:1-8

Reader: *A Reading from the book of Isaiah*

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said:

"Holy, holy, holy is the Lord of hosts;
the whole earth is full of his glory."

The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!"

Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"

Reader: *The word of the Lord*

People: *Thanks be to God*

Psalm 138

I will give thanks to you, O LORD, with my whole heart; *
before the gods I will sing your praise.

I will bow down toward your holy temple
and praise your Name, *
because of your love and faithfulness;

For you have glorified your Name *
and your word above all things.

When I called, you answered me; *
you increased my strength within me.

All the kings of the earth will praise you, O LORD, *
when they have heard the words of your mouth.

They will sing of the ways of the LORD, *
that great is the glory of the LORD.

Though the LORD be high, he cares for the lowly; *
he perceives the haughty from afar.

Though I walk in the midst of trouble, you keep me safe; *
you stretch forth your hand against the fury of my enemies;
your right hand shall save me.

The LORD will make good his purpose for me; *
O LORD, your love endures for ever;
do not abandon the works of your hands.

1 Corinthians 15:1-11

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

I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you--unless you have come to believe in vain.

For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them--though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

Reader: *The word of the Lord*

People: *Thanks be to God*

♪ Hymn #628

“Help us O Lord to learn”

Blue Hymnal



1 Help us, O Lord, to learn the truths your word im - parts: to
2 Help us, O Lord, to live the faith which we pro - claim, that
3 Help us, O Lord, to teach the beau - ty of your ways, that

stu - dy, that your laws may be in - scribed up - on our hearts.
all our thoughts and words and deeds may glo - ri - fy your Name.
yearn - ing souls may find the Christ and live a life of praise.

Luke 5:1-11

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

People: *Glory to You, Lord Christ.*

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." When they had done this, they caught so many fish that their nets were beginning to break. So they signaled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Go away from me, Lord, for I am a sinful man!" For he and all who were with him were amazed at the catch of fish that they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, "Do not be afraid; from now on you will be catching people." When they had brought their boats to shore, they left everything and followed him.

Officiant: *The Gospel of Christ*

People: *Praise to You, Lord Christ.*

Sermon

Lisa Gonzalez

[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 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

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

Officiant: The peace of Christ be always with you.

People: **And also with you.**

Please greet each 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.*

♪ **Choir Anthem**

St. Benedict's Singers

"Star in the East"

Traditional

Ed. by Paul Burkle

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



♪ **Hymn #693**

"Just as I am"

Blue Hymnal

1 Just as I am, with - out one plea, but that thy
 2 Just as I am, though tossed a - bout with man - ya
 * 3 Just as I am, poor, wretch - ed, blind; sight, rich - es,
 4 Just as I am: thou wilt re - ceive; wilt wel - come,
 5 Just as I am, thy love un - known has bro - ken

1 blood was shed for me, and that thou bidd'st me
 2 con - flict, man - ya doubt; fight - ings and fears with -
 3 heal - ing of the mind, yea, all I need, in
 4 par - don, cleanse, re - lieve, be - cause thy prom - ise
 5 ev - ery bar - rier down; now to be thine, yea,

1 come to thee, O Lamb of God, I come, I come.
 2 in, with - out, O Lamb of God, I come, I come.
 3 thee to find, O Lamb of God, I come, I come.
 4 I be - lieve, O Lamb of God, I come, I come.
 5 thine a - lone, O Lamb of God, I come, I come.

6 Just as I am, of thy great love
 the breadth, length, depth, and height to prove,
 here for a season, then above:
 O Lamb of God, I come, I come.

Words: Charlotte Elliott (1789-1871). Music: *Woodworth*, William Batchelder Bradbury (1816-1868).

♪ 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

“This little light of mine”

LEVAS 221

1. This lit - tle light of mine, I'm gon - na let it
2. Ev - 'ry - where I go, I'm gon - na let it
3. Je - sus gave it to me, I'm gon - na let it

Oh

1. shine, _____ This lit - tle light of mine,
 2. shine, _____ Ev - 'ry - where I go,
 3. shine, _____ Je - sus gave it to me,

Oh _____

1. I'm gon - na let it shine; _____ This lit - tle light of
 2. I'm gon - na let it shine; _____ Ev - 'ry - where I
 3. I'm gon - na let it shine; _____ Je - sus gave it to

Oh _____

1. mine, _____ I'm gon - na let it shine, _____ Let it
 2. go, _____ I'm gon - na let it shine, _____ Let it
 3. me, _____ I'm gon - na let it shine, _____ Let it

Oh _____

1. mine, _____ I'm gon - na let it shine, _____ Let it
 2. go, _____ I'm gon - na let it shine, _____ Let it
 3. me, _____ I'm gon - na let it shine, _____ Let it

Oh _____

1. shine, let it shine, let it shine. _____
 2. shine, let it shine, let it shine. _____
 3. shine, let it shine, let it shine. _____

Dismissal

Officiant: 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

Officiant:	Lisa Gonzalez
Preacher:	Lisa Gonzalez
Liturgical Assistant:	Alan Kiste
Lector:	Ann Lucas
Flowers:	Pamela Bleisch
Ushers:	Brian Spolarich & Barbara Schippers
Intercessor:	Helen Schnieders
Music:	Paul Burkle
Altar Guild:	Diana Hammerlund
Online Host:	Connie Weldon
Tellers:	Steve Cake & Sandy Fisher
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Monday	February 10
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	February 11
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Thursday	February 13
6:00p	Choir Practice
Saturday	February 15
9:00a	Men's Breakfast (Celia's Café)
Sunday	February 16
10:30a	Eucharist Service

Announcements

Personal Prayer If you'd like prayer support during the week, contact Helen Schnieders (818-324-2646). 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.

Coffee Hour Hosts As we take a wee Potluck break for the month of February, this is the perfect time to sign up to host coffee hour. Coffee Hour is such an important part of our time together on a Sunday morning, so please do help support this ministry! Many hands make light work! ~ THANKYOU to all who have so generously supported hospitality at St. Ben's ... our famous Potluck will be back in March!

Morning Prayer is an ancient daily liturgy, with roots in the Benedictine monastic tradition. You're invited to join me for Morning Prayer, Monday-Friday during Lent, on zoom. Everyone is welcome, no prior experience required! It looks as though 8am is the winning start time, if you'd like to express a different preference please do that here, this is the last week to let me know your preferred time!

Tuesday Morning Prayers & Spiritual Conversation During the season of 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 on Zoom.

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 or at St. Ben's. If you have any questions at all about the training, or would like to sign up, please reach out to Deacon Jim Arnold.

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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