



St Benedict's Episcopal Church
Los Osos, California
~ Tending Mind and Soul ~

The 13th Sunday after Pentecost
August 22, 2021 10:30 AM SERVICE

Whoever you are and wherever you are on your faith journey, there's a warm welcome for you here

Prelude: "Adoration"

Mark Hayes

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

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

All: *Holy and Life-Giving Spirit, you know our innermost thoughts even before they break through into consciousness; you teach us how to pray. Breathe your breath into our hearts and minds this morning. Prepare us for worship, that our thoughts may turn to you and our hearts bow down in grateful praise of God - Creator, Word, and Holy Spirit, Amen.*

Hymn of Praise

"Halleluya! We Sing your Praises"

G 562

(The people may sing softly.)

Refrain

Hal - le - lu - ya! We sing your prais-es, all our
hearts are filled with glad - ness. Hal - le - lu - ya! We sing your
prais-es, all our hearts are filled with glad - ness.

Verses

1. Christ the Lord sends to us said: I am
 2. Now he sends us all out, strong in
 wine, I am bread, I am wine, I am
 faith, free of doubt, strong in faith, free of
 bread, give to all who thirst and hun - ger.
 doubt, to pro - claim the joy - ful Gos - pel.

Text & Tune: South African © 1984, Utryck, Watson Music Corp, agt.

Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

Joshua 24:1-2a, 14-18

Lector: *A reading from the book of the prophet Joshua*

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, “Thus says the Lord, the God of Israel: “Now therefore revere the Lord, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the Lord. Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord.” Then the people answered, “Far be it from us that we should forsake the Lord to serve other gods; for it is the Lord our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among

all the peoples through whom we passed; and the Lord drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the Lord, for he is our God.”

Lector: *Hear what the Spirit is saying to God's People*

People: *Thanks be to God*

Psalm 34:15-22

Emergent Psalter

[Antiphon will be sung by Cantor, then repeated by all. Verses said in unison.]

antiphon

I make my boast in the Lord, I make my boast in the Lord.
Let the humble hear, Let the humble hear.

- 15 The eyes of God are upon the righteous,
the ears of God are open to their cry.
16 The face of God is against those who do evil,
to root out the remembrance of them from the earth.
17 The righteous cry, and God hears them
and delivers them from all their troubles.
18 God is near to the brokenhearted
and will save those whose spirits are crushed.

antiphon

- 19 Many are the troubles of the righteous,
but God will deliver them out of them all.
20 God will keep safe all their bones;
not one of them shall be broken.
21 Evil shall slay the wicked,
and those who hate the righteous will be punished.
22 God ransoms the life of servants,
and none will be punished who trust.

antiphon

Music © 2009 Isaac Everett, Church Publishing, Inc.

Ephesians 6:10-20

Lector: *A reading from the letter to the Ephesians*

Be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one.

Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Lector: *Hear what the Spirit is saying to God's People*

People: *Thanks be to God*

Gospel Hymn

“God Has Spoken”

H 536

(The people may sing softly.)



1 O - pen your ears, O faith - ful peo - ple,
 2 They who have ears to hear the mes - sage,
 3 Is - ra - el comes to greet the Sa - vior,
 4 O - pen your ears, O faith - ful peo - ple,



o - pen your ears and hear God's word. O - pen your hearts, O
 they who have ears, then let them hear. They who would learn the
 Ju - dah is glad to see his day. From east and west the
 o - pen your ears and hear God's word. O - pen your hearts, O



roy - al priest - hood, God has come to you.
 way of wis - dom, let them hear God's word.
 peo - ples trav - el, he will show the way.
 roy - al priest - hood, God has come to you.



God has spo - ken to his peo - ple, Hal - le - lu - jah!



And his words are words of wis - dom, Hal - le - lu -



jah! Hal - le - lu - jah! God has spo - ken to his peo - ple,
 To - rah o - ra, To - rah o - ra,



Hal - le - lu - jah! And his words are
 To - rah o - ra,



words of wis - dom, Hal - le - lu - jah!
 To - rah o - ra, Hal - le - lu - jah!

“Torah ora” is Hebrew for, “The Law is our Light.”

Music: *Torah song [Yisrael V'oraita]*, Hasidic melody; public domain.
Words: Willard F. Jabusch t © 1984 by Willard F. Jabusch.

John 6: 56-69

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

People: ***Glory to You, Lord Christ.***

Jesus said, "Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

Gospeller: The Gospel of Christ.

People: ***Praise to You, Lord Christ.***

The Sermon

Berkeley Johnson

(We pause for a few moments' reflection before affirming our faith.)

Affirmation of Our Faith

Let us stand and join in the Affirmation of our Faith

All: ***We believe in God the Creator,
from whom every family in heaven and on earth is named.
We believe in God the Redeemer,
who lives in our hearts through faith, and fills us with God's love.
We believe in God the Holy Spirit,
who strengthens us with power from on high.
We believe in One God: Creator, Christ and Holy Spirit. Amen.***

Source: Common Worship, Church of England

Prayers of the People

Holy God, Holy and Strong One, Holy and Mighty One, all power, all might, all energy and all strength comes from you; equip us to stand against the evils of our time: give us the shield of faith, the sword of the spirit, the helmet of salvation, the girdle of truth, the breastplate of righteousness and protect us with the gospel of peace, that we may remain loyal to the end. We offer these our prayers, saying, Lord, you are our hope. Our strength is in you.

Strengthen all who are working in places of degradation, all who are facing danger, violence and oppression. Lord, you are our hope. ***Our strength is in you.***

Lord, guide all who are powerful leaders in our world, all rulers, statespersons and politicians. We pray for all who have power at work as managers, shop stewards and union leaders. We remember all who feel powerless, all driven by economic forces. Lord, you are our hope. ***Our strength is in you.***

We praise you for all who have revealed your power and presence to us. We pray for all teachers: may they encourage a sense of awe and wonder. We remember especially nursery schools and primary schools. We ask your blessing on our homes and loved ones. Lord, you are our hope. ***Our strength is in you.***

Healing God, be with the broken-hearted and all whose spirits are crushed. Bless all who are facing difficult times ahead, all who are struggling to survive, all who are fearful and anxious. Lord, you are our hope. ***Our strength is in you.***

We pray for all who are in sickness or any adversity, especially those for whom our prayers have been asked, and for those who are in our hearts.....

[Prayers are read from the bidding book;
additional prayers may be offered silently or aloud.]

Lord, you are our hope. ***Our strength is in you.***

We rejoice with those who have triumphed, with all in your nearer presence. We join with all who have found their strength in you. We pray for loved ones who are in your glorious kingdom. Lord, you are our hope. ***Our strength is in you.***

Celebrant: *Merciful God, in you is our hope and our strength, you are a very present help in all our troubles. Grant that putting on the whole armor of God we may be able to stand against the powers of darkness and proclaim your saving gospel of love and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever. Amen.*

Traces of Glory by David Adam © 1999 Morehouse Publishing

Confession and Absolution

Let us confess our sins to God.

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,
the evil done on our behalf,
and the good that we have left undone.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***

May the All-Compassionate God have mercy on you, forgive you all your sins through our Lord 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.***

To maintain safe social distancing, please simply greet others verbally or with a bow or nod.

Collection plates are not passed, but you may put your contributions in the plate by the usher's station before the service, or at the Peace, or contribute at our website any time.

Birthdays and Anniversaries

Offertory: "Ave Verum Corpus"

W.A. Mozart (1756-1791)

© 1988 Oxford University Press

St. Benedict's Singers

Ave verum corpus,
Natum de Maria virgine;
Vere passum immolatum
In crucis pro homine.
Cuius latus perforatum
Unda fluxit et sanguine.
Esto nobis praegustatum
In mortis examine.

Hail, true body,
Born of the virgin Mary;
Who has truly suffered, slaughtered
On the Cross for humanity.
Whose side was pierced,
Pouring out water and blood.
Be a foretaste for us
During our ordeal of death.

Holy Eucharist

IONA

(Please Stand)

Doxology

***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***

H400

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed.

Come.

It is Christ who invites us to meet him here.

Celebrant: The Lord be with you,
 All: ***And also with you.***
 Celebrant: Lift up your hearts,
 All: ***We lift them up to God.***
 Celebrant: Let us give thanks to God,
 All: ***It is right to give both thanks and praise.***

We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness.

Sanctus

G 297

(The people may sing ***softly.***)



Ho-ly, ho-ly, ho-ly Lord, God of pow'r and might,
 heav-en and earth are full of your glo-ry. Ho -
 san-na, ho - san-na on high. 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, ho - san-na, ho - san-na on high.

Music: *St. Louis Jesuits Mass*; Dufford & Schutte © 1973 New Dawn Music, GIA Publications, Inc.

Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of bread.

On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying,

This is my body, given to you.

In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying,

This cup is the new relationship with God, sealed with my blood.

Take this and share it. I shall drink wine with you next in the coming Kingdom of God.

All: *Loving God, through your goodness we have this bread and wine to offer,
which earth has given and human hands have made.
May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.
We celebrate the life that Jesus has shared among his community
through the centuries, and shares with us now.
Made one in Christ and one with each other,
we offer these gifts and with them ourselves,
a single, holy, living sacrifice. Amen.*

The Celebrant continues:

Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

All: *Through Christ and with Christ and in Christ, all honor and glory are yours,
All-Compassionate God, in the unity of the Holy Spirit, for ever and ever. AMEN*

The Lord's Prayer

As our Savior Christ has taught us, we now pray:

All *Eternal Spirit,
Life-Giver, Pain-Bearer, Love Maker,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The Hallowing of your Name echo through the universe!
The Way of your Justice be followed by the people of the
world!
Your Heavenly Will be done by all created beings!
Your Commonwealth of Peace and Freedom sustain our
hope and come on earth!
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. Amen.*

New Zealand Prayer Book

The Breaking of the Bread

The celebrant breaks the consecrated bread.
A period of silence is kept.

G-298

When we eat this bread of life, when we drink of this
ho - ly cup, we pro - claim your death, O Lord,
till you come a - gain till you come a - gain.

1. 2.

Music: *St. Louis Jesuits Mass*; Dufford & Schutte © 1973 New Dawn Music, GIA Publications, Inc.

Celebrant: Look, the Body of Christ is broken for the life of the world.
Here is Christ coming to us in bread and in wine.

Holy Communion

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.

This is God's table, and all are welcome here.

Communion Music: "When You Eat This Bread"

Todd Beaney

© 2011 Lorenz Publishing Co.

Communion Hymn

"Song of the Body of Christ"

G 847

(The people may sing **softly**.)

Refrain

We come to share our sto - ry, we
Ve - ni - mos a de - cir del mis - te - rio, y par -
come to break the bread, We come to know our
tir el pan de vi - da. Ve - ni - mos a sa - ber de
ris - ing from the dead.
nues - tra e - ter - ni - dad.

Verses



1. We come as your peo - ple, we
 2. We are called to heal the bro - ken, to be
 3. Bread of life and cup of prom - ise, in this
 4. You will lead and we shall fol - low, you will
 5. We will live and sing: "A - lo - ha," "Al - le -
 (live and sing your prais - es,)



come as your own, u - nit - ed with each
 hope for the poor, we are called to feed the
 meal we all are one. In our dy - ing and our
 be the breath of life; liv - ing wa - ter, we are
 lu - ia" is our song. May we live in love and



oth - er, love finds a home.
 hun - gry at our door.
 ris - ing, may your king - dom come.
 thirst - ing for your light.
 peace our whole life long.

Text: David Haas;

Tune: *No Ke Ano'Ahi*, Hawaiian Traditional, arr. David Haas © 1989 GIA Publications Inc.

(We pause for a moment of silence together)

***Eternal God and Father,
 by whose power we are created and by whose love we are redeemed:
 guide and strengthen us by your Spirit,
 that we may give ourselves to your service,
 and live this day in love to one another and to you;
 through Jesus Christ your Son our Lord. Amen.***

An Australian Prayer Book

The Blessing

May the everlasting God shield you, east and west and wherever you go,
 And the blessing of God be upon us, ***the blessing of the God of life.***
 The blessing of Christ be upon us, ***the blessing of the Christ of love.***
 The blessing of the Spirit be upon us, ***the blessing of the Spirit of grace.***
 The blessing of the Trinity be upon us, now and for ever more. ***Amen.***

Announcements

Anthem: *“The Lord Bless You and Keep You”*
Peter Lutkin © 1999 Choral Public Domain Library
St. Benedict’s Singers

Presented in special recognition for Bill & Joan Hayes

The Dismissal.

Alleluia! Alleluia! Let us go forth into the world,
rejoicing in the power of the Spirit.

Thanks be to God. Alleluia! Alleluia!

Postlude: *“On the Wind of Spirit”*
Mark Hayes © 2016 Lorenz Publishing Co.

Ministers of the Service

Celebrant:	The Rev. Susan Plucker
Preacher:	Berkeley Johnson
Eucharistic Minister:	Sarah Chesebro
Lector:	Brian Spolarich
Piano:	David Alm
Cantor:	Lorienne Schwenk
Ushers:	Alan Kiste & Brian Spolarich
Altar Guild:	Sarah Chesebro
Flowers:	Brian Spolarich

Today’s Eucharist Liturgy is adapted from The Iona Abbey Worship Book
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